

# 1973 Cigar Tobacco Allotment Announced

The U.S. Department of Agriculture today announced the national acreage allotments for the 1973 crop of cigar leaf tobaccos.

For cigar-filler and binder tobacco (types 42-44 & 53-55), the 1973 national acreage allotment will be 18,055 acres, compared to 18,256 in 1972. Acreage allotments for most farms will be about the same in 1973 as in 1972. For some farms on which the tobacco acreage history in recent years has been less than 75 percent of the farm's allotment, the allotments will be reduced more in line with plantings, as provided by law. Cigar-filler and binder tobacco is grown principally in Wisconsin and Ohio, with smaller quantities produced in Illinois, Indiana, Iowa, Minnesota, New York and Pennsylvania.

For cigar-binder tobacco (types 51 & 52) the 1973 allotment will be 5,851 acres and for most farms will be about the same in 1973 as in 1972. Some farms that

have substantially reduced their plantings in recent years will be reduced more in line with plantings. For 1972, 6,663 acres were allotted. Cigar-binder tobacco is grown in Connecticut and Massachusetts.

As in the past, a small acreage of each of these kinds of tobacco will be reserved for establishing allotments for farms having no tobacco history during the past five years, for correcting errors, and for adjusting inequities. Notices showing the 1973 allotment for individual farms will be mailed to farm operators in the near future by local Agricultural Stabilization and Conservation committees.

In referendums held in January 1972, 91.2 percent of the cigar-filler and binder tobacco producers voting and 92.2 percent of the cigar-binder tobacco producers voting favored the continuation of marketing quotas on the 1972-74 crops.

## Chester County Dairy Day Set

Chester County Dairy Day will be held Thursday, February 15, beginning at 10:30 a.m. It will be held at the Stone Barn, Route 842, about one mile west of Unionville.

Emphasis will be on dairy cattle breeding. Dr. Richard McFeeley from the New Bolton Center for breeding research will talk on reproduction in dairy cattle.

A smorgasbord lunch will be available for \$1.25 if reservations are made by February 12. Tickets can be purchased from any Atlantic Breeders' Co-op

technician, or by contacting the Chester County Extension Service, in the West Chester courthouse.

### Seven Signs

Cancer has seven warning signals: Change in bowel or bladder habits; a sore that does not heal; unusual bleeding or discharge; thickening or lump in breast or elsewhere; indigestion or difficulty in swallowing; obvious change in wart or mole; nagging cough or hoarseness. If you have a signal, see your doctor right away, the American Cancer Society says.



## Doctor in the Kitchen®

by Laurence M. Hursh, M.D.  
Consultant, National Dairy Council

### NUTRITION AND TEETH

Cavities in our teeth is the most widespread of all the chronic diseases in America. People don't seem to think of dental health in that way. But they should. Almost 100% of our population is afflicted. Come to think of it, our dentists represent the largest group of doctors exclusively trained to treat a single health problem.

But our record in controlling dental caries should be much better. The professional help is available but people don't take sufficient advantage of it. Where expense is a problem, there is talk of a "Blue Cross" kind of coverage. But above all, people apparently are not sufficiently motivated. I say this because I am convinced that regular trips to your dentist save money—and are cheapest in the long run. So I urge you to see your dentist regularly.

### Preventive Care

But let's talk about the kind of care that can prevent or minimize dental problems. Nutrition certainly isn't a be-all, end-all with regard to dental health. But we believe that good nutrition has to make a contribution to dental health, whereas bad nutrition certainly can cause dental problems.

Let's take infants as an example. The newborn child's mouth contains the beginnings of 52 teeth. Since the unborn child depends upon its mother for nourishment, this means a pregnant woman's diet must be adequate in calcium, phosphorus and vitamin D if the child's dental and other bone development are to be sufficient. With an insufficient diet, the baby's start on tooth development may be impaired—or may be the baby will override the mother's needs, causing the mother herself to lose valuable stores of calcium and phosphorus.

An infant's teeth, of course, do not protrude through the gums until about the sixth month of life. But the living structures for teeth were formed before birth and continue to develop after

birth. The dentine and enamel of your teeth are inert. But the pulp of teeth contains nerves and blood vessels. Your teeth are also fastened to bones by a membrane that is living material. So are the bony ridges of the upper and lower jaw in which your teeth are imbedded.

### Teeth Not "Dead"

So, our teeth are hardly "dead" stuff. And dental health depends upon good nutrition both superficially and basically. Superficial nutritional abuse of our teeth obviously includes eating sticky, sweet foods and not cleaning our teeth properly after eating. Basic

nutrition for dental health is more concerned with a diet that causes you to chew foods well for the exercise this gives to your gums and teeth. And making sure you get, along with all other needed nutrients, enough calcium, phosphorus and vitamin D. Milk is the source of about 75% of the calcium in our food supply (and good amounts of phosphorus).

## Houck Retires After 28 yrs.

Herbert Houck, 20 Country Drive, Leola, an experimental machinist will retire from Sperry New Holland on February 1, after 28 years with the company.

He joined Sperry New Holland on September 21, 1945 as a machinist. He also held a foreman's position in the company's machine shop.

At the time of his retirement, he was an experimental machinist in the company engineering shop.

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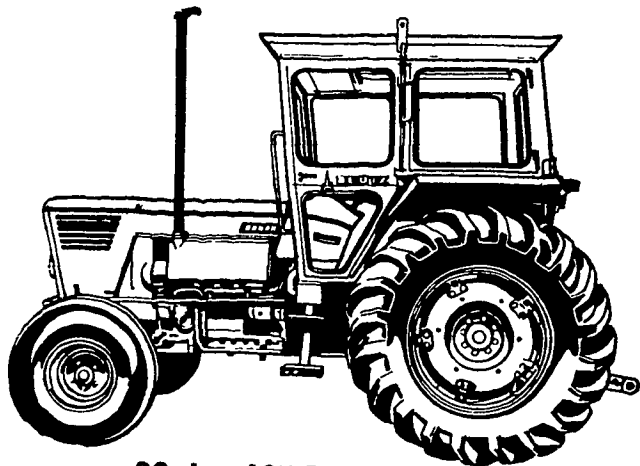
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