

Old pancake mix causes allergic reaction



Abigail Van Buren

• Dear Abby

DEAR ABBY: I recently made a batch of pancakes for my healthy 14-year-old son, using a mix that was in our pantry. He said that they tasted "funny," but ate them anyway. About 10 minutes later, he began having difficulty breathing and his lips began turning purple. I gave him his allergy pill, had him sit on the sofa and told him to relax. He was wheezing while inhaling and exhaling.

My husband, a volunteer firefighter and EMT, heated up some water, and we had my son lean over the water so the steam could clear his chest and sinuses. Soon, this breathing became more regular and his lips returned to a more normal color.

We checked the date on the box of pancake mix and, to my dismay, found it was very outdated. As a reference librarian at an academic institution, I have the ability to search through many research databases. I did just that, and found an article the next day that mentioned a 19-year-old male DYING after eating pancakes made with outdated mix. Apparently, the mold that forms in old pancake mix can be toxic!

When we told our friends about my son's close call, we were surprised at the number of people who mentioned that they should check their own pancake mix since they don't use it often, or they had purchased it some time ago. With so many people shopping at warehouse-type stores and buying large sizes of pancake mix, I hope your readers will take the time to check the expiration date on their boxes.

— SUE IN WYANTSKILL, N.Y.

DEAR SUE: Thank you for the warning. I certainly was not aware that pancake mix could turn moldy and cause an allergic reaction in someone with an allergy to mold — but it's logical. I wonder if the same holds true for cake mix, brownie mix and cookie mix. If so, then a warning should be placed on the box for people like me.

We hear so often about discarding prescription and over-the-counter medications after their expiration dates, but I don't recall warnings about packaged items in the pantry. Heads up, folks!

DEAR ABBY: My mother has been a prescription drug addict for about 20 years. The problem I'm having is my 2-year-old son loves this "memaw" and wants to go over to her house on a regular basis.

When Mother is off the pills, she's a great parent and a fantastic and loving grandmother. When she's on the pills, she becomes a different person, and I don't want to subject my son to the things I witnessed as a child. She becomes very abusive when she's not sober. She also does things like slur her words and pass out.

Rehab doesn't work for her. She has been at least 20 times.

My son does not understand her actions. He thinks I am being mean

when I tell him we can't go over there.

I have threatened my mother that she won't see her grandson if this behavior continues. She doesn't seem to care. In recent months she has been on methadone, trying to kick the habit, but has substituted methadone for the pills. Have you any suggestions?

— "MEAN MOMMY" IN N. CAROLINA

DEAR "MEAN MOMMY": Unless your mother is buying her methadone on the illicit market, she is on a program and under supervision — which is a good thing. If you see evidence that she is a danger to your child, then it is your duty to cut off the contact. However, my addiction experts advise that you do not "threaten" unless you are prepared to follow through. (And you may need counseling yourself in order to stick by your word.)

DEAR ABBY: I am a 16-year-old female and have recently realized that I am gay. I came out to my parents about a year ago, and they were loving and accepting. It wasn't a problem.

My problem is I am not ready to tell any of my close friends. I am waiting until college to come out. However, because I haven't come out, I still get a lot of male attention. I'm worried that constantly rejecting all guys will give my secret away. Thus, I am in a relationship with a boyfriend I do not love.

I know it's not fair to lie to him and pretend that I love him. I don't want to break his heart. I have already ended past relationships for "no reason" and have had to think up reasons to give to my friends. (Even my best friends have no idea, and I feel guilty about it.) I don't think I can lie one more time about its being the boy's fault, because each guy I have dated has been perfectly sweet.

My relationship with my current boyfriend is becoming quite serious, and though I like him as a friend, I'm not ready for the sex that we're beginning to talk about. I want out, but I'm not ready to COME out.

Please help me. I have never had a more confusing dilemma.

— IN THE CLOSET IN NEW JERSEY

DEAR IN THE CLOSET: You are under no obligation to disclose your sexual orientation until you are ready. However, it's time to stop lying to the young man you are dating. All you need to say is that you have decided not to have a serious relationship until you are in college. It is the truth, and you do not have to elaborate.

TO MY CHRISTIAN READERS: Happy Easter, everyone!

Editor's note: Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, Calif. 90069.

