Old pancake mix causes allergic reaction



Abigail Van Buren

• Dear Abby

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, his 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We checked the date on the box of pancake mix and, to my dismay, found it was very outdated.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just that, and found an article the next day that mentioned a 19-year-old male DYING after eating pancakes made with outdated mix.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-thecounter 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 his "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.

DEAR ABBY: I recently made a 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.)

DEARABBY: 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





JOHN'S

WELDING

• Welding & Repair

Field Service

Miscellaneous Repairs

Brewster, KS

785-694-3553

leave message

Shop: 525 E Pine

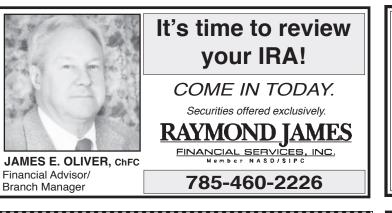
Off: 1850 Harvey Ave.

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

Colby, KS

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





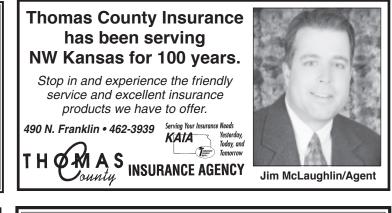
WORLDWIDE · Vacation Packages · Cruises Tours · Groups · Flights · Hotels · Trains · Cars 155 W. 4th, Colby, KS 67701 CALL IN OR FAX YOUR INTERNET







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





has been at least 20 times.

actions. He thinks I am being mean

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 READ-**ERS: 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 Rehab doesn't work for her. She *Phillips*. Write Dear Abby at www.DearAbby.com or P.O. Box My son does not understand her 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 members fired a shot from a small its mouth and mauled his mother, critically injuring them 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 the falls. A bear was standing over her.

"Allegedly, after the rescue squad found the little girl, one of the squad caliber handgun," Hicks said Friday.

Customized

situations

requiring

solutions.

"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 about 100 yards down the trail from Hicks said he wasn't sure if they were in the area camping.

No names have been released.









HUGE

WANTED:

Licensed - Bonded - Insured

1-800-536-6642

1-785-462-6642

Elastomeric Rubber Coating For Metal Roofs

FREE ESTIMATES

Homes to apply Windows or Siding... We will make it worth your while if we can use vour home!

COMMERCIAL

Rubber Single Ply

Built Up Systems

Modified Systems

White TPO Single Ply

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!

Seamless Metal Roofing Also Available

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