Schools AT WAR

A REPORT TO THE NATION

Independence Hall
PHILADELPHIA
1776

SPONSORED BY ★ ★ THE WAR SAVINGS STAFF OF THE U. S. TREASURY DEPARTMENT, THE U. S. OFFICE OF EDUCATION AND ITS WARTIME COMMISSION

☆

SCHOOL Pleasant Ridge 63

ADDRESS Route 3, Stuart, Okla.
STREET TOWN STATE

Stuart

WE REPORT TO THE NATION

We herewith submit a bird's-eye view report of our SCHOOLS AT WAR Program. It includes factual and pictorial accounts of our War Savings Program and other outstanding war activities. It is tangible proof of the resourcefulness, skills, activities and the will to win of every student, teacher and parent enlisted in our SCHOOLS AT WAR Program.

★ ★ ★ ★ ★ ★ ★ ★ ★

Name of School Pleasant Ridge 63

Address Route 3, Stuart, Okla.

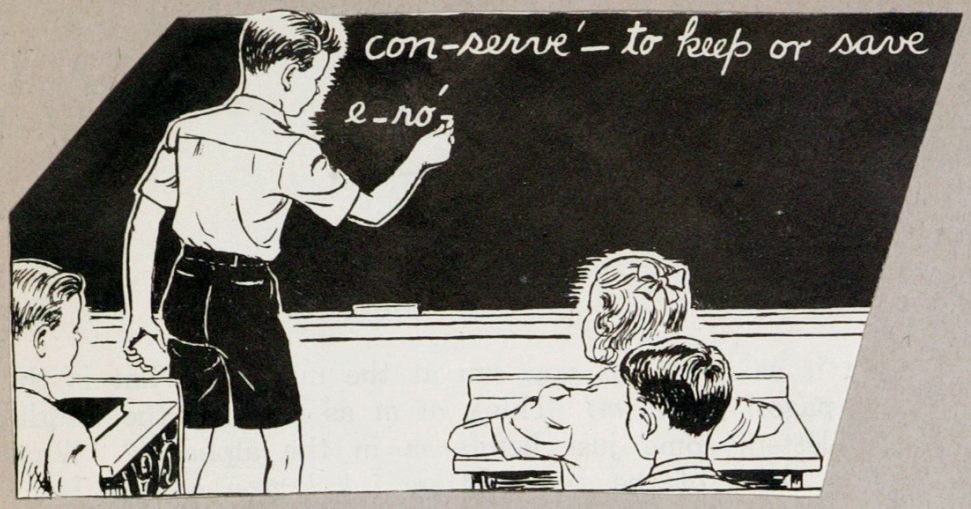
Enrollment 40 Grades 1-8

No. of Teachers 2 No. of Classrooms 2

Size of Community 41 in School Census

Cash Value of War Stamps and Bonds sold during SCHOOLS AT WAR Program $9.00 for Pupils

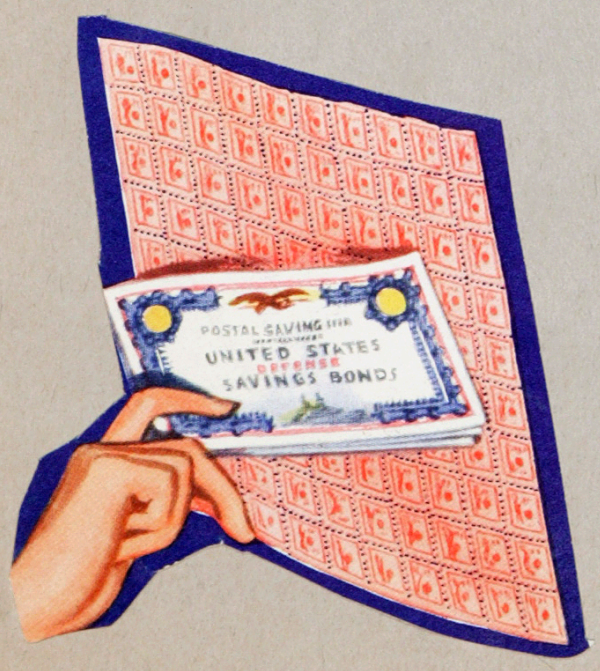
$30.00 for Teachers



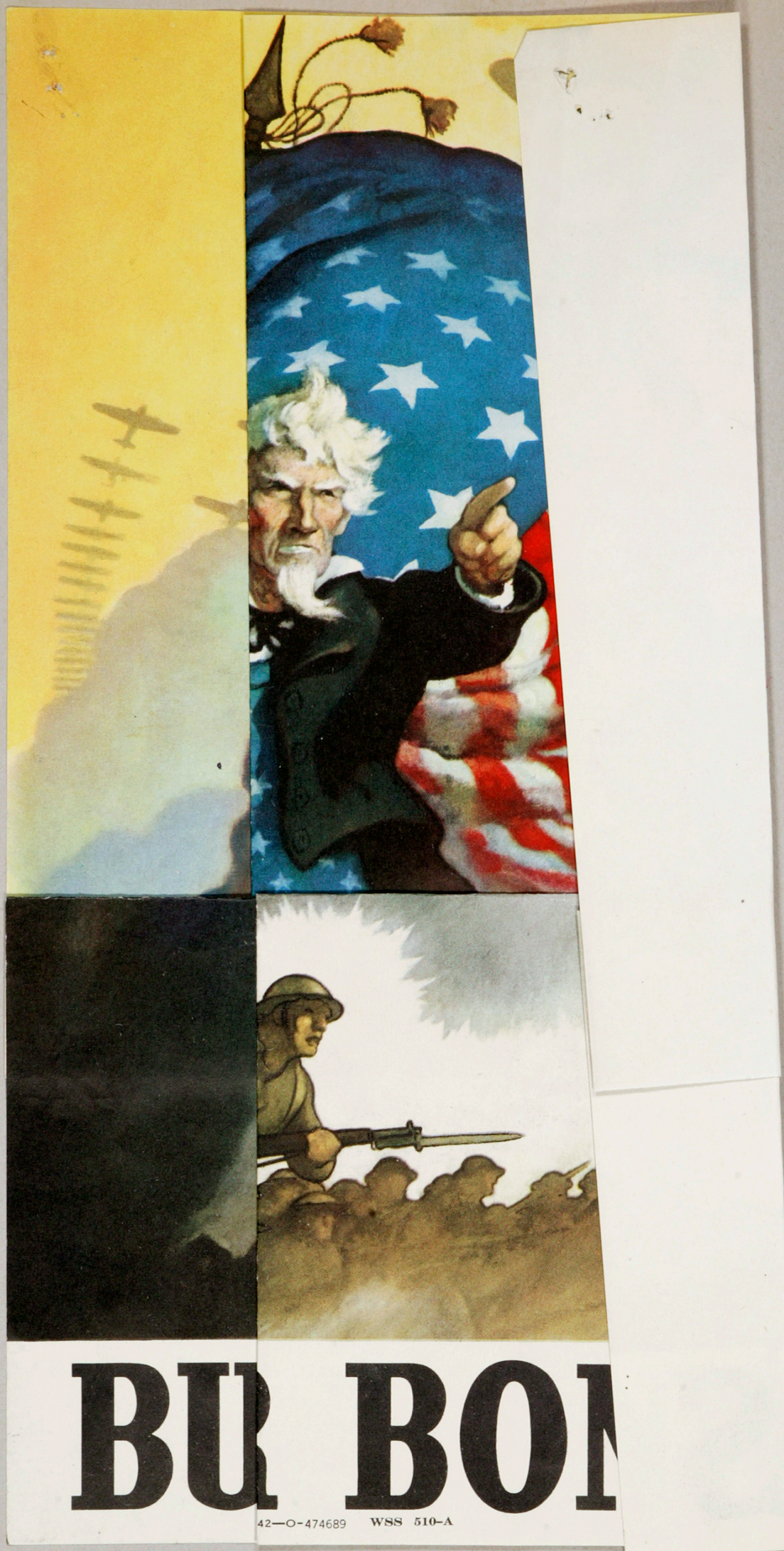
Fifty Percent of school pupils purchased ten cent War Savings Stamps during our "Schools At War" program, or $900 worth

One hundred percent of the teachers purchased "War Stamps and Bonds", or $30.00 worth.

We Are Ready



We keep on exhibit all the "War Bond" pictures, "The Schools At War" posters, and "War Maps".



BU BO

42—O-474689 WSS 510-A

Exhibit 510 A in Program

BUY WAR BONDS

☆ U. S. GOVERNMENT PRINTING OFFICE : 1942—O-474689 WSS 510-A

"Scrap Iron"

"Community" — Sa Ser Conser Ve Ve "School Pupils"

Community Iron hauled off and sold amounted to 6,661 pounds.

School Iron collected extra of that amount is 700 pounds.

All the pupils are taking part in still collecting scrap iron and metal.

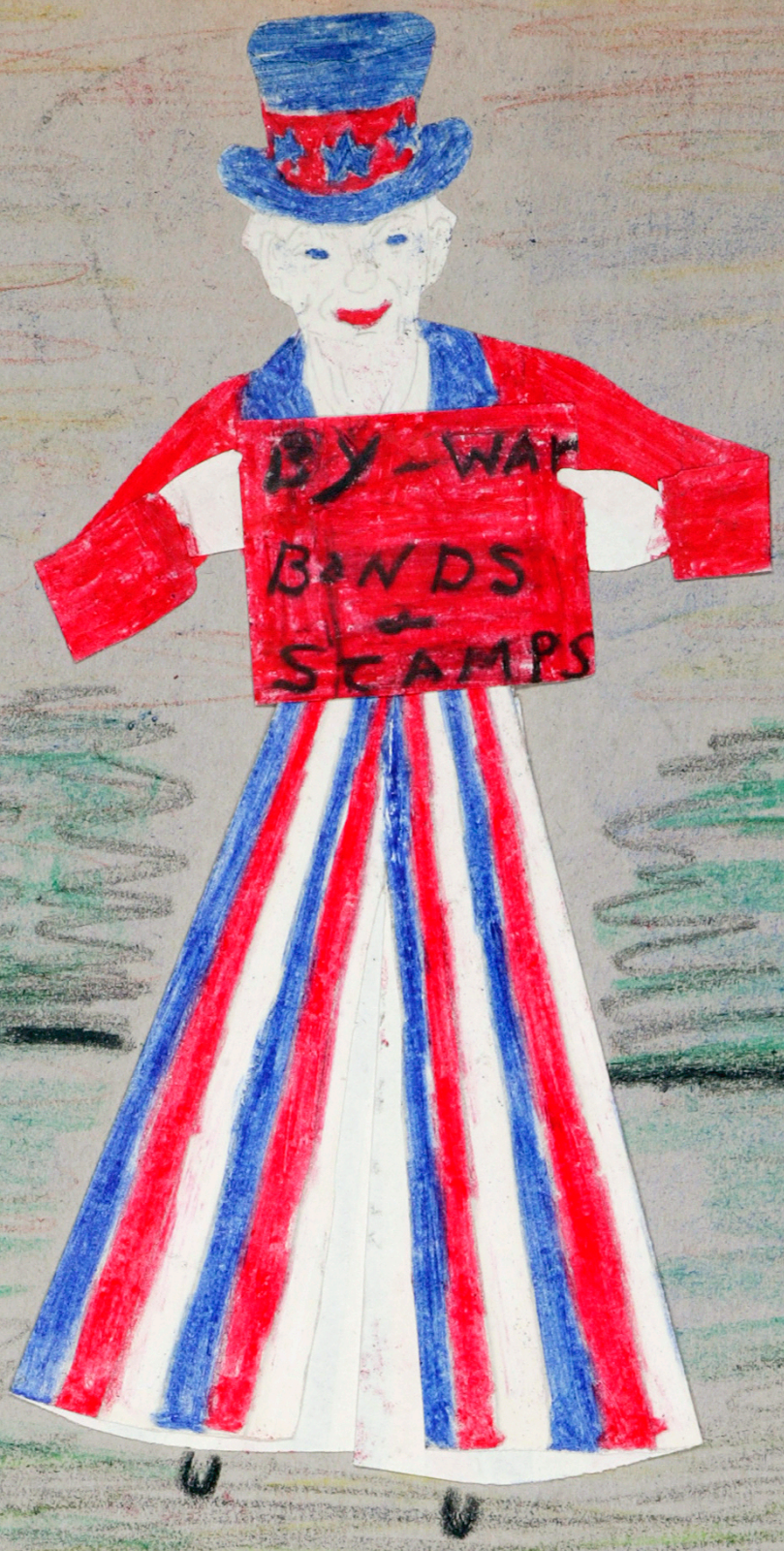
Every chance to explain government plans for concervation of food and other products is taken, by teachers and pupils.

