

dishes could have become dangerous. Food poisoning can happen without changing the look, smell or taste of foods.

The four bacteria that cause foodborne illness can be killed if reheated thoroughly. But one "staph" produces a poison that can survive boiling. Because of that you can't depend on reheating to make food safe.

The only real way to know whether the food is safe is to

keep track of the history of the food. How was it handled? How long was it at room temperature? Is it a food that can be dangerous? Cool foods rapidly and carry them in ice if it will be more than two hours before they will be eaten. Don't leave sliced cooked meat or main dish salads sitting on the counter; put into the refrigerator as soon as possible, even while the food is still hot.

Here are two recipes that may be useful for summer meals. Fix them with food safety in mind. The chicken salad comes from a 1962 collection of home economics teachers' favorite recipes.

**Tangy Potato Salad**  
4 or 5 new white potatoes  
one-third cup Italian salad dressing

2 green onions, chopped  
2 celery stalks, chopped

3 hard cooked eggs  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon garlic powder  
8 ounces plain yogurt

Scrub and boil potatoes, leaving the skins on. Boil just until tender, don't overcook. Cool immediately in cold water. Without peeling, chop the potatoes and then add the salad dressing, mixing it thoroughly. Then add all the other ingredients and toss lightly to

mix. Refrigerate immediately. Keep cold until eaten.

**Hot Chicken Salad**

3 cups cooked diced chicken (canned chicken can be used)  
1 1/2 cup diced celery  
1/2 cup chopped nuts or water chestnuts  
1 tablespoon minced onion  
1 tablespoon pimento and/or green pepper (optional)  
1 1/2 teaspoon grated lemon rind (optional)

1 1/2 tablespoon lemon juice  
1/4 teaspoon pepper  
1/2 cup mayonnaise (light mayonnaise is fine)  
1 1/2 cups grated cheese  
1 1/2 cups crushed potato chips  
Mix all ingredients except the cheese and potato chips. Put in a greased 9 or 10 inch pie plate, cover with cheese and potato chips. Bake for 30 minutes at 350 degrees. Don't overcook. The cheese should melt and it should be bubbly

but if cooked longer the mayonnaise will separate. It reheats well. Refrigerate leftovers promptly.

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