

**Dear Santa Letters**

**Central Falls, N. C.**  
 Dear Santa:  
 I am a little girl 6 years old. I can read and write a little, and I want you to bring me a *Mama* doll and a big piano. Lots of fruit, grapes and nuts and don't forget all the rest of the little girls and boys.  
 Please don't forget my little cousins that live close to me. From  
 Jewel Helen Glasgow.

**Ramseur, N. C.**  
 I will write you and tell you what I want for Christmas. I want a doll that will say *Mama*, some apples, oranges, candy, and also some nuts and raisins. Don't forget me.  
 Your little friend,  
 Virginia Burgess.

**Ramseur, N. C.**  
 Dear Santa Claus:  
 I want you to bring me a box of sparklers, a doll that will say *Ge He*, and something to eat such as fruit, nuts, candies, and also some raisins.  
 Your little boy,  
 G. W. Burgess, Jr.

**Ramseur, N. C.**  
 Dear Santa Claus:  
 I will write you to tell you what I want for Christmas. Bring me a nice little Bible and some fruit, nuts, and also some raisins. Don't forget the other little folks. I will close.  
 Your little friend,  
 Mary Burgess.

**Pipe, N. C.**  
 Dear Santa:  
 As Christmas is drawing near I will write and tell you what I want for Christmas. If you have just lots of things on hand bring me nuts, candy, apples, oranges and I would like some kind of toy. I will not ask for anything else as you have so many little ones to go to every day. I am 11 years old and go to school every day. With love to you,  
 Your friend,  
 Mary Thornburg.

**Pipe, N. C.**  
 Dear Santa:  
 I am a little girl nine years old and as Christmas will soon be here I will tell you what I want you to bring me. I would like to have a little stove, a toy bureau, candy, apples, oranges and nuts, but will be pleased with anything you will bring me. With lots of love,  
 Your little friend,  
 Lucile Thornburg.

**Asheboro, N. C.**  
 Dear Santa:  
 I want you to bring me a basket ball, and a doll that will go to sleep with long curly hair and a good story book, and candy, apples, oranges and all kinds of nuts. Don't forget to come to see other children. Good bye,  
 Jewell Garrell, Box 612.

**Seagrove, N. C., Rt. 2.**  
 Dear Old Santa:  
 Please bring me a dolly that will go to sleep and say *Mama*, and a toy wrist watch and a string of beads, and a little red lantern, and a telephone. Please bring candy, apples and oranges. I will be as good as I can. Your little girl,  
 Gracie Roberts.

**Asheboro, N. C., Star Rt.**  
 Dear Old Santa:  
 Please bring me a doll and a doll bed and a doll carriage, and a toy cook stove and a lot of candy and bring me a soldier doll and a wagon and a tricycle and a balloon. Also fruit, raisins and candy.  
 From,  
 Verna and Vern King.

**Tooth Paste and Mouth Wash**

"Doctor, what tooth paste do you recommend?"  
 That question is asked of the dental profession hundreds of times each day, and if he recommends one more than another it is not generally for any scientific reason, but merely which comes into his mind first or appeals to his sense of taste. It is the consensus of opinion of the leaders in the dental profession that there is no special virtue in any tooth paste. There has been a great deal of discussion among the dental profession as to the virtue of an acid tooth paste compared with an alkaline. Dr. Arthur Black, one of the men of recognized authority in the dental profession, recently in discussing the subject said: "I would like to mention four things which we should keep definitely in mind in connection with this subject."

"1. Acidity of saliva has absolutely nothing to do with decay of the teeth.

"2. It is only that acid that is held in contact with the teeth under the gelatinous plaques which causes the teeth to decay. The gelatinous plaques prevent this acid from becoming mixed with the saliva.

"3. Antiseptic mouth washes have no value whatever in preventing decay of the teeth or in bringing about immunity.

"4. Certain acids placed in the mouth have a tendency to inhibit (retard) the action of lactic acid forming microorganisms, and also a tendency to dissipate (break up) the plaques.

"It will be noted from these statements that any substance taken into the mouth which will dissolve the gelatinous plaques, thus permitting the lactic acid to become mixed with the saliva, would have a tendency to prevent decay."

The fruit acids are classed as foods that are beneficial to the teeth, not only as possessing the vitamins essential to health, but for their cleansing virtue.

You must understand that practically all dentifrices, except mouth washes, contained solid material for the removal, by friction of solid material from the teeth. The frictional agent, the neutralizing agent with an added flavoring, agreeable to the taste, are the principal components of all tooth pastes. Calcium carbonate or precipitated chalk and soap form the bulk of the most of tooth pastes. Prinz states that the sterilization of the oral cavity by an antiseptic, which can be employed with safety, is impossible.

The qualities of a mouth wash should be such that will not irritate the soft tissues, that will not destroy the salivary ferments, and that is not poisonous if swallowed. The wash should be readily available and inexpensive, that it may be freely used without harm. Salt water is ideal in every respect. Prinz has shown that a salt solution, reduced the flora of the oral cavity by 50 per cent and advises the adding of one ounce of lime water to eight of salt solution, about one teaspoonful to one glass of water. The lime water is mildly astringent and is solvent of the mucinous material. Dr. Fones advocates the use of lime water alone.

To make a saturated salt solution, get a quart of boiled water and allow it to cool, then add salt as long as the water will dissolve it. When the water has dissolved as much as it will, the salt will form in the bottom of the vessel when allowed to stand. This is strong, but can be diluted.

To make lime water, take half cup of crushed lime, place in one quart of boiled water, cooled, allow it to set for several hours, pour off the water, leaving the lime in the bottom of the vessel. Then add fresh cooled boiled

water, and after it stands for awhile it is ready for use. This process may be repeated until the half cup has made five or six quarts of lime water. If the lime water is too strong at first, dilute with water.

The most important thing to remember is cleaning one's teeth is that the mucous plaques must be broken up to prevent decay. This is done by friction of brush and tape.

While there is no great virtue in any tooth paste, most of them on the market are not particularly harmful, except one would not use those with coarse powders in them too generously on account of abrasiveness. Or, in other words, cut grooves in the teeth. Most people unfortunately get a quantity of paste on the brush and brush carelessly, and because the mouth tastes clean, think it is clean.

**Tooth Powders**  
 Any tooth powder that is made under the direction of a reputable dentist is safe, if used intelligently. That is, if used so as not to give abrasive surfaces to the teeth.  
 The best market for North Carolina turkeys this year will be found in North Carolina rather than on eastern markets, says V. W. Lewis, livestock marketing specialist.

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