

## Doctor in the Kitchen

### MORE ON DENTAL HEALTH

What is dental plaque? Many children do not realize that when they brush their teeth, they not only are removing food particles that may be lodged between their teeth and gums but also that they are removing plaque from their teeth as well.

But now, in modern dental education, the knowledge of how to use "disclosing agents" along with the time-tested practice of using dental floss, is causing many children to recognize the real beginnings or conditions that cause dental decay, especially plaque.

Plaque is simply a sticky, colorless layer of harmful bacteria that is constantly forming on your teeth.

NOWADAYS there are tablets or solutions known as disclosing agents that you can chew or swish in your mouth to stain your teeth in such a way as to make plaque visible. It is than a

simple matter both to brush your teeth and then use dental floss to remove the plaque before it does its damage. Dentists recommend both daily brushing and flossing.

Your dentist or dental hygienist will instruct your child in the techniques of flossing.

Dental health, of course, is not assured purely by mechanical means. Diet, in particular, is a most important influence.

Dentists worry most about fermentable carbohydrates, such as table sugar, being readily used by bacteria in the mouth for acid production which is damaging to the teeth.

THE PROBLEM is not just the amount of sugar eaten, but the frequency of eating sugar-rich foods, the length of time the sugar stays in the mouth and whether the food is sticky or not.

The "acid attack" occurs, they say, within 20 minutes

after eating. Thus three meals a day and three snack periods a day, each followed by 20 minutes of acid forming, add up to two hours a day that you are most vulnerable. If you add to that a habit of cough drops, breath mints and candies, the time of acid forming can be formidable.

THE ANSWER, the dentists says, is to limit the number of times you eat sugar or sweet snacks each day. Milk and cheese, most meats, fruits and vegetables, and non-sweet breads and cereal products are among the snack foods favored for dental health.

### It's an Ag-fact

It's an ag-fact. When we talk about farm exports, we usually refer to the major items, such as wheat, corn or soybeans. Actually, the U.S. exports more than 500 different farm products, including ginseng (medicinal plant) to Hong Kong, licorice extract to Denmark, beef liver and tongue to France and feather meal to Japan.

## Bull performance indexed

BRATTLEBORO, Vt. - Breeders of Holstein cattle now have an easy-to-use screening guide for evaluating Holstein performance.

Total Performance Index, TPI, as it is commonly referred to, combines equally the predicted milk production ability of a bull's future daughters with the predicted conformation of the daughters. Since TPI is an index number, it has a value only when compared with other index numbers of the same measurement. For instance, a bull with a Total Performance Index of 350 will sire better performing

daughters than a bull with a TPI of 245. By comparing the Total Performance Index numbers of a variety of bulls, the dairyman can easily select the one with the greatest performance potential. Bulls with higher TPI numbers will sire daughters which give more milk and will last longer.

Groups within the artificial insemination industry have incorporated the Total Performance Index into their sire evaluation procedures. Several feel TPI will be a useful tool for dairymen and plan to use

TPI values in promotion and marketing.

As one A.I. representative said, the Total Performance Index will ensure that the Holstein dairyman puts some emphasis on sound, functional type, as well as predicated difference for milk.

The Total Performance Index will be featured in future issues of Registered Holstein Total Performance Sire Summaries. TPI numbers of all U.S. Holstein bulls which have production and type information available will be listed.

## Butterfat choppers

The following practices depress milkfat tests and may elevate protein levels:

1. Feeding no hay when cows are on pasture.
2. Sudden changes in source of roughages or feed formulation.
3. Feeding no hay when cows are in the barn or free stalls. Minimum of 5 lbs. of hay per day is recommended.
4. Fine chopping of hay, haylage and silage smaller than 3/4 inch cut.
5. Fine grinding of grain mixtures.
6. Low fiber diets.
7. Pelletized feeds.
8. High moisture roughages.
9. A combination of two or more of the above intensifies the problems.

## Milk regulations revised

Revised standards for dairy products in Pennsylvania were effective on November 29, 1975. In general, they agree with the latest federal regulations. The key one is a change to 11.5 percent total solids. This makes most milk from herds and that sold retail meet legal standards. They are 3.25 percent milkfat and 8.25 percent solids not fat. In the past much milk would need added solids to meet the 12 percent total solids minimum.

Open dating of milk for resale was changed to 9 days following date of processing. Month and day must be shown on all containers or caps.

After September 1, 1976 agitation and refrigeration on farm bulk tanks must be automatic or a recording thermometer must be installed. Interval timers will be required to agitate milk at least two minutes each hour.

The Pennsylvania Department of Agriculture must be notified within 24 hours of suspension, reinstatement or start of a new producer. This may be by telephone or in writing.

All farm milk samplers have received training on proper collection and handling of samples and will receive licenses. Now only licensed samplers may collect samples for bacterial or chemical testing from farms or plants.

A new requirement on adulteration was added to prevent added water. Milk with a freezing point above -.525 degrees C is considered to be watered.

## Blooming flowers

There's nothing like indoor blooms to brighten up the winter. You can have flowers in three to five weeks with very little effort by planting some paper-white narcissus. now, advises Donald B. Lacey, extension specialist in home horticulture at Cook College, Rutgers University.

Unlike tulips, hyacinths or hardy daffodils, paper-white narcissus are tender bulbs which do not need to be stored for several months at low temperatures before forcing.

Place them in bowls or low pots containing sand, gravel, pebbles or soil and set them in a well lighted location at 60 degrees. Temperatures of 75 or more will produce weak growth and loss of flower buds.

Discard the bulbs after flowering since they are not hardy outdoors, Lacey advises.

Amaryllis is another good bulb for indoor flowering. Place each bulb in a pot that allows about an inch of space around the bulb. Leave the upper third of the bulb showing above the soil.

Give the plants good light and a temperature above 60 degrees.

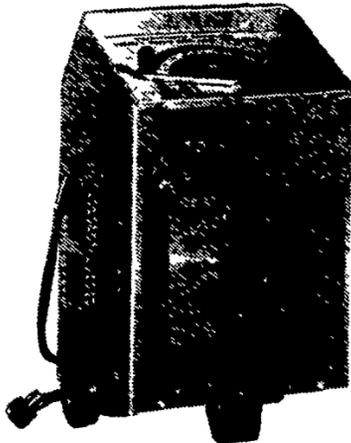
Water lightly until the plant flowers in about six to eight weeks. Continue to water the amaryllis plants after flowering.

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