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.

Esme and Gwen Madden, of Guyra