

with some product which is already packaged, the manufacturer's label is stripped off and replaced with the druggist's own. If you are going to have to replace the medicine abroad, ask the druggist to leave the original label on the container. This is also a help when going through customs, as the customs agent can readily identify the medicine for what it is and not suspect you of carrying illegal narcotics.

### **Seasonings**

The marketplace will offer fresher tasting condiments than you are likely to find in imported goods. If you buy spices that originate in that particular area, use them cautiously until you become adjusted to the fact that they are much more potent than the processed and packaged varieties in Canada.

"Superseasoning" is a generic term for any brand of monosodium glutamate. The best known brand in Canada is Accent. In the East, look for Ajinomoto, used exactly as you would use Accent.

You will find Angostura bitters in the most unexpected places overseas. Traditionally used only in cocktails it can also brighten up the most mundane dishes and make them more flavorful. It is highly recommended to season the foods of people who are on a low-salt diet and is usually available when more specialized preparations are not.

### **Shelves and Picture Hanging**

There are simply never enough shelves. Take bookcases with you if you can. If not, stock up on steel brackets that will adjust to fit boards of various widths and stock up on picture hooks. If, at your mission, there is no restriction in your lease about hanging shelves in plaster walls, remember the trick of driving a nail in first, pulling it out, and stuffing the hole with a wad of steel wool. You can then insert a screw and turn it tightly and solidly in the rough steel wool plug.

### **Silver**

Silver alloyed with copper is the most durable kind, but there is an irresistible charm to pure silver. You may find yourself in a country that specializes in very soft, 100 per cent silver items that are heavily ornamented. Before you buy a vase, bowl, teapot, or anything that might have to hold liquids, ask the merchant to fill it with water. All too often the decorating chisel or mallet has made invisible holes that will leak. Insist on having the item made watertight before you buy it.

### **Vegetables and Fruits**

Improper handling and preparation of fresh foods can be a health hazard. The best policy is (1) to discard all bruised portions of fresh fruits and vegetables and (2) wash fresh fruits and vegetables thoroughly in a detergent or in a solution with 15 ml of Clorox per gallon of water. Soak for 10 minutes, then rinse in boiled or treated water. There is no way to sterilize lettuce.

### **Water**

If you are informed at the mission that the local water supply is not safe, you will receive instructions on how to purify it. Purifying tablets, iodine, or boiling may be recommended. Boiling is perhaps the most customary and can be easily made an automatic routine. Water should boil at least 10 minutes to kill all germs. To get rid of the flat taste, either pour the water from container to container several times to aerate it, or turn it into a filter tank. The filter is the most convenient. It holds several gallons, and the water can be drawn off into sterilized bottles and stored in the refrigerator. Freezing does not kill germs. Boiled water must be used to make ice cubes. There should be a thermos jug or plastic bottle of boiled water in the bathroom for brushing teeth if the water at your mission is not potable.