

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 line 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

lemon are made almost sterile by these oils.

Hard candies made a very good showing. Sugar itself is something of an antiseptic when used concentrated. Do we not can with sugar as a preservative aid?

The candies of soft centers and those containing figs and other fruits did not come out so well. Although the bacteria which cause typhoid do not thrive in candy, they might manage to live there for a long time and might even cause typhoid.

All in all, the making of candy after a dirty fashion does not get a clean bill of health, and the need of examining candy-makers for typhoid is suggested.

But this paper explains in part why the dirty-checked baby of the first paragraph often survives.

Sleep With a Pillow.
A. L. asks: "Is it better to sleep with or without a pillow?"

"Is it best to sleep on the back?"

REPLY.
All in all, it is rather better to sleep on a small pillow.

If you try to sleep without a pillow you will have to sleep on your back, and if you sleep on your back, your mouth will fall open; you will breathe through your mouth. Breathing through the mouth causes snoring and dries the mouth.

It also increases the danger of infection slightly.

If you try to sleep on your side without a pillow under your head your neck will tire from the twist.

Of course, after you get old and asthmatic and short winded, you must sleep on one or more pillows.

The objection to using large pillows is that they tend to cause stoop shoulders.

Better See a Physician.

J. W. writes: "About 12 years ago (I am now 64) I was rejected by a life insurance company in an application for increased insurance. The reason given was an intermitting heart and albumen, and advised to see my doctor, which I did, with good results.

"My heart got very troublesome in the early winter, and I went south for two months, where, after a little while, I ate, slept and felt like a 2-year-old.

"Mind you, I have been under your care, and followed your instructions, but I find myself unable to sleep. After being in bed for about two hours, wake up with a smothered 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.

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 lowering 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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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

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 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 PIGGLY 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 PIGGLY WIGGLY Store

Today There Are in Operation 922 Piggly Wiggly Stores

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

Red Wing Grape Juice, pints, 28¢	49c	Large Libbert Peaches and Bartlett Pears, per doz.	37¢
Hire's Root Beer Extract, 4 oz.	19c	Shredded Wheat, pkgs.	11 1/2c
Sunbeam Orange Extract, pint jug	59c	Puffed Wheat, pkgs.	13c
Cerise, for jell making, per bottle	33c	Puffed Rice, pkgs.	20c
Deborah Ginger Ale, quart	25c	Kellogg's Bran, per pkg.	16c
Peppermint Butter, Beech-nut, 10c size	9c	Corn Flakes, small pkgs. 5 1/2; large	12 1/2c
20c size, 16¢; and 30c size	25c	Yuccatan, Spearmint, Doublemint, Juicy Fruit, Beechnut Gum, pkg.	4c
Canova Brand, 18 oz.	29c	Crackerjack, fresh, for	4c
Spices, all 100 sizes for	8c	Angelus Marshmallows, for	8c
Dr. Price's Extracts, 1/2 oz. 17¢; 1 oz.	28c	Knox Gelatine, 25c size for	52c
Barnett's Extract, 40c size, 2 oz.	37c	Matches, full count, 25c size for	25c
Chocolate, Walter Baker's Premium, 1/2 lb.	20c	Shingles, all colors, for	7 1/2c
Jells, all flavors, pkg.	10c	2-in-1 Paste, all colors, for	12c
Campbell's Soups, all kinds	10c	Black Silk Stove Polish, at	13c
Milk, Carnation, Fat tall	9 1/2c	Rice, fancy Blue Rose, per lb.	6 1/2c
Wilson or Baby	5c	Navy Beans, C. H. P. Michigan, per lb.	12 1/2c
Sunset Gold Milk, or money back, tall	9c	Lima Beans, Fancy California, per lb.	14c
Baby	5c	Cocunut Baker's Wet, per can	15c
Single Brand Condensed Milk, 15c	20c	Shredded, 4-oz. pkg.	7c
Jells, 15c size	13c	Shredded, 8-oz. pkg.	23c
Maraschino Cherries, 2-oz., 20¢; 3-oz.	13c	Tapices, Minute brand, pkg.	12 1/2c
A. & H. Baking Soda, 1/2 lb., 4 1/2¢; 1 lb.	8c	Arge Glass Starch, 1-lb. pkg. for	21c
Salt Soda, 10c size	7 1/2c	Elastic Starch, 15c size for	9c
P. & G. Soap, bar	4 1/2c		

NINE CLEAN STORES—12 MORE ON THE WAY

2417 Farnam St. 3922 Farnam St. 1518 N. 24th St.
113 S. 16th St. 1712 Vinton St. 5301 N. 24th St.
818 N. 16th St. 6110 Military Ave. 8507 N. 30th St.

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

PIGGLY WIGGLY

The above drawing is of the great new Diamond Crystal factories at St. Clair, Michigan, where all our salt is made and shipped direct to Omaha.

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.

P. F. Petersen
Petersen & Pegau Baking Company
Hard Roll Bread Tip Top Bread