

How to Keep Well

By 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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SIX-YEAR MOLARS.

Is your face crooked or warped? Are you jamber-jawed? Have you a bad upper jaw, or is your countenance out on the bias? If so, there may be no use writing to the eugenics laboratory, or learnedly scanning the photographs of your forbears.

While it is true that you may have a Hapsburg chin, or that in some other facial characteristic you and your kin have been marked by some prepotent ancestor, there is an even chance that the trouble lies nearer home.

If you are disposed to worry for fear your daughter may develop a cleft-wampus face during adolescence, or therabouts, because she is your daughter, and that is what you did, there is nothing you can do about it, because it is in the blood. Therefore, take heed and take heart.

The pioneer among the permanent teeth is not the spike, which at about 7 years of age, comes pushing through in front in a space recently vacated. Not at all. The pioneer permanent tooth belongs away round on the side. It is a molar, and is sometimes called the 6-year molar, because it appears at about that age. It is a permanent tooth, and if pulled, for any reason, leaves a vacancy, which will never be filled.

Furthermore, it is of all the teeth the one most subject to decay. It develops within the gums just at the time when the child is most subject to diarrhoeal diseases, various infections, and a number of other constitutional strains. Therefore, it is very apt to be a tooth of poor constitution and prone to decay.

Furthermore, being a molar tooth, it has many crevices and irregular

ities. It would not be an easy tooth to keep clean, even if the child were thoroughly trained in keeping the teeth clean.

There are four of these six-year molars, one on each side of each jaw. They are the keystones to the arches above and below.

By a series of studies, Dr. F. E. Noyes shows with a group of photographs how the loss of one of these teeth causes the face to develop unevenly. How the loss of both of them in an upper or a lower jaw makes the face develop crooked in another way. In a word, how necessary it is that the teeth come in right and stay in place and that the six-year molars be preserved.

Tut! Tut! Tut!

L. B. R. writes: "On my farm in Alabama I am having experiments in cross-breeding carried on that have been suggested recently by developments in aerial gliding. I have gathered there, at considerable expense (an expense that I can ill afford as I am a retired country editor), a variety of birds (storks, pelicans, cranes, loons, flying squirrels, giant bats, buzzards, flying fish, monkeys and morons, and hope to produce by my experimentation an organism approximating a human being with wings. If, in the course of a few years or even in half a century, I can evolve some sort of human loganberry that can fly, it will be a long step in the direction of human uplift, and take us one step farther towards the angels.

"These nose dives are a thing that can be avoided by cross-breeding. I have written Max Oser for a

contribution in cash after a while, and hope to be able to go far with my experiments. It was a serious breakdown in our system of evolution when wings were aborted, and I hope to correct nature in that respect. It is my theory that shoulder blades may be expanded by cultural methods. The question of rotation is a serious one at the start and if you have any suggestions to make, from a pathological or other point of view, I will gladly forward stamps."

REPLY.

This town is full of high flyers. Buy one to head your herd.

More Sleep, Less Food.

J. V. writes: "I weigh 208 pounds and am 5 feet 1 inch in height. I would like to know how I can reduce. I am a janitor and work very hard, running a dumb waiter. I eat lots of bread and drink lots of water. Can you please give me advice what to eat, when to go to bed, and what time to arise? (I go to bed about 11 o'clock and arise about 3 a. m.)"

REPLY.

Easier to tell you what not to eat. Eat no bread nor other food composed largely of flour and no foods into which sugar enters.

Eat plenty of vegetables and fruits. You need 8 hours sleep. Be asleep at 9.

Dogs and Diptheria.

Mrs. F. J. M. writes: "Does the board of health allow one to take a dog out when there is diptheria in the family of the owner?"

REPLY.

As a rule animals are not allowed to pass in and out of quarantined premises. However, I know of no proof that dogs harbor diptheria.

The folks that take dogs in and out are more liable to the contagion. The dog may be chained. The bacilli are not.

Has Nose Bleeds.

G. H. S. writes: "I am a boy of 16 and am troubled with nosebleed. The

last time I had one was in May. Now every time I blow my nose there is a slight discoloration of bright red. Can you tell me what causes it? And how to prevent another one?"

REPLY.

Boys and girls of your age are prone to have nosebleed. Nosebleed in a person of that age is of far less consequence than it is in an older person. If your nose bleeds enough to warrant it, have a physician examine for the cause. Among the causes are ulcerated areas in the nose, an easily broken blood vessel located in the front part of the nose, and adenoids. If a bleeding vessel is the cause, the treatment consists in cauterizing the point. In some cases adenoids need to be removed.

