

HINTS FOR THE HOME

WHEN YOU NEED TO WIPE UP A SPILL, ADVISES DOCTOR CHARLES GERBA—A-K-A DOCTOR GERM—DON'T REACH FOR A SPONGE OR DISHCLOTH. GET A PAPER TOWEL INSTEAD. HE CALLS KITCHEN SPONGES BACTERIA CAFETERIAS, AND THE PREMIER SOURCE OF GERMS IN THE HOUSE. USING PAPER TOWELS TO CLEAN UP RAW MEAT AND EGGS, HE ADDS, CAN HELP YOU AVOID SPREADING E. COLI AND SALMONELLA TO OTHER KITCHEN SURFACES. PAPER TOWELS ENSURE GERM-RIDDEN MESSSES GET TOSSED INTO THE TRASH. SO WHEN IT COMES TO KEEPING YOUR KITCHEN CLEAN, DOCTOR GERBA SUGGESTS, LET A PAPER TOWEL BE YOUR SHIELD.