

TOOTH NEWS
DENTAL DIVISION
NORTH CAROLINA STATE
BOARD OF HEALTH

**Mouth Health Teaching Popularized
 Public Health In Pitt County**

By J. H. COWARD
 County Auditor

The effectiveness of a county health department is determined in a large measure by the number of people served in a practical way. They must see the personal benefits to be derived. Not a great per cent of adults are inclined to seek this type of service for themselves. With most of them it is dire necessity or some health problem affecting their children which takes them to their county health department. It is the preference of far too many of them, it seems, that

officials present (members of the appropriating body) that reports which the school dentist rendered to them told only in part of the good results accomplished.

I believe the service is definitely improving the health conditions by removing diseased teeth, relieving infections, saving the permanent teeth of those children whose parents are unable to pay for dental services; teaching the value of proper foods grown at home; the value of milk, and the value of cleanliness inside and out. Repeaters in school are being reduced, thereby saving the taxpayers many dollars.

Mouth health teaching is popular with the masses in Pitt County. It is demanded by their children. Unusual as it may seem, I have seen several children receiving treatment, each demanding in no uncertain terms that no one of them complained of pain. They will be health-minded men and women tomorrow, and boosters for public health and the County Health Department. There is no better way to build a successful county health department than to make it popular with the masses—there is no better way to make it popular with the masses than through mouth health teaching.



J. H. COWARD

health department activities be confined to children. Even so, this is one of the best mediums through which to disseminate County Health Programs. Benefited children become, in due season, adult boosters. Consequently, mouth health programs, in my opinion, should be one of the principal activities of a county health department.

We take much pride in the fact that the Pitt County Health Department was one of the first established in the State. It has been liberally supported, and efficiently operated. We are so well pleased with its work that the appropriation for this year is more than double that of last year. However, not until 1929, when we instituted mouth health programs, as directed by the State Board of Health, did we find a medium through which the masses could see direct results of supporting the County Health Department. In this year, we contracted with the State Board of Health, the county agreeing to pay a part of the expenses, to send a school dentist to the county for a given number of weeks, this varying with the amount appropriated. This year we have increased our appropriation to double the amount provided for dental services in 1929.

The school dentist takes mouth health messages to all children attending school, white or colored. With members of the County Board of Commissioners I have visited schools where mouth health programs were in progress, and have seen the school dentist teach health so that children could understand. We have seen him relieve suffering of children from poor families, some of whom very likely had never before heard of a dentist. We have seen him instill in the minds of children of parents who were able to pay for dental services, but had themselves not been taught the importance of mouth health, the immediate and constant need for periodic visits to the family dentist, as well as the importance of personal care of the teeth. We were particularly impressed as we saw the dentist explain every correction and show to the patient and those looking on why certain corrections were necessary. He was teaching by illustration and these illustrations remain with the children as constant reminders of mouth health. Further, it was conclusive evidence to those of-

**Through State
 Capital Keyholes**
 (continued from front page)

system in North Carolina, one which would provide the opportunity for parole of every prisoner—whether such prisoner could employ an attorney or had influential friends. The plan advanced will provide supervision to keep the prisoner on the "straight and narrow." Such a system may be in the making as the outcome of the strenuous efforts of Representative Thomas E. Cooper, of New Hanover, in the recent session of the General Assembly. A great opportunity presents itself to the Governor and those who he may appoint to administer the parole act. But the State may as well realize that any beneficial parole system, like any other constructive public service, cannot be operated upon a shoe-string.

AID FOR FISHERMEN—Plans are underway for the construction of quick-freezing and storage plants for seafood along the fishing banks of North Carolina. It is hoped this would result in more orderly marketing of products of the deep and bring better prices. Further plans call for huge purchases of fish by the State prison department for feeding convicts and personnel. While this might not cut any ice in the price of fish it would cut into the surplus catches to some extent.

TOUGH JOB—Early administration of the newly-created State Department of Highway Safety is going to be a tough assignment in its early days. Besides the tremendous task of organization, the public is likely to be unappreciative of the problem of educating half a million drivers and policing thousands of miles of roads with 121 State Highway Patrolmen. There is danger that the new safety department may be blamed for future accidents it could not hope to prevent.