Common Sense

What The Success or Failure of Resolutions Means!

Do you consider the breaking of a good resolution as something of little importance?

Is it easy for you, after you have decided to do or not to do a certain thing, to set contrary to your personal decision?

In other words, do you lack the firmness—the stamina—needed to stick to what you have agreed with yourself to do?

If you are unreliable in dealing with yourself it will be difficult for you to keep the faith with others.

If you are a vacillating person you cannot expect honor and position.

If you fly about, unable to control your desires as balanced by the strength of a resolution against them, you know in your heart that you are

unfit to be trusted with important duties. And still you hope to reach a high place among your fellow men.

No use hoping till you get yourself under better control.

If you cannot keep a decision made, if you cannot be true to yourself, you will not be true to anyone.

You do not believe this of yourself but it is true, nevertheless.

The faithfulness with which you adhere to personal decisions shows just how true you are to others.

(Copyright, 1922.)

Bee Want Ads produce results.

Which can a woman more easily forgive; deceit in a weak man, or cruelty in a strong man? Read Arthur Stringer's story of the woman-hater who found a woman in his bear trap

in JANUARY

Cosmopolitan at newsstands

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Omaha's Leading Cash Markets

We Will Have a Full Line of Fancy No. 1 Poultry for Your Xmas Dinner

212 N. 16th St. 4903 S. 24th St. 2408 Cuming St.

Choice Round and Sirloin Steaks	Fresh Killed Young Hens per lb.	Prime Beef Rib Roast Boned, Rolled	Fresh Killed Spring Chickens
15c	22c	17c	22c

SPECIAL FOR SATURDAY

Small Lean Pork Loins (1/2 or whole)	14c
Small Lean Pork Shoulders	11c
Fresh Boston Butts	16c
Fresh Spareribs	12 1/2c
Pure Lard	12 1/2c
Fresh Hams (1/2 or whole)	17c

PORK PRODUCTS		SMOKED MEATS	
Fresh Leaf Lard	11 1/2c	Sugar Cured Strip Bacon	25c
Fresh Neck Bones, 5 lbs.	25c	Sugar Cured Breakfast Bacon	25c
Fresh Pig Feet, 4 lbs.	25c	Sugar Cured Picnic Hams	14c
Fresh Pig Ears, 4 lbs.	25c	Sugar Cured Skinned Hams	20c
Fresh Pig Snouts, 3 lbs.	25c	Armour's Star Bacon	34c
Fresh Pig Tails	11c	Armour's Star Hams	25c
Fresh Pork Tenderloins	40c	Pure Lard, 5-lb. pails	90c
Pure Pork Sausage	18c	10-lb. pails	\$1.75
Fresh Side Pork	20c		

BEEF CUTS		GENUINE SPRING LAMB	
Choice Rib Boiling Beef	6c	Fancy Hindquarters	20c
Choice Beef Chuck Roast	11c	Fancy Forequarters	14c
Choice Beef Pot Roast	9c	Choice Lamb Chops	20c
Fresh Cut Hamburger	15c		
Choice Canned Beef	12 1/2c		

BUTTERINE

Liberty Nut Oleo, per lb.	22c
5 lbs.	\$1.05
Evergood Oleo, 2 lbs.	46c
5 lbs.	\$1.10
Best Creamery Butter	52c
Best No. 1 Wisconsin Cream Cheese	30c
Best No. 1 Wisconsin Brick Cheese	30c

Choice Porter-house Steaks	18c	Fresh Killed Young Ducks	25c	Choice Mince Meat	15c	Fresh Killed Young Geese	25c
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Graham or Krispy Crackers, 4-lb. can for **59c**

Blue Ribbon Mayonnaise or Thousand Island Dressing—This dressing is not cooked; it is just like home made—59c

Fint size **33c**

Medium size **33c**

Small size **15c**

Advo Jell, assorted flavors, 3 pkgs. for **25c**

Fresh Fat Salt Mackerel, per lb. **35c**

Meadow Gold, Wedgewood, Sev. and Better Butter, per lb. **56c**

Imported Turkish Figs, special, per lb. **49c**

California Cooking Figs, lb. **28c**

Oranges, medium size (sweet), 2 dozen for **55c**

Blue Goose Grapefruit, 15c size, 6 for **65c**

Cauliflower, extra fancy white heads, per lb. **20c**

Brussels Sprouts, per lb. **23c**

Head Lettuce, per head **10c and 12 1/2c**

Fancy Fresh Mushrooms, to obtain them order early, lb. **74c**

Choice Rolled Rib Roast, lb. **30c**

Fresh Dressed Spring Chickens, per lb. **25c**

Fresh Beef Tongues, lb. **20c**

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Genuine FRANKLIN COUNTY, ILL. Small Egg Size

