

Aids to Grace and Beauty

By Priscilla Dean

SOME TOOTH-SOME FACTS

Beauty cannot exist without teeth. Those teeth must be perfect or beauty will not be perfect. Every child in good health who is two and a half years old, should have twenty healthy teeth. The first permanent teeth appear at six years of age and should last as long as a person lives.



PRISCILLA DEAN

Nowadays toothache has become almost obsolete. If teeth are properly cared for there need be no ailments connected with them. Children's teeth should be brushed with a soft brush as soon as they begin to use them. Mothers of children whose appearance in moving pictures supplies means of maintenance for an entire family study very hard to care for those talented youngsters in the most approved scientific manner. Nothing is overlooked. There must be no gumbolls, no swellings, no cavities to collect food debris and breed germs. The little folk are instructed and compelled to use their tooth brushes regularly and properly. As they grow older they are made to realize that a very large share of the ills to which teeth are liable are due to neglect of definite and preventable causes.

Everyone knows or should know, that the teeth ought to be brushed and the mouth cleansed at bed time and after each meal. The gums should be massaged with the brush and the diet should include things that must be chewed. If this treatment is persisted in it will surely prevent decay of the teeth in the majority of instances and also ulceration of the gums.

Bad teeth and neglected teeth, even when the neglect is not visible to the observer, mar the looks of their owners, because they produce a constant infection of the stomach and intestines by their development of bacteria. The result is a muddy, pasty, complexion, dull eyes, irritability and a disagreeable, pessimistic expression of the chronic dyspeptic.

No one who wants to be considered beautiful wants a bad breath. Bad teeth invariably cause bad breath. Neither does the beauty aspirant, if she is up to date and possesses refined taste, want her teeth to be heavily overlaid with gold—the outward, visible sign that for either her own or her parents' ignorance or impunctiousness, her teeth had previously been neglected until they were in a shocking state.

I met a young man some years ago who would have been a very fine looking but for his decayed teeth. Once I ventured to ask him why he did not have them attended to. He replied that he proposed to wait until he could afford to have them all covered with gold. He said he was confident that after such an inlay he would never again be subject to toothache. Until that moment I had given the youth credit for sound sense. Since that moment I have always doubted his endowment in that respect.

The visible part of the teeth is not the weakest. Decay usually begins just where the edges of the gums touch them. That is where the enamel ends and the bony socket of the tooth extends into the jaw. To keep this lining margin of the gum healthy and firmly attached to the neck of the tooth is essential. That is why school children of today are being so trained and lectured and drilled into the use of toothbrush, for it is really more important to brush the gums than the teeth. If the gums are kept clean, strong and healthy, and all particles of food are removed from between the teeth or in any crevices, decay cannot begin.

A soft toothbrush is best. It should not irritate the gums and should be changed often. Of course it should be well cleansed after each using.

The motion of brushing should be up and down and not across. Then the mouth should be opened and the inner, grinding surface of the teeth should be brushed in the same manner.

If a little bi-carbonate of soda is added to the water with which the mouth is rinsed after the brushing is finished it will help preserve the teeth. Salt or boric acid is also good. After eating fruit the mouth should always be rinsed out well. To keep good teeth one should eat slowly and chew food thoroughly.

Young people who have very discolored teeth as a result of their own or parental neglect, will find the occasional use of pumice helpful. The most satisfactory tooth powder is made of precipitated chalk and a few drops of peppermint for flavor.

If the teeth seem inclined to be loosening there is a preparation of tannic acid, rectified spirits, glycerine and rosewater which I have been told is very beneficial. The amount of each to be used is said to be two drachms, each, of the first two ingredients, two ounces of the glycer-

ine and ten ounces of rosewater.

The old fashioned people say that one should not eat candy. They might as well try to abolish the ice cream cone and the automobile. We know, however, that an over amount of sweets cause harmful acids to be accumulated. A dentist told me that if more people would just adopt the habit of rinsing the mouth with a little warm water to which a pinch of bi-carbonate of soda had been added much of the injury to teeth from eating candy and other acid forming dainties could be counteracted.