Teachers attended the recent meeting for explanation of "war Ration Book 2".

The school day opens with a program during which the pledge of allegiance to the flag is given, some pupil always leading.

Bible verses, and patriotic, religious, and popular songs are a part of the program.

Made by
Margie Lowrance
7th Grade



Buy War Bonds

Made by: Evelyn Mecca
8th Grade

"Americanism Poster"

WE'LL STUDY TODAY

OUR NATION WILL

NEED US TOMORROW

Bernice Shatto
Grade 8

American

Lena Coats
Grade Four

CAN HOME PRODUCTS

SAVE

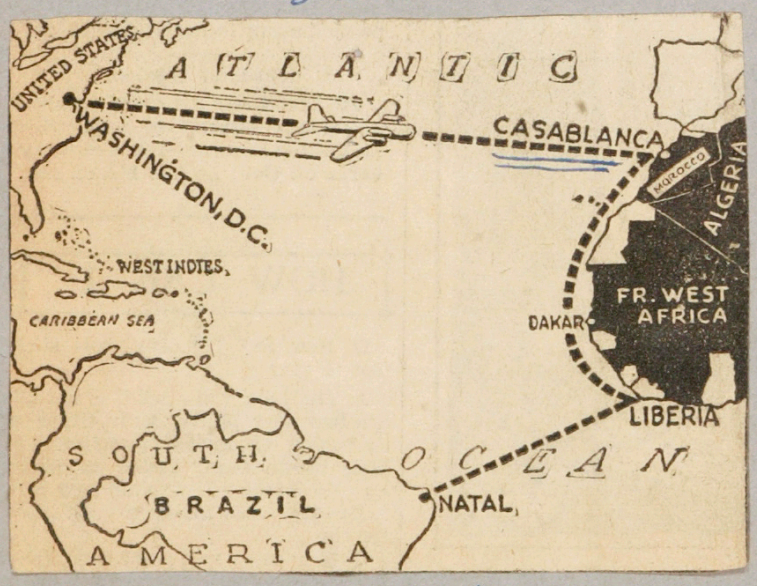
Harvey Burditt - 4th Grade

"Food Poster"

"Saving Foods" — "Following the War Effort"

WAR IS A HEARTY EATER

Farmers see that we have food.



Route followed by Mr. Roosevelt to "Conference"

Post-War Jobs For All Planned

WASHINGTON, Jan. 9 (U.P.)—Jobs for all—rather than social security—will receive the major emphasis when and if President Roosevelt presents to congress a blueprint for post war planning, it was learned tonight.

A concrete plan already has been submitted to Mr. Roosevelt, but thus for its drafters have been unable to persuade him to place it before the public. This plan is radically different from the still undisclosed report drawn by the National Resources Planning board, which, the "jobs for all" group believes is inadequate and unworkable.

Teachers Asked For Full Support Of Food Program

County teachers were called upon Saturday by Supt. J. Grady Simmons to throw their full support to the "food for freedom" program to be launched with the farm mobilization day Tuesday.

He asked that all teachers see that their pupils had opportunity to listen to the president's speech—and then to do what they could in boosting the county's food supply.

"Clippings" of Current Events taken from Bulletin Board

"Saving Foods" — "Following the War Effort"

FARM JOURNAL
AND *Farmer's Wife*

January
1943
5¢

"In 1942 farmers smashed all production records. But war is a hearty eater. In 1943 even more is needed of the war-vital products. The farmer's war job is to produce them."

Claude R. Wickard
Secretary of Agriculture.

Janson

WAR IS A HEARTY EATER

Mr. Roosevelt to "Conference"

...of ...vents
taken from
Bulletin Board

Christmas Seals

"Christmas Seals" were bought 100 per cent by pupils and teachers, when $2.00 worth were turned in to Mrs. H. Harrod, County Chairman.

Talks were made to the pupils on this Health Protective Program.

PROTECT YOUR HOME FROM TUBERCULOSIS

BUY CHRISTMAS SEALS

DALE NICHOLS

© 1962 BY THE NATIONAL TUBERCULOSIS ASSOCIATION

11" x 14"

AMERICAN JUNIOR RED CROSS

LITHO. IN U.S.A.

OSS

COPYBOARD

18% GRAY MAGNETIC COPYBOARD

16" x 20"

WARTIME CANNING AND FOOD PRESERVATION

Julia Lee Wright's new booklet JULIA LEE WRIGHT'S HANDBOOK OF HOME CANNING, WARTIME EDITION tells you the latest methods for home-canning fruits, vegetables, meat, fish, poultry, pickles, jams, jellies, marmalades, and preserves. It also includes directions for putting up fruits and fruit juices without sugar and for making jams and jellies with honey or corn syrup. To get your copy, send your name, address, and 10c in coin or stamps to Julia Lee Wright, THE FAMILY CIRCLE MAGAZINE, 400 Madison Avenue, New York City, OR Box 660, Oakland, California.

BUREAU TESTED RECIPES

Both rooms enrolled 100 percent in the American Junior Red Cross.

They are making attractive scrap books of pictures, news clippings, war recipes, and patriotic posters.

JUNIOR RED CROSS MEMBERSHIP — The following 29 schools have been reported to me as having completed their Junior Red Cross enrollment. Last year's enrollment was 21 schools. This is a decided increase. Mrs. Howard Harrod, county chairman, expresses her appreciation to you for your cooperation.

Lone Oak	Calvin, grades & high school
Pecan Grove	Lamar, " " "
Non	Spaulding " " "
X Pleasant Ridge #63	Yeager, " " "
Pleasant Ridge #67	Fairview, " " "
Noon Springs	Dustin, " " "
Little River	Holdenville, Three Grade Rooms and Junior High School
Gum Springs	
Oak Grove	Holdenville, Lincoln (col.) Two Rooms
Lawnwood	Jackson
Hulsey	Shady Grove
Greenleaf	Hill Top
Friendship	Pleasant View
Benedict	Leader
Round Prairie	Wisener Chapel (col.)

JUNIOR RED CROSS — Since the last issue of this bulletin, the following schools have added their names to the membership rolls of the Junior Red Cross. This makes a total county membership of 31; Bohannon and Bethel.

Morgan Bailey, Soldiers' Father, Buys More Bonds

Morgan Bailey added four $25.00 war savings bonds to his collection Saturday.

Several weeks ago he bought eight $50.00 bonds. Saturday's purchase, theerfore, brings his war bond holdings to $500.

"I want to set a good example for those who are far abler to buy bonds than I am," he said. "It's a privilege every American should enjoy."

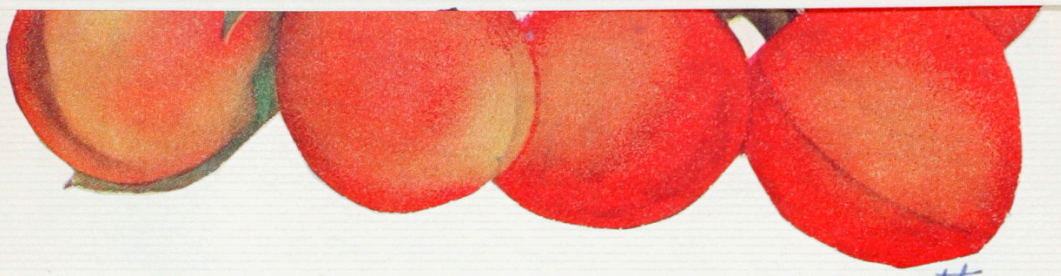
Bailey lost a son in the first World war and has two sons in the armed services now.

VITAMIN SALAD

The molded salad above shows how raw vegetables can be disguised in a vitamin-rich dish. Combine ¾ cup each of coarsely ground turnips, carrots, cabbage, and celery with ⅓ cup coarsely chopped parsley and ⅓ cup coarsely chopped sweet pickle. Season with ¾ tsp. salt; blend with ½ cup mayonnaise. Pack into individual molds; chill until firm. To serve, turn salad out on lettuce cups; garnish as desired. Makes 6 individual salad molds.

"Recipes and Clippings"

"Recipes and Clippings"



Bernice Watts
Grade 8

"Recipes and Clippings"

"Recipes and Clippings"

Bernice Watts
Grade 8

Slice o' Sunshine for Dessert!

Mmm...Lemon Chiffon Pie! What tangy, tempting taste...what smooth texture...and so easy to make with Knox Gelatine! This delicious holiday dessert is good for you, too! Easy to digest. High in Vitamin C. Protein-rich dessert. (Knox is pure, wholesome protein.)

Try it...but be sure to use Knox! Plain, unflavored Knox Gelatine lets you enjoy all the flavor of good home ingredients. (Ordinary gelatine dessert powders are only ⅛ protein, mostly acid flavored.) For *more* recipe marvels that put appetite appeal into home nutrition programs, mail the coupon. Four grand Knox recipe booklets FREE!

MRS. KNOX'S LEMON CHIFFON PIE

(Filling for one 9" pie; uses ¼ pkg.)