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BIG GROCERY SPECIALS

Omar Flour, 48-lb. sack \$1.89	Blue Bell Flour, 48-lb. sack, at per sack \$1.69	Mazola, quart can, limit 1 to a customer, at 39c
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Best Granulated Sugar, 10 lbs. for **75c**

Swansdown Flour, per package **33c**

Hart Early June Peas, 2 cans for **27c**

Raymond Pyramid Maine Corn, 3 cans for **50c**

Foley's Seedless Raisins, per package **15c**

Omaha Toilet Paper, 3 rolls for **25c**

Otoe Tomatoes, 2 cans for **25c**

California Cooking Figs, 2 lbs. for **35c**

Fine New England Walnuts, per lb. **25c**

4 lbs. special for **90c**

Satsuma Oranges, per dozen **25c**

Finest Grapefruit, 3 for **23c**

New Mixed Nuts, 2 lbs. for 45c	Finest Jonathan Apples, bushel, at only \$2.29	Large Navel Oranges, at per dozen 49c
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COFFEES		BUTTER-EGGS	
Ankola Coffee, 3 lbs. for 95c	Golden Santos Coffee, 3 lbs. special for 89c	Idlewild or Seward Butter, per lb. 57c	N. Y. Cream Cheese, lb. 31c
Fresh Bulk Coconut, lb. 25c	Rumford Baking Powder, large can for 18c	Gem Nut, lb. 23c	Country Table Butter, lb. 43c
		Fresh Cracked Eggs, doz. 26c	

SATURDAY MEAT SPECIALS

Fresh Dressed Spring Chickens, lb. at 21 1/2c	Fresh Hams, half or whole, special, lb. at 17 1/2c	Young Veal Roast, lb. 15c
Fresh Pork Shoulders, special, lb. 12 1/2c	Choice Steer Rump Roast, pe rib. 12 1/2c	Young Veal Breast, lb. 7 1/2c
Lean Pork Chops, 2 lbs. 25c	Genuine Spring Lamb Legs, per lb. at 27 1/2c	Sugar Cured Hams, half or whole, lb. 17 1/2c
Prime Rib Rolled Roast, lb. 19c	Jones' Famous Sausage, lb. 35c	Pure Rendered Lard, 2 lbs. 25c

BUY CHRISTMAS CANDIES NOW

Genuine Allegretti's Chocolate Creams, Bon Bons and Hard Centers, 3 lbs. special, per box **\$1.89**

Large Boxes Chocolate Covered Cherries, \$1.00 values **63c**

Filled Candies, 20-oz. jars for **75c**

Home-Made Peanut Brittle, per lb. **21c**

Fruit Tablets, assorted flavors, per lb. **21c**

Peppermint Lozenges, per lb. **29c**

Chocolate Dipped Caramels, per lb. **21c**

Sweet Licorice Dolls, per lb. **29c**

Mixed Candies, per lb. **21c**; 5 lbs. for **\$1.00**

BOXED CIGAR SPECIALS

Cigars in boxes of 10, 49c and 95c	Cigars in boxes of 25, \$1.10, \$1.25 and \$1.75.	Playing Cards, ex. optional values, at only 25c
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Omaha Family Soap	10 bars for	36c
Gold Medal Flour	24-lb. Sack	95c
2-lb. Tin Snow Drift	4-lb. Tin	59c
5c Size Gold Dust	30c Size	24c
Solid Pack Tomatoes	No. 2 Cans	9c
Skinner's Spaghetti and Macaroni	10c pkg.	7c
Full Cream Wisconsin Cheese	Per lb.	28c
Grade No. 1 Fancy Nebraska Early Ohio Potatoes	15-lb. Peck	15c
Milk	Pet, Carnation—Baby Tall	5c 10c
Sugar	Pure Cane, Standard Granulated, 10 lbs.	75c
Select Storage Eggs	Every One Guaranteed, Doz.	30c
Campbell's Soup	All Kinds Can	10c
Queen Quality Flour	48-lb. bag 6-lb. 24c 12-lb. 43c 24-lb. bag	\$1.59 24c 43c 80c
Your Luck Coffee	No Better at Any Price—Per lb.	39c

PIGGLY WIGGLY