

Most Child Car Seats Ruled Unsafe

Statistics show that 10,000 children under the age of four have died during the past decade, and 58,000 are injured each year while riding in automobiles. Pediatricians believe that these figures could be cut in half through the use of adequate car safety seats for children, and have urged government action.

Federal standards set by the Dept. of Transportation to go into effect in April will make obsolete and unsafe any children's car seats not manufactured according to the new law, which all manufacturers were given time to adapt their 1971 models.

Seats that simply hook over the back of the seat of the car are completely outlawed for manufacture. And those equipped with make-believe steering wheels are among the most dangerous. Mothers currently using such models are warned they will not provide adequate protection for children.

As soon as a child can sit up by himself he should be placed in an auto seat that will restrain him firmly in event of an accident. And, he should continue to use the seat until he is at least 42 inches tall, and reaches a sitting height of 24 inches. He can then use only an adult car seat belt and shoulder strap, but in combination with a solid plastic cushion at least five inches thick, according to safety experts.

Manufacturers of the Kantwet Safety Seat urge parents to follow instructions on the 1971 safety seats carefully to assure their children maximum protection.

Some of their additional recommendations are:

- The safest place for your child in his safety seat is



Children's car seats must incorporate new government standards like those shown above on the Kantwet Safety Seat. With the seat fastened securely under the rear seatback of the car, use of the safety seat chest strap along with the auto seat belt, and a firm head restraint, this child will be assured maximum safety while riding.

in the back seat of the car. If you do not have rear seats, place him in the right, front passenger seat. Never place the car's safety seat between the front bucket seats—it will offer no protection at all.

- Make sure that ALL straps on the safety seat are fastened, in addition to the automobile seat belt. Your child will be both comfortable and firmly restrained.
- Be certain that your child's head does not rise above the level of the head restraint. If it does not rest

against the head restraint the child can suffer a severe whiplash in a collision.

- Check the front guardrail or bumper on your child's safety seat to make sure it has no less than 1/2 inch energy-absorbing padding on it, and learn to use the quick-release device should you ever need it.

For a free brochure containing more Kantwet car safety tips for children, send a stamped, self-addressed envelope to: Kantwet Baby Products, 95 Chapel Street, Newton, Mass. 02459.

Report Shows Drunk Drivers On the Increase

RALEIGH — More than 100,000 North Carolinians have been arrested by the State Highway Patrol alone, during the past five years on the charge of drunken driving.

Figures released by the Driver Education and Accident Records Division of the Department of Motor Vehicles show that drunken driving arrests have jumped from 9,478 in 1966 to 35,348 in 1970 — a total of 102,346 for the period.

At the same time persons actually brought to trial on the charge rose from 8,752 in 1966 to 32,419 in 1970. Convictions climbed from 5,433 in 1966 to 21,532 in 1970.

Motor Vehicles Commissioner Joe W. Garrett attributes the increase in arrests, trials and convictions to (1) better training of state troopers in the detection of the drinking driver, (2) more sophisticated equipment for determining the degree of inebriation of the driver, (3) greater determination on the part of the courts to rid our streets and highways of drunk drivers, and (4) public support of the program to discourage drinking and driving.

Garrett warned, however, that the problem of the drinking driver remains perhaps the most serious of our traffic safety challenges. "The responsible motorist," he said, "should keep in mind that one in every 50 drivers he meets at night on our streets and highways is driving under the influence."

At the present time, according to the Commissioner, there are approximately 10,400 cases of drunken driving awaiting trial in North Carolina.

Doubleday Co. Presents New African Project

The quest for cultural roots is of a genuinely heartfelt urgency for many blacks in this country. Doubleday & Company, Inc., continuing in the pioneering tradition that led to the establishment of the Zenith Series, has launched a new program, Africana from Doubleday. This new program is designed to give a significant population of this country a deeper understanding of their rich heritage, and enable others to enhance their appreciation of the beauty, dignity and relevance to be found in different cultures.

Africana from Doubleday includes works of fiction, poetry, drama, history, anthropology and political science (encompassing several titles already published by Doubleday over the past few years) by the leading African writers: Chinua Achebe — the success of his two books published as Anchor paperbacks, "Arrow of God" and "A Man of the People," illustrated the demand for books by African writers in the American market, and significantly influenced the formation of this publishing program — Oysmane Sembene, Kofi Awoonor, Ezekiel Mphahlele, Ayi Kwei Armah, Ama Ata Aidoo, Keorapetse Kgositse, and A. Adu Boahen. These works were written originally in French or English and enrich world literature with their new inventiveness and their sensitive perceptions of life, in its great variety and complexity. This is literature at its finest, by any critical standards.

