such as you see here pictured.

childish figures, are to be found

PLAY OUTFITS

By CHERIE NICHOLAS

tral wool tweed.

WHAI to EAI and WHY

C. Houston Goudiss Discusses | Have You a Question?



TEETH--Your Passport to Good Health -- and Tells | per all the facilities of his famous Experimental Kitchen Laboratory in How You Can Avoid the Tragedy of Dental Decay | sult him in Matters of personal hy-

By C. HOUSTON GOUDISS

6 East 39th Street, New York. SCIENTIST, who was also a wit, once remarked that you phosphorus and vitamins A, C must be true to your teeth or they will be false to you. and D. That most people do not heed this advice is evidenced by the fact that almost 100 per cent of the adult population is affected by some form of oral disease, and from 90 to 97 per efficient dentifrice encourages efcent of all school children have decayed teeth.

As there is a close relationship between healthy teeth If this disgraceful state of af- Third, the inclusion in the diet and healthy bodies, and conversely, between decayed the doors of the nation's mothers. which our teeth were designed, teeth and sickly bodies, it is Formerly it was thought that such as raw cabbage, celery, apeasy to understand why sci- oral hygiene alone would prevent ples and other fibro s foods. ence views this appalling situ- tooth decay. But though the im- Fourth, a visit to the dentist at ation with the greatest alarm portance of thoroughly cleansing lest twice a year, so that he can authority as Professor Ernest | have discovered that correct diet, A. Hooton of Harvard Univer- plus mouth hygiene, is the real sity warns that "unless steps key to dental health. are taken to discover preven- Diet and Its Relation tives of tooth infection, and To Dental Disease correctives of dental defor- The teeth are living tissues, THE HUMAN RACE LIES IN mation, the course of human which require proper nourishment SAVING ITS TEETH. evolution will lead downward just as much as any other part of the body. to extinction."

Health and Happiness Depend on Sound Teeth

That is a strong statement, but upon providing adequate amounts it is not an exaggeration, for it of calcium, phosphorus, and three would be difficult to over-estimate vitamins, A, C and D. the influence of the teeth upon human health and happiness.

Teeth Are Actually Do you wonder how teeth can Formed Before Birth affect happiness? Consider, then, upon the position of the mouth life. when the lips are closed, and sec-You cannot have a levely mouth formed before birth. when the lips close over crooked front teeth; you cannot have an attractive smile if the teeth are

loosened teeth are forced out of phorus, and if the diet of the A slice of rye bread supplies the of the lips is likewise changedwith the result that the lower part are withdrawn from her own teeth of the face is disfigured.

and bones.

The old idea that mothers must

taking extra amounts of calcium.

cheese, dried peas and beans,

milk; and vitamin D, which

supplied by fish-liver oils; irradi

It has been proved experimen-

The prevention of dental deca

First, a well-balanced diet con-

AROUND

THE HOUSE

. . .

. . .

taining an abundance of calcium

loosening of the teeth.

on a four-point program:

which is obtained from milk,

green leafy vegetables and many

Surely this is tragedy enough. But the effect of decayed teeth upon health is of far greater sig-

Dental Decay Does Extensive Damage

A decayed tooth is a poison factory, distributing its noxious prod- nuts; phosphorus, which is abunuct to every part of the body. In the body, that poison attacks and centers in the weakest spot. It may lead to neuritis, rheu-

matic ailments, dyspepsia, or even duodenal ulcers. It may be vitamin D concentrates; and egg a contributing cause of heart dis- volk. age, it is easy to understand why

In view of such extensive damheld, the teeth begin to deterihas declared that if the teeth were and brittle. given proper care, so that dental decay became rare, instead of al- to the health of teeth and gums, most universal, more than half of that when it is lacking, profound is non-greasy, because it has a all sickness would be eliminated. and bleeding of the gums an

Mothers Are to Blame For Children's Bad Teeth

It has been estimated that the | Four Important Rules temporary, or "baby teeth" of For Dental Health children come through the gums practically perfect in 98 per cent and the preservation of sound of all children. Yet, statistics teeth and healthy gums is founded show that by the time they reach the first grade, 90 per cent of the children, both from wealthy homes and from homes where money is scarce, have bad teeth; one-third have abscessed conditions in their mouths, and every fourth or fifth child does not have proper masticating surfaces.

DO YOU WANT TO Safely . . . Surely

Scientifically?

