

Toothbrush Best Weapon Against Dental Disease

Editor's note: This is another in a series of articles on dental health. The series was prepared in cooperation with the Southern Oregon Dental society in observance of National Children's Dental Health Week.

The number one weapon for fighting dental disease is the toothbrush.

Used correctly at proper times, with or without a commercial dentifrice, the toothbrush can be an invaluable aid in keeping tooth decay and gum disease from getting a start.

Between a child's second and third birthdays, the second molars, last of the 20 teeth in the first set, will make their appearance. At the same age, the child should start learning to use a toothbrush.

Highly Sensitive

Starting a child on toothbrushing much before this time is unwise because the gums may be highly sensitive while the teeth are in the process of erupting.

Usually, a child will be interested in learning to use a toothbrush at the age of 2½ or three, particularly if he sees his parents brushing their teeth after eating.

Dentifrices can be an aid to the toothbrush in cleaning the teeth, just as soap is an aid in cleaning the hands. But it is the toothbrushing after eating that helps to prevent dental disease and not the dentifrice.

Toothpaste, rather than tooth powder, is recommended for a small child for the reason that less will be spilled. The toothpaste should be chosen for its

taste rather than for any therapeutic claims which may be made for it.

Effective Toothbrush

As for the toothbrush, it should be small enough to reach all areas of the mouth. A brush with a straight, small head about one inch long and with all tufts the same length is the most effective.

But most important is the timing. Teeth should be brushed immediately after eating in order to remove bits of food before they have a chance to ferment. A vigorous rinsing of the mouth with water is the next best thing.

There is no universally "best" method for brushing teeth. Your dentist can show you what type of brushing is suited to your child's particular needs.

Hedrick Students Visit MT Office

Members of the Hedrick Junior High school Buzzette, school paper, staff visited the Mail Tribune office and plant yesterday accompanied by Mrs. Dorothy Sloniger, instructor, and Pat Lull, practice teacher.

Those who visited the office included Carolyn Mencke, Judy Potter, Jim Frake, Carrol Wray, Karen Christensen, Molly Barker, Anne McDuffee, Sheryl Califf, Delores Pool, Patti Schultz, Mikell Thurston, Stephanie Anderson, Barbara Budge, Elaine Jennings, Karen Morlan, Jerilyn Smith and Nancy Becken.

Modern Plumbing Adds New Department

The Modern Plumbing and Sheet Metal company, 613 East Jackson st., Medford, has added a new and complete department to the present plumbing, heating and sheet metal lines, according to Paul Larsen, owner.

The new department, which will utilize 615 East Jackson st., includes refrigeration equipment, residential and business air conditioners, show cases, water coolers, ice cube machines and various allied products.

The department also will have availability of dust and odor removal equipment, and will maintain an installation and service department, Larsen said.

Harry Gould will manage the new department, Larsen said.

Court Records

POLICE COURT
Hugh Everett Williams, violation of the basic rule, \$10.

Emmel Lee Springer, violation of basic rule, \$10.

Richard A. Cleaver, violation of basic rule, \$10.

James Louis Nelson, expired vehicle plates, \$5.

Walter Lloyd Leschen, violation of basic rule, \$10.

Duane Edwin Jones, failure to stop at a stop light, \$5; no operator's license on person, \$5.

Sam James Wright, failure to stop at a stop light, \$5.

DISTRICT COURT
Roy V. Nicolay, overload, \$39.

William D. McGraw Jr., violation of basic rule, \$17.50.

Ray W. Robinson, no operator's license, \$7.50.

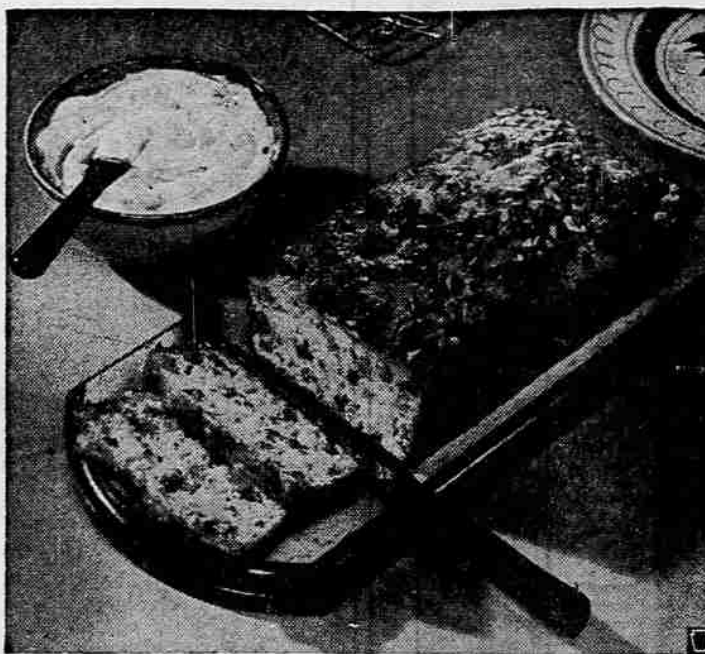
Raymond H. Zulauf, failure to stop at stop sign, \$10.

