

Doctor Believes Asian Flu Virus Sweeping Country

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County Health Officer

An epidemic of respiratory illness ranging from mild to moderately severe is presently sweeping through Los Angeles County, and health officials are of the opinion that much of the illness is due to the influenza virus known as A-2 or the Asian flu virus.

Through recent laboratory examination of blood specimens, it was definitely determined that an outbreak of illness in a boy's camp near Los Angeles was due to the A-2 virus. This, as it happens, is the first time this season the virus has been definitely identified in this area.

Fortunately, the A-2 virus seems to be less virulent this year than in times past. Although patients may have fever, headache, sore throat, and

a dry cough, the severe aching frequently associated with the disease seems to be generally absent. Thus far no deaths have been reported in Los Angeles County that are directly attributable to the disease.

In 1960, complications following the flu resulted in 39,000 deaths in the United States, and in the epidemic that occurred two years previous to this, an estimated 80 million Americans were bedridden with attacks that were possibly the result of the A-2 virus.

Whether the Pacific Coast flu epidemic will spread across the country cannot be predicted with any certainty. Starting at several points in the Orient, it quickly spread to Vancouver and the State of Washington. "Seeding" of the

disease can occur very rapidly in this age of jet travel.

It is known that the virus is airborne and is inhaled by a potential victim who comes in contact with a person already suffering from the disease.

Some authorities consider it possible that last year's episodes may have been of sufficient extent in other parts of the country, together with the large numbers of individuals who have been vaccinated against influenza, to stop the nationwide spread of the present flu epidemic.

Recently some questions have been raised by health authorities as to whether the flu vaccines have significantly prevented attacks of the disease, but there is general agreement that the vaccines are still the best available weapon for preventing flu-caused deaths among those individuals especially vulnerable, and these include pregnant women, the chronically ill, and older persons, particularly those over 65.

Once the flu hits a community, it is generally considered

too late for the vaccine to do much good since two injections given two months apart are required for a good protection. Some protection is afforded within two weeks after the first dose, however, and may lessen the severity of an attack.

ONE BOOSTER SHOT is sufficient to protect those persons who have been vaccinated within the past year. One booster is also sufficient for previously vaccinated children, who initially require three doses.

The family physician should be consulted without delay in all cases of suspected influenza. The chief danger of influenza lies in the complications, such as pneumonia and pleurisy, that may suddenly follow an attack.

A pamphlet giving additional information on influenza will be mailed to anyone who sends a card of request to the Health Education Division, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 90012.

Volunteer Leaders Class

"Outdoor Adventure" sessions of the Volunteer Leaders Workshop will be held at the Torrance Recreation Center, 3341 Torrance Blvd., Wednesday, April 15. The sessions will meet from 9 a.m. until noon.

The workshop is part of the training given by the Los Angeles County Department of Parks and Recreation in cooperation with the Torrance Recreation Department.

Volunteer leaders working with non-profit organizations, churches, schools, and hospitals are invited to the workshop. This year's session fea-

tures a program on nature in the city.

Nature crafts, games, displays, and discussions are part of the program being planned for the meeting. Registration may be completed at the Torrance Recreation Department at city hall. A 50 cent registration fee will be charged to defray the cost of materials.

Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith. — Henry Ward Beecher.

WIFE SAVERS

By
BARBARA DUFFY
Southern California Edison Co.
Home Economist



Cheese is one of man's most versatile foods. Its uses extend from hors d'oeuvres to dessert; and it may be served alone, as an "extender" for bland foods, or as a seasoning. The flavor and economy of cheese, coupled with its high digestibility and excellent nutritive value, help make it a valuable food for virtually all age levels.

Happily for us, cheese is readily and completely digested by folks of all ages. Calorie-watchers find that a small amount of cheese has a lot of "staying power;" that low calorie cottage cheese is one of their chief blessings, creamed or uncreamed.

Budget-watchers may count cheese as one of the best things that ever happened to a budget. Cheese has little or no waste; all its flavor and nutritious goodness contributes to happy low-cost meals. Three-fourths pound of American Cheddar supplies more protein than one pound of meat with medium amount of bone.

Keep your meals from having the doldrums with these cheese dishes—a souffle omelet is quick to prepare and satisfying in texture and flavor.

SOUFFLE OMELET

1 8 oz. jar processed cheese spread
¼ cup milk
Dash pepper
6 eggs (room temperature), separated
Preheat oven to 325 degrees
Heat cheese spread, milk and pepper in a saucepan on LOW heat, stirring until well blended. Remove from heat. Gradually add egg whites. Pour into a greased 2-quart casserole or baking dish or a 10" skillet. Bake at 325 degrees for 25-30 minutes. Serve at once. Serves 4 to 6.

Especially appropriate for a Lenten menu is this macaroni and cheese recipe. It may well become a year-round electric skillet family favorite.

SKILLET MACARONI AND CHEESE

½ cup butter	¼ teaspoon oregano
1 pkg. (7oz.) elbow macaroni	¼ teaspoon dry mustard
½ cup chopped onion	2 cups water
½ cup chopped green pepper	1 tall can evaporated milk (1-2/3 cup)
1 teaspoon salt	2 tablespoons chopped pimiento
¾ teaspoon pepper	
¾ lb. sharp cheddar cheese shredded (2 cups)	

Melt butter at simmer temperature in electric frypan. Add macaroni, onion, green pepper, salt, pepper, oregano and dry mustard.
Cook, stirring occasionally, at 260 degrees for 7 minutes, or until onion becomes transparent. Add water and bring to a boil. Cover and simmer at 212 degrees for 20 minutes or until macaroni is tender. Sprinkle flour over mixture and blend well. Stir in evaporated milk, pimiento and shredded cheese. Cook 5 minutes longer at simmer temperature until cheese has completely melted, stirring occasionally. Makes 6 to 8 servings.

A classic dessert is fresh fruit in season with assorted sliced cheeses, however, an even more tasty dessert combination is the Pineapple-Cherry Drop Cookies that incorporate cream cheese in the mixture. These are best eaten fresh—they look like cookies, but taste like cake.

PINEAPPLE-CHERRY DROP COOKIES

½ cup butter or margarine	2 teaspoons baking powder
1 package (3 oz.) cream cheese	1 teaspoon soda
1 teaspoon vanilla or almond extract	½ teaspoon salt
1 cup sugar	1 can (8-½oz.) crushed pineapple well drained
2 eggs	½ cups well drained Maraschino cherries, chopped
2-¼ cups flour	Topping mixture (below)

Blend together butter or margarine, cream cheese, and vanilla or almond extract; then gradually add sugar and cream well. Add eggs, one at a time, beating well after each addition. Add sifted dry ingredients gradually; mix thoroughly. Stir in pineapple and cherries. Drop by large rounded tablespoons into ungreased cookie sheet. Flatten slightly and sprinkle with a little of this Topping Mixture:

¼ cup flour, 2 tablespoons sugar and 1 tablespoon butter. Bake at 375 degrees for 12-15 minutes. Makes 3 to 4 dozen large cake-like, drop cookies.

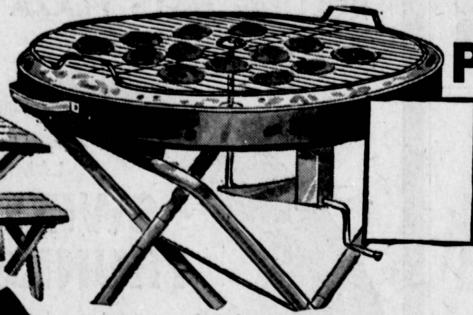
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