

# How to Keep Well

By J. R. W. A. EVANS

Questions concerning hygiene, sanitation and prevention of disease, submitted to Dr. Evans by readers of The Bee, will be answered personally, subject to proper limitation, where a stamped addressed envelope is enclosed. Dr. Evans will not make a diagnosis nor prescribe for individual diseases. Address letters in care of The Bee.

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**THE CASE OF CANDY.**

The Place—A very dirty street car thoroughfare.

The Time—Five o'clock on a hot August afternoon.

The Scene—Opens with a child, a boy, 2-2 years old, seated on the sill of a basement window, sucking a lollipop of the four-hour variety.

The child's make-up consists of lines of dirt radiating from each corner of his mouth. From time to time the sucker is used to make marks on the window sill and pane, after which it is returned to the habitual parking place of lollipops—hence the radiating lines of dirt at the corners of the mouth.

Of course it is not right to give a 30-months-old child candy—especially in hot weather. It upsets his appetite, and disturbs his digestion. It makes ordinary milk, bread, cereals and vegetables taste flat.

What can be the excuse for giving a child of this age a four-hour sucker, to be used part time as a thing to be sucked and part time as a marker of window sills and window panes?

Dr. LeWall recently protested against the practice of giving children candy of the abiding variety. For instance, on the market now are candies made as pocketbooks, in which children collect their pennies and in a few days spend the pennies and eat the pocketbook.

Or another instance, which parents will think more probable, candy shaped like cats. The child fondles, pets and lives with the image for a time, and then eats it.

We are shocked when we read Remy de Gourmont and Henri Fabre to learn that females of certain varieties of insects eat their loving husbands. They draw pictures of charming ladies embracing their husbands as they populate the earth—incidentally eating the head off their lord and master as a part of the proceedings, or sharing the feast of mingled love and death by passing around an eye to Samuel and a leg to Maria.

Whether feeding candy images to children, that they may live with them awhile and then eat them, will finally lead to eating their pet cat and dog, and eventually to chewing off the head of their spouse, I leave to Ezra Pound.

But now come Tanner and Davis, who tell us that eating candy is not as dangerous as we have thought. Candies which contain wintergreen, peppermint, cinnamon, cloves and

ered feeling, unable to breathe, and heart beating very rapidly, which makes me nervous.

"1. Would the climate have any effect?"

"2. Would driving an auto 50 miles a day be harmful?"

"3. Would I be benefited by medicine?"

"4. Should I continue exercise?"

REPLY.

1. I do not think so.

2, 3 and 4. I think you should have a physician examine you and size you up. My guess is that you have an organic heart trouble with a compensation which has been kept good by the application of good, sound sense to your living for 12 years.

Now your compensation is breaking. This shows itself by mild angina at night.

Therefore, you need to change some habits, especially as to exercise, and to take some medicine until you build up your compensation somewhat.

Common Sense

Are You Working for Beauty About the Home?

If more persons would consider the future in setting out trees, shrubbery and flowers, a lot of time would be saved and better results would delight the eye.

Study your surroundings and take into consideration the space relation you bear to others who live near you.

Look around you and see if the dwellers in the neighborhood seem to have a general plan in mind.

If so then do your share to help along the big scheme.

If there seems to be no definite

plan then work out one for your premises which will make not yours alone, but those next door on either side, look better.

With thought, this can be done and with better results than if you thought only of your own likes and dislikes.

There must be as broad a stretch of lawn as possible.

Try not to cut up the broad surfaces, and then line edges, cover unsightly walls and try for successive flowering effects.

August, in fact from August on, is a good time to get many things started for blossoming next year, such as hollyhock borders, etc.; and think of the joy of the next year, as you watch the unfolding.

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Parents' Problems

Is a child of 3 old enough to understand the nature of a promise?

Yes. Teach her by keeping your promises to her.

Horlick's ORIGINAL Malted Milk

Safe Milk For Infants & Invalids NO COOKING

The "Food-Drink" for All Ages. Quick Lunch at Home, Office, and Fountain. Ask for HORLICK'S. Avoid Imitations & Substitutes

**Chesterfield Ice Cream**

Here's another taste sensation in the famous Harding Sunday Special Ice Creams. It's a combination of luxurious flavors that will leave a lingering memory of goodness. The Harding dealer close by has a generous supply.

**Harding's** The Cream of all ICE CREAM

**THE STORK BRINGS TWO**

**PIGGY WIGGLY**

**STORES TO OMAHA**

**TOMORROW, SATURDAY, AUGUST 5TH**

**STORE No. 8** 1712 Vinton St.

**STORE No. 9** 6110 Military Ave. (Benson)

**A FLOWER FREE TO EACH LADY—A BALLOON FREE TO EACH BOY OR GIRL**

You will be welcome and you will not be asked to buy. Nobody is ever asked to do that in a PIGGY WIGGLY Store

Today There Are in Operation 922 Piggly Wiggly Stores

PIGGY WIGGLY has succeeded for the same reason the locomotive, the reaper and typewriter have succeeded. PIGGY WIGGLY Stores have succeeded because the PIGGY WIGGLY System is the most economical, the most efficient and the cleanest method of retail food distribution ever devised. PIGGY WIGGLY is one kind of a store for every kind of people.

