

Good Teeth—For You, Your Child Your Community

By ERNEST A. BRANCH, D.D.S.

The Council on Dental Health of the North Carolina Dental Society is sponsoring this series of articles on Dental Health. The writer, Dr. Ernest A. Branch, is the Director of the Division of Oral Hygiene of the North Carolina State Board of Health.

Good Nutrition for Good Teeth

Because of the reciprocal relationship between diet and dental health the title might well be transposed to read, "Good Teeth for Good Nutrition." As was pointed out in an earlier article the nutritional status of the individual is influenced for better or for worse by good or bad teeth. Proper mastication is essential to the good digestions and assimilation of food, and good nutrition is necessary for the normal growth and development of all body tissues—including teeth. It is an intriguing idea to the children that eating the right foods helps to build good teeth with which to chew the foods needed for strong, healthy bodies. Good teeth and good nutrition are mutually dependent.

Going back to our original subject, we wish to elaborate on the relationship of diet to mouth health. The elements necessary for building and maintaining good, strong teeth and healthy supporting structures must be supplied by the diet. Development of teeth begins early in pre-natal life and continues through infancy, childhood, and adolescence. It is while the teeth are developing that certain essential elements should be supplied.

The enamel, dentin, and cementum are composed largely of mineral elements, two of the most important of which are calcium and phosphorus. The best single source of calcium and phosphorus is milk. For this reason, every child (there are some rare exceptions) should drink a quart a day. Some of the leafy, green vegetables are also good sources of calcium. Sea foods, lean meats, beef liver, eggs and whole grain cereals are rich in phosphorus.

For calcium to be assimilated and

made available for use in the building of teeth vitamin D is a necessity. Vitamin D is called the sunshine vitamin. Cod and other fish liver oils contain vitamin D. During the winter months one of these oils is needed in the diet to supplement the sun as a source of vitamin D. Cod liver oil should be regarded as a food and not as a medicine.

It is believed that vitamins A and C are especially beneficial to the proper growth and health of the teeth and gums. Sufficient quantities of whole milk, other dairy products, and cod liver oil furnish quite adequately the vitamin A requirement. Citrus fruits and tomatoes are the best sources of vitamin C. Other fruits and vegetables are rich in the needed minerals and vitamins and should be included in the child's diet.

Fortunately, a diet that is adequate for good general health also promotes good dental health. A child's daily diet should include some food from each of the following good groups known as "the basis seven":

1. Green and yellow vegetables—some raw and some cooked.

2. Oranges, tomatoes, grapefruit, raw cabbage, or salad greens.

3. Potatoes and other vegetables and fruit—raw, dried, cooked, frozen, or canned.

4. Milk and milk products.

5. Meat, poultry, fish, eggs, dried beans and peas, nuts, or peanut butter.

6. Bread and cereals—natural whole grain, enriched, or restored.

7. Butter and fortified margarine.

The eating of certain foods is valuable not only for the building and maintaining of healthy tooth and gum tissues, but also for the growth and development of the jaws. Since the jaws develop through use, the child should eat foods which require chewing. Celery, apples, raw cabbage and carrots, toast, and bread crusts are examples of coarse foods that will provide the much needed chewing exercise.

economic well-being of farmers means an improved economic status for all other citizens as well.

The State Farm Census provides the only satisfactory basis for compiling reliable annual county estimates of crop acreages and other farm facts. Thus the increasing demand for annual county estimates of the acreage and production of all crops is being met. The need for reliable county estimates is especially emphasized by acreage allotment and control programs. These programs can be more fairly administered where annual Farm Census records are available.

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THE BEST LAXATIVE MONEY CAN BUY

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Legal Notices

NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA CHOWAN COUNTY IN THE SUPERIOR COURT Clarence Jernigan, Plaintiff,

vs. Mary Bembry Jernigan, Defendant. To Mary Bembry Jernigan: Take notice that

A pleading seeking relief against you has been filed in the above entitled action. The nature of the relief being sought is as follows: plaintiff seeks an absolute divorce from the bonds of matrimony heretofore existing between the plaintiff and the defendant on the ground of separation for more than two years next preceding the bringing of this action.

You are required to make defense to such pleading not later than the 18th day of March, 1954, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This, the 21st day of January, 1954. LENA M. LEARY, Assistant Clerk of Superior Court.

NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA CHOWAN COUNTY IN THE SUPERIOR COURT Alice Cayton Butler, Plaintiff,

vs. Richard Orville Butler, Defendant.

To Richard Orville Butler: Take notice that

A pleading seeking relief against you has been filed in the above entitled action. The nature of the relief being sought is as follows: plaintiff seeks an absolute divorce from the bonds of matrimony heretofore existing between the plaintiff and the defendant on the ground of separation for more than two years next preceding the bringing of this action.

You are required to make defense to such pleading not later than the 18th day of March, 1954, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This, the 23rd day of January, 1954. E. W. SPIRES, Clerk of Superior Court.

North Carolina, Chowan County.

ADMINISTRATRIX NOTICE The undersigned, having qualified as Administrator of the estate of Charlie Chandler, deceased, late of Chowan County, N. C., this is to notify all persons having claims against said estate to present them to the undersigned on or before the 23rd day

of December, 1954, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This 28th day of December, 1953. ROMONA CHANDLER, Administrator of Charlie Chandler, Deceased. Dec 28, Jan 7, 14, 21, 28, Feb 4 w. a. h.

NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA CHOWAN COUNTY IN THE SUPERIOR COURT Mary Kennedy Elliott, Plaintiff,

vs. Joseph Henry Elliott, Defendant. To Joseph Henry Elliott: Take notice that

A pleading seeking relief against you (has been filed) in the above entitled action.

The nature of the relief being sought is as follows: an absolute divorce from the bonds of matrimony heretofore existing between the plaintiff and the defendant on the ground of separation for more than two years next preceding the bringing of this action.

You are required to make defense to such pleading not later than March 17, 1954, and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.

This, the 26th day of January, 1954. E. W. SPIRES, Clerk Superior Court. Jan 28, Feb 4, 11, 18 p d

ADMINISTRATOR'S NOTICE North Carolina, Chowan County.

Having qualified as Administrator of the Estate of Henry Lee Wilson, deceased, late of Chowan County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned in Chowan County, North Carolina, on or before the 19th day of January, 1954, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 19th day of January, 1954. L. C. BRIGGS, Administrator of the Estate of Henry Lee Wilson, (Deceased)

Jan 21, 28, Feb 4, 11, 18, 25c

NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA CHOWAN COUNTY IN THE SUPERIOR COURT Callie J. Hyman, Plaintiff,

vs. Augustus Hyman, Defendant.

To Augustus Hyman: Take notice that

A pleading seeking relief against you has been filed in the above entitled action.

The nature of the relief being sought is as follows: Plaintiff seeks an absolute divorce

from the bonds of matrimony heretofore existing between th plaintiff and defendant on the ground of separation for more than two years next preceding the commencement of this action.

You are required to make defense to such pleading not later than the 4th day of March, 1954, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This 11th day of January, 1954. LENA M. LEARY, Assistant Clerk of Superior Court. Jan 14, 21, 28, Feb 4 w H

North Carolina, Chowan County.

ADMINISTRATOR'S NOTICE Having qualified as Administrator of the Estate of J. J. Parker, deceased, late of Chowan County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 5th day of February, 1955, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 1st day of February, 1954. A. J. PARKER, Administrator of the Estate of J. J. Parker (Deceased) Route 1, Box 45 Hobbsville, N. C.

J. N. Pruden, Attorney, Edenton, N. C. Feb. 4, 11, 18, 25, Mar 4, 11 p d

'PROPOSAL FOR SEALED BIDS Sealed proposals will be received by the Mayor and Town Council of the Town of Edenton, N. C., until 2:00 P. M. (EST) Thursday, February 11, 1954, for the furnishing of materials and the construction of a Bulk Salt Storage Bin. The construction work will consist of the following:

Bulk Salt Storage Bin, piping, etc.—but without pump and pressure tank and controls. All piping to be installed as shown on print up to within 2 feet of pump on both suction and discharge of pump.

Proposals must be sealed and marked "Bulk Salt Storage Bin for the Town of Edenton, N. C." Each bid must be accompanied by a certified check for five percent (5%) of the amount of bid, made payable to the Town of Edenton, N. C. In lieu of the 5% certified check, the bidder may offer a bidder's bond in the amount of 5% of the bid. All checks to be drawn on a Bank or Trust Company insured by the Federal Deposit Insurance Corporation.