1 envelope Knox Gelatine
¼ cup cold water
3 eggs
⅔ cup sugar, or 1 cup light corn syrup
½ cup lemon juice
½ teaspoonful salt
1 teaspoonful grated lemon rind

Add ⅓ cup sugar (or all the corn syrup), lemon juice and salt to beaten egg yolks. Cook over boiling water until of custard consistency, stirring constantly. Soften gelatine in cold water. Add to hot custard; stir until dissolved. Add grated lemon rind. Cool. When mixture begins to thicken, fold in stiffly beaten egg whites. (If sugar has been used in custard mixture, add remaining sugar to beaten egg whites.) Fill baked pie shell or graham cracker crust. Chill. Just before serving, a layer of whipped cream may be spread over the pie.

GRAND HOME-MADE HOLIDAY CANDIES are easy with Knox Gelatine. Write KNOX for FREE recipes. (Address below.)

5" x 7"
13cm x 18cm

4" x 5"

4" x 5"

9cm x 12m

9cm x 12m

The Cake that makes 'em forget the sugar shortage

"BACK IN 1918," writes Mrs. Chalmers of Forest Hills, Long Island, "it looked as if sugar-saving days might make me cut way down on my cake baking. And I sure hated to disappoint my family!

"So it was a grand day when I found the Swans Down Spice Cake recipe. It didn't use too much sugar. And the cake was so tender and luscious that it's kept on being a family favorite ever since.

"One of the reasons it turns out so well, I think, is because I always use Swans Down Cake Flour. Cakes made with ordinary flour seem 'bready,' compared to the fine, delicate cakes you get with Swans Down. And when you use Swans Down, even economy cakes—with few eggs and little shortening—seem really rich and lavish."

MRS. CHALMERS' SUGAR-SAVING SPICE CAKE

2 cups sifted Swans Down Cake Flour
2 teaspoons Calumet Baking Powder
¼ teaspoon salt
¼ teaspoon ginger
¼ teaspoon mace
¼ teaspoon allspice
½ teaspoon nutmeg
¾ teaspoon cloves
¾ teaspoon cinnamon
⅓ cup butter or other shortening
1 cup sugar
2 eggs, unbeaten
2 tablespoons molasses
¾ cup milk

Just do these 2 easy things

"I DON'T CARE if you're a good cook or a poor one, whether you're just startin' to cook or been doin' it for years. I can make you a *better* cook an' so easy, too. Just do these two simple things an' you'll be a surprised an' happy woman.

"*One*, get Spry from your grocer. *Two*, use Spry receipts (there's a dandy one at the right). Follow directions exactly, measure accurately. Yes folks, if you can measure, you can bake. That's how easy it is to get perfect results the Spry way.

"Use Spry in all your favorite receipts. They'll be *extra* delicious. For Spry isn't just another shortenin'. It's a *better* shortenin', a purer shortenin'. It lets you get the FULL rich flavor of the other ingredients instead of smotherin' it as ordinary shortenin's may. Yes, sir, your folks can tell the difference the minute you start bakin' an' fryin' with Spry. Just hear the compliments.

Spry receipts a wonderful help

"They're tested receipts with everything explained so clear an' plain that even a beginner can't go wrong. Watch for 'em in the Spry ads, save 'em, use 'em, but remember, *always use Spry in 'em.* You simply can't get the same extra delicious results with just *any* shortenin'!

"Be sure to make this Holiday Pudding. It's delicously light, delicately spicy, not too rich an' fillin' to top off a hearty dinner."

American Holiday Pudding

½ cup Spry
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
¾ cup sugar
¼ cup light molasses
2 eggs, unbeaten
¾ cup cooked pumpkin
¼ teaspoon soda
1½ teaspoons baking powder
2 cups sifted flour
¼ cup thick sour milk
1 cup walnuts, chopped fine

Blend Spry, salt and spices. Add sugar gradually and cream well. Add molasses and beat. Add eggs, singly, beating well after each addition. Add pumpkin and blend. Sift soda and baking powder with flour 3 times. Add to creamed mixture, alternately with sour milk, mixing after each addition until smooth. Add walnuts and blend. Pour into Sprycoated 1½-quart melon mold, cover tightly and steam 2 hours. Unmold on plate.

Surround with hard sauce stars decorated with red candles inserted in red maraschino cherries. Serves 8 to 10. Can be made two or three days before; resteam 40 to 50 minutes before serving.

Hard Sauce Stars

¼ cup Spry
¼ cup butter
½ teaspoon salt
2 teaspoons vanilla
2½ cups sifted confectioners' sugar

Combine Spry, butter, salt and vanilla. Add sugar gradually and cream until light and fluffy. Spread sauce in shallow pan. Chill thoroughly. Cut stars with 2-inch star cutter. Makes 18.

Tempting breakfast such as this
Is sure to bring a hug and kiss

Enticing bite size morsels of nourishing whole wheat, toasted crisp and golden brown. And the unique Shredded Ralston flavor to thrill appetites and give everyone a cheerful start for the day.

Snacks like these are a sensation
And boost your hostess reputation

Salted Snacks: Melt ½ cup (1 stick) butter in skillet. Add 1 pkg. Shredded Ralston. Sprinkle with 1½ teasp. salt. Stir while heating about 5 minutes.

Dried Beef Roll-Up: Spread salami, bologna or dried beef with mixture of soft cheese and horse-radish. Put 3 Shredded Ralston biscuits on each, roll-up, secure with toothpick.

Make delicious candy in 1, 2, 3
To thrill your favorite enlistee

Here's how: Melt 7 ozs. semi-sweet or milk chocolate over hot water. Fold in 3 cups Shredded Ralston. When biscuits are covered, drop by tablespoons onto waxed paper. Cool until firm. Makes ¾ lb. delicious, wholesome candy.

24cm

18cm

13cm x 18cm

5" x 7"

13cm x 18cm

branded
DIAMOND
WALNUTS
California's finest

CINNAMON APPLE SALAD

4 red apples
2 cups water
1 cup sugar
½ cup cinnamon red hot candies
3-oz. pkg. cream cheese
1 tsp. mayonnaise
½ cup chopped Diamond Walnuts

(Serves four)

Make syrup of water, sugar and cinnamon candy. Peel and remove centers of apples. Place apples in slowly boiling syrup and turn over gently several times to obtain uniform color and thorough cooking. Chill apples thoroughly and fill centers with cream cheese to which have been added the mayonnaise and chopped walnuts. Decorate each apple with half walnut. Olives, and walnut-coated cream cheese balls, add attractiveness and flavor to the finished dish. In fact, walnuts give goodness and good looks to practically any salad you know: fruit, vegetable or sea food. And remember, buy them in the shell for more economy — no rationing, no high prices! Enjoy all you want.

5" x 7"

4" x 5"

U. S. Must Share In Post-War Problems, Collier Tells BPWC

The United States must share in post-war settlement of the world's problems, "in order to have the world we want to live in," High School Principal Reed Collier told members of the Business and Professional Women's club when he was their guest speaker Monday evening.

His talk followed a musical program presented by the high school girls' quartet, directed by Miss Faye Livingston, with the director as accompanist.

Emphasizing that the international agreement which will insure future settling of disputes by pacifist means must be a "working agreement," not just "something on paper," he expressed the opinion that it would be the duty of our counry to take the lead in it.

Britain, with her small home population—and unpopularity in scattered parts of the world—he eliminated as the leader because of having "plenty of problems at home." Our ally, Russia, he suggested, would not be expected to follow a policy compatible in every respect with the American viewpoint.

The speaker briefly touched upon two historic failures at international agreement: the League of Nations, the Briand Kellog pact.

In the business meeting decision was made to establish a student loan fund and discussion was held on esatblishing a blood plasma unit.

Miss Lillian McDonald, junior field nurse for the U. S. Indian Service was a guest and new members welcomed were Mrs. R. B. Knight, Miss Ann McPhail and Mrs. Byron Gentry.

5" x 7"

4" x 5"

Fine Points of Rationing Program Told

The fine points of the enlarged rationing program were explained to retailers, business men and the school officials who will conduct the registration during the week of Feb. 22 to 26, at a meeting in Civic Center Monday.

Two sessions were held, afternoon and evening, with Frank Harrison of the state Office of Price Administration in charge.

Every school in the county except one small district, was represented by their superintendents, principals or teachers appointed custodian of supplies by the county superintendent.

The registration will be conducted in practically the same procedure as was the sugar registration, at all county schools.

Registration periods will be from 3 to 9 p. m., Monday, Feb. 22 through Friday, Feb. 26.

Schools will not be dismissed. Each one will select its own helpers to complete the sign-up with as great efficiency as possible.

The only rural schools where registration will not be conducted are Buffalo, Fairview No. 59 and Oak Dale. Residents of those districts will register at the nearest school house.

Registrants will secure "declaration forms," at their grocery stores beforehand and have them filled out and ready to turn at the time they register. The forms will show how much food of the rationed list —including some 600 products—the registrant has on hand.

Consumers must possess Ration book 1, before getting Book 2.

5" x 7"

9cm x 12m

13cm x 18cm

9cm x 12m
9cm x 12m
4" x 5"
4" x 5"

Food Loan Meeting Called Wednesday

Details of the victory food loan—one-year borrowing for food production—will be explained at a district meeting of farm leaders to be held Wednesday in McAlester.

To attend from here will be Rupert Havens, chairman of the USDA War board, W. R. Daniels, AAA administrator; County Agent George Freeman and Jewell Gebhart, FSA supervisor.

Trenton Club Takes Victory Food Plans

By MRS. BRADY WEBSTER

TRENTON—The Trenton Home Demonstration club women met Thursday Feb. 4th in the hot lunch room for their regular meeting. The lesson was on victory food program.

Mrs. H. E. Wells, president, discussed the lesson in the absence of the leader, Mrs. Geo. Hancock.

We have one new member, Mrs. Dink Armour.

Mrs. Ralph Watson and Mrs. O. B. Webster dispiayed the club quilt. We have the quilt on display in Hanna in a store window. Dustin friends, we will have our quilt on display there in a few days.

The club women are having a program Feb. 26th at the school house. Readings, music and singing will make up the program. The public is invited.

We missed our Home Demonstration agent, Mrs. Letha Travis and hope she will be with us next month.

The following members were present Mrs. H. E. Wells, Mrs. Ralph Watson, Mrs. Bessie White, Mrs. Ernest Green, Mrs. O. B. Webster and our new member, Mrs. Dink Armour.

Mrs. Ralph Watson and Mrs. O. B. Webster are the only members having a perfect attendance record. New members are welcome.

County Educators Expected Encourage Pre-Flight Training

School administrators all over the county are expected to encourage faculty members' interest in the pre-flight course being offered by East Central State college, local Supt. J. W. Bell commented today.

A minimum of 15 students is required for organization of the class, with sessions to be arranged, probably every Saturday.

Persons who complete the course are qualified for giving pre-flight instruction in any high school.

"For our teachers to equip themselves to teach pre-flight will mean that next year we won't have to send off to some distant teachers' agency in order to secure a capable instructor for this work," Supt. Bell asserted. "I feel that it is a very unusual opportunity."