The editor of the new program at Doubleday is Chivuzo Ude, a twenty-nine year old Ibo. He studied Drama in London, becoming an associate of the British Drama Board (ADB) before he "went up" to the Queen's College, Oxford, to read Modern Greats — Philosophy, Politics, and Economics (P.P.E.). He obtained his B. A. (Honours) in 1968. Ude also holds an M. A. in International Relations and African Studies from Columbia University.

Wide-leg Culottes Spring For '71



The light, wispy nostalgia of Spring will be captured this year by long, flowing fashions for milady.

"Billowing, wide-leg culotte ensembles will be the fashion winners in sleepwear, lounge wear and at-home hostess wear," says Mabel Westenberg, Senior Vice President and fashion co-ordinator of Queen's Way to Fashion, Inc., leading national direct-selling apparel firm.

"Simulating long, graceful maxi gowns, the culotte will reach heady heights this spring in light, hand-washable fabrics of nylon and triacet, emphasizing bright solid colors, paisley prints and geometric designs," she notes.

"Spring is a time of light adornment — and the '71 woman will be glad to shed her confining day dress to relax in a comfortable and elegant pant-gown for evening. The multi-purpose culotte ensemble can wear many hats," observes the Queen's Way fashion executive. "With equal ease and good looks, the culotte spends quiet evenings home with the family, as well as entertains friends and guests."

After too much mini and the introduction of the midi, Mrs. Westenberg observes, the ankle-length, streamline maxi-pant is a welcomed new dimension of casual femininity which women will be turning to for the season.

Abrasion A Potential Danger To Adults' Teeth

Concern about keeping teeth clean, white and stain-free is common to a majority of Americans. Witness the fact that we spend almost a half billion dollars a year on dental products, in addition to professional care.

Good habits of dental hygiene are something that children try to instill in children from earliest childhood, with brushing after every meal a sought-after goal. But now there are indications that at least some adults can overdo in their efforts to assure beautiful, healthy teeth. The potential problem is abrasion of the teeth caused by too-harsh dentifrices, according to a recent study conducted by the American Dental Association.

Even in young adults with perfectly healthy teeth, overly harsh dentifrices can wear away part of the tooth along with the enamel and stains they are supposed to remove. The fact is that as people get older, from about the age of 25 on, the gums tend to recede. This exposes a substance called cementum that is considerably softer than the armor-like enamel that protects the tooth above the gumline.

And, if the cementum is worn away, the chief substance of the tooth, called dentin, is exposed. Dentin is the material that surrounds the pulp containing the blood and nerves that keep the tooth alive.

Both of these tooth components, the study shows, can be eroded by the use of toothpastes containing too much abrasive. The study also notes that the compulsive brusher may wear away significant amounts of dental enamel, as well as restorative materials, with the more highly abrasive dentifrices.

Complicating this problem is what dentists term "peri-

Toothpastes Rated By Abrasivity

Here is how the American Dental Association listed dentifrices according to abrasiveness. The least abrasive are listed first and the "abrasivity index" is indicated alongside. Tests were conducted on products marketed as of July, 1970.

Product	Average Abrasivity	Product	Average Abrasivity
T-LAK	20	CLOSE-UP	87
THERMODENT	24	MACLEANS, spearmint	93
PEPSODENT with zirconium silicate	26	MACLEANS, regular	93
LISTERINE	26	CREST, regular	95
AMM-I-DENT	33	GLEEM II	106
COLGATE with MFP	31	PLUS WHITE	110
ULTRA-BRITE	61	PHILLIPS	114
MACLEANS, spearmint*	66	PLUS WHITE PLUS	132
MACLEANS, regular*	70	VOTE	134
PEARL DROPS	72	SENSODYNE	157
CREST, mint	81	IODENT #2	174
		SMOKERS	174
		TOOTHPASTE	202

*New formulation

dental disease," which, according to the National Institute of Dental Research, currently afflicts close to 70 million Americans. This is a progressively dangerous condition that greatly accelerates natural gum recession and brings with it many more serious problems. It begins with gum inflammation (gingivitis) followed by a vicious cycle of infection and further gum recession. If not treated professionally by your dentist, periodontal disease will eventually result in bone damage and loss of teeth.

