

## Dental Expert Suggests Care

One of the best New Year's resolutions parents can make any year is to "safeguard their children's teeth," an Oregon State college dental expert believes.

And Dr. Gertrude Tank has a six-point program to follow in doing it.

The six points are a well-balanced diet, restricted uses of sweets, proper use of the toothbrush after eating, early and frequent visits to the dentist, talks with the dentist about decay-control treatments such as sodium fluoride, and prevention and corrections of irregularities of teeth.

Dr. Tank, who has specialized in children's dentistry for nearly 40 years, recommends regular dental service for children from the age of two. The feeling that "baby teeth are unimportant because they will drop out eventually anyway" is completely wrong, she says.

A child, just like an adult, needs a complete set of teeth if he is to chew his food properly and the roots of the baby teeth hold the developing permanent teeth in their proper position, she explains.

Dr. Tank also points out that severe tooth problems can influence the shape of the child's mouth and face and influence his

physical and emotional well being.

At 5½, the child has more teeth—48—showing and forming in his jaws than he ever had before or will have afterwards, according to Dr. Tank. Twenty-four teeth—six of them permanent—begin to develop before birth. After birth, the buds of additional permanent teeth begin to form one by one and continue to do so until the child is eight.

Recommended "toothbrush technique" is to brush upper teeth down, lower teeth up, the inside out with a sweeping motion, and biting surfaces with a scrubbing motion.

### Christmas Cards and Gifts Have Ancient Origins

There is some controversy as to when the custom of sending Christmas cards and letters of greetings began. Examples from as far back as 1450 have been produced, but the practice started to become general about a century ago.

The practice of gift giving is said to go back to the ancient Romans, who exchanged gifts at a mid-winter festival denoting the return of longer days.

## Drivers Warned of Danger Of Carbon Monoxide Leaks

Winter driving provides drivers with at least one unseen hazard—carbon monoxide, Secretary of State Earl T. Newbry warned today.

Accidents stemming from carbon monoxide poisoning increase each winter when many drivers keep cars tightly closed. If exhaust systems are defective, the colorless, tasteless and odorless gas created by the car's motor is capable of, in a short time, reducing a driver's mental functions to a point that coordination of his muscles and his ability to react quickly is below minimum safety requirements.

Surest way to prevent this from happening is to have cars checked to insure there is no possibility of the gas seeping into the car.

Under normal conditions, a car window should be partially open. In heavy traffic recent tests have shown that use of the car's ventilating system may add to the danger by drawing in the fumes from other cars.

## Local Men Get Agriculture Jobs

Community committeemen elected for the Agricultural Stabilization and Conservation Committee for the Nehalem Valley in the election held recently are as follows:

Joe Banzer, Chairman; Frank Schmidlin, vice-chairman; E. T. Johnston, regular member; Chas. L. Waddell, first alternate and J. C. Moran, second alternate.

These committeemen will assist the Columbia county committee in administering the 1955 program and also will help formulate the 1956 program. The committeemen of your community play a big part in presenting the conservation needs of your community.

The delegates to the county convention will meet at the ASC office in St. Helens on December 27, to elect the county committee for the program year. This committee has the responsibility of administering the ASC as directed by the State Committee.

Preliminary sign-ups will be taken at the ASC office in St. Helens until January 4. A farmer wishing to participate in the 1955 program may sign up any time during the year. If the farmer will wait until he is sure of doing the work and then about two weeks in advance come in and sign up, this will enable the committee to give firm approval to those who need assistance and enable the farmer to go ahead with his practice.

## Christmas Tree Is Fire Hazard

Guard your Christmas pleasures by taking adequate safety measures to prevent fire hazards to your home and loved ones, urges Don Coin Walrod, County Extension Agent.

The traditional Christmas tree is, unfortunately, a rather serious fire hazard unless certain precautions are taken. It is not practical to make the tree completely fireproof, but it can be made much more fire resistant. A freshly cut tree does not normally burn very readily because it is green and contains a rather high percentage of moisture. This percentage of moisture in the tree can be maintained, along with the fire resistance, by keeping the tree in water. Some commercial tree holders have this feature, but other methods can be used. Placing the tree with its stand in a large bucket of wet sand works well. The water supply will need to be replenished quite frequently.

Using chemicals to make a Christmas tree fire resistant is a still better method of playing safe. Ammonium sulfate—the same as is used in fertilizing gardens and fields—is about the best material, and it is cheap and easily obtained.

To determine the amount of ammonium sulfate to use, weigh your Christmas tree and use one fourth as many pounds of the chemicals. Each pound of the chemical is dissolved in one and one-half pints of water. Make a fresh cut, preferably at an angle and put the stem in the solution. A fresh cut tree will take up most of the solution and then will be very fire resistant.

### Use of Christmas Trees Originated in Germany

It is the general belief that use of evergreen trees in relation to Christmas started in the 8th century in Germany. Martin Luther is said to have been one of the first to light candles on a tree. Today the Pacific Northwest is the source of a great number of the Christmas trees used in this country.

#### SEASON GREETINGS

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## Thailand Teachers Study At Oregon State College

Five staff members from Kasetsart university in Thailand will start a year's study at Oregon State college in the winter quarter.

Their training here is part of the OSC technical assistance program to the South Asia institution. Four members of a planned six-man team of scientists from OSC are now at Kasetsart university helping in the development of an expanded program of teaching and research.

The five staff members from Thailand include Pairoj Bougsuwan, plant pathology; Sukum Assavanna, botany; Serec Trairut, chemistry; Sutharm Areekul, zoology, and Songtat Bukkavasa, poultry.

Seven other Thai teachers are scheduled to come to this country for training under the contract between the two institutions.

Wilbur Cooney, assistant dean of agriculture, is campus coordinator of the program and will work closely with the Thai staff members in the development of their programs.

Dr. Ira S. Allison, chairman of the geology department, is chief adviser of the OSC team in Thailand.

## Busy Bee Club Plans Party

The members of The Busy Bee 4-H club met at the home of Darlene Tucker on November 18. A letter was received from Mr. Black in reply to ones sent him by the girls.

The girls all went to Miller's store in Vernonia where Mrs. Sullivan showed them different materials and explained the different threads and weaves to them. After this meeting, refreshments were served to the girls by Mrs. Wilson.

On December 3, the club met again at the home of Connie Burness. Connie, the only Just So girl present, finished her pin cushion and the Sew It's Fun girls started on pot holders.

Plans were made for a Christmas party to be held on December 16 at the home of Mrs. Ashley, club leader.

Refreshments were served to the girls by Mrs. Burness.

To keep your Christmas merry, be sure your tree is safe from fire. Put it in a container of water or wet sand. Discard it when the needles dry and start to fall.



In the valley, on the mountain,  
let the spirit of Christmas  
warm the hearts of  
all mankind.

Don and Mildred Bayley

Merry  
Christmas



Jay's Cafe

JAY AND JOHN

MERRY CHRISTMAS



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And the season's greetings.

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AND MISS FAYE MILLIS



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this holiday season.

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And time to send you  
Greetings.

Vernonia Bargain House

JOHN AND VERNA HARRIS