He pointed out that he expected to have enough high school students interested for two sections to be taught next year.

The instructors for the adult course are to be qualified Civil Aeronautics Authority pilots, Dr. A. Linscheid, East Central president, told Supt. Bell in a telephone conversation on the course.

Its completion will require 90 clock hours or six hours a week per semester, ending May 22. By taking five hours a week it would be completed in June.

It could be taken in two meetings a week or all in one session, on Saturdays.

Five hours college credit in physics, acceptable in any college, will be given for the course, in addition to qualifying the graduate as an instructor.

Tuition is $4 an hour or $20 for the course.

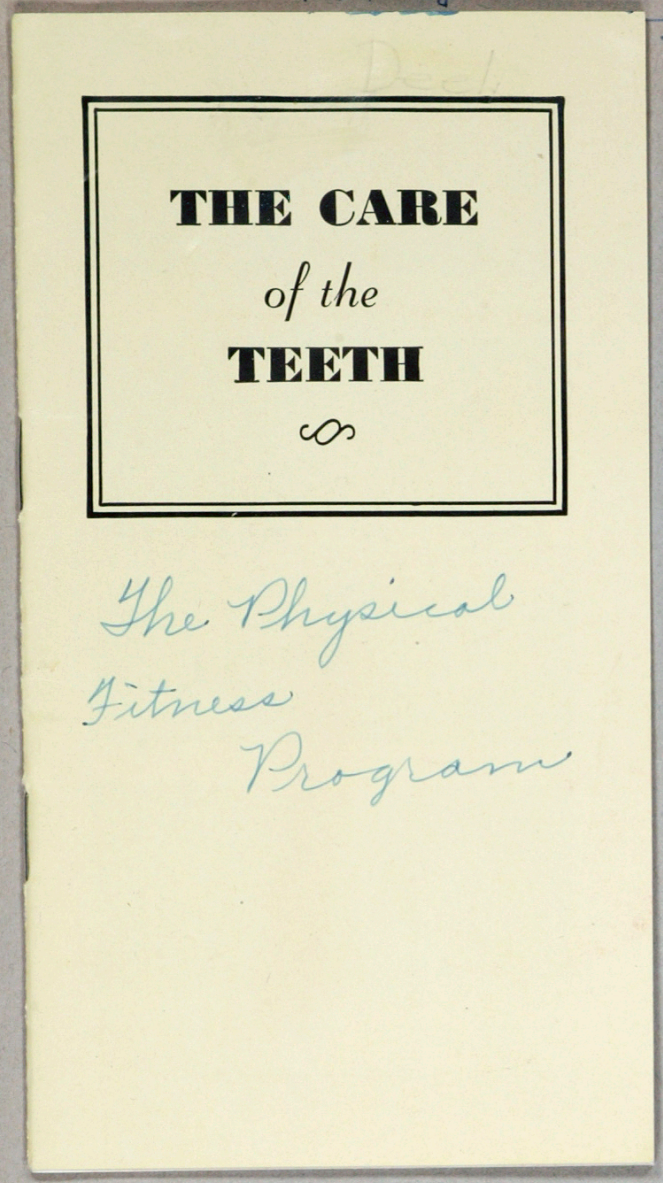
5" x 7"

Original Recipe
Victory Turnip Dish

Take 6 medium turnips
6 medium irish potatoes.
Peal both, wash, and boil until
tender then mash, seasoning
with butter, salt, and pepper.
This will serve eight people.

Burlene Watts
Grade Eight

Physical Fitness Program



The Physical Fitness Program

The "Physical Fitness Program" includes a special 15 minute's period outside apart from regular recesses, once a week, where various games, body exercises and drills are taught, and played.

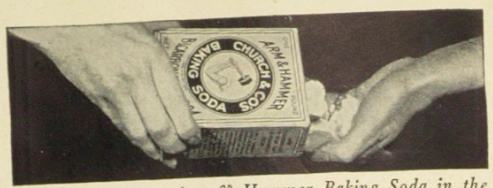
Then, in Health classes, all new material is examined and discussed such as the exhibits on this page, and newspaper stories on "War Nutrition"

Regular "Fire Drills" are had each week.

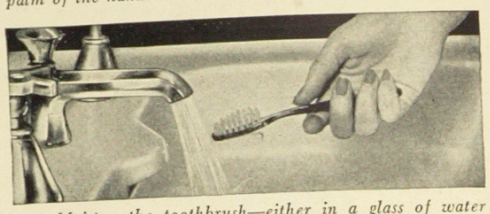
Home and Farm Accident sheets were handed out to every child to take to the parents.

A wash basin and paper towels are used by pupils before lunch each day.

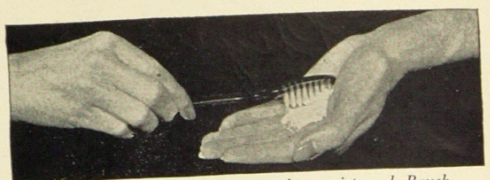
A fountain is used for drinking.



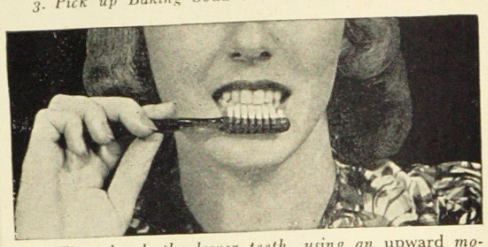
1. Place a little Arm & Hammer Baking Soda in the palm of the hand.



2. Moisten the toothbrush—either in a glass of water or by holding under the faucet.



3. Pick up Baking Soda on the moistened Brush.



4. First, brush the lower teeth, using an upward motion—not a crosswise one. Then brush upper teeth, using downward motion.

RINSE THOROUGHLY AFTER BRUSHING

THE CARE OF THE TEETH

✦

THE health of the mouth is conceded to be one of the most important problems of the present age.

DR. C. H. MAYO.

There seems to be no doubt in the minds of the most judicious that the situation is serious, and that dental disease is the most widespread disease now afflicting civilized nations. With this in mind every teacher in our land has a civic duty to perform in helping to better conditions.

DR. FLETCHER B. DRESSLAR.

✦

In order to build sound teeth and sturdy supporting structures in the mouths of children it is necessary that all the rules of right living be observed by both the parents and the growing child. The observance of only one or two rules does not suffice to produce normal tissues, nor

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Physical Fitness Program

The "Physical F
Program" includes
15 minute's period
from regular recesse
week, where vario
body exercises and
taught, and play

Then, in Heal
all new material
and discussed su
exhibits on thi
Newspaper stories
Nutrition"

Regular "Fire D
had each week.

Home and Fa

sheets were
handed out to
every child
to take to the
parents.

A wash basin
and paper towels
are used by pupils
before lunch each
day.

A fountain is
used for drinking.

to keep them in a state of health when formed. All the essentials to right living must be intelligently practiced to gain the desired results.

There is good reason to believe that an otherwise normal child has a better opportunity to develop and maintain good health and good teeth provided he (or during prenatal and nursing period his mother) (1) Eats the right foods in proper proportion; (2) Keeps the body clean; (3) Has healthful exercise in the open air and sunshine; (4) Takes pleasant recreation; (5) Has refreshing sleep; (6) Keeps the teeth clean and visits the dentist regularly.

It is of utmost importance to both the mother and child that the mother have adequate diet during the prenatal period. The mother more often than the child suffers from the effects of food deficiencies, for nature has a way of extracting from the mother's tissues the substances required for the development of the child.

Should the diet be so low in vitamins and other requirements that the mother's body cannot supply the necessary substances for the development of the child, the mother suffers the effects of deficiencies and the child insufficient structural development.

Liberal amounts of milk, butter, green vegetables, tomatoes, fruits, especially orange juice, whole grain cereals, should be taken daily. Cod liver oil is one of our richest sources of vitamins A and D, and is recommended to the expectant mother.

The diet of the mother has an effect upon the development of the temporary teeth of the child, but their health and the health and development of the permanent teeth is dependent to a great extent upon the diet of the infant after birth. In infancy mother's milk is the best basic diet, with such additions of vitamins and other requirements as your physician prescribes. In the artificially fed, vitamins A, C, and D should be supplied in the form of orange juice, and cod liver oil. The required amounts will be designated by your family physician and dentist, and it is of vital importance that they be consulted on these matters.

During childhood the growth, development, and health of the teeth is dependent more upon proper nutrition than any other factor. Here again a balanced diet which includes adequate

Physical Fitness Program

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Regular "Fire D
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Home and Fa

sheets were handed out to every child to take to the parents.

A wash basin and paper towels are used by pupils before lunch each day.

A fountain is used for drinking.

amounts of vitamins A, C, and D must be given if we are to expect good results.

The child should not be fed what he wishes without first having those foods which your physician has recommended for the proper development of tissue structure. Whole milk, green vegetables, fruits, especially orange juice, and cod liver oil are necessary constituents in the diet of all children.

Throughout life, in order to maintain tooth health at its highest point and reduce decay and affections of the gums to the minimum, an adequate diet rich in vitamins and tissue building substances, avoidance of excess of sugar, candy and sweet desserts, coupled with regular hygiene of the mouth, is absolutely necessary.

There are at least two reasons why sound teeth and a clean mouth are important to a growing child. First, the teeth have an important function to perform in chewing the food thoroughly so it will be well digested. If this function is interfered with the child may suffer from indigestion or malnutrition, and thus during the years when he should be getting a strong physical body, his health is being undermined. Second, the

loss of the teeth through the ordinary process of decay is a means of infecting the body with disease.

Teeth are essential to health only in a secondary degree, since their health is a product of nutrition. The lack of teeth is of less importance than the possession of decayed and abscessed ones. Decaying teeth not only become useless in the mouth for purpose of mastication, and are painful, but they may produce abscess formation. Many cases of heart disease, arthritis, inflammation of muscles and nerves have been traced directly to infections in the teeth.

Pyorrhea has its beginning in inflammation of the gums (gingivitis). This inflammation may be due to several factors.

First, vitamins A, C, and D are necessary to build and maintain healthy tooth and tissue structure. An inadequate diet, deficient in vitamins, lowers the resistance of the tissues and predisposes to inflammation and pyorrhea. Thorough mastication of rough and coarse foods is also necessary in order to properly exercise the teeth and massage the gums to a healthy state.

Second, improper occlusion of tooth

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surfaces, strain from missing teeth, irregularity of alignment, and improper development of the dental arches, will cause lowered resistance of the teeth and surrounding tissues, which may result in inflammations and pyorrhea.

Third, ill health from any cause may predispose to inflammations and pyorrhea.

Fourth, the lack of oral hygiene or proper brushing of the teeth and gums permits colonies of bacteria of various kinds to grow and develop on food débris and accumulations in the mouth, and a resulting inflammation may follow. Insufficient cleaning of the teeth, likewise, permits greater deposits of tartar, which forces itself between the gum and the tooth, adding to the gum recession and the formation of pockets for the deposit of food débris and bacteria.

