

Dental Health Facts

Yancey Health Department Begins Series

The 28th annual National Children's Dental Health Week was observed early in February, and as part of the observance the Yancey Health Department, in cooperation with the local dentists of Yancey County, are beginning a series of articles on facts you should know about dental health. These facts will be presented in a question and answer format in the Journal.

Q. At what age should my child start using a toothbrush? Should I help him brush his teeth?

A. For those families who make regular visits to their dentist, plaque may already be a household word. The real culprit in dental decay is this

colorless film of bacterial plaque that forms constantly on everyone's teeth—even a baby's.

You should start cleaning your child's teeth as soon as his first incisors (front teeth) have come in. Since it may be difficult to brush an infant's teeth, a parent can remove the plaque from the teeth by using a cotton swab or a piece of gauze wrapped around a finger.

Preschool children can be taught to brush effectively,

but parental participation and supervision are necessary for several years. By the time the child has all of his first teeth, he should be used to the idea and can do most of the brushing by himself.

Many elementary school children have been fortunate in having a preventive dental health education program in Yancey County. Through the efforts of the regular classroom teacher and the cooperation of Appalachian State University and the Appala-

chian District Health Department, an attempt has been made to reduce the threat of dental disease.

Since children are prone to tooth decay, they should clean their teeth after each meal and every night before going to bed. To remove plaque, most dentists recommend using a toothbrush that has a straight handle, a flat brushing surface and soft, end-rounded bristles. The toothbrush should be small enough for children to provide easy

access to every tooth. The toothbrushing method recommended for children by the American Dental Association for plaque removal involves a gentler back and forth scrubbing motion with short strokes. With the bristles held at a 45 degree angle against the gum line, the brush cleans the teeth and gums at the same time. Chewing surfaces are also brushed with short scrubbing strokes. Your family dentist, however, may recommend

another method which he feels best suits the needs of your child.

Disclosing tablets or solution—which may be obtained at most drugstores—can be used after cleaning to check the effectiveness of the child's brushing methods.

With the help of instruction, supervision, and regular dental care, your child can be free from dental disease.

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From The Homemakers food news

BY DONNA McLAIN
Extension Homemaker
The George Washington Pudding recipe in last week's Journal had the amount of flour omitted. 1 cup of all-purpose flour is used in this recipe.

Try barbecue meatballs with baked beans and cole slaw this week, and make an angel cake dessert.

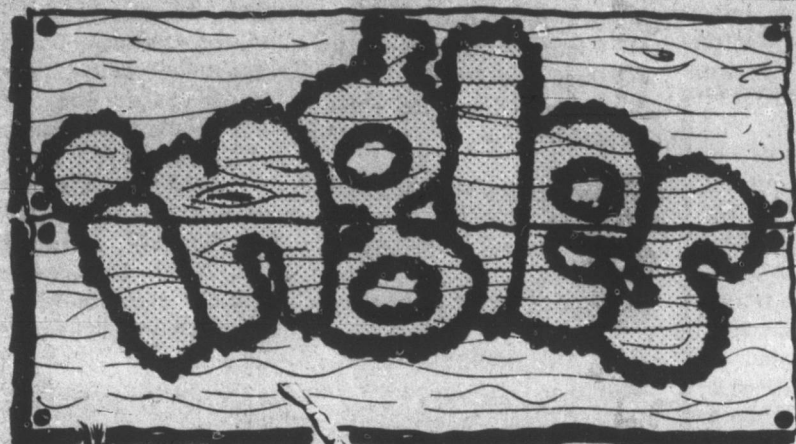
BAR-B-Q MEATBALLS WITH BAKED BEANS

Shelba Thomas
1 lb. ground beef
1 tsp. salt
1/2 tsp. pepper
1/2 cup fine bread crumbs
2 tblsp. worchestershire sauce
2 (1 lb.) cans pork and beans
1/2 cup water
1/4 cup catsup
2 tblsp. brown sugar
2 tblsp. vinegar
1 tsp. prepared mustard
Mix first 4 ingredients with 1/2 cup water and shape meat mixture into small balls. Add remaining ingredients, except beans, to pan with meat balls. Combine and simmer for 5 minutes. Add beans, pour mixture into 1 1/2 quart casserole and bake 350 degrees for 30 min.

THREE-DAY COLE SLAW
1 med. head cabbage, chopped or shredded
1 med. onion, chopped
1 green pepper, chopped
1 (3 oz) can pimiento, chopped
1/2 cup honey
1/2 cup vinegar
1/2 cup cooking oil
2 tsp. sugar
2 tsp. salt
Combine chopped cabbage, onion, pepper and pimiento. Set aside. Combine other ingredients and bring to a boil, pour hot sauce over chopped vegetables and mix well. Pack into containers and cover. Let set in refrig. for 3 days without removing cover. 12 servings.

CHERRY ANGEL DESSERT
8 cups 1/2 inch cubes Angel Cake
1 No. 2 can (2 1/2 cups) cherry pie filling
1 pkg. instant vanilla pudding
1/2 cup milk
1 cup dairy sour cream
Place half the cake pieces in 9 x 9 x 2 inch pan. Reserve 1/2 cup cherry filling; spoon remainder over cake. Top with remaining cake. Combine pudding mix, milk and sour cream; beat smooth; spoon over cake. Chill 5 hours. Cut into 9 inch squares; Garnish with filling.

OUR FLAG
Historical Highlights
A NEW CONSTELLATION
Continental Congress passed a resolution that established the Stars and Stripes on June 14, 1777, but did not specify the arrangement of the thirteen stars on the blue union, except to say that they should represent a new constellation. As a consequence, according to the U.S. Marine Corps Reserve, we find a variety of forms. The first flag, popularly known as the Betsy Ross flag, had them arranged in a circle, based on the idea that no colony should take precedence.



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