

# HOME



# HINTS

## BETTER HOUSEKEEPING

### Dish Washing

This most unpopular of household tasks, all too often results in what has been described as an “impartial distribution of disease organisms”.

It should be remembered that a certain amount of saliva is deposited on drinking utensils and cutlery, with its usual content of bacteria—and that average dish water provides ideal conditions for their growth. It is warm, it is moist, it contains nutriment and there is time for many generations of bacteria to multiply. In fact, dish water not uncommonly contains as many as 300,000 bacteria per cubic centimetre. For the same reasons danger lurks in damp, soiled tea-towels, greasy dishcloths and mops; these are frequently just as grossly contaminated as the dish water.

Even when clean methods of dishwashing are employed, with hot water frequently changed and sufficient soap or detergent, utensils are easily contaminated again by towelling. It is better therefore to allow them to dry off naturally by the heat they have absorbed in washing. Tea towels should be changed frequently and reserved for polishing cutlery and glassware. Dishmops and cloths should be washed daily, rinsed and opened out while drying, if possible where the sun can penetrate the threads.

### Food Storage

Store all perishable foods in your ice chest or in a cold place but remember refrigeration merely *retards* the multiplication of bacteria, it does not *kill* germs in foods already contaminated.

If you have a refrigerator defrost it at least fortnightly and clean it with a weak solution of vinegar and warm water. Inspect it daily to make sure each food is in good condition. If in doubt **THROW IT OUT**.

Take particular care in the preparation of dishes containing milk, eggs, fish and meats, especially chopped or minced meats such as brawn, meat pies, sausage meats and rissoles, and lightly cooked foods containing milk and eggs, such as custards and salad dressings. These should be cooked and eaten as soon as is practicable. Even if refrigerated meanwhile it is risky to use left-overs of this type two or more days after preparation.

When reheating semi-liquid dishes such as soups and stews bring to the boil and simmer at least fifteen minutes. Do not reheat on more than one occasion.

Never use any canned food if it is mouldy, has a bad odour or comes from a bulging can. Even tasting such food is dangerous.

### Clean Hands

Cleanliness is one of the basic needs for good health. Possibly more than any other part of our body our hands are directly responsible for the spread of much disease.

Clean hands will not in themselves give you good health, but if your hands are clean, your chances of escaping many infectious diseases will be very much higher.

In the home—and in fact, in every other part of the community—the hands should be thoroughly washed—

- before handling food;
- after using the toilet;
- after handling pets.

If this is done the risk of catching, or spreading, an infection will be greatly diminished.



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