In the prevention and treatment of pyorrhea all of the causative factors must be taken into consideration. No dentifrice nor mouth wash will cure this condition. A proper diet rich in vitamins will be prescribed by your physician or dentist. Without proper nourishment there can be no checking of disease nor regeneration of tissue.

Correction of irregularities in alignment and improper occlusion, removal of dental calculus (tartar), treatment of pus pockets and repair of decayed teeth and removal of abscessed ones are all the work of the dentist and he should be promptly consulted whenever maladies of the teeth or gums are suspected. Teeth that most seriously affect health usually do not hurt. They are past the hurting stage. The safe procedure is for all the family to visit the dentist every six months for a dental examination.

When general ill health exists, one should place himself in the hands of a competent physician for diagnosis and treatment.

Cleanliness of the teeth and mouth will reduce the incidence of caries and inflammation of the gums and mucous membrane. A prophylactic measure usually recommended is brushing the teeth after each meal with an approved dentifrice. Arm & Hammer Baking Soda is an effective cleanser and if used on a moistened brush in an approved manner, followed by a thorough rinsing with water, will help keep the teeth and mouth clean by loosening and washing away objectionable and unsightly material. A brush

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soft enough not to further irritate the inflamed tissues is recommended.

Tooth decay is probably the most prevalent disease condition found in man. Without doubt, it is the commonest of diseases of the mouth. The cause of dental decay is not at present definitely established. Evolutional heredity would seem to have a bearing upon tooth formation. The diet of the mother during the prenatal period, and the diet of the child in early life have been shown to be important factors in the building of strong healthy teeth, and no doubt the structure of the tooth has much to do with resisting decay.

It is the opinion of many scientists that the primary cause of decay is found in the mouth. The cavity results from the action of acid produced by acid forming microorganisms growing on the surfaces of the teeth. Certain foods, particularly sugar, encourage the growth of these acid forming microorganisms and the production of acids, hence the importance of reducing the sugar intake to the body requirement and permitting no excess of candy or sweet desserts in the diet of those who are susceptible to caries. Just why some individuals are immune to tooth decay is not known,

but it may be an inherited characteristic inhibiting the growth of these acid forming microorganisms. Susceptibility to tooth decay has been measured by laboratory methods and it is hoped these methods of determining susceptibility may be simplified and made practical so those most likely to develop decay may receive special protective treatment.

It must be remembered that teeth are living tissues and can be affected by both local and constitutional disturbances. When they are looked upon as parts of the living organism, not detached units, more attention will be given the general health as a preventive measure against dental ills.

The disease process of decay is initiated on the outside of the tooth and develops pulpward. The usual form of decay is that of the enamel and dentin, although it may extend farther in its destructive process.

Caries may affect any portion of the tooth but the usual position is in pits, fissures, contact surfaces, and the areas of imperfection. Tissue destroyed by caries never regenerates though the process of destruction may be arrested by the proper treatment and filling of the cavity and the upbuilding of the body by

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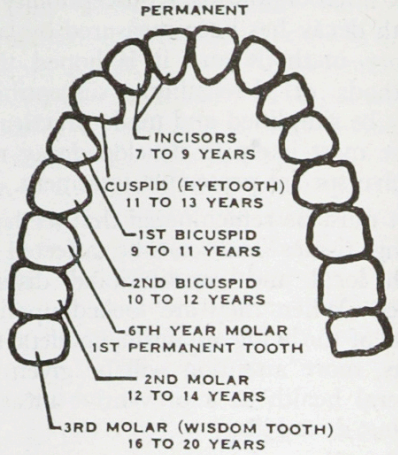
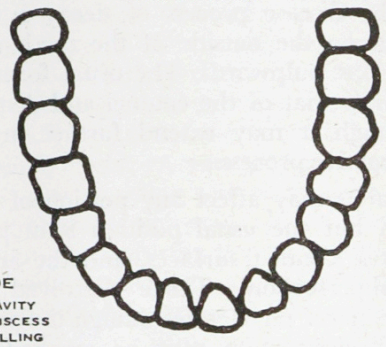
DENTAL RECORD

NAME_____ AGE_____

ADDRESS_____

PERMANENT

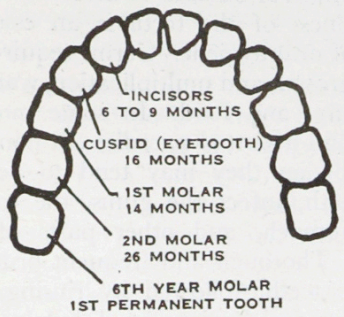




CODE
C - CAVITY
A - ABSCESS
F - FILLING
M - MISSING
D - DENTURE
X - IRREGULAR

[10]

TEMPORARY



DR._____
DENTIST

_____ _____
DATE ADDRESS

[11]

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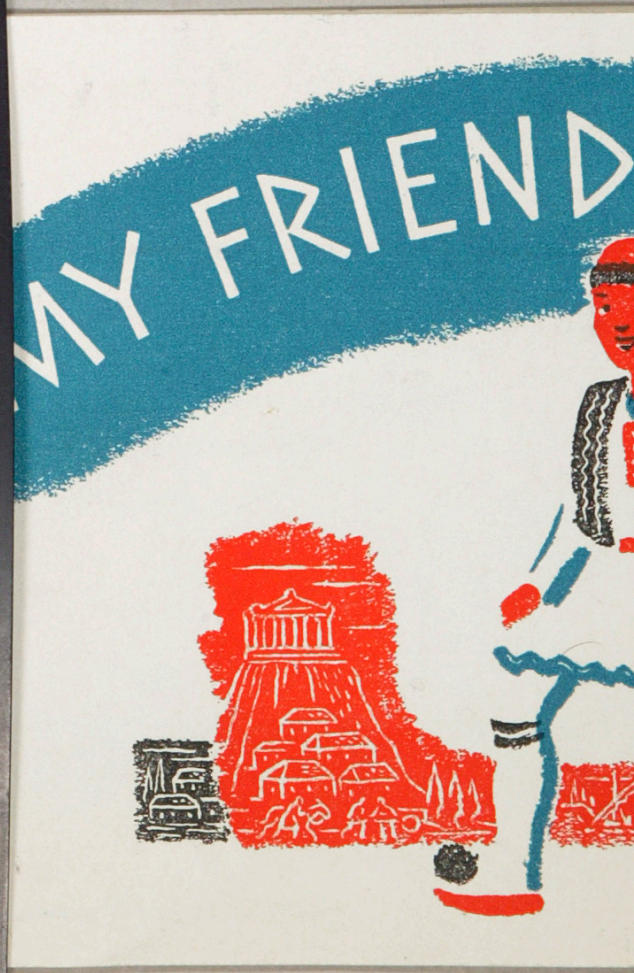

proper diet and the restoration of general good health.

Oral hygiene is of importance in the prevention of diseases of the mouth, and cleanliness of the teeth is an essential part of oral hygiene. Germs require, for their growth and multiplication, warmth, moisture, and food. In some mouths, they find a virtual paradise. In nonresistant bodies they may tend to destroy the teeth, infect the gums, the tonsils, the stomach, and other parts of the body. Thorough and frequent brushing of the teeth, followed by rinsing, will improve oral hygiene by dislodging and washing away the food and débris upon which these germs live. Arm & Hammer Baking Soda is an approved cleanser.

It is only through frequent visits to a dentist for a thorough dental examination that one may know the physical status of his teeth. Minor defects should be corrected before they become serious. Salivary calculus (tartar) must be removed by instrumentation and brushing of the teeth at least twice a day should be carried out as a routine health measure. Proper diet must be maintained at all times and excesses of candy and sweet desserts must be avoided.

It is only your dentist who can correct tooth ills. Mouth washes and dentifrices can only aid in keeping the teeth clean. None will cure pyorrhea, acid mouth, nor decaying teeth, and none with flavoring or perfume will remove the cause of bad taste and fetid breath.

The accumulation of tartar, which is calcium salts deposited from the saliva upon the surfaces of the teeth, can be minimized by a thorough brushing of the teeth every twelve hours. Not all tartar can be prevented and when the deposit is permitted to remain a full day it is quite likely to harden into a mass that resists the ordinary brushing of the teeth. After several days it becomes so hard it can be removed only with instruments.

Parents and children have the false notion that it is of slight consequence if the first teeth decay, since they are destined to fall out anyway and be replaced by permanent teeth. The first, or milk teeth, need very careful attention for the reason that, first, they are needed to masticate the food during the most important period of growth; second, decayed teeth tend to infect the tonsils and different parts of the body, and thus lay the basis for disease; and third, too early

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loss of the first teeth may result in lack of sufficient space for the permanent set and this lack of space may result in crowded and crooked permanent teeth.

The sixth year molar is the first tooth of the permanent set to appear. It is found just behind the last molar of the milk set and may be found by counting. Beginning with one of the central incisors (one of the two prominent chisel shaped teeth in front of the mouth) and counting to the back of the mouth, the sixth tooth is the sixth year molar, which ordinarily appears in the sixth year. It is often entirely neglected because the time of its appearance is unknown and it is not realized that it is a permanent tooth. Often the molars of the first set, through neglect, become decayed and the decay naturally extends to the sixth year molar, which is finally so troublesome that it is extracted.

Once good teeth are built the tooth brush properly used is one of the most important allies in dental conservation. Dr. W. M. Gardner says, "Care of the mouth is a life-long job. Time spent in teaching children the best method to take care of it is time well spent."

Parents and teachers can do much to help the cause by teaching children to

clean their teeth. Two things are of vital importance. Namely, that children be taught to brush their teeth in the right way, and, that this method be practiced with regularity until it becomes a habit.

Not only do many children lack a tooth brush, but those who have them often use the brush in such a manner as to injure the gums and so carelessly that their teeth are not well cleaned. The technique of the tooth brush drill recommended in New York State is as follows:

"The tooth brush drill is but a lesson designed to teach the child the details and importance of a very good habit. It will insure each having an individual brush and knowing how to use and care for it. Actually doing it is better than mere description or demonstration. Have a drill every week for the first month, then once every month, then once every month or two to correct faulty technique and maintain interest. Each child should bring a brush wrapped in plain paper, keeping it wrapped until drill. Leaders may be selected from those who learn quickly to help train small groups. Water is not necessary in the drill.

"For the outside surfaces use a combing motion, starting well up on the gums

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THE DRILL

Outside surfaces (with brush under cheek).

"Upstairs"—Light, rapid, down (or circular strokes).

Left—front—right (count 1 to 16 for each).

"Downstairs"—Light, rapid, up (or circular strokes).

Left—front—right (count 1 to 16 for each).

(Outside surfaces may be combined by closing the teeth nearly together and using larger circles.)

Inside surfaces.

"Upstairs"—Light, rapid, down strokes.
Left—front—right (count 1 to 16).
"Downstairs"—Light, rapid, up strokes.
Left—front—right (count 1 to 16).

Chewing surfaces.