Plans, copies of the Proposal and Specifications, etc., may be obtained upon application to the Town. Plans and specifications will be forwarded to the Contractor upon the receipt of a deposit of \$5.00, all of which will be returned upon the submission of a bona fide bid.

The bids for this proposed work will be received at the office of the Mayor, Edenton, N. C., at which place, and at the time stated above, they will be publicly opened and read.

Consideration will be given only to bids of Contractors who submit evidence showing that they are licensed under "An Act to Regulate the Practice of General Contracting," ratified by the General Assembly of North Carolina on March 10, 1925, and so

Thirty (30) shares of stock Edenton Cotton Mills, Edenton, North Carolina, as evidenced by Certificate No. 375.

Five (5) shares of stock in Bank of Edenton, as evidenced by Certificate No. 254.

Posted at the Court House door and four other public places this the 27th day of January, 1954.

JOHN W. CATES, Administrator. Feb 4, 11 p d

subsequently amended.

A performance bond is required in an amount equal to 100 percent of the contract price, conditioned upon the faithful performance of the contract and upon the payment in full of outstanding indebtedness in connection with the construction of the project.

The Town of Edenton, N. C., reserves the right to increase or diminish the quantities given in the proposal and to award contracts which appear to be for the best interest of the Town. The Town also reserves the right to hold any and all proposals for a period not to exceed thirty (30) days from the date of opening thereof. The Town of Edenton, N. C., also reserves the right to reject any or all bids and waive informalities.

TOWN OF EDENTON, NORTH CAROLINA. Leroy H. Haskett, Mayor, Ernest J. Ward, Jr., Clerk, Richard N. Hines, Supt.

NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA CHOWAN COUNTY IN THE SUPERIOR COURT Elsie Lee Taylor, Plaintiff,

vs. Daniel Webster Taylor, Jr., Defendant. To Daniel Webster Taylor, Jr.: Take notice that

A pleading seeking relief against you has been filed in the above entitled action.

The nature of the relief being sought is as follows: Plaintiff seeks an absolute divorce from the bonds of matrimony heretofore existing between the plaintiff and defendant on the ground of separation for more than two years next preceding the commencement of this action.

You are required to make defense to such pleading not later than the 4th day of March, 1954, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This 4th day of January, 1954. E. W. SPIRES, Clerk of Superior Court. Jan 4, 11, 18, 25, Feb 4

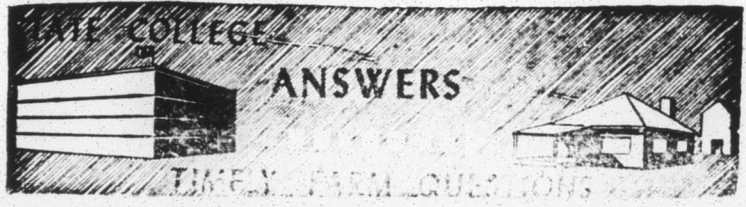
NOTICE OF SALE OF PERSONAL PROPERTY Notice is hereby given as required by North Carolina General Statute 28-75 that the undersigned Administrator of the Estate of J. W. Cates, deceased, late of Chowan County, North Carolina, will, at 12 o'clock noon on Tuesday, February 16, 1954, at the Court House door in Edenton, North Carolina, expose to public sale, and will sell, to the highest bidder for cash, the following described personal property to the Estate of the said J. W. Cates belonging:

Thirty (30) shares of stock Edenton Cotton Mills, Edenton, North Carolina, as evidenced by Certificate No. 375.

Five (5) shares of stock in Bank of Edenton, as evidenced by Certificate No. 254.

Posted at the Court House door and four other public places this the 27th day of January, 1954.

JOHN W. CATES, Administrator. Feb 4, 11 p d



ANSWERS

Question: If I use more fertilizer on my corn this year how will it effect other costs of growing corn?

Answer: Adding more fertilizer has little effect on other costs. The costs per acre of preparing the land, planting and cultivating will be about the same, whether you use no fertilizer or 160 pounds of nitrogen. You'll need more labor to harvest the increased year. Total costs, except fertilizer, increase very little when more fertilizer is used. Even the additional fertilizer becomes cheaper to use, because net returns increase as fertilizer is increased. Net returns increase more than costs up to about 160 pounds per acre of nitrogen on corn.