Get This Free Bulletin

Offered by C. Houston Goudiss DEADERS of this newspaper

are invited to write to C. Houston Goudiss, at 6 East 39th Street, New York City, for his scientific Paducing Bulletin, which shows how to reduce by the safe and sane method of counting calories. The bulletin is complete with a chart showing the caloric value of all the commonly used foods and contains sample menus that you can use as a guide to comfortable and healthful weight reduction. A postcard is sufficient to carry your request.

Ask C. Houston Goudiss

C. Houston Goudiss has put at the disposal of readers of this newspa-Experimental Kitchen Laboratory in New York City. He will gladly answer questions concerning foods. diet, nutrition, and their relation to health. You are also invited to conletter unless you desire, for postcard inquiries will receive the same careful attention. Adaress him at 6 East Thirty-ninth Street, New York City.

Second, frequent and thorough

brushing of the teeth, to remove all food particles. The use of an ficient brushing and helps to keep the teeth looking attractive.

fairs is allowed to continue, the of foods that require the chewing, blame must be laid squarely at tearing, gnawing and biting for

—and why such an eminent never before, nutritional scientists of the condition of the teeth. If every mother will follow this program, and train her children to follow it, the result will be a vast decrease in dental decay. and a forward step in human progress. For it is not too much to say that the SALVATION OF

> Write to C. Houston Goudiss, 6 East 39th Street, New York City, Every food element required for for information on How to Build a healthy body plays its part in and How to Maintain Healthy building healthy teeth. But special emphasis must be placed

Questions Answered

Mrs. E. T. D.—Answering your the vitamin D is stable and ordi-It is during this period, there- nary cooking has little destructive fore, that proper dieting should effect on it.

begin. The teeth are constructed Mrs. J. B. McK .- It is incorrect of the same materials as the to say that rye bread is more, or And when gums recede, and bones, chiefly calcium and phos- less, fattening than white bread. prospective mother is not ade- same number of calories as a quate, these building materials slice of white bread.

Miss F. S. P.—The sulphur dioxide used to bleach a good grade of dried fruit is present in a chemsacrifice "a tooth for every child" arose because expectant mothers ical combination that is entirely did not realize the importance of harmless.

@ WNU -C. Houston Goudiss-1938.

How the "Well-Dressed"

Furniture Should Appear dant in egg yolk, cheese, whole This season—and every season grain cereals, dried legumes and -furniture should be kept fresh the neck and pockets provides a and gleaming! The home-maker smart red accent to red-flecked neuated foods, or those enriched with

owes it to her furniture-and the appearance of her home. Before it leaves the shop of the furniture dealer, before it is sold-good furniture is kept polished! The dealer tally that when vitamin A is withcontinually gives it a "polish servprominent medical authority orate, and become chalky, white ice", to maintain its rich appearance-keep the wood "alive!" He, who is an authority, regularly Vitamin C is so closely related uses a good oil polish (the best fine, light-oil base). He knows changes occur, including swelling the importance of this-for selling furniture is his business-and on his shop floor, every piece of fine wood must be kept at its lustrous best! He knows, too, how vital it is to the finish, the very pores of the wood, to frequently apply a quality oil polish on the various suites and fine pieces! The effect of its frequent use on furniture is two-fold: It prevents drying-out and cracking—and it brings to the furniture a deep, lasting high-tone -that suffuses the wood, brings out all the natural beauty of the grain. All woodwork and furniture will remain "well-dressed," decorative, sparkling-if cared for periodically with a reputable light-oil polish! Washing Fine Fabrics.-Wash with careful gentlenes and



dent alone contains Irium! . . . Irium

helps Pepsodent to brush away those

dingy surface stains that hide the true

brilliance of your smile . and then polish

your teeth to all their full natural radiance!

Contains NO GRIT. NO PUMICE Try it!

POLISH

. . . For Stained Hands.-Most vegetable stains can be removed from the hands by rubbing the stains with a slice of raw potato.

No matter how long your teeth may

have been clouded by dull, unsightly

surface stains, the regular use of

Pepsodent can bring about a remark-

able improvement. For Pepsodent is

more effective. Why? Because Pepso-

"Man! Is it Good!" Say Folks

About Pepsodent with IRIUM

Irium contained in BOTH Pepsodent Tooth Powder

and Pepsodent Tooth Paste

kitchen shelf.