Widespread as it is, periodontal disease is preventable as well as treatable. Good oral hygiene is an effective preventative, according to the National Institute of Dental Research. Unfortunately, because the disease exposes the softer parts of the tooth, the maintenance of good oral hygiene

is complicated by the need to avoid abrasive dentifrices.

According to the American Dental Association study, individuals with exposed cementum and dentin—whether the cause is periodontal disease or the natural recession of the gums—may lose significant amounts of tooth substance when the more abrasive dentifrices are used routinely.

The A.D.A. study includes a listing of dentifrices classified according to abrasiveness, based on actual tests conducted by the association. Of the 23 toothpastes tested, Pepsodent was classified as the least abrasive of all leading brands.

While noting that most people need some abrasive in their toothpaste, the study further states that no dentifrice should be more abrasive than is necessary to keep the teeth white and stain-free.

erika's
"360"
WEEKLY
horoscope
WEEK OF MARCH 7, 1971

ARIES—Your children's affairs improve this week. Don't let false pride stand in your way—smooth out difficulties in marital and friendship relations. Plan some far-out activity with your spouse for Saturday; the sky's the limit!

TAURUS—Expect your children and friends to be hyper-sensitive this week—they'll need your calm assessment and strong emotional support. Don't overdo on the goodies this weekend, and try to get more rest than usual.

GEMINI—Family and career affairs seem at a low ebb, although your children may be over-active physically. Avoid spats with your spouse—matters will improve gradually toward the weekend. Pursue new creative outlets.

CANCER—Your extraordinary mental surge continues. Do something special about your home decor this weekend. Your marital partner starts showing some additional drive, but could also be a bit edgy. Friends and in-laws buck you up.

LEO—There's much happiness for you this week from spouse and children. Don't let a financial slump get you down mid-week. Really do something about improving your mind—at least read everything new and different you can.

VIRGO—Marital and family relationships are touchy this week. Don't force any issues and watch your tongue. By the week's end you'll get an extra boost as finances change rapidly while children get more realistic and easier to handle.

LIBRA—This is your week to shine—all social affairs are delightful, especially those you give yourself. Start a self-

improvement kick this weekend. You'll have more "zap" than usual.

SCORPIO—Plans for entertainment with children or friends don't materialize. Use your energy to start a new educational program or seek a job if you're so inclined. Inner peace is most important at the week's end.

SAGITTARIUS—Pushing to make changes in home, family and career matters won't be productive this week. Re-think your long-term objectives at the week's end. Health should be good if you avoid emotional hassles.

CAPRICORN—Time enough is always your problem, and this week is no exception. You'll be at the beck and call of others most of the time, but by the weekend, be ready to "do your own thing."

AQUARIUS—Cultivate pliability to achieve your desires. Don't worry about money. Start thinking about taking some classes or planning a vacation. Inner drive is best expressed by doing something positive for relatives.

PISCES—Don't precipitate any family or business squabbles this week. Begin preparing for a long social whirl. Your natural interest in psychic or occult matters gets a boost this weekend.

Now you can get your personalized computerized horoscope, 20 pages of in-depth knowledge of the factors governing your life, plus a six-month day by day forecast of your physical, emotional and mental responses. Send \$10 with your name, address, place and time of birth to Erika, P.O. Box 2, Glencoe, Ill. 60022. Money refunded if not completely satisfied.

Tan Topics



"BUT HOW DO MOTHERS LEARN THE THINGS THEY TELL DAUGHTERS NOT TO DO?!"

Tips on Car Care

How To Increase Car Engine Life

Unless you change the oil filter with an oil change, a quart of dirty oil stays in your engine!



You can increase the life of your car's engine as much as 25% by changing oil filters with every oil change, instead of with every other oil change, as car manufacturers suggest. It adds almost \$4.00 to the cost of the second oil changes. Is it worth it?

In a recent report to consumers, Readers Digest answered the question this way:

"To protect your engine and your warranty, changing the oil filter frequently is important. The filter removes the heavy grit and dust that your engine has sucked in; eventually it gets clogged and can take no more."

"If you change oil after 4,000 to 6,000 miles, it certainly pays to install a new filter each time. If you change more frequently you may want to replace the oil filter at each second oil change."

Experienced car buffs always change oil and filter together. Here's why:

1. A filter holds a quart of oil that does not drain from the five-quart crankcase. Without the filter change, any oil is only 80% effective.