COOL—There has been comparatively little heat generated in the race for Governor. Lieutenant Governor A. H. Graham and Clyde R. Hoey are the main contenders on the Democratic ticket to date but Colonel T. LeRoy Kirkpatrick and John McRae, both of Charlotte, have also announced their candidacy. Gilliam Grissom, popular collector of U. S. internal revenue in this State for several years, looks like a big threat for the G. O. P. nomination next year but other Republicans have their eye on the same honor.

LUCKY BREAK—Some Raleigh politicians express the opinion that the Supreme Court's action in declaring the NRA unconstitutional was a good political break for President Roosevelt. These prophets point out that NRA was growing mighty unpopular but that a howl for its benefits went up just as soon as the high court kicked it out. Political leaders here say that NRA will be popular again when the price and wage cutting gets started and the President can blame all that on the Supreme Court. If so, that will let Mr. Roosevelt out of a big hole.

COMING BACK—Chester O. dollars and cents is cheap. It may be worth a great deal more than something expensive. So we will find it well to judge by merit rather than price.

Yours,
 LOUISA

ADMINISTRATION NOTICE

Having qualified as administratrix of R. G. Hoppers, deceased, I hereby notify all persons indebted to his estate to come forward and make payment and all persons holding claims against his estate must present them for payment within twelve months from this date or this notice will be plead in bar of recovery. This May 31, 1935.
 MAY HOPPERS,
 Administratrix of R. G. Hoppers
 4tc-27AT

Bell, of Raleigh, and George Adams, late of Charlotte but now connected with the local Government Commission must be beaten more than once before they quit. Two years ago they ran for State Auditor but were beaten by Baxter Durham who has held the place for years. Now both Bell and Adams have announced their intention of seeking to unhorse Mr. Durham again in the primaries next year.

MORE TROUBLE—Secretary of State Stacy W. Wade is reported to have been worried by the decision of Thad Eure, principal clerk of the House of Representatives for several sessions, to seek his job next spring. Now along comes M. R. Dunagan, Raleigh newspaperman who has worked on most of the largest dailies in the State and contributed to many weekly papers, advising his friends and warning his enemies that he will be a candidate for Secretary of State. Both Dunagan and Eure can be counted upon to give Mr. Wade a headache or two but what's that to the head that wears a crown.

Little Pine

Little Pine, June 11.—Mr. and Mrs. I. M. Cheeks entertained a number of their friends Saturday night at a social gathering.

A large crowd attended the decoration services at Little Pine Sunday.

Mr. and Mrs. Preston Edwards, of Hanes, spent the week-end with home folks.

Miss Zola Cheek spent Saturday night with Eva and Nina Hendrix.

Miss Zelma Greene visited her sister, Mrs. Homer Wilson, Sunday afternoon.

Mr. and Mrs. Cleve Wilson and daughter, Wilma, visited at the home of Bert Edwards Sunday.

Mr. and Mrs. Guy Wilson spent Sunday afternoon at the home of Ellen Andrews.

Miss Zelma Greene spent Tuesday with Zola Cheek.

Miss Mabel Maines was shopping in Galax Monday.

Miss Zola Cheek spent Wednesday night with Zelma Greene.

Twin Oaks

Sparta P. O., June 11.—Ward Irwin, Beckley, W. Va., visited relatives here over the week-end. Mr. and Mrs. Jeff Sanders visited here Sunday.

A large number from this community attended the communion service at Center Sunday.

Dorothy Patierno, of Statesville, is spending a week with Clay Edwards' family here.

Louise Edwards is spending a few days with relatives in Statesville.

Marvin Wilson has purchased the Steve Delp property, near here, and expects to erect a new building soon.

Vester Hoppers has purchased the house and lot owned by Mrs. George Sexton.

Mr. and Mrs. Jessie Mc Crouse spent Sunday with friends here.

R. E. Shores and a party from Rural Hall enjoyed a picnic dinner here Sunday.

Lucille Crouse left Tuesday morning for an extended visit in Beckley, W. Va.

Alas!
 Mrs. 'Opkins—"You're not looking too 'appy, Mrs. 'Iggs?"
 Mrs. 'Iggs—"No, it's this ere uncertain weather. One day it's 'ot and the next it's cold; yet never know wot to pawn."—Pearson's Weekly (London).

Business Magnate—I claim I have done more than the law-makers to combat the unrest.

Politician—How so?
 Magnate—I am a manufacturer of mattresses and beds.

