

# Beware of Child-Killers in Your Own Home

**We love our children.**  
This country has raised the healthiest, most vitamin-packed, strong-boned, cavity-free, robust and glowing race of children ever known in the history of the earth. We've conquered polio, diphtheria, whooping cough, scarlet fever, measles. All the dread diseases that wiped out the young of days gone by.

And yet, every year, in our centrally heated, air-conditioned homes—we kill or injure hundreds of thousands of youngsters with accidental poisoning. And 90 per cent of the victims are under 5.

All the more terrible—because this suffering can easily be prevented.

If you're the parent of a young child, acquaint yourself with a few simple precautions that can prevent a poisoning tragedy in your own home.

**DO** keep all drugs, cosmetics, household cleaning products and pesticides out of the reach of children. A young child may swallow ANYTHING—no matter how awful it tastes, just as long as he can get his hands on it.

**DON'T** settle for the place convenient to you. (It will be convenient to him, too.) If necessary, keep even seemingly harmless medicines purchased without a prescription, under lock and key.

**DO** take a household inventory of potentially dangerous products—and how accessible they are to curious little hands. Then, ask your hardware dealer for some suggestions about child-proofing the medicine chest and household cleaner cabinet. There are new sliding door shelves that can be installed

**Poison Control Center  
Rochester 275-3232**



**HUNDREDS OF THOUSANDS** of youngsters are killed or injured each year by accidental poisoning. A young child will swallow anything—no matter how awful it tastes. Keep potentially dangerous products out of their reach — and know how to handle a poisoning emergency.

at adult eye level—with just a few simple screws. But good, sturdy locks are the best protection.

**DON'T** delude yourself that your children are perfectly safe because you "always keep an eye on them." It would take the FBI to keep up with any small child 24 hours a day. The high incidence of poisoning cases occurs among children 5 and under because it's the age most highly imitative of adult behavior. The medicine chest represents the fascinating source of a father's shaving ritual, mother's cleansing cream. Out of the cleaning cabinet comes his mother's grown-up world of floor-waxing, steam ironing. But, if an accident does take place, prepare yourself to cope with it quickly.

**DO** make yourself aware of latest developments in the pharmaceutical field, for quick first aid in case of accident. To help your doctor identify the type of poison fast, manufacturers and their products designers and suppliers have developed special coding systems and package identification techniques that enable pharmacists, nurses and physicians to identify contents of prescriptions rapidly. Some drug firms now produce tablets and capsules in different colors and color combinations, and many mark each tablet or capsule with a special code number.

**DO** determine immediately the identity of anything swallowed. Every second counts! Metal tube manufacturers, for example, are currently working with many drug companies to provide means of rapid identification of a tube's contents, should the prescription be lost or un-

readable. Different sizes and strengths of some ointments now have "color-coded" caps and closures. Certain tubed products are embossed at the shoulder with the firm's name or other marking. These mean nothing to you. But they enable a physician to make a rapid and accurate determination of the tube's contents.

**DON'T** give way to panic. If your child swallows drugs, household chemicals or any other dangerous substance, call your doctor, local hospital or poison control center immediately.

**DO** nothing without professional advice. You may guess tragically wrong in your fright. The first impulse is to make the child vomit. But in the case of paint thinner or furniture polish—the kerosene content could rupture the esophagus or damage the lungs. In cases like these, a child should be given a glass of milk and rushed to the hospital.

**DON'T** wait for arrival of doctor or ambulance — once you have qualified instructions, do what the doctor advises immediately.

Granted, these are facts to strike terror in the heart of any parent. But they are facts that must be faced.

And just think of how many mothers and fathers in this country would change places with you right this minute. Because if only they had taken these simple precautions—if only they'd made use of the help easily available — their lost or injured child would be happy, whole and healthy today.

## Family Rosary

The Family Rosary for Peace program is broadcast each evening at 7 p.m. by Rochester radio station WSAJ, WMOB-FM in Auburn, television cable companies Channel 5 in Hornell, Channel 8 in Elmira and 88.75 mc. in Corning. Those who will lead in recitation of the Rosary this week are:

Friday, Aug. 29—Joseph Zimmer of St. Michael's.

Saturday, Aug. 30—Mass will be celebrated.

Sunday, Aug. 31—Raymond Brien of St. Francis of Assisi.

Tuesday, Sept. 2—A representative of the Knights of Equity, Court 10.