Red Wing Grape Juice, pints, 28¢ quarts, 49¢	Hire's Root Beer, 19¢	Sunbeam Orange Extract, pint jug, 59¢	Cerise, for jell making, per bottle, 33¢	Deborah Ginger Ale, quart, 25¢	Peanut Butter, Beech-nut, 10c size, 9¢	20c size, 16¢	and 30c size, 25¢	Canova Brand, 29¢	Spices, all 10c sizes for, 8¢	Dr. Price's Extracts, 1/4 oz., 17¢; 1/2 oz., 28¢	Barnett's Extract, 15c size, 37¢	Chocolate, Walter Baker's Premium, 1/2 lb., 20¢	Jelle, all flavors, pkg., 10¢	Campbell's Soups, all kinds, 10¢	Milk, Carnation, Fat tall, 9 1/2¢	Wilson or Baby, 5¢	Sunset Gold Milk, or money back, tall, 9¢	Baby, 5¢	Single Brand Condensed Milk, 2c, 20¢	Jelle, all flavors, 13¢	Marschalline Cherries, 2-oz., 20¢; 3-oz., 13¢	A. & H. Baking Soda, 1/2 lb., 4 1/2¢; 1 lb., 8¢	Sol Soda, 10c size, 7 1/2¢	P. & G. Soap, bar, 4 1/2¢	Large Libbert Peaches and Bartlett Pears, per doz., 37¢	Shredded Wheat, 11 1/2¢	Puffed Wheat, 13¢	Puffed Rice, 20¢	Best Nappa Soap, bar, 6¢	Classic Soap, bar, 4 1/2¢	Gold Dust, large, 5c size, pkg., 28¢	Small size, 4 1/2¢	Star Nappa Powder, large size, 24¢	Small size, 4 1/2¢	Rub-No-More Powder, large, 28¢	Small size, 4 1/2¢	Sea Foam, 5c size, 4 1/2¢	Oh Joy Powdered Soap, 5c size, 29¢	Estes Laundry Soap, 19¢	Large 11.00 size, 89¢	Palmetto Soap, 10c bar size, 8 1/2¢	Creme Oil Soap, 8¢	Ivory Soap, large, 7¢	11 1/2¢; small, 9¢	Jap Rose Toilet Soap, 9¢	Lava Soap, 5¢	Kirk's H. W. Castle Soap, 10c bar, 8¢	Ole Palm Soap, 5¢	Whit Hand Soap, for mechanics, 8 1/2¢	Mavis Toilet Powder, 25c can, 21¢	Lux, 12c every-where, 10¢	Large Libbert Peaches and Bartlett Pears, per doz., 37¢	Old Dutch Cleanser, per pkg., 9¢	Sunbrite Cleanser, per pkg., 5¢	Kitchen Cleanser, per pkg., 6¢	Sea Ami Powder, per can, 12¢	Sea Ami Bar, at, 10¢	Semi-Finish, 2c size for, 21¢	Abraze Aluminum Cleanser, Small, 10c; large, 25¢	Eagle Eye, 15c size can for, 13¢	Merry War Lye, large can for, 12¢	Rainwater Crystal, 2¢ and, 22¢	Tomatoes, No. 3 tins for, 16¢	Fancy pack No. 3 tins for, 13¢	Corn, B. & M. Paris brand, can, 18¢	Pride of Illinois Corn, Fancy Country Gentleman, 15¢	Strawberry Jam, large, 16-oz. pure fruit and sugar, 25¢	Beecham's Jelly, 30c size, assorted, 25¢	Beecham's Orange Marmalade for Wright's Orange Marmalade, 14 oz., 33¢	3 Bees Honey, 3-oz. size for, 14¢	3 Bees Honey, 1-oz. size for, 23¢	Premier Salad Dressing, 50c size, 39¢	Yacht Club, 18-oz. size for, 32¢	Wright's Supreme Mayonnaise, 2 1/2-oz., 29¢
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**NINE CLEAN STORES—12 MORE ON THE WAY.**

2417 Farnam St. 113 S. 16th St. 818 N. 16th St.

3922 Farnam St. 1712 Vinton St. 6110 Military Ave.

1518 N. 24th St. 5301 N. 24th St. 8507 N. 30th St.

OPEN SOON. 5008 UNDERWOOD AVE.—2211 MILITARY AVE.

**Because it is the only salt that is all salt - we use Diamond Crystal Salt**

The pen sketch above is of the Petersen & Pegau Baking Co. plant, located at 15th and Jackson Streets, Omaha.

You will be interested in our formula, because it will tell you just why Tip-Top and Hard Roll Breads are always superior and uniform in quality.

There is no other salt as pure as Diamond Crystal.

Besides being thoroughly sterilized and every particle of impurities removed by patented process, Diamond Crystal Salt is more flaky, is more readily dissolved and flavors more uniformly. These are important qualities in making BETTER BREAD.

When you buy Tip-Top or Hard Roll Bread you are certain of getting the BEST BREADS made, for none but the best of each ingredients are used.

**Petersen & Pegau Baking Company**

**Hard Roll Bread** **Tip Top Bread**

FLOURS—Occident, Special Gold Medal, Special Omar.

MILK—Merrell-Soule's.

LARD—Cudahy's Rex.

SUGAR—Domino Cane.

MALT—American Diamalt.

YEAST—Fleischmann's.