2. Car manufacturers' suggestions are for ideal conditions that seldom exist: sustained turnpike driving in dust-free regions with temperate climate. Stop-and-go neighborhood driving is tough on engines since they never heat up enough. Such engines should undergo more frequent oil changes.

3. Dirty oil really beats up an engine. According to Fram engineers, the wear may not

Spotlight on HEALTH

AN "OFFSEASON" FOR AFFECTION?

There's a season for almost everything, including the common cold. During the winter cold season, which lasts until April, physicians caution against kissing anyone who has a cold. This could make September through the end of March off-season for this form of affection for a large segment of our population.

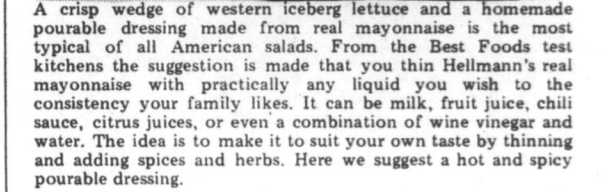
Children are the greatest cold spreaders. If a child between 1 and 4 has a cold, there is a good chance that other members of the family will catch it. In fact, the chances are 1 in 5, according to a study conducted at a major university. Colds are particularly contagious in their early stages, and they can be passed on from person to person even across a room. Rationing kisses, therefore, won't guarantee a cold-free existence. Other measures need to be taken to keep up your resistance.

Getting enough sleep, dressing according to the weather to avoid chilling, overheating and dampness, and keeping rooms well ventilated will help. Fresh air is an important cold deterrent. But, should you take all precautions and still develop a cold, don't ignore it. Colds can lead to serious complications. For an ordinary cold, keep warm, take extra hours of rest, drink lots of liquids, take aspirin for feelings of achiness, and eat moderately. Be careful about blowing your nose so hard that you force infection into the sinuses and ears.

For nasal congestion, physicians often recommend mild nose drops or a nasal spray containing Neo-Synephrine in appropriate strengths for specific age groups, including one for infants and children. The spray form is particularly convenient for adults, and one to which an antihistamine has been added, NTZ, helps to lessen the sneezing and itching symptoms that often accompany a cold. Following package directions or those given by a physician make medications most effective.

And, if you've decided to substitute hand shaking for kissing during the cold season, keep in mind that hands too, are potent conveyors of germs and should be washed often, preferably with an antibacterial skin cleanser such as pHisoHex.

Lettuce Wedges with Pourable Dressings



A crisp wedge of western iceberg lettuce and a homemade pourable dressing made from real mayonnaise is the most typical of all American salads. From the Best Foods test kitchens the suggestion is made that you thin Hellmann's real mayonnaise with practically any liquid you wish to the consistency your family likes. It can be milk, fruit juice, chili sauce, citrus juices, or even a combination of wine vinegar and water. The idea is to make it to suit your own taste by thinning and adding spices and herbs. Here we suggest a hot and spicy pourable dressing.

Hot and Spicy Dressing
1/2 cup chili sauce
1 teaspoon soy sauce
1/2 teaspoon grated onion
1/2 teaspoon tabasco sauce
1 cup real mayonnaise
1/2 cup milk

Mix chili sauce, soy sauce, onion, tabasco sauce, mayonnaise and milk. Chill. Serve with lettuce wedges or on meat and fish salads. Makes about 1 1/4 cups.

It tastes the way you'd expect a great whiskey to taste.



Seagram Distillers Company, New York City. Blended Whiskey. 86 Proof. 65% Grain Neutral Spirits.

Banking Service

FOR RETURNED VETERANS

We are welcoming back these days many returning servicemen, old friends and former customers of this bank. Many of them are anxious to get back into the old ways again. Some are making new plans for the future. They all need banking service, counsel, cooperation. We are glad to place our time and facilities at their command.

If YOU have financial problems which we might help you to solve, we extend a cordial invitation to you to come in for a confidential talk.

Results? The cars with the oil filters had 87 per cent less main bearing wear; 93 per cent less connecting rod bearing wear; and 84 per cent less cylinder bore wear.

Could anyone make out a better case for the oil filter? Get your oil changed regularly, and change the filter every time you change oil. You could get as much as another extra year out of your car if you do.

Mechanics & Farmers BANK
114 WEST PARRISH ST. DURHAM, N. C.