Robert D. Seferly, no vehicle license, \$7.50.

Richard L. Modin, violation of basic rule, \$10.

Ray A. Knapp, void foreign license, \$5.

Donald L. Ullom, no trailer license, \$6.



An "Extra" that fits into every eating occasion. Fruit bread sandwiches are always welcome lunch box fare—and a perfect partner for a luncheon fruit plate. The bread should be sliced thin, of course, and requires only the simplest of fillings such as a bland cream cheese.

A new approach to the fruit bread category is demonstrated in the recipe suggested here. Crushed pineapple, chopped prunes and walnuts combine to make a deliciously different and taste-appealing bread.

Here's the easy technique for making Pineapple Prune Bread—good to the last morsel!

PINEAPPLE PRUNE BREAD
1 cup boiling water
1 cup uncooked, dried prunes, pitted and chopped
2 teaspoons soda
1 cup pineapple tidbits
1 cup syrup from pineapple and water
2 tablespoons salad oil
1 cup sugar
1 egg
1 teaspoon vanilla
4 cups flour
2 teaspoons baking powder
1 teaspoon salt
1 cup chopped walnuts or pecans

Pour boiling water over chopped uncooked prunes; add soda. Drain pineapple tidbits thoroughly and add enough water to syrup to make 1 cup; pour over prunes. Allow to stand while mixing batter.

Combine salad oil, sugar and egg thoroughly. Stir in vanilla. Sift flour, measure and sift again with baking powder and salt. Add to creamed mixture alternately with liquid from prunes and pineapple.

Then add prunes, pineapple tidbits and nuts. Spoon into two 5 x 9-inch loaf pans and bake in a slow oven (300 degrees) for one hour. Makes 2 loaves.

APPLEGATE 72nd Birthday Celebrated

By HELGA MITCHELL

Applegate-Jacksonville — Mrs. Walter White, who resides on Highway 238, celebrated her 72nd birthday last Friday night with a party. Miss Gladys Orr, a niece of Mr. White, attended the occasion and brought a birthday cake for Mrs. White. The Whites and Miss Orr hadn't seen each other in 25 years. Other guests were Mrs. Nussbaum and Mr. Turnbough.

Mrs. Frank P. Dutton, of Sterling creek, who is known for her skill in rockwork, stated that she started work last summer on the last Station of the Cross, and finished it last fall. The last station is made of white rocks, symbolizing the resurrection of the Lord, the former station, depicting the death of the Lord, was made of black rocks. Mrs. Dutton expressed her appreciation to the many visitors who had never disturbed or defaced any of her work or property during her absence. Mrs. Dutton also made two hooked rugs this winter.

A play night of volleyball and basketball will be held at the Applegate school Friday night, Feb. 10, at 7:30 p.m. The Ruch team will play the Applegate team, and there will be a small admission charged.

A card party was held at the home of Mr. and Mrs. Morris Byrne last Saturday night. Guests attending were Mr. and Mrs. Dave Winningham, Mr. and Mrs. Willard Wilson, Mr. and Mrs. Cliff Childers, Mr. and Mrs. Matthew Winningham, Mr. and Mrs. Ben Twiss, Clyde Moody, and Bob Webb.

Sunday visitors of the P. J. Beard home on Sterling Creek were Mr. and Mrs. Glen Catron and Mr. and Mrs. Pete Ireland of Boise, Ida.

Miss Molly Ray of the Applegate valley has been ill recently. She is under a doctor's care, and her neighbor, Mrs. Green, has been most helpful. Friends have been visiting Miss Ray, and in spite of her illness, she maintains her sense of humor.

Mrs. Carl Wall of Sterling Creek was elated as she reported that her son, Russell, who is in the Navy and stationed at San Diego, California, will be coming home this week end.