Seems So
 Producers of "It Ain't No Sin" appear to have decided that it is—Philadelphia Evening Bulletin.

Hayfoot—"Hey, your shoes are mixed; you've got the left shoe on the right foot."

Strawfoot—"And here for twenty years I thought I was club-footed."—Cornell Widow.

Worrying is so bad that some folks let their creditors do all of it.

TESTED TASTIES
YOUR FAMILY WILL ENJOY
 by JEAN ALLEN

We will publish in this column regularly the very latest recipes and food news, developed and tested by the Kroger Food Foundation. If you have particular problems in buying or preparing food, let us help you solve them. Just write our Food Editor, in care of this paper. We will be pleased to see that your questions are answered helpfully and promptly.

Start The Holiday Right
 There is lots of hokus-pokus about "how to start the day right," such as getting out the right side of bed, and not singing before breakfast. But our firm belief is that the one really best way to start a holiday is with a delicious and filling breakfast, consumed in peace and leisure, with plenty of time for that extra cup of coffee—or maybe it's two cups—that most of us miss on busy week days.

Here are some breakfast menus and recipes that will fit nicely into your plans for Fourth of July, and Labor Day. And you'll find them excellent for Sunday breakfast any week of the year.

Family Breakfast Menu
 Fresh strawberries and diced oranges, scrambled eggs, broiled ham, raspberry jam, butterfly muffins and coffee.

Butterfly Muffins
 2 eggs,
 1-4 cup honey,
 4 tablespoons melted butter,
 1 1-3 cup milk,
 1-16 teaspoon soda,
 1-2 teaspoon salt,
 5 teaspoons baking powder,
 3 cups sifted pastry flour.

Mix and sift the flour, salt, soda, and baking powder. Combine the unbeaten eggs, honey, melted butter, and milk. Add the sifted dry ingredients; stir quickly—do not beat. Fill oiled muffin tins 2/3 full. Bake in a hot oven (400 degrees F.) for 20 minutes or until the muffins are piping hot with plenty of butter. firm and golden brown. Serve Yield: 18 medium sized muffins. Or another breakfast might be planned along these lines:
 Mixed orange and pineapple

juice, broiled bacon, rice waffles with honey or pineapple breakfast cake and coffee.

Rich Waffles
 2 cups sifted pastry flour,
 3 teaspoons baking powder,
 1-2 teaspoon salt,
 1 teaspoon sugar,
 2 eggs, separated,
 1 1-3 cup milk,
 Scant 1-2 cup melted butter.

Mix and sift the flour, baking powder, sugar, and salt. Add the beaten egg yolks to milk, and combine with the dry material. Add the melted butter, and fold in the stiffly beaten egg whites. Serve with melted butter—a 'real' waffle is too delicate to hold up a piece of hard butter.

Pineapple Breakfast Cake
 1 cup sifted pastry flour,
 1-8 teaspoon salt,
 2 teaspoons baking powder,
 1 tablespoon sugar,
 3 tablespoons shortening,
 1 well beaten egg,
 2 tablespoons milk,
 3-4 cup crushed pineapple, drained,
 1-2 cup brown sugar.

Butter.
 Sift together the flour, salt, baking powder, and sugar. Cut, or rub in shortening. Add the egg and milk, and pat out into a well greased tin. Drain the pineapple thoroughly, and spread over the top. Sprinkle with the brown sugar, and dot with butter. Bake in a hot oven (400 degrees F.) for 15 to 20 minutes, and serve hot. Serves 4 to 6.