Tartar, should not be allowed to accumulate. Once this has accumulated, however, it is wise to have a dentist remove it. It can then be prevented by cleanliness, the occasional use of pumice and soda.

Teeth are often injured by being too suddenly cooled or heated. The principle is the same as when a glass that is very cold cracks when boiling water is poured over it. A too sudden swerve from ice cream to hot coffee is not beneficial and might even cause the teeth to crack.

All the people I know who have beautiful teeth go at regular intervals to their dentist so he can look them over and detect at once the slightest tendency to decay. If a filling is necessary gold is no longer in vogue, except for a back tooth or an under cavity where it will not be noticeable. Dentistry has made such rapid progress of late that splendid results are obtained with white enamel and bridge work. There is no necessity filled and repaired teeth. There are free clinics in all large cities where the very best work is done for a very small fee and in cases where even that is impossible, there is no charge whatever.

A smile that has to be unnatural and strained in order to hide a defect in the teeth, or a laughing mouth marred by some unsightly cavity is a blemish that no beauty can withstand.

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It pays to be little. Switzerland hasn't had a war in 400 years. (If that isn't right, somebody will set us know in the next mail.)

If jazz is music "gone bolshevik," one begins to understand the origin of the jazz oratory now so often indulged in by political speakers.

Another way to improve country automobile traffic in general is to move all the mudholes to the immediate vicinity of grade crossings.

That proposal to reduce the cost of leather by tanning sharks' hides may sound to the manufacturers as if it might be something personal.

IF YOU COULD GET 300% On Your Money WOULD IT INTEREST YOU?

We have no oil stock for sale, but we have an investment to offer over 100 per cent on your money in fifteen years and which we honestly believe will do twice that good. Read the following carefully:

First, what is a dollar? It is the yardstick by which the value of all commodities is measured. The dollar that would buy certain goods fifteen years ago will now buy less than half that many goods now. In other words, we now have what we call a 50-cent dollar. If you believe, as we do, that prices of goods are going to decline during the next few years, then you must believe that dollars are going to increase in value. We believe they will double. Therefore every dollar that you have at this time is going to have considerably greater buying power than it now has.

Figure It Out For Yourself

Every dollar that you deposit now in this bank at 5 per cent interest, will, if compounded, amount to \$2.07 in fifteen years. If, in that time, prices have declined one-half, your \$2.07 will buy as much as \$4.14 would now. You have your original dollar with 314 per cent interest on top of it.

This is assuming that prices will decline 50 per cent in the next fifteen years. If they go down more than that, your profit is correspondingly more. If they go down less than that, your profit is less. If you believe prices are going to advance over the next fifteen years, then this advertisement is not for you.

When prices are going up you should invest your savings in goods, as your dollars are declining in value if you hold them. When prices are going down, your savings should be invested in dollars because they are advancing in value.

Dad Never Had This Chance

This advertisement is more particularly addressed to young people, for they are the ones who will benefit if they take advantage of it. Every thousand dollars that your old dad tucked away fifteen years or twenty years ago is now worth about \$500 less in buying power. You have an opportunity that the old man never had. Every thousand dollars that you are able to put aside now will some day be worth \$2,000 in buying power.

THINK IT OVER—THEN SEE US FIRST NATIONAL BANK

ALLIANCE, NEBRASKA

THIS IS THE LAST WEEK

So you will have to hurry if you want to take advantage of

July Clearance Sale

25% DISCOUNT 25%

on Shoes, Hosiery, Underwear, Silks, Wool Dress Goods, Gingham, Percales, Voiles, Organdies, Lawns, Waists, House Dresses, Aprons, Silk Underwear, Towels and Toweling, Muslins and Sheetings, Corsets and Gloves.

33 $\frac{1}{3}$ and 50% DISCOUNT

on Ladies' Silk Dresses of Taffeta, Crepe de Chene and Georgette, also Organdy Dresses in a good range of colors.

THE HORACE BOGUE STORE

DON'T FAIL TO VISIT OUR NEW BASEMENT STORE