"Upstairs"—rapid, scrubbing motion.
Left—right (count 1 to 16).
"Downstairs"—rapid, scrubbing motion.
Left—right (count 1 to 16).

(or a rotary motion, making small circles). A rapid movement with a light touch will clean the teeth and stimulate the gums. For the inside surfaces use the combing motion. Always feel that the bristles are cleaning between the teeth and along the gums and teeth. The only place to scrub is on the chewing surfaces.

"There are sixteen areas to clean so we use sixteen counts to each, moving the brush back and forth to reach every tooth. An imaginary cup of water may be held in the left hand, dipping the brush at intervals. Also imitate rinsing the mouth (making up faces). Brush the teeth night and morning and after meals if possible; but especially brush them at night as most decay takes place at the time while the mouth is at rest."

The best authorities insist on a small brush, since not over two teeth can be touched by the surface of the brush in any case and a small brush is more easily handled and will reach any desired point in the mouth more easily than a large brush.

The use of dental floss is necessary to remove food from between the teeth. The wide kind is best. The floss may be forced carefully between all the teeth,

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rubbed back and forth against the surface of each tooth to loosen and remove the food and clean the surfaces. Do not saw into the surface of the tooth or against the gum.

The function of a dentifrice is to aid in the mechanical cleaning of the teeth without injury to them. As a cleansing agent the dentifrice depends entirely upon the efficiency of the brush that applies it. A tooth brush will not clean a surface of a tooth unless it actually touches it. Cool water should be used to moisten a brush for brushing, also to rinse the brush after brushing. One should never use hot water as it softens the bristles, alters the shape of the handle and in a short time makes the brush unsuitable for efficient brushing.

A brush should always be rinsed well, all the water possible shaken out after using. Hang the brush up in such a manner that it may dry quickly. Do not keep it in a container. Frequent washing of the tooth brush in soda water (one teaspoonful of baking soda to a cup of water) is recommended as a means of keeping the brush fresh. It is a waste of time and energy to use a worn-out brush.

The use of water and tooth brush is

not sufficient to remove discolorations, mucin and dental plaques, and for this reason a dentifrice with a certain amount of "bite" is needed to thoroughly cleanse the teeth.

An unmedicated powder, free from grit, is preferable. Too much soap decreases the efficiency of the brush bristles, and harsh abrasives, if used over a period of time, may wear grooves in the teeth. A tooth powder should be soluble in water, free from grit, and have a "bite" that will mechanically remove the albuminoid mucin from the surface of the teeth.

Arm & Hammer Baking Soda meets all requirements of a good tooth cleanser. Poured in the palm of the hand and used on a brush that has been dipped in cool water in the manner just described, it will improve oral hygiene by aiding in the mechanical cleansing of the teeth. Arm & Hammer Soda will not cut the teeth nor wear them away.

Dr. U. G. Rickert, Professor of Dental Therapeutics of the University of Michigan and member of the Council on Dental Therapeutics of the American Dental Association, said, "So far as is scientifically known, no tooth paste or powder

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will do more than flavored salt and soda."

In the booklet "Dentistry and Public Health" prepared by Dr. Herman Bundesen, President of Chicago Board of Health, and the Bureau of Public Relations of the American Dental Association and approved by the American Dental Association and the United States Public Health Service, appears the following article under the heading "What to Use For Cleaning Teeth":

"Any good tooth cleansing material, powder or paste, that is not so coarse as to injure the enamel, and that does not contain strong medicines that will irritate the gums, may be used for cleaning the teeth. You can make a good powder for cleaning the teeth by mixing one-half level teaspoonful of ordinary table salt with ten level teaspoonfuls of baking soda. As a rule, this amount of powder will last about ten days."

Food tastes better when the mouth is clean and accumulations are removed from the teeth. Mechanical cleansing of dental plates by scrubbing with Arm & Hammer Soda, water, and a good brush, removes the film and accumulations and corrects the bad taste and fetid breath.

Arm & Hammer Baking Soda is effective and economical. It will aid in cleaning both natural and artificial teeth and is acceptable to the Council on Dental Therapeutics of the American Dental Association.

Arm & Hammer and Cow Brands Baking Soda are both pure Bicarbonate of Soda meeting all the requirements of the United States Pharmacopoeia.

CHURCH & DWIGHT CO., Inc.
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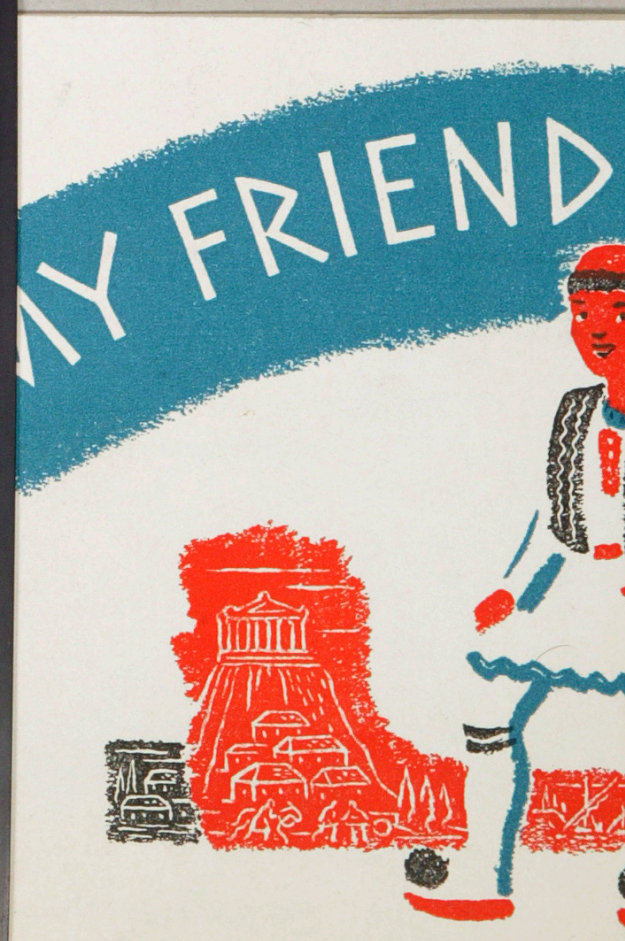

Physical Fitness Program

THE CARE
of the
TEETH

The Physical Fitness Program

The "Physical Fitness Program" includes a special 15 minute's period outside apart from regular recesses, once a week, where various games, body exercises and drills are taught, and played.

Then, in Health classes, all new material is examined and discussed such as the exhibits on this page, and newspaper stories on "War Nutrition"

Regular "Fire Drills" are had each week.

Home and Farm Accident

Illustrated by John Merryweather

1

There is a new boy in our school.
He came from an old, old town called Athens.
Athens is in a land far across the sea.
The name of the new boy is Nick.
I like the name of Nick,
Don't you?

30cm x 40cm

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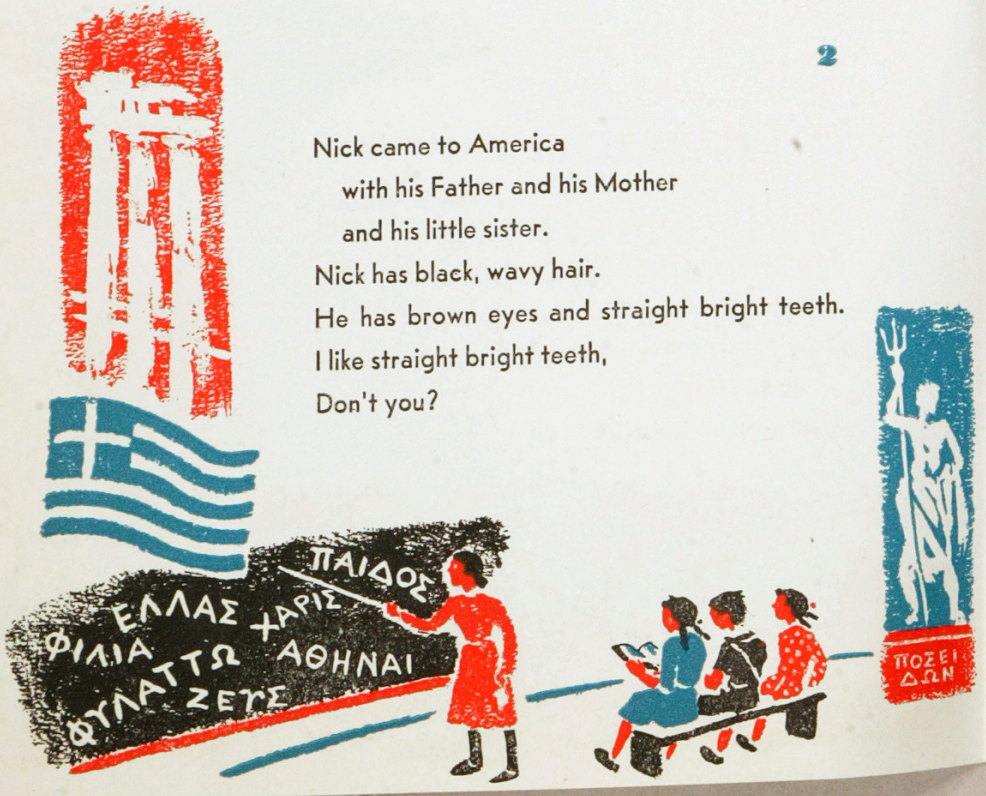
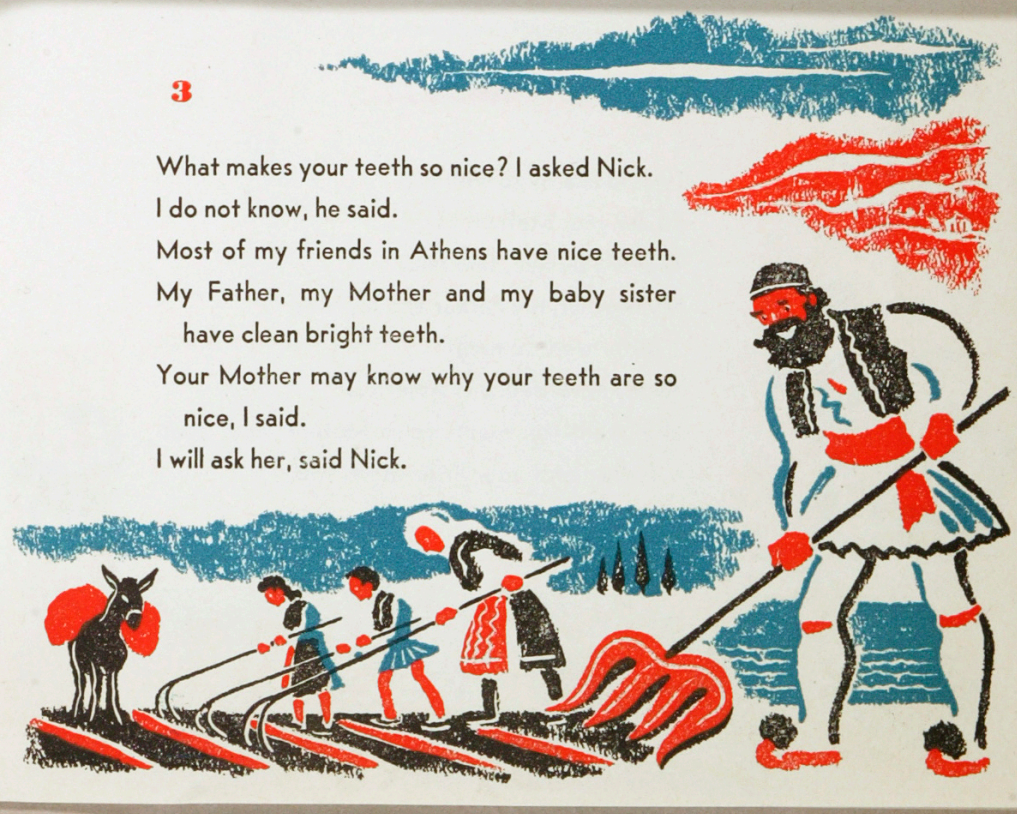


2

Nick came to America
with his Father and his Mother
and his little sister.
Nick has black, wavy hair.
He has brown eyes and straight bright teeth.
I like straight bright teeth,
Don't you?