The Loran Coopers' son, David, and his wife, Virginia, spent the week end with them. The younger Coopers live in Ashland, and David is attending the Southern Oregon college.

The Loran Coopers also have two sons in the Navy. Claire, a fire controlman third class on the cruiser U.S.S. Manchester, recently arrived in port at Long Beach, Calif. He spent the last six months in Japan and Formosa. Loran (Jim), the other son, is a fire controlman first class on the Destroyer Knapp. The Coopers are expecting both boys to be home this summer.

Mrs. Lee Port of Ruch, who has been ill these past months, is much better and is improving constantly. Her daughter, Mrs. Harlan Clark, has been traveling back and forth between Eugene and Ruch, to spend as much time with her mother as possible. The Ports are expecting another visit from their daughter this week end.

Members of the Ruch 4-H Livestock club spent an evening together last Saturday. Ed Fossen took them to Medford, where they attended a movie, and later had refreshments.

The W. L. Shannons of the Applegate valley report their son, Bill, a junior at the Willamette university majoring in musical education, spent several days with his parents recently.

The Fred Wests of the Applegate had as weekend visitor Kenneth Coombs from Altadena, Calif.

Mrs. Edwin Hayes of Sterling Creek received a phone call this week from a friend, Mrs. Edith Vinson of Portland, who was spending the week end in Medford. Mrs. Hayes and Mrs. Vinson formerly worked together at Skinner's garage in Medford, and hadn't seen each other in two years. The women and their husbands spent the day in Medford, and Mrs. Hayes proudly displayed her daughter, Pamela, 18 months old. The Vinsons returned to Portland Sunday.

The Ruch PTA met last Friday night, and the program consisted of a skit, entitled, "Over the Back Fence" with Mrs. Fred and Mrs. George Redhead participating. The skit, which was written by Mrs. Redhead, revolved around the principles and work of the PTA in observance of Founders' day.

The 4-H Girls Sewing club met at the home of Mrs. Donna Williams Wednesday night.

Friends visited John Dutton at Camp White Sunday, and stated that he is doing fine and gaining weight. Dutton said to "say hello" to all his friends in the Applegate.

Sunday visitors at the Frank Mitchell home on "Top o' the Hill," were the Rev. Peter DeYoung of South San Gabriel, Calif., and the Rev. and Mrs. Melvin Simmonds of Medford. The Mitchells hadn't seen Mr. DeYoung for more than two years.

For the past few days, Applegate residents have enjoyed the

beautiful blue skies and the bright sunshine, and even more so as reports of fog in the Rogue River valley came in over the radio.

Miss Bonnie Couch, daughter of Mr. and Mrs. M. W. Couch, rt. 1, box 14-A, Jacksonville, underwent surgery Jan. 27 in Community hospital. Bonnie came home on Feb. 3, and due to unforeseen difficulties, was suddenly rushed back to the hospital the same night. She may be confined to the hospital for a month, according to the doctor.

During part of the Revolutionary war, the famous Liberty bell was hidden in a church in Allentown.

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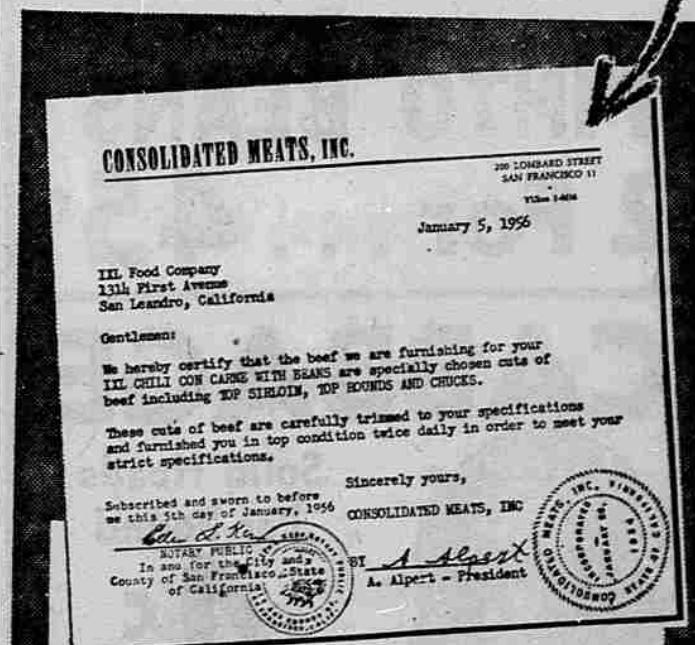
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