Bear kills 6-year-old girl in Tennessee forest

BENTON, Tenn. (AP) - Authorities hunted today for a black bear that picked up a 2-year-old boy in its mouth and mauled his mother, critically injuring her before killing the child's older sister.

The attack came Thursday afternoon in the Cherokee National Forest in southeastern Tennessee. The family was at a pool below Benton Falls on Chilhowee Mountain when the bear attacked, the Tennessee Wildlife Resources Agency said.

Witnesses told authorities the bear picked up the boy in its mouth while the mother and other visitors tried to fend it off with sticks and rocks, said Dan Hicks, a spokesman for the Tennessee Wildlife Resources Agency.

The mother and the boy were critically injured and flown to Erlanger Medical Center in Chattanooga, authorities said. When the bear attacked, the 6-year-old girl ran away, authorities said.

Rescuers found the girl's body about 100 yards down the trail from the falls. A bear was standing over her.

"Allegedly, after the rescue squad found the little girl, one of the squad members fired a shot from a small caliber handgun," Hicks said Friday.

"We don't know whether the bear was hit or not.

There was no blood, but it chased it off."

Hicks said authorities were using dogs and set traps baited with honey buns and doughnuts.

Wildlife officers planned to put out more traps today, he said.

The 640,000-acre park runs along the Tennessee-North Carolina line southwest of Great Smoky Mountains National Park.

Authorities also are asking anyone who was at the campground and saw the attack to come forward because witness accounts could help find the bear.

The campground was evacuated after the attack and the witnesses have now scattered, Hicks said.

The family was from Ohio but Hicks said he wasn't sure if they were in the area camping.

No names have been released.

BUSINESS DIRECTORY

JOHN'S WELDING

- Welding & Repair
- Field Service
- Miscellaneous Repairs

Brewster, KS
785-694-3553
 leave message

FAMILY DENTAL CARE

The Latest Technology and Most Complete Care Available!

- Root Canals • Orthodontics
- Implants • Wisdom Tooth Surgery

New Patients Welcome
 No Referral Necessary ~ Financing Avail.

1690 W. 4th St., Colby ~ 785-460-3999
 Toll Free: 1-866-305-3999

SHAWN D. JENSEN, D.D.S.

H & H AUTO SALES

JEFF HARLOW

Hours:
 M-F 9:00-5:50;
 Sat 9:00-4:30

Phone: 785-460-0828
 Fax: 785-460-0829
 Cell: 785-443-1082

930 S. Range
 Colby, Kansas 67701

Murray Roofing & Construction

Residential & Commercial
 (785) 462-6908

Residential roofs
 Flat & Low-Sloped Roofs
 Metal Retro-Fit
 Energy Efficient Roofing Solutions

Vinyl & Steel Siding
 Decks & Patios
 Wood & Vinyl Fencing
 Soffit & Fascia

FREE ESTIMATES

Jeff Dreiling - Sales
 (785) 443-0819

FREE ESTIMATES

Jim Murray - Owner
 (785) 443-1339

HUTFLES CONSTRUCTION, INC.

Residential & Commercial Concrete and Carpentry

Custom Homes & Additions ~ Done to YOUR specifications!
 All types of siding & roofing
 Steel Buildings: Cheif - Topline - MPE

(785) 462-7123
 Cell: (785) 443-1729

Colby, KS

Shop: 525 E Pine
 Off: 1850 Harvey Ave.

BOB CARNEY CONSTRUCTION

HOME IMPROVEMENTS
 REMODELING
 VINYL AND STEEL SIDING
 NEW CONSTRUCTION
 INSULATION

320 North French
 Colby, KS 67701

(785) 460-6509
 (785) 443-0513

Kitchen & Bath SHOWROOM

Sales & Service

Stop In Now To Plan Your Summer Remodeling Project!

- Custom Cabinetry • Design & Installation Service
- Natural Stone Countertops • Enclume Pot Racks
- Kindred Granite Sinks • Elfa Storage Solutions

785-460-1100 - Southwind Plaza ~ Colby, KS
 M-F 10 a.m. - 5:30 - Saturday By Appointment

Thomas County Insurance
 has been serving
 NW Kansas for 100 years.

Stop in and experience the friendly service and excellent insurance products we have to offer.