Thursday, Sept. 4—Father Thomas Corbett, assistant pastor of St. Jerome's, East Rochester, accompanied by the LCBA.

## Cardinal Finds Arms Race 'Treacherous'

Philadelphia — (RNS) — John Cardinal Krol of Philadelphia told the national convention of the Veterans of Foreign Wars that "loyal citizens have a right and duty" to raise questions when their government spends more on defense than on peace.

The prelate told the veterans, most of whom served in World War II or the Korean War, that the United States is now spending \$77.5 billion on military needs while "less than \$70 billion are allotted to civilian needs."

"It raises the question," he said, "whether by allotting such a minor percentage to the purpose of establishing justice and ensuring domestic tranquility, we're neglecting those whom we are defending."

Cardinal Krol recalled the recent debate over the Anti-Ballistic Missile system and asked the veterans to question whether the building of nuclear superiority is "truly meaningful for security."

"Peace cannot be reduced solely to the maintenance of a balance of power between enemies," he said. "Peace is an enterprise of justice that must be built up ceaselessly. We must develop new attitudes in promoting peace."

"Governments cannot be denied the right to legitimate defense once every means of peaceful settlement has been exhausted," the cardinal continued, but he described the arms race as an "utterly treacherous trap."

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## How to Kick Those TV Football Blues

Does the thought of watching hubby glued to the television set throughout the long football season ahead fill you with dread?

Make it work to your advantage. Here are some simple recipes for Fall eating—call them Grid Goodies. You can prepare them as early as you want (even the day before) then while the Hero of the House is immersed in the action surprise him with the Goodies.

**Kids?** Even if they're not football fans they won't kick over tasty snacks.

**Use your head.** Play it smart. You may not have to cook Sunday dinner.

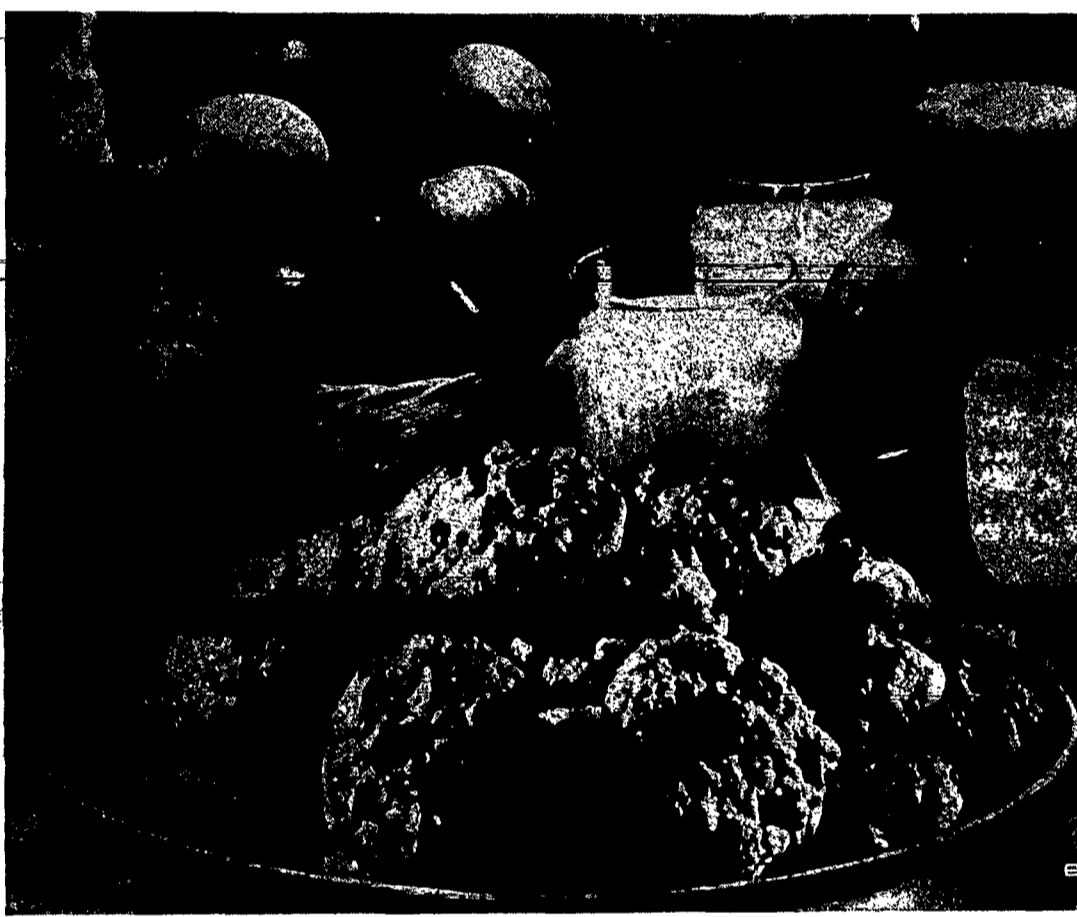
**Spoon-size shredded biscuits** baked with a cinnamon-sugar mixture tote handy to the game. These Cinnamon Snackers make for some sweet eating when the playing gets rough.