3

What makes your teeth so nice? I asked Nick.
I do not know, he said.
Most of my friends in Athens have nice teeth.
My Father, my Mother and my baby sister have clean bright teeth.
Your Mother may know why your teeth are so nice, I said.
I will ask her, said Nick.



11" x 14"

30cm x 40cm

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Home and Farm accident

4

I would like to go with you
To ask your Mother, I said.
That will be fine, said Nick.
My Mother, my Father and my little
sister want to meet
All my new friends in America.
We want to meet your Mother and your
Father and your little sister, too,
I said.

5

Nick's Mother has big brown eyes
And dark wavy hair like Nick's.
This is my new friend, John,
Said Nick to his Mother.
I am pleased to meet you, she said.
When she smiled she showed
Her pretty, bright teeth that gleamed
Like Nick's.

11" x 14"

30cm x 40cm

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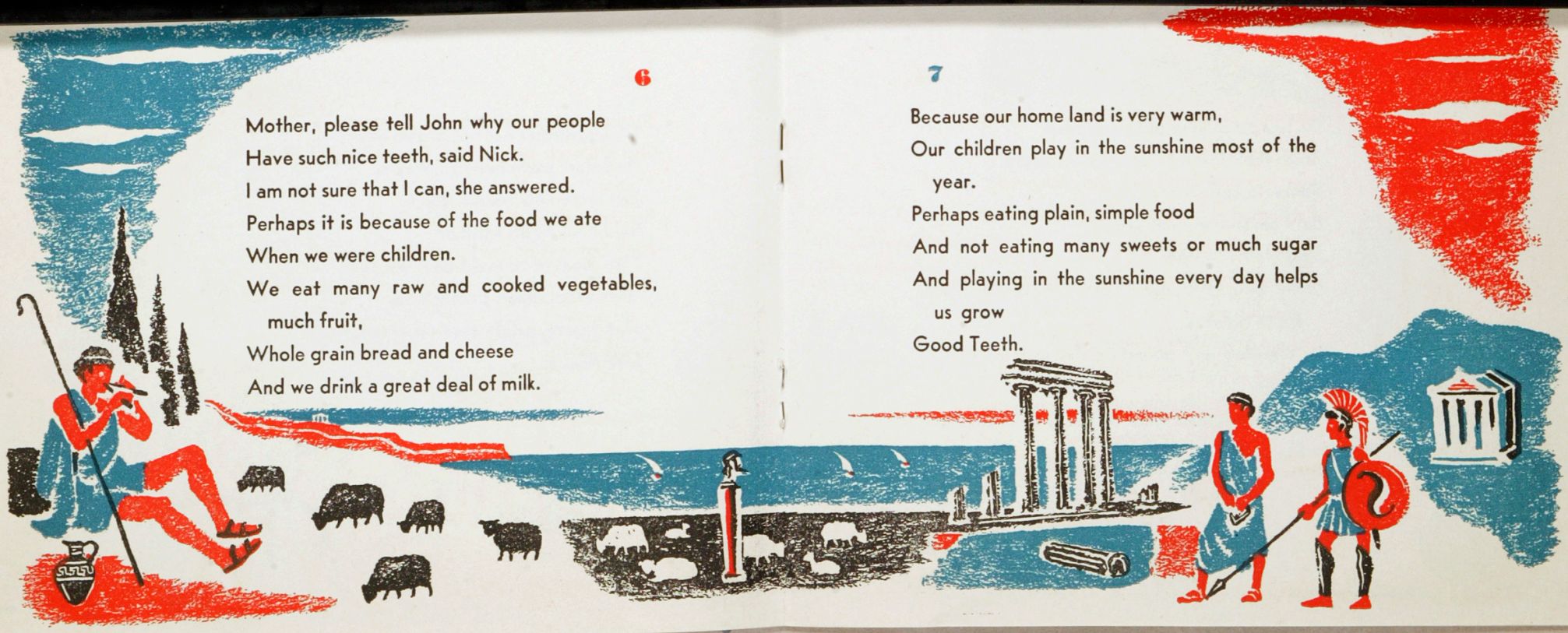
[illegible] Harm accident



6

Mother, please tell John why our people
Have such nice teeth, said Nick.
I am not sure that I can, she answered.
Perhaps it is because of the food we ate
When we were children.
We eat many raw and cooked vegetables,
much fruit,
Whole grain bread and cheese
And we drink a great deal of milk.

7

Because our home land is very warm,
Our children play in the sunshine most of the year.
Perhaps eating plain, simple food
And not eating many sweets or much sugar
And playing in the sunshine every day helps us grow
Good Teeth.

11" x 14"

30cm x 40cm

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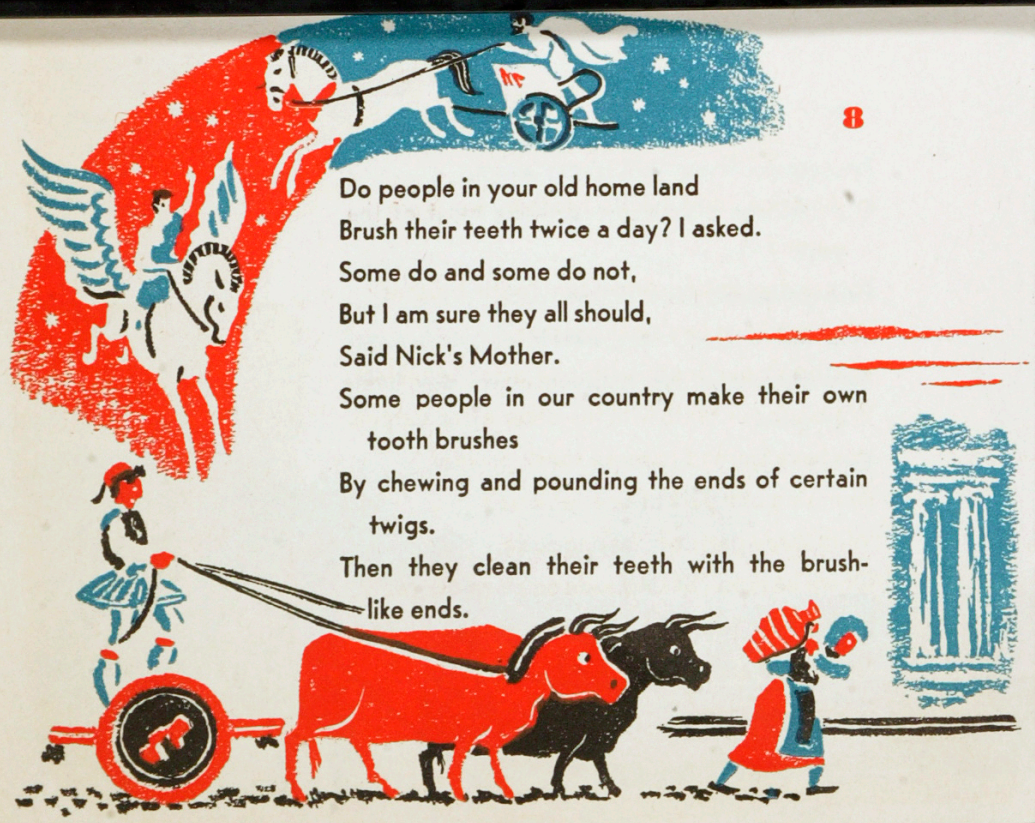
accident



8

Do people in your old home land
Brush their teeth twice a day? I asked.
Some do and some do not,
But I am sure they all should,
Said Nick's Mother.
Some people in our country make their own tooth brushes
By chewing and pounding the ends of certain twigs.
Then they clean their teeth with the brush-like ends.

9

In America, said Nick's Mother, we have learned
To use the lovely American tooth brushes.
We each have two small brushes.
We brush our teeth with one after breakfast.
We brush our teeth with the other after supper.
We have learned to make tooth powder
By mixing one part of fine table salt
With three parts of *baking soda,
Or we just use *baking soda to clean our teeth.
Is that why you have such nice teeth? I asked.
She smiled and said, At least it helps
Keep them clean.

11" x 14"

30cm x 40cm

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1 Farm accident

People in our old home across the sea
Seldom visit the dentist unless their teeth ache.
In America we have learned to visit
The dentist at least twice a year.
He cleans and examines our teeth.
If he finds any small holes in them,
He repairs them before they become badly decayed.
We have learned many things in America.
We like America,
Don't you?

NOTICE

THIS PAGE IS FOR CHILDREN ONLY

1. What country do you think Nick came from?
2. What kind of food did Nick's Mother think helped her family have nice teeth?
3. What kind of a tooth brush do some of Nick's former friends use?
4. What kind of tooth brush does Nick now use?
5. How does Nick's Mother make tooth powder for her family?
6. How often do Nick and his little sister go to the dentist?
7. Why?
8. What can the dentist do for Nick and his sister?

11" x 14"

30cm x 40cm

THE CARE of the TEETH

The Physical Fitness Program

NOTICE

THIS PAGE IS FOR TEACHERS ONLY

Encourage the children in your school to develop the following dental habits:

1. Eating plenty of plain nourishing foods such as: vegetables, fruits, whole grain cereals and bread and milk, dairy products, eggs and meat—and eating a minimum amount of sweets.

2. Eating some tooth exercising foods at each meal such as crusts, raw vegetables and raw fruits.

3. Carefully brushing the teeth at least twice a day—after breakfast and after supper (have the dentist show each child the best way to brush the teeth), using a small tooth brush and a good cleansing powder.

   (A good cleansing powder may be made by mixing one part of fine table salt with three parts of *baking soda or *baking soda may be used alone.)

