

## National School Lunch Week

This week several million students in school cafeterias across the country will be served the same menu on Wednesday, October 15, with the theme "Nutrition Through Social Awareness." About 1800 students in Polk County will have this menu: Tacos, Lettuce and Tomatoes, Spanish Rice, Mexicala Corn, Pineapple Wedges, and Milk. Dorothy Owens, School Food Supervisor, says this is the most nutritious meal of the day for many children, particularly for those from low-income families. These lunches are prepared according to planned nutrition standards and supply about 1/2 of the nutrients boys and girls need each day. This program is one in which the schools since 1946, when the National School Act was passed by Congress enabling schools to be eligible to receive some donated commodities and cash reimbursement, have been able to offer nutritious meals. Because of this children are able to purchase lunches valued much higher for 60c in elementary and 75c in high school. Many needy children receive lunch free or at a reduced price. Hopefully these meals will make students more alert, effect his mental ability and develop better eating habits.

Parents are encouraged to visit with their children at anytime and especially during National School Lunch Week. — Reporter

**FOR SALE:** Wood heater, Parlor stove type. \$75. Call Robert Morse at 457-3366. After 6 p.m. call 859-5112. adv. 15, 16, 17c.

**FOR SALE:** White Crossbuck 36 in. Storm Door, \$20. Call after 5:30 p.m. 457-4276. adv. 15, 17c.

**DON'T**  
cop out. Blood  
urgently needed.  
Give it  
12:30 to 5:30 p.m.  
Episcopal Church  
Oct. 20th Tryon

## "Landscapes And Gardens Of N. C.

On Friday, Oct. 17, at 2:30 p.m. in the Fine Arts Center auditorium a rewarding and beautiful lecture entitled: "Landscapes and Gardens of North Carolina in the 18th and early 19th Centuries," will be presented by John B. Flowers III of Raleigh. This lecture is being sponsored by the Tryon Garden Club, Daffy Jills Garden Club, Gay Blades Garden Club, Magnolia Garden Club, Men's Garden Club and the Polk County Historical Association. Admission will be free and everyone is invited to attend and bring guests.

Mr. Flowers has carried out much research on the subject and will illustrate with his own slides. He is Research Coordinator for the Stagville Center programs in the Historic Preservation Section of the Division of Archives and History, Raleigh.

Mr. Flowers described his purpose as follows: "The State of North Carolina, in a continuing effort to know more about the 18th and 19th century world which our preservation efforts have so handsomely defined, now wishes to know, specifically, what the historic landscape was like. We have come to understand that a structure cannot be properly interpreted without its historic setting about it." Mr. Flowers continues: "There were some formal French-style gardens in North Carolina and South Carolina but not so many as we may have previously thought. Also it came as a surprise that the English were not interested in French-style gardens in the 18th century, but were already putting in the natural landscapes that are so well identified with William Kent and "Capability" Brown. These two were copied in the New World with great success."

Mr. Flowers' wife, Maxine Rogers Flowers, is on the faculty of Duke University in Durham, and they, with their six year old son, live in the Duke Forest in Durham.

Residents of the sponsoring groups will be a reception committee on October 17 at 2:30 p.m. at the Fine Arts Center.

Why do they call them candidates when so many are far from candid?

## Child Safety

By N. C. Medical Society

Parents take many precautions to protect their child's health and safety. Immunizations to protect them from childhood diseases, placing dangerous objects out of their reach at home, and many other safety measures. Yet many parents fail to protect their children in automobiles.

The fact is that more children are killed each year in North Carolina by motor vehicle accidents than by any other cause. Yet, 95 percent of these youngsters who are in car accidents have not been buckled up by their parents.

To deal with this problem, the North Carolina Medical Society and the UNC Highway Safety Research Center recommend the use of crash-tested child restraints. If parents would make an effort to secure their children in these devices at least 70 out of every 100 children who die in automobile crashes would survive.

In a crash the car stops very suddenly but everything, including people, inside the car continues to move until something stops them. It is far better for that something to be a seat belt or a restraint system than the dashboard or a windshield.

Since seat belts are not designed for small children they need restraints specially made for smaller bodies. And since they are not old enough to make their own safety decisions, parents must make those decisions for them.

Child restraints come in three basic types? the infant carrier, child seats, and safety harnesses. The infant carrier, for children less than about 15 pounds, faces the rear of the car and must be secured to the seat by the seat belts already in the car.

Child seats for children who weight more than 15 pounds can sit up by themselves. These seats face forward, and again, they must be secured to the seat with the existing seat belt. The child seat incorporates either a safety shield or a harness system to hold the child in place.

The safety harness must be installed in the center of the rear seat. This type of restraint provides less protection in the event of a crash but is preferable to no restraint at all for the child

Tryon Daily Bulletin, Wed., Oct. 15, 1980  
who refuses to sit in a child seat.

If you are shopping for a child restraint system, keep the following in mind:

— Be sure the restraint you buy has been crash-tested. If it is, it will say so on the box.

— Be sure to buy a restraint that will fit your car's seats and belts.

— If your restraint includes a tether strap which goes over the seat, use it. If you don't the restraint will lose much of its effectiveness.

— Your child may like his restraint better if it allows him to look out the windows.

— The protection provided by the restraint can be increased by installing it in the rear seat.

If you would like a list of crash-tested child restraints, write: UNC Highway Safety Research Center, Chapel Hill, N. C. 27514.

## Episcopal Bazaar

Women of the Church of the Holy Cross will have their "Christmas in the Carolinas" Bazaar in the parish hall on Thursday, Nov. 20th. Co-chairmen are Mrs. Henry Packard and Mrs. Edwin Glenn.

Charimen of the booths are: Mrs. Ernest Burwell, Mrs. Grenville Davis and Mrs. Ralph H. Nelson, Baked Goods; Mrs. Hobart L. Smith and Mrs. Howard Regan, Attic Treasures; Mrs. Fred L. Seeley and Mrs. Addison Wills, Sainly Stitches; Mrs. William I. Stoddard and Mrs. Louis J. Stirling, Candy, Jelly and Relishes; Mrs. Dudley Stroup, Mrs. Eugene Wyckoff and Mrs. Ordway Hilton, Christmas in Williamsburg; and Mrs. Marc Parsons, The Big Cheese.

Also, Mrs. Ralph Milner and Mrs. Marc Parsons, holiday wreaths; Mrs. Eleanor H. Barber, plants; Mrs. Walter Keffer, Carolina Book Shelf; Mrs. Betsy Milsteen, Fashion Boutique; Mrs. E. C. Weidemann, The Broom Corner and Mrs. Allan C. Boas will sell pecans. Mrs. Herbert J. Buck will be in charge of the refreshment center; Mrs. Marc Parsons will do the decorations; Mrs. Eugene Warner is Treasurer and Mrs. Howard Regan will handle publicity. — Reporter

A picnic ham is not actually a ham, but part of the pork snouider.

The Bulletin, 10c Per Copy