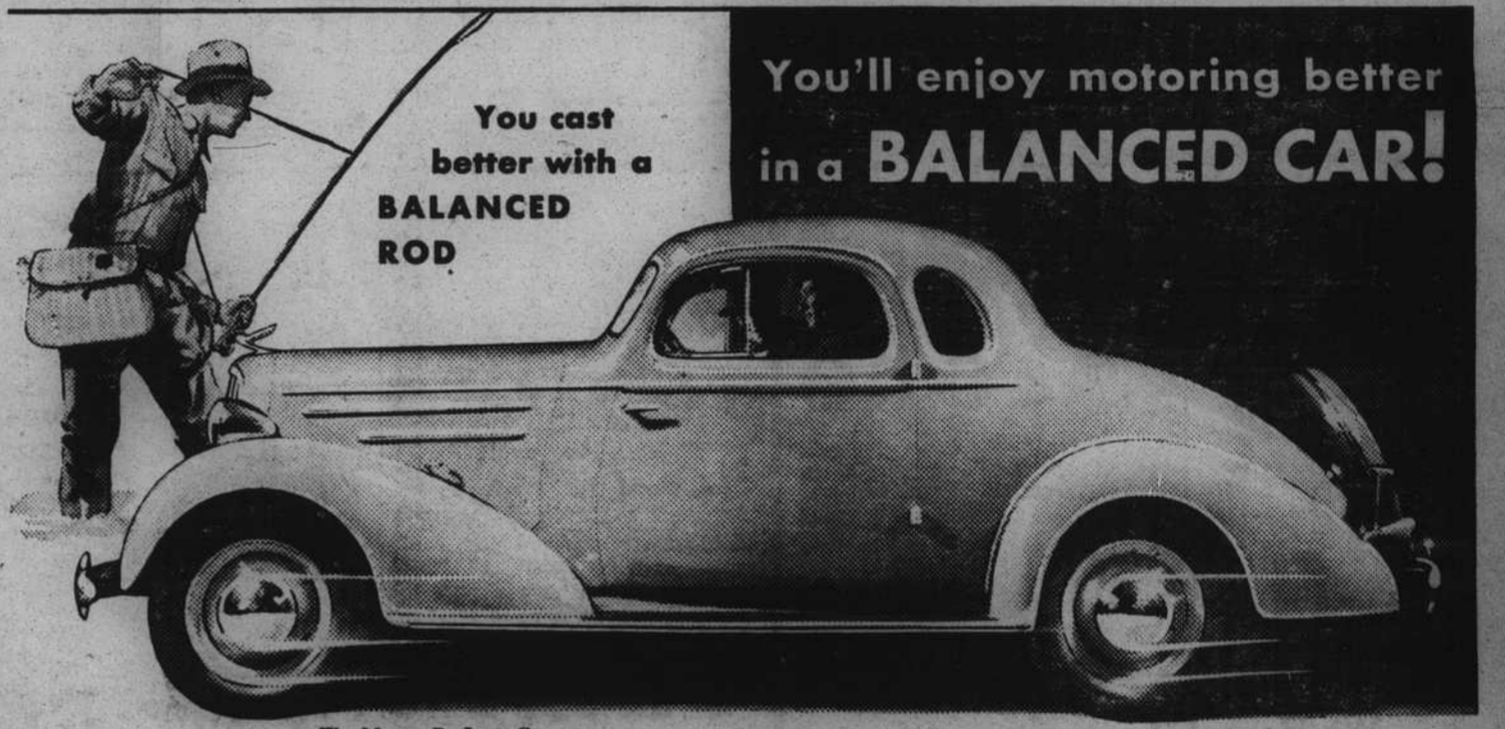
If you would like other waffle recipes, just drop a note to Dept. G, 125 Government Square, Cincinnati, Ohio, and they will be sent to you free of charge.

Blessings brighten as they depart.

See Castevens Motor Co. for radio batteries, tubes and service.—adv. ttc.

Dr. J. A. Somers
 of Independence, Va.
 will be at the Clerk's office in the Court House, Sparta, every Saturday, 9 A. M. to 4 P. M. Eyes examined. Glasses fitted.

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OH, BOY!! THINGS LOOK BAD!! MY FUTURE LOOKS ABOUT AS BRIGHT AS A ROG ON THE GRAND BANKS!!

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I HAVE A RIGHT TO BE, ALOYSIUS R McGINIS!! THE BRIDGE CLUB WAS TO HAVE A MEETING HERE TO-DAY, AND NOBODY SHOWED UP!!

THAT'S NOTHING, LITTLE WOMAN! I HAD A CREDITORS MEETING TODAY AND THEY ALL SHOWED UP!!

NOTICE
 State of North Carolina, County of Alleghany.

Notice is hereby given that the undersigned has qualified as Executor of the Last Will and Testament of Caroline Edwards, late of Alleghany county, North Carolina. All persons having claims against the said estate will present them to the undersigned within twelve months from this date or this notice will be plead in bar of their recovery. All persons indebted to the estate will make immediate settlement. This May 27th, 1935.
 FRED HANDY
 Sidney Gambill, attorney 4tc-20AT