4. Visiting the dentist at least twice a year for a thorough dental examination. Also encourage children to take plenty of outdoor exercise and sleep and to protect themselves from the various childhood diseases.

Church & Dwight Co., Inc.
70 Pine Street
New York, N. Y.

*Arm & Hammer and Cow Brands Baking Soda are classified as Acceptable Dentifrices by the Council on Dental Therapeutics of the American Dental Association

Physical Fitness Program

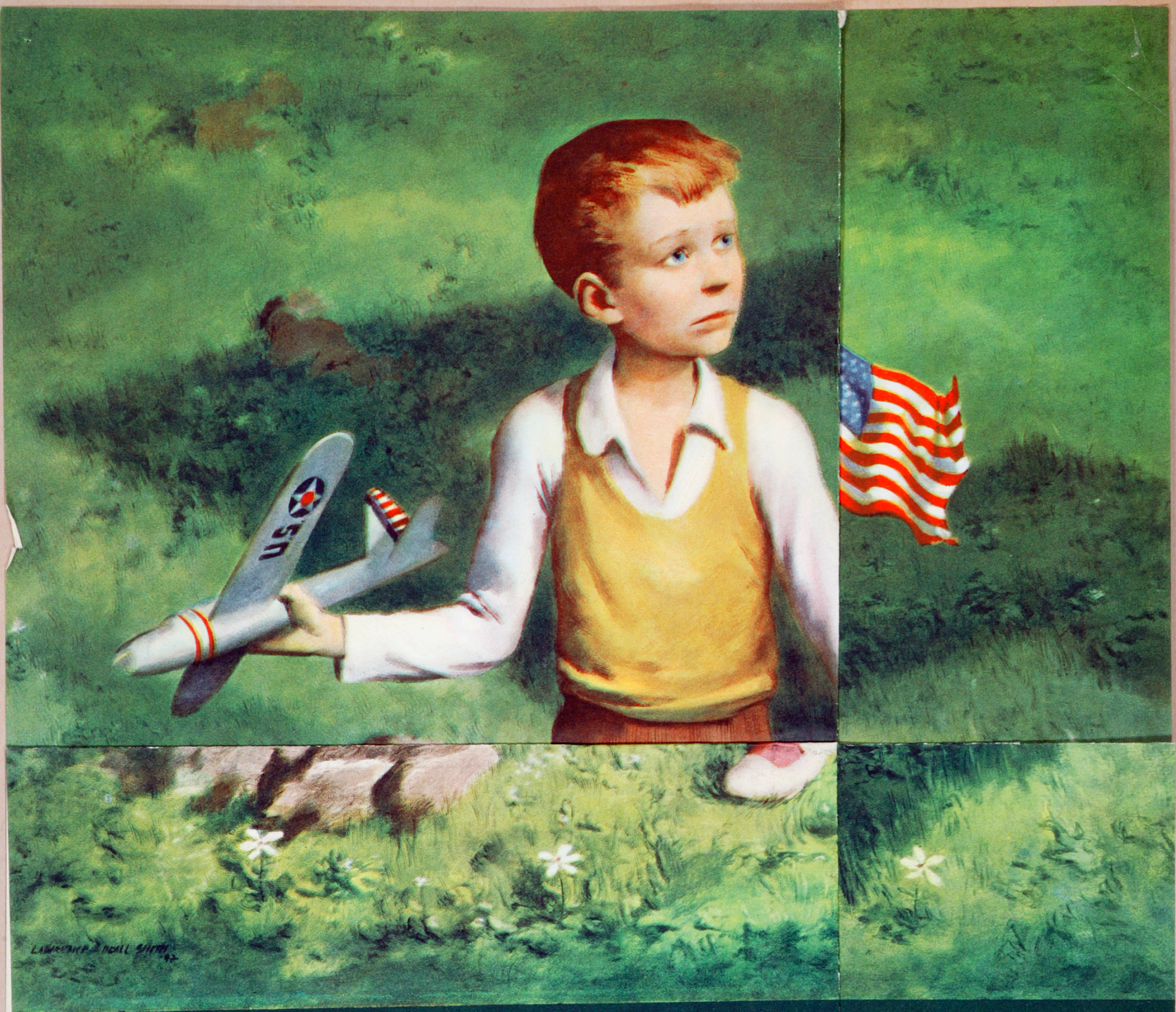
The "Physical Fitness Program" includes a special 15 minute's period outside apart from regular recesses, once a week, where various games, body exercises and drills are taught, and played.

Then, in Health classes, all new material is examined and discussed such as the exhibits on this page, and newspaper stories on "War Nutrition"

Regular "Fire Drills" are had each week.

Home and Farm accident

11" x 14"



Don't Let That Sh Them

Buy WARDS

PRINTING OFFICE : 1942—O-462211 WSS 451

"Freedom From Fear"

Don't Let That Shadow Touch Them

Buy WAR BONDS

U. S. GOVERNMENT PRINTING OFFICE : 1942—O-462211 WSS 451

"The Four Freedoms"

Speech

"Freedom of Speech"

Speech

"Freedom of Religion"

Martha Mecca
4th Grade

"Freedom from Want"

"Questions and Answers"

Answer Yes or No.

1. We can buy War Stamps at School. yes
2. We buy as many War Stamps as we can. yes
3 There are some one-cent War Stamps. no
4. Ten-cent War Stamps are brown. no
5. It is patriotic to buy War Stamps. yes
6. We put War Stamps on letters. no

Margie Lowrance - Grade Seven

Essay

My Victory Garden

In my Victory Garden, I shall plant all the vegetables adapted to this region, including peas, beans, carrots, spinach, mustard and so on.

I shall can everything available, because I think, we as good Americans, should help our government save, conserve, and serve in every way We can.

When my neighbors don't have things, I shall divide with them.

Mary Coats,
Grade Seven.

10 CENT

DEFENSE STAMP ALBUM

For the purchase of

UNITED STATES DEFENSE SAVINGS BONDS

10¢ STAMPS

$25 BONDS

THIS IS YOUR Ten-Cent Defense Stamp Album. Fill it with 187 Ten-Cent Defense Stamps. Add 5c in coin, and it will have a value of $18.75. Exchange it at the post office for a Defense Savings Bond which, after 10 years, will be worth $25. Then start filling another Defense Stamp Album.

Defense Stamps are sold in five denominations—10c, 25c, 50c, $1, and $5. With your first purchase of any Defense Stamp, you are entitled to receive, free of charge, an Album for mounting that kind of Stamp.

Mount none but 10c Defense Stamps in this Album. Be sure to affix Stamps securely.

AS YOU FILL this Album with Defense Stamps it will rapidly grow in value and should be guarded against theft or loss. A precaution is to carry your Album in a self-addressed stamped envelope, with a written request on the envelope to return to you if found.

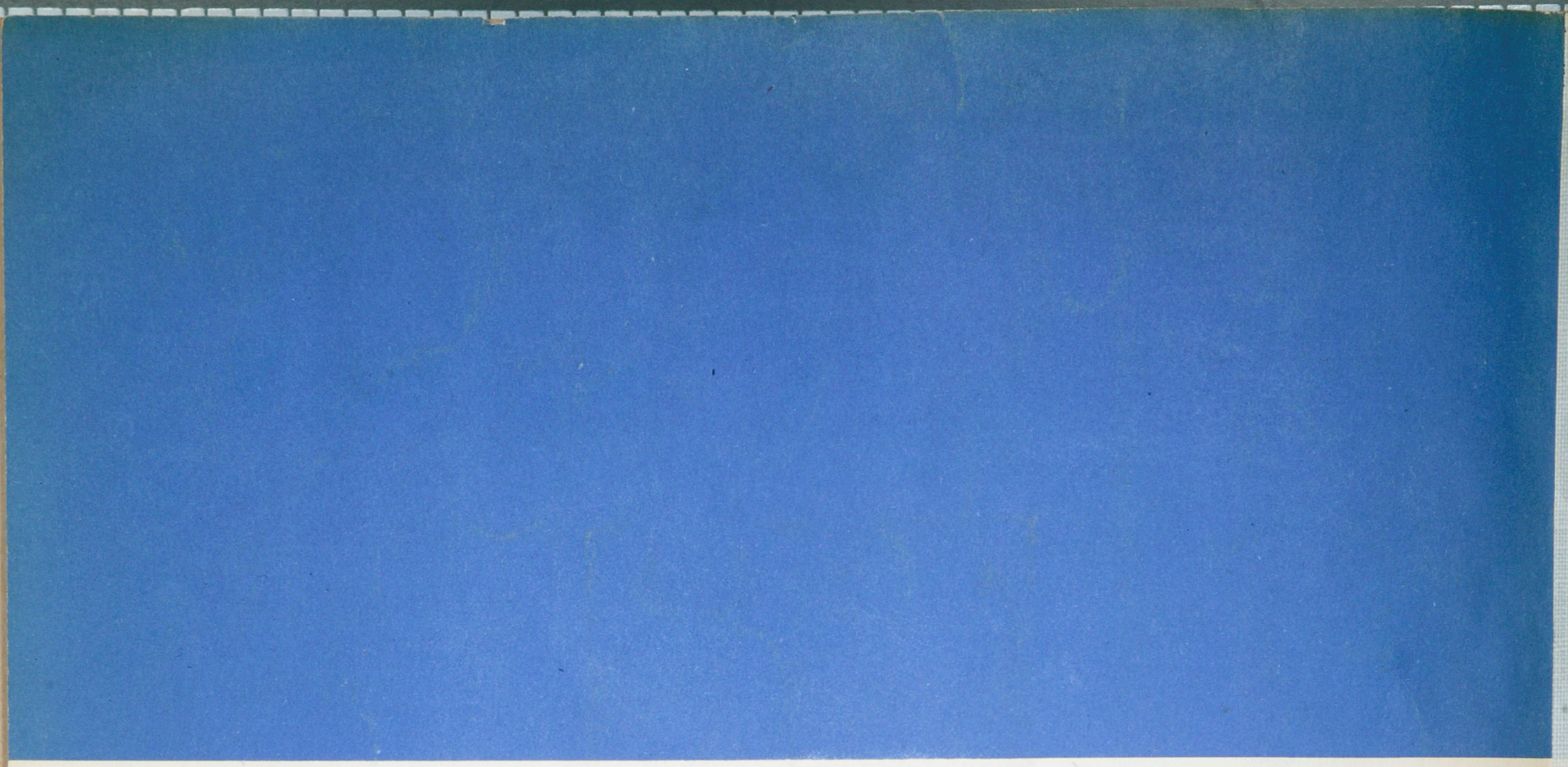
This Album is the property of—

Name Pleasant Ridge #3

Address Route 3

City Stuart, State Okla.

X	X	X	X	X	X	X
10c	20c	30c	40c	50c	60c	70c

X	X	X	X	X	X	X
80c	90c	$1.00	$1.10	$1.20	$1.30	$1.40

X	X	X	X	X	X	X
$1.50	$1.60	$1.70	$1.80	$1.90	$2.00	$2.10