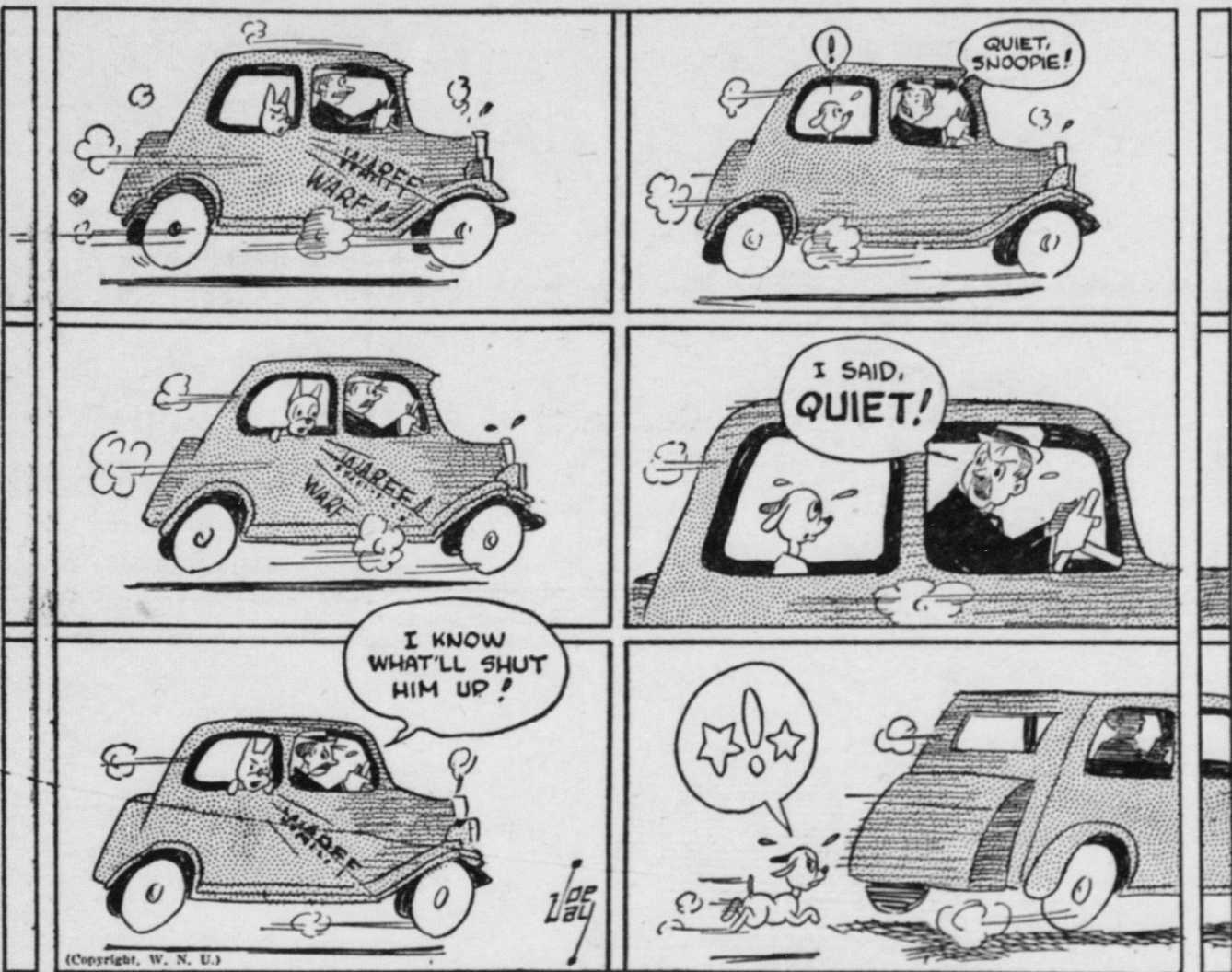


OUR COMIC SECTION

SnooPie



SMATTER POP

By C. M. Payne



POP

By J. Millar Watt



SINGED AGAIN

"That paper says Buzzer was frost bitten! How could that happen in summer?"
"He fell in a plate of ice cream."

Consoling

The judge was disturbed by a youth who kept moving about in the rear of the court.
"Young man," he exclaimed, "you are making a good deal of unnecessary noise. What are you doing?"
"I have lost my overcoat and am trying to find it."
"Well," said the judge, "people often lose whole suits in here without all that fuss."—Royal Arcanum Bulletin.

WHO'S AFRAID?

Scarecrow—Well, wouldn't that stall you? Just look at that pair snoozing right under my nose!

What to Eat and Why

C. Houston Goudiss Offers Timely Advice On Avoiding the Menace of Tooth Decay

By C. HOUSTON GOUDISS

ONE of the most serious indictments against our present-day civilization is its failure to preserve the teeth of men, women and children. Countless examinations in all parts of the country reveal that practically 100 per cent of the adult population is afflicted with some form of oral disease. And surveys of the physical condition of school pupils in different localities and under various circumstances disclose that tooth decay affects between 90 and 97 per cent of our school children.

Remarkable and widely heralded advances have been made in our knowledge of how to control and prevent many dangerous and debilitating diseases. Yet we appear to be complacent in the face of the fact that the majority of our population is handicapped by decayed teeth!

Nor does the mere statement of the case convey any idea of the seriousness of the situation. For it is unfortunate that diseased teeth and dental infections which may result from unchecked decay, seldom incapacitate the sufferer. Thus the victim does not become sufficiently alarmed to take the steps necessary to arrest the progress of the diseased condition.

Yet a single decayed tooth might be compared to a poison factory, distributing its noxious products to every part of the body, and tooth decay may be indirectly responsible for rheumatic ailments, neuritis, dyspepsia or duodenal ulcers. It may even be a contributing cause of heart trouble.