### Cinnamon Snackers

- 4 cups spoon size shredded wheat
- 1/2 cup melted butter or margarine
- 1/2 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt

Turn shredded wheat biscuits into shallow baking pan and drizzle margarine over them, tossing to coat evenly. Bake in moderate oven (350°) for 10 minutes. Combine sugar, cinnamon and salt and sprinkle over hot cereal. Serve warm or cold. Makes 4 cups. For variety, nutmeg or any other favorite spice may be substituted for the cinnamon.

The armchair player needs zippy food to keep his rooting spirit up. At halftime, serve individual chili pies, a snap to make in just 10 short minutes.



Raisin' your spirits and family's, too.

- Chili Pot Pies**  
1 can chili with beans  
1 pie crust stick  
Make little pies from the pie crust and bake in a 475° F. oven for 10 minutes. Heat chili while pie bakes. Spoon chili in pies. Makes 2 or 3 little pies.
- Raisins are one of the professional football player's favorite foods, since this fruit supplies quick energy. For your own training table, bake some of these Quick Energy Raisin cookies.
- Quick Energy Raisin Cookies**  
1 1/2 cups sifted all purpose flour  
1 teaspoon soda  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon salt  
3/4 cup margarine  
1 cup firmly packed brown sugar  
2 eggs  
1/2 cup drained crushed pineapple  
1 1/2 cups quick cook oatmeal  
2 cups raisins
- Sift together the first five ingredients. Set aside. Thoroughly cream the shortening and brown sugar. Blend in eggs, one at a time. Add drained pineapple and oats, mixing well. Stir in dry ingredients and raisins. Drop by teaspoonful on lightly greased cookie sheet. Bake at 350° F. for 8-10 minutes. Makes 4-5 dozen. For champion size cookies: Drop by tablespoonfuls onto lightly greased cookie sheet. Bake 12-15 minutes. Makes 2 1/2 dozen.

## Black Artists At Gallery

The second in the series of Tuesday night programs related to the exhibition "Contemporary Black Artists" is scheduled at the Memorial Art Gallery at 8:15 p.m. Sept. 2.

The two films to be shown are "Frederick Douglass: The House on Cedar Hill," a biography in photographs and contemporary drawings of the 19th century writer and statesman, and "Aretha Franklin, Soul Singer." The program is open to the public, no tickets required.

Current exhibitions include the black artists show, made up of paintings, sculptures, collages, and light-art works by 34 contemporary black Americans, and the children's exhibition "Circus Minimus."

## Parish Committee Members Named

Perkinsville — Thirty-seven members of parish committees were announced last week by Father Timothy C. Weider, administrator of Sacred Heart of Jesus Church.

Committee chairmen on the Community Council are: liturgy, John Reynolds; education, Robert Didas; finance, Frank J. Mark; maintenance, Clarence Gessner.

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## For Easy Summer Suppers

Pert and bold are the California ripe olives that stand pointedly on the end of these stuffed frankfurters. Their meaty texture and dramatic dark accent add a unique emphasis to the rice and sour cream stuffing. For an informal supper, serve this with tomato salad and iced tea.

California ripe olives are the perfect warm weather food. As a quick snack, or as an ingredient in salads, sandwich fillings, sauces, or with meats and poultry, ripe olives add a delicious nut-like flavor. Good for calorie counters, too.

### California Stuffed Frankfurters

- 1/2 cup canned pitted California ripe olives
- 1 1/2 cups cooked rice

### Red Cross Seeks Nurses' Aides

The Red Cross is seeking volunteer nurses' aides to help in hospitals and in its own blood program.

Candidates for training will be interviewed Monday and Wednesday, Sept. 8 and 10, at 80 Prince Street. Further information and interview appointments may be obtained through 275-8800.

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