

Down Main Street

Mr. and Mrs. C. R. Jackson, of San Diego, California, visited Dr. and Mrs. C. F. McRae last week. Mrs. Jackson is a sister of Dr. McRae.

Mr. and Mrs. E. Y. Fox of Morganton, visited Mr. Fox's mother, Mrs. J. G. Fox Sunday.

The Woman's Club will meet at the Community House on Thursday, April 14 at 8 p. m.

Arnold Fox, Mr. and Mrs. Robert Fox, and daughter, and Mr. and Mrs. Clarence Gravette of Baltimore, Md., visited Mr. and Mrs. Pender Bennett last week.

Kenneth Robertson visited Dr. Merritt Robertson in Maryland last week. Dr. Robertson is reported to be improving.

Pender Bennett is in Raleigh on a business trip this week.

Mr. and Mrs. Pender Bennett and Mr. and Mrs. Grady Edwards and son, visited Mr. and Mrs. Jeff Bennett of Marion, Sunday.

NOTICE

Dr. Melvin W. Webb will be out of town from April 7th through April 17th.

WINNERS IN DENTAL HEALTH CONTEST

We are printing the winning essays in the Dental Health Essay Contest sponsored by the Burnsville Lions Club. In this week's Record are the winners of the third, fourth, fifth and sixth grades. Winners from the higher grades will be printed in following issues of the paper.

CARE OF MY TEETH (Third Grade, Prices Creek)

I take good care of my teeth. I visit my dentist two times a year. I eat the right kind of food. I get good sleep in bed. I drink milk every day. I exercise my teeth by eating hard food. I brush my teeth two times every day.

Walter Edwards

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MY DREAM (4th Grade, Micaville)

Last night Tootsie Tooth spoke to me, "Thank you for brushing me so clean and white morning and night, for giving me milk, fruits, vegetables, and meat to exercise my gums as I eat, I like my trip to the dentist too, for these kind things I do thank you".

Linda Robinson

DENTAL HEALTH (5th Grade, Bald Creek)

Your teeth are one of the most important parts of your body and should be taken care of at all times.

Brush your teeth at least twice a day. This removes bits of food that stay between the teeth and cause decay.

A visit with your dentist every six months helps keep your teeth clean and white. If your teeth are soft sometimes calcium can be taken in addition to eating such foods as plenty of milk, eggs, and fruits.

Never bite hard objects or try to break nuts with your teeth. This breaks the outer coat that protects the nerves and roots.

If the gums become red and sore exercise should be taken. Just remember that a part of the daily dozen of every boy and girl is good dental care and your health will also improve.

Peggy York

OUR TEETH (6th Grade, Burnsville School)

The teeth and their proper care should be a challenge to every boy and girl, not only for a good appearance in which the teeth play an outstanding part, but for health and sanitary reason as well. Therefore, in order for one to display, "A Million Dollar Smile", here are some simple rules and facts that we must learn and follow.

The teeth grind our food and help in forming speech.

Foods containing the two mineral substances, calcium and phosphorus, are a great necessity for sound teeth and bones. One should drink as much milk as possible because it is the most nearly perfect food for the teeth as well as the body.

The deciduous teeth are of great importance because they act as a guide for the permanent teeth.

For the proper care of the teeth children should practice regular brushing and visit their dentist at least twice a year.

Carolyn Clevenger

Wives' Corner

With Yancey Homemakers by Louise Tomass

en's four-part mission study on India proved so popular that many people have asked for the recipe. The women of the Newdale church, hostesses for the event, are sharing this recipe

NOTICE

All offices of the District Health Department will be closed on April 11, Easter Monday. The next weekly clinic in the Burnsville office will be held on Monday, April 18, from 1 to 5 p. m.

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THINK! Thousands of such signs should be broadcast throughout Yancey County. Burnsville alone needs at least a thousand — A handful of them should go to the reckless driver whom we saw speeding a large automobile right through the Red Light at the foot of Town Hill last week; a barrage of them need to fall upon the good mayor or other town officials until they took proper action to enforce the speed laws within the incorporate limits of Burnsville — At least one each should be handed to a distinguished elderly citizen and a small school boy, both of whom we witnessed jay-walking on Main Street, without looking either way. In the case of the small boy, only good brakes and quick thinking on the part of an approaching driver prevented an accident, perhaps a fatality — A handful or two should be passed along among those who become so engrossed in personal interests, or so high-hat, or so what, — as to fail to exchange a simple greeting with fellow beings in a small country town like Burnsville — Every preacher and pastor should have these cards, as well as every school teacher — A County officer should have them too — Yes, and doctors, nurses, as well as their patients — Indeed, everybody, even newspaper editors and columnists! — Nuff Sed.

with our readers:

Mix 1 can evaporated milk (large), 1 pound brown sugar, 1 pound grated carrots, and 1-4 teaspoon salt. Boil very slowly until mixture is quite dry, stirring constantly. (Mrs. Ransom Silvers and Mrs. Joe Petree, who prepared this confection for the meeting, warn that at this stage it will stick if you give it half a chance!) Remove mixture from stove, add 1-4 pound butter, return to stove, cooking and stirring until butter is melted. Remove from stove again. Stir in 1 can shredded coconut and 1 cup raisins. Spread out on greased cookie tin and cut into strips for serving.

People who tasted this confection were surprised to learn that it contains carrots, because it does not taste like carrots. It keeps well (if you can hide some of it), reportedly improv-

ing with age.

I am told that this meeting of the Women's Society for Christian Service proved to be a most pleasant social event as well as a profitable study session on India. Mrs. Ransom Silver, who was in charge of arrangements, and other women of the Newdale Methodist Church had worked hard as hostesses in preparing for the meeting, which was attended by women from Burnsville, Jacks Creek, Celso, and Kona.

Mrs. W. A. Y. Sargent helped bring the subject of India closer to home by her account of Indian students who had worked on the family's farm in Vermont. At intermission time refreshments were served by candle light at an attractively decorated tea table. Mrs. Bradley Wilson, wearing an Indian sari, served the spiced tea that accompanied the carrot confection.

The last part of the program An Indian confection which was served at the concluding session of the Methodist wom-

was a story-telling bee, with Mrs. J. H. Cooper, Mrs. Roy Ray, Mrs. Robert Helmle and Mrs. T. M. Tyner taking part. Joe Petree, the pastor, closed the session with a prayer for greater awareness of the needs of other people all over the world.

From what I heard of the event, it must have been an unusually happy blend of sociability with serious study, which strengthened the friendship among women from different parts of Yancey County as they united in a common effort to enlarge their understanding of fellow human beings in far-off India.

Have you recently taken part in some group activity that proved to be especially interesting or inspiring? If so, it would be nice to share the experience with other readers of this column, telling what, in your opinion, made the event successful.

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NIGHT 8:00 P. M.

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