Young Coats Styled to Perfection I IVII

By CHERIE NICHOLAS



for the eight-year-old. Smooth fitted lines with chic back flare are smartly highlighted by the leather facing on pockets and high rounded col-THETHER she has attained the lar, with small matching wine colv ripe old age of four years or ored composition buttons at the douis tottering on the verge of her ble-breasted front closing. teens, this year's smart members of The use of velveteen facing in conthe younger set will find that their trast shades is noted as an impornew wool coats for spring reflect the tant style detail appearing not only same interesting fashion trends as on collar and cuffs but as decorative those of their chic mamas. With the finishings on flap pockets and other

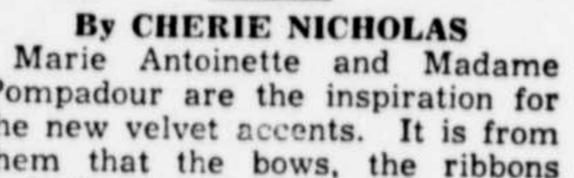
new vogue for soft tailoring which interesting designful features. Winis important throughout the whole some for the six year old is a fitted spring picture, fine lightweight wool- princess coat as shown in the inset question as to the effect of cook- ens-notably the lustrous cheviots, below to left. It is in a flattering These substances must be sup- ing on vitamin D, this is no prob- smooth tailor-minded worsteds and shade of pink lightweight wool with that a pretty face depends, first plied before birth and throughout lem in the kitchen. Natural vita- fine men's-wear flannels in the very new velveteen collar facing. min D is virtually absent from popular navy blue, also the now-so- matched to navy composition flow-Although teeth do not appear in most foods, but in irradiated modish neutral shades plus a long er buttons at the front closing. Douond, upon the appearance of the a baby's mouth until some months foods, or those to which vitamin list of beguiling pastels—are de- ble V-shaped flaps on the high teeth when the lips are parted. after it is born, they are actually D concentrate has been added, signed on cunning flattering lines breast pockets are decorative and fashionable.

Bright plaid taffeta and other gay In tune with the dressmaker styling which prevails in this season's silk facings are used to enliven dark coats for the very young. Fitted tailored wear, the newer wool coats and flared is the attractively are cut on lines that are anything tailored town coat in navy wool but severe. Smart princess silhouflannel pictured above to the left in ettes, so charmingly adaptable to the group. Plaid taffeta trims the collar and pocket flaps. The matchdouble-breasted models with lapels of boyish cut or in high-necked sin-gle-breasted types with snug round the front. If it is a whole spring wardrobe

in one, you would like to be pur-Important for trimming detail is chasing for little daughter this the use of pliable colored leather spring, keep your eyes open for the which may be either in suede or fashionably cut four-piece suits now smooth finish. The adorable young- showing in children's apparel collecster centered in the foreground of tions. the illustration has on as fetching They have a long cape with box

a leather-trimmed coat as you will shoulders (too cunning for words) see anywhere in the spring style a collarless jacket and all-round parade. For this attractive doublepleated skirt and a matching hat. breasted model stitched leather at The little five-year-olds who wear them look like fashion plate youngsters. As to being practical little or no comment need be made. With A leather trimmed coat is also a variation of pretty blouses such shown to the right in the group, an outfit offers endless changes and The leather, smooth in finish and allover stitched, is charming in a possibilities. @ Western Newspaper Union.

VELVET TRIMMINGS SPRING FAVORITE



Pompadour are the inspiration for the new velvet accents. It is from them that the bows, the ribbons and the velvet trimmings of all types that are so popular this spring, stem. The tercentenary of the birth of Louis XVI will be recalled in France this spring, and unless all plans go awry, many of the famous fetes of his reign will be re-enacted. Maria Theresa entered Paris in 1660. This will probably have its effect on fall fashions and we will see a perpetuation of a fad that will then become a fashion. Certainly a velvet collar on a suit, velvet bows or velvet bodices, velvet ribbon trimmed flounces, make interesting details.

Millinery is again millinery, and velvet ribbons, flowers, crowns, brims, as well as bonnets, cloches, tiny berets and turbans always mitted. flourish when women are wearing "hats as is hats."

Reds and Corals Lead in Colors in New Fashions

The gamut of geranium reds and coral tones, shading into pale blot-The peasant scarf is being tied on ting paper pink, take first place in the heads of even the youngest in the fashion parade, as a highly en-tertained audience learned that colors shown in one French collec-tion recently. The prominence of pink is even noticeable in tartans, attended one of the series of breakin which soft tones of pink are comfast clinics presented in the Merbined with vivid green or yellow. chandise Mart of Chicago. The style Purples, fuchsia red and soft show given at this mecca for juve-"flax" blues are given importance, nile fashions was unique in that forand the burnt tones from ochre yelty or more youngsters served as low to brick red are emphasized. mannekins, ranging from a babe in arms to the teen age. The toddler New greens are confined to turhere pictured wears a very practi- quoise shades. cal and playful coverall in pottery

Color Enlivens Hat shades. There is a clever use of Color rises as colorful hats bedecorative applique, a cactus motif. The fabric is cotton and easy for come more and more popular. laundering. This cunning practical pill-box of deep ruby velvet has its play outfit is to be had in various cuff trimmed with tiny humming birds in green and blue.