490 N. Franklin • 462-3939

THOMAS County INSURANCE AGENCY

Jim McLaughlin/Agent

It's time to review your IRA!

COME IN TODAY.
 Securities offered exclusively.

RAYMOND JAMES FINANCIAL SERVICES, INC.
 Member NASD/SIPC

785-460-2226

Advanced Technology Auto Glass

"The Difference is Clear"

Rory Henry • 785-460-7773

WORLDWIDE - Vacation Packages - Cruises - Tours - Groups - Flights - Hotels - Trains - Cars

155 W. 4th, Colby, KS 67701
 Phone: 785.462.6999
 Fax: 785-460-0852
 Toll Free: 1.888.690.7077

CALL IN OR FAX YOUR INTERNET QUOTES AND OTHER ADS! WE CAN BOOK THEM FOR YOU WITH LOCAL, CARING SERVICE!!

VACATION SPECIALS	From	# Nights
LAS VEGAS	Air & Hotel \$250	4
DISNEY WORLD	Park Passes, Air & Hotel \$505	3
MEXICO	Air & Hotel \$800	3
CARIBBEAN CRUISE	Cruise & Air \$1,050	5
ALASKAN CRUISE	Air & Hotel \$1,500	7
HAWAII	Air & Hotel \$740	3
LONDON, ENGLAND	Air & Hotel \$700	3
AMTRAK EXPLORE AMERICA	\$359 Per Adult	Max 45

Round Trip Travel
 BOOK SUMMER VACATIONS NOW!
 Call for Bus Tours Schedules.

All specials may be for specific dates and are subject to availability

Colby Sew & Vac

- Viking & Berning Sewing Machines
- Vacuums
- Fabrics
- Classes
- Nature's Air - Air Purifiers

Sales & Service

Southwind Plaza
 785-460-1900

Hours: 9 a.m.-5:30 p.m.

host
 Dry Carpet Cleaning System

Now Scheduling Spring Cleaning!

Commercial • Residential
 Serving NW Kansas & Eastern Colorado!

New System

Professional Window Cleaning

Chris & Beth Lewon • 650 N. Grant • Colby, KS
785-462-6995 ~ 800-611-6735

Call for your FREE estimate!
 "We do windows!"

G&S TREE WORKS LLC

1114 Main, Gem (785) 462-3501

Chuck Saddler Tracey Galli

- Tree Removal & Trimming
- Full Insured
- Careful & Prompt Service
- Late Model Bucket Truck
- Free Estimates!

Bison

Rx compounding & Therapy

James E. Hampton, RPh, PCCA Member

416 State Street, Suite A
 Atwood, Kansas 67730
 (785) 626-3237
 (800) 696-3214
 Bison Rxcompounding@atwoodtv.net

ROOFMASTERS

Your Local Roofing Contractor

425 East Hill, Colby, KS
 Licensed - Bonded - Insured

RESIDENTIAL
 Tamko Shingles
 GAF Shingles
 Wood Shingles
 Metal Roofs

1-800-536-6642
 1-785-462-6642

COMMERCIAL
 Rubber Single Ply
 White TPO Single Ply
 Built Up Systems
 Modified Systems

FREE ESTIMATES

Elastomeric Rubber Coating For Metal Roofs

AFFORDABLE HOUSING

RENT IS BASED ON YOUR INCOME!

Meadowlark Manor
 600 S. Mission Ridge Ave.
 Elderly & Family Housing

Southpark Apartments
 700 S. Franklin Ave.
 Family Housing

Colby Housing Authority 785-460-6763

HUGE SAVINGS

WANTED: Homes to apply Windows or Siding...
 We will make it worth your while if we can use your home!
 Your home could be a showplace in your vicinity with window or siding. We are looking for homeowners that would like the opportunity to improve their homes maintenance costs and energy prices. Backed with warranties and full installation. Products can be installed on every type of home. Your choice of colors!

- Serving the mid-west for 34 years.
- "3 Generations of Experience."
- Tax Credits...
- Elegance and Warmth
- Financing Available WAC
- Commitment to Quality and Service!

Seamless Metal Roofing Also Available

Offer limited so call today for details.
 303-674-5469 or 1-800-405-4961
 Don Hern Builders, LLC