Question: What are the things North Carolina farmers should be doing right now marketwise?

Answer: Cull low quality cattle now. The present price ratios are not favorable for feeding low quality cattle either for breeding herd or butcher. Use large amounts of feed to get those spring pigs on market early. The fall price drop this year will likely be greater than last year. Learn varieties and grades of vegetables preferred by consumers then give them what they want. Plan now to grow, grade, pack and sell to meet consumer wants. Irish and sweet potatoes offer profits this year for efficient producers, with the emphasis on "efficient." Study seasonal price pat-

terns for eggs and arrange program to be in production during higher prices in fall and winter months. Learn the marketing channels for products you have to sell. This will help you determine the best practices to return the greatest profit in the long run. Plan for year after year stable market rather than year to year scramble to sell.

Question: What is the purpose of the annual State Farm Census?

Answer: The main purpose of the State Farm Census, now in its 35th year, is to meet the local demand for annual county statistics on agriculture in greater geographic detail than has been provided by any other service. The federal agriculture census does not provide data by counties at sufficiently frequent intervals to meet the statistical needs of the county and state agricultural agencies, and other users of this service.

There is a strong demand for agricultural statistics covering farming operations on the county level. This information is requested and used by individuals, public agencies, and by local groups as well as state and national organizations. The annual collection of county farm facts enables agricultural workers at all levels to prepare effective farm programs which are in the interest of the farmers' welfare. In a basically agricultural state any improvement in the

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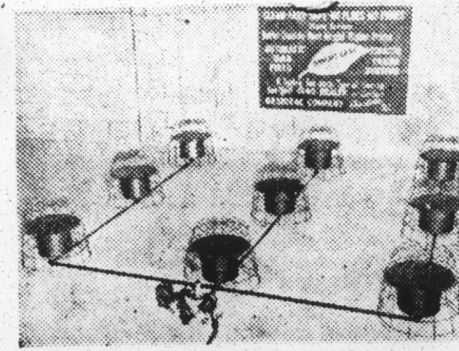
GASTOBAC IS SAFER WITH **GASTOBAC CURING SYSTEMS**

"... We can cure our tobacco and kill stems at a lower temperature, resulting in more weight, with less trash, also less danger of fire... the automatic control system is so easy to adjust, we save valuable hours for other farm work... you are protected from fumes and smoked tobacco... if pushed for barn space, we can cure out a barn of tobacco from 12 to 24 hours earlier with Gastobac curers due to the steady, hot heat generated and evenly distributed over the entire barn."

(signed) N. H. Thompson Elizabethtown, N. C.

GASTOBAC IS AUTOMATIC

"... The automatic heat controls are the most reliable I've ever seen. When I wanted a certain heat, I set the controls for that, and went on about my work. I knew I would get that heat and no more or less..." (signed) P. H. Wright Randall, S. C.



BETTER GRADE BETTER WEIGHT

"... We have been able to get the top market prices... because we can cook out a more uniform color, and there are no smoke or fumes to mar or discolor the leaf. We can also cook out at a lower temperature, and keep more weight..." (signed) Lee R. Harrison Whigham, Ga.

GASTOBAC IS CLEANER

"... I have no smoke or fumes. I do not have to be bothered cleaning the burners after each barn of tobacco is cured... The direct clean heat is of great value, no stacks, flues, no furnace in the way in the barn, when putting up tobacco, plenty of space in the barn to work. When barn space is needed I am never pushed. I can cure and order out in much less time than the years curing with other methods..." (signed) Mrs. Wilson Buchanan, Sr. Mayo, Florida

THE ECONOMICAL, CONVENIENT CURER—Gastobac Curing Systems require no flues, furnace, vents, or stacks... no lines to level... no electricity... and little or no maintenance and part replacement. Note the abundance of clear working space in the typical bright leaf installation above.

GASTOBAC SAVES TIME

"... The automatic temperature control greatly reduced my barn tending time and freed me for other work, and when we were filling the barns I could remove the curers... so that we could pile down the tobacco as it was loosed, which saved time in hanging it on the tiers... I have experienced for the first time trouble-free and safe curing that I had not believed possible..." (signed) L. F. Jones Albertson, N. C.

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