Tips Picked Up From Fashion Designers

Footgear and handbags are accurately matched. Vera Borea shows an evening | Knuckle-length jackets is the new gown of blue cotton, with a very fashion trend.

colors.

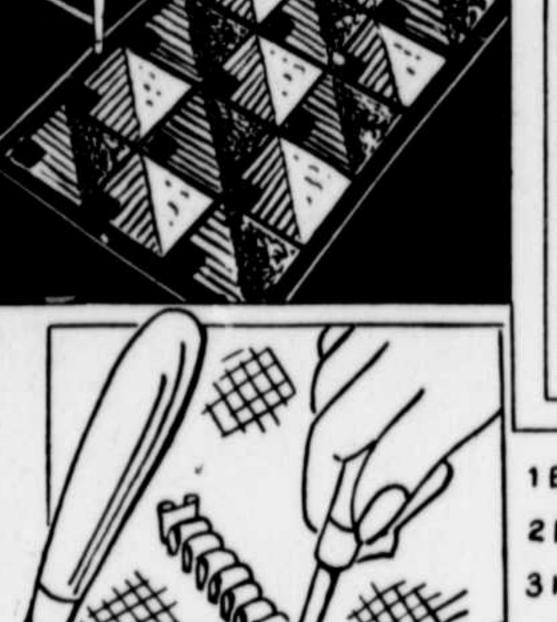
full skirt. Yokes of flesh-colored chiffon or marquisette are distinctive features of some new dinner gowns. Fish nets and fishing gear are the smartest trims on the new spring accessories.

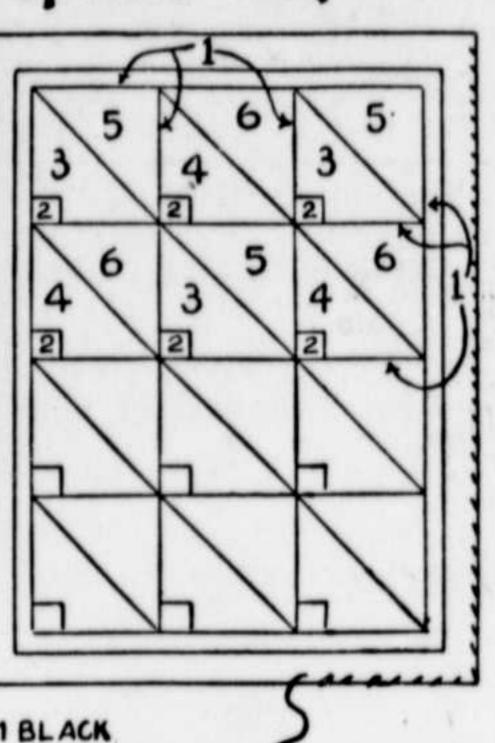
Newest skirts take to front ful-

Champagne cork jewelry is the latest whimsy. Romance plays a heavy part in

the case of spring fashion. Finely embroidered batiste gilets, collars and cuffs offset black dresses.

by- Ruth Wyeth Spears &





3 HORIZONTAL MIXED STRIPES 4 VERTICAL MIXED STRIPES 6 TAN

hem allowance; then the large

eight-inch squares; then the small

two-inch squares; then draw the

diagonal lines across the large

squares as shown. Use wool rags

wider than one-half inch. Hold

the strip against the wrong side

If you are planning slip covers,

MEN LOVE GIRLS

WITH PEP

Make a note NOW to get a bottle of world-

famous Pinkham's Compound today WITH-

OUT FAIL from your druggist-more than a

Why not try LYDIA E. PINKHAM'S

Elements of Friendship

orders which women must endure

if possible and cut the strips not

Hook an Old Fashioned Rag Rug

OF ALL rag rugs the hooked ary frame. Others use a small and economical. A rug hook, such made without any frame at all. as may be purchased in notion Here is a quaint old rug patand fancywork departments, and tern that you may mark off on burlap a little larger than your your burlap with a yardstick and finished rug are the essentials. pencil. The numbers indicate the Most rug hookers also use a colors used for the original rugframe of slats bolted together at now more than a hundred years the corners. They stretch the bur- old. The finished rug measures lap over the frame and tack it. 26 by 34 inches. Allow two inches Some like a rather large station- at all edges for hems. Overcast

