

Bedtime Bottle Bad News For Youngsters' Teeth

By ANDY SIDDEN

That bedtime bottle that gives your baby so much comfort now, may cause big trouble later.

Pedodontists say that drinking sugary liquids at night greatly increases the chance of a child developing "nursing bottle mouth" — a syndrome where the teeth are rotted away to little more than nubs. Inappropriate use of the nursing

bottle is the primary cause of all tooth decay in pre-school children, the chairman of the department of pedodontics at the University of North Carolina at Chapel Hill said recently.

Dr. Theodore R. Oldenburg said this is especially true in children with the extreme decay found in the children under 3 and a fourth of those under 2 have at least one cavity. "As soon as your child's

teeth appear they are susceptible to decay," Oldenburg said.

He said that during the day acids formed by sugar are washed away by saliva, but at night the saliva production decreases allowing the decaying acids to stay on the teeth longer.

"It must be emphasized that drinking from a bottle at meal times does not cause damage to the teeth," Oldenburg said.

"nursing bottle mouth" syndrome. Oldenburg has written a pamphlet on the syndrome for parents.

"With few exceptions, most children under age 3 with rampant decay have a history of prolonged nap and bedtime bottle nursing," he said.

"If your child must have a bedtime bottle for comfort," he said, "fill it with cool water or consider using a pacifier instead."

But he cautioned that dipping a pacifier in honey or other sweets can be just as bad as getting sweets from a bottle.

"If only I had known," Oldenburg said, "is the sad comment of too many parents whose 2, 3, or 4-year-old child's teeth have literally rotted to the gums.

"And the evil villain? The comforting bedtime bottle."

Children Can Make Fun Snack

Almost all children enjoy and need snacks. Since their small stomachs aren't built for a three-meal-a-day schedule, snacks provide an important portion of their daily nutrition.

"Snacktime is usually less busy than mealtime for a mother or babysitter, so often the children can help with the preparation," says Ester L. Hatcher, University of Tennessee Extension health and nutrition specialist. "Something as simple as pouring juice and spreading peanut butter on a cracker is good for developing muscle control. Following a simple recipe will make them feel important, since cooking is considered real grown-up work."

Children learn to follow the recipe's directions. They learn to work together as a team by taking turns mixing, measuring, and peering in the oven. They may learn about time as they watch a clock or timer waiting for the food to cook. They learn new words and their meaning, such as stir, broil, bake, mix, and taste. Learning these skills will make them feel important, since cooking is considered real grown-up work.

Children should start their preparation with simple things, such as putting cheese cubes on tooth picks or spreading peanut butter. Making eggnog using powdered milk with vanilla or other flavoring is a simple project. Children can learn to prepare gelatin, no-bake cookies, and instant pudding before advancing to more complicated recipes requiring additional steps and accurate measurements.

"Children will have many questions to be answered as they cook," adds Miss Hatcher. "Close supervision will be needed as they learn to work with sharp knives, a hot stove, or boiling water, but it usually takes very little encouragement to get them to eat foods they prepare even if they are nutritious."

Today's Brides . . . Are They Older?

Today's brides are slightly older than their counterparts five years ago, according to a survey of its readers by "Bride's Magazine," which shows women are now marrying at an average age of 21.5 years compared with 20.6 in 1971.

They appear to be more traditional, with 81 percent saying they used engraved wedding announcements and 61 percent using the services of a wedding gift registry.

The general desire was for 12 five-piece place settings of fine china, silver and crystal as opposed to only 8 settings of casual tableware previously. Brides also spent a third more on outfitting their first home — \$4,808 average compared with \$3,460. All expect to have stereo equipment and 80 percent expect to have color TV.

Of those responding to the survey, 85 percent plan to work for four or five years after marriage. Five years ago the respondents expected to continue working for only three years.

LATIN AMERICAN DECORATIVE ARTS (AP) — The Newark Gallery of the National Collection of Fine Arts, in a salute to the craftsmen of the Old American, is presenting "American: The Decorative Arts in Latin America in the Age of the Revolution" through April 2. The exhibit of approximately 100 objects from Argentina, Mexico includes vases of silver, bronzes, lacquer

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ingles



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64oz. NO DEPOSIT... R.C. COLA 69¢	MARKET STYLE... BACON 79¢ SELECT SAUSAGE 79¢ WHOLESMOKED PICNICS 59¢ SICED 69¢	WHOLE "2 TO A BAG" FRYERS 39¢ COMB. PACK CHOICE 79¢ FRYER PARTS 89¢ FRESH SPLIT BREASTS 69¢ FRESH WHOLE FRYER LEGS 69¢ FRESH CHICKEN LIVERS 69¢ GRADE A 4-6 LBS BAKING HENS 59¢	WHITE LILY FLOUR 69¢
HUNT'S 32oz. KETCHUP 69¢	TENDER... CUBED STEAK 1.59 LEAN BONELESS 1.29 STEW BEEF 49¢ SUNNY SOUTH. BEEF PK. 49¢ BOLOGNA REG. OR ARMOUR STAR 1.19 BACON 69¢ ARMOUR STAR 12oz. 69¢ HOT DOGS 69¢	OSCAR MAYER... WEINERS MEAT OR BEEF 99¢ 3 LBS. OR MORE FRESH GROUND CHUCK 99¢ PACK-O-10. 8oz. 1.99 RIB EYE STEAKS 1.99 WHOLE US CHOICE 10-12 LBS. RIBEYE CUT AND WRAP 2.29	GIANT BOX TIDE 1.09
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