

*Happiness
Through
Health*

by
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CHILDREN FOLLOW PARENTS' LEAD IN DENTAL PRACTICES

Parents' attitude toward dentistry sets the pattern which their children will follow, according to a Harvard University dental researcher.

Youngsters mimic their parents in oral hygiene practiced at home and in dental visits, an 18-month study of 400 U.S. Army families in Massachusetts showed. A surprising result was that 42 percent of the mothers who worked or attended school exerted more influence on their offsprings' dental behaviors than did stay-at-home mothers.

The study underscored the need for dental health education to focus on families as a whole, not on just parents' or children's oral hygiene practices.

ADVANCE OVER HYDROGEN PEROXIDE FOR ORAL HYGIENE

Most people over the age of 30 remember having their mothers treat their childhood cuts and bruises with hydrogen peroxide. It kills many disease producing bacteria and certain fungi. However, it also has drawbacks to its use which limit its effectiveness in the mouth.

A medication in gel form called Proxigel is reported to represent an advance over time-honored hydrogen peroxide because it clings to the area to be medicated. The gel is recommended for treatment of canker sores and of minor

inflammation of other mouth tissues. It helps to relieve pain and facilitate healing. It also inhibits odor forming bacteria.

Proxigel is both antiseptic and bactericidal and is available without a prescription.

NOW THERE ARE "TOOTH BANKS"

Swedish dental scientists have reported finding a method of keeping alive extracted teeth and attached root tissues by a freezing technique. In the experiment, 21 health teeth survived for more than a year while stored at temperatures as low as minus 197 degrees Centigrade.

The proposed creation of "tooth banks" would allow for matching of donor and recipient's teeth, just as organs such as eyes and kidneys are matched for transplantation. Delay in reimplanting a tooth back into the mouth of a patient with diseased jaws or gums would afford needed time for the extraction site to heal.

COMPUTERS TO AID DENTISTS

Computers may soon enable dentists to determine with extreme accuracy whether a child of eight or nine will develop problems with wisdom teeth in adulthood.

This prediction by a researcher at the University of California at Los Angeles was based on a 10-year study of 74 persons.



An Economical Sunday Supper—BLT Salad And A Hearty Soup

Look to packaged dinners for good ways to extend your food budget and treat your family to meals which are nutritious and loaded with appetite appeal.

Macaroni and cheese dinner, the heart of our BLT Salad, is only 11 cents per serving prepared as directed. With a little imagination, you can add ingredients which will help you stretch a dinner to feed six with soup for Sunday supper. Home economists in The Kraft Kitchens suggest making two

packages of dinners on Saturday. Use one for the children's lunch. Add crumbled bacon, chopped tomato, pickle and onion and Miracle Whip salad dressing to the other and chill overnight.

There are lots of ways to personalize packaged dinners. How about trying one of these innovative ideas? Prepare macaroni and cheese dinner according to directions, adding zucchini slices, oregano and chopped olives. Serve hot with Italian sausage. Macaroni and

cheese dinners make tasty quick casseroles. For added protein, mix leftover chicken, turkey, ham or roast beef with dinner prepared according to package directions. Add leftover vegetables and season to taste. Heat thoroughly in a saucepan and serve—it's a one-pot dinner idea that save time as well as money.

A little ingenuity paired with packaged dinners will go a long way in helping you to feed your family economically without sacrificing quality.

BLT Salad

- | | |
|---|-------------------------------------|
| 1 7-1/4 oz. pkg. KRAFT Macaroni | 1/2 cup MIRACLE WHIP Salad Dressing |
| 8 crisply cooked bacon slices, crumbled | 1/2 cup chopped pickle |
| 1 tomato, chopped | 1/4 cup chopped onion |

Prepare dinner as directed on package. Add remaining ingredients; mix lightly. Chill.

Add additional salad dressing before serving, if desired. Garnish with tomato wedges

and serve on lettuce if desired. Makes 4 to 6 servings.

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