The Questions

Revolution? hook as shown. Short strips are 2. What city stands on "seven as useful as long. Just pull the

3. Was George Washington actually born on February 22? curtains, or doing other Spring 4. The abbreviation "i. e." is sewing for the home, you will used in the sense of "that is." For want a copy of Mrs. Spears' book, what Latin words do they stand? SEWING, for the Home Decora-5. What states were carved out tor. Forty-eight pages of practiof the Northwest Territory? cal working directions, with com-

plete illustrations. A dollar saving book for every homemaker. Send name and address, enclosing 7. How much did it cost to send 25 cents (coins preferred) to Mrs. a letter by the famous Pony Ex- Spears, 210 S. Desplaines St., Chipress from St. Joseph, Mo., to cago, Ill.

8. Where are most of the underwater movies made? 9. What southern town has an-

in the town would be announced by a toot of the local mill whistle? 10. Is it still against the law to print pictures of United States are cross, lifeless and tired, men won't be interested. Men don't like "quiet" girls postage stamps? another how to go "smiling through" with Lydia E. Pinkham's Vegetable Compound. It

1. Fort Laurens, about a mile

from what is now Bolivar, Ohio. 2. Rome, Italy. 3. Though George Washington actually was born February 11,

Gregorian calendar in 1752. 4. Id est. 5. Ohio, Indiana, Illinois, Michigan and Wisconsin.

cubic foot, and now the price is one cent per cubic foot. 7. At first the company charged RACKACHES \$5 for each half-ounce letter, and

. Approximately 90 per cent of all under-water movies made in this country are taken at Silver Springs, Fla., because of the clearness of the water which elim-

9. Greenville, Ga. 10. The Treasury department has recently authorized newspapers and other publications to print pic- | WNU-4 tures of United States postage stamps for the first time in history. Formerly prohibited because of possible aid to counterfeiters, the pictures were made possible by an act of congress sponsored

and-white reproductions are per-

Saus: 3

What About Adam? 'Tis said a garden keeps a out of mischief.

If you are going to teach a boy, make him like you. Then he is your complexion. putty in your hands. On second thought, make a boy like you whether you are going to teach him or not. It is bread cast upon the waters.

May Not Be Boasting The man who says he is self-

made may be taking the blame. Cutting personal remarks hardly ever have the sympathy of the majority of those who hear them. If one is a gentleman, it is better not to get into arguments which make it so difficult to remain one.

Relieve the Strain You'll never get "I" trouble

looking for your own faults and other people's good points. What stirs the admiration of everyone is to see a man who is always equal to the occasion.

When Diogenes went about nosing into places looking for an honest man, there were many who thought his lantern ought to be taken away from him.

type is the most fascinating one and many hooked rugs are the edges, then mark the solid one-inch border just inside the

Ask Me Another A General Quiz

. What was the most western of the burlap and pull loops of it outpost of the colonies during the through to the right side with the

ends through and clip them.

6. What did helium gas sell for during the World war and how much does it sell for now?

San Francisco, Calif.?

nounced that henceforth a birth

The Answers

1731, it became February 22, 1732, through England's shift to the

There are two elements that go to the composition of friendship. 6. In 1917 the gas was sold to One is Truth, the other is Tendernon-government users for \$2,000 a ness.-Emerson.

later the charge was reduced to

Yager's Liniment. A Doctor writes that he uses it for backaches, sprains and rheumatic pains. Buy Yager's Liniment today. Let it help you rub aches and pains away. In use over 50 years. 25c and 50c bottles. inates camera difficulties. YAGER'S LINIMENT

by stamp collectors. Only black-

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Get rid of ugly, pimp y s tin with this extraordinary new remedy. Denton's Facial Magnesia works miracles in clearing up a spctty, roughened complexion. Even the first few treatments make a noticeable difference. The ugly spots gradually wipe away, big pores grow smaller, the texture of the skin itself becomes firmer. Before you know it friends are complimenting you on

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-for a few weeks only Here is your chance to try out Denton's Facial Magnesia at a liberal saving. We will send you a full 6 oz. bottle of Denton's, plus a regular size box of famous Milnesia Wafers (the original Milk of Magnesia tablets)...both for only 60cl Cash in on this remarkable offer. Send 60c in cash or stamps today.

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