Possibilities of Prevention

Yet there is little or no excuse for the appalling amount of dental decay that afflicts the American people. For in recent years a vast amount of laboratory and clinical research has been undertaken in this field and there is impressive evidence that dental caries, or decay, may be completely controlled by dietary means. Then, too, our understanding of correct dental hygiene has advanced tremendously, and scientifically designed tooth brushes and skillfully compounded dentifrices are available in every town and hamlet throughout the country.

Diet and Dental Disease

Various investigators have advocated different dietary formulas for the control of dental decay. There is a lack of agreement among them as to which single element is the most important in constructing a diet to prevent caries.

But outstanding authorities hold that each of the five following dietary factors has a controlling influence: vitamins A, C and D; an adequate supply, in the correct proportions, of the minerals, calcium and phosphorus; an excess of alkaline or base-forming foods over acid-forming foods; and a generous allowance of raw foods, with emphasis on those that leave an alkaline-ash.

Vitamin A and Tooth Structure

Notable research has demonstrated that vitamin A is a definite factor in controlling tooth development. The development of the enamel is governed by a complex structure which begins to deteriorate as soon as vitamin A is withheld. When experimental animals are placed on a diet lacking in this vitamin, their teeth become brittle, chalky and white. This is due to the loss of the enamel, with its orange colored pigment, and the exposure of the dentine.

An English authority also claims that vitamin A is necessary to help prevent diseases of the gums. Inasmuch as vitamin A likewise has many other important functions to perform in the body, every homemaker should see to it that her meals contain an abundance of milk and other dairy products, and the green, leafy and yellow vegetables which are a good source of this vitamin.

Vitamin C and Tooth Health

Vitamin C is closely associated with the health of both teeth and

gums. There is strong evidence that this vitamin is essential to the dentine, enamel, cementum and the bone of the jaw. And there are on record remarkable experiments which demonstrate that dental decay and gum disorders are both prevented and arrested when extra amounts of foods containing vitamin C are included in a well-balanced diet.

Vitamin C is best obtained from the citrus fruits, tomatoes and raw leafy vegetables such as cabbage.

Vitamin D which we get from the sun, from fish-liver oils and concentrates, and from irradiated foods and those fortified with vitamin D concentrate, is necessary for the proper utilization of the calcium and phosphorus, which must be generously supplied if the teeth are to develop properly.

Importance of Dental Hygiene

Thus a carefully calculated diet, beginning before birth and continuing throughout life, is necessary to build teeth that are structurally sound. But even the most perfect teeth require constant care to maintain their soundness.

Thorough brushing is necessary after every meal to remove all particles of food which remain between the crevices and cling near the necks of the teeth. If not removed, this debris may ferment, giving rise to unpleasant odors

Sense and Nonsense

Mr. Jones (dictating letter): "Sir, my typist being a lady, cannot take down what I think of you; I, being a gentleman, cannot even think it, but you, being neither, can easily guess my thoughts."

The figure a mannequin earns depends upon the figure.

The Tramp—It ain't that I'm afraid to work, lady, but there ain't much doin' in my line . . . I'm a window-box weeder.

"There ain't any harm in a leaf once in awhile," said Uncle Eben. "If dar was, Nature wouldn't waste so much time turnin' out sunshiny days and fishin' worms."

and creating acids which may attack the tooth enamel.

It is important, however, that the brushing be done correctly, away from the gums and with a slight rolling stroke, so that the bristles can penetrate between the teeth. Never use a horizontal stroke nor brush toward the gums. This may irritate the tender tissues and may also force food particles under the gums at the necks of the teeth.

A Good Dentifrice Essential

The selection of a dentifrice is most important because an agreeable dentifrice encourages thorough brushing—an efficient dentifrice helps to float away minute bits of food not reached by the toothbrush.

It is also advisable to use a paste or powder which helps to restore luster to teeth which have been surface-stained by foods and beverages.

The use of an antiseptic mouthwash, at least once daily, especially before retiring, is commendable as it leaves the mouth fresh and clean.

It is also important to give the teeth regular systematic cleansing, and to see your dentist periodically for a careful checkup.

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Braid Trimming Is Smart



38, 40, 42, 44, 46 and 48. Size 36 requires 4 1/2 yards of 35-inch material without nap; 2 1/2 yards braid to trim.

1516 is designed for sizes 2, 4, 6 and 8 years. Size 4 requires 3 yards of 35-inch material; 4 1/2 yards braid or ribbon to trim; 1 1/2 yards ribbon for belt.

Fall and Winter Fashion Book.

The new 32-page Fall and Winter Pattern Book which shows photographs of the dresses being worn is now out. (One pattern and the Fall and Winter Pattern Book—25 cents.) You can order the book separately for 15 cents.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

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Horse "Taken for Ride"

A few years ago a gangster became a "big shot" and decided to take up horseback riding. So he hired a horse from a swank riding academy and shortly, through his inexperience, fell off and was killed. His henchmen, agreeing that this horse could not murder their boss and get away with it, rehired the animal the next day and shot it to death on a lonely road, the only case on record of a horse having been "taken for a ride."—Collier's Weekly.



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The Drake offers every luxury and convenience of fine living on Chicago's Gold Coast, overlooking Lake Michigan.

A. S. Kirkely, Managing Director



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Pepsodent alone of all tooth powders contains remarkable Irium!

• Mirrors don't lie! So for the true facts about the remarkable effectiveness of Pepsodent Powder containing Irium, consult your mirror!
Examine your teeth closely . . . tonight. Then switch to Pepsodent Powder. Use Pepsodent's trade mark for Purified Alkali Salts

It regularly . . . twice a day. After a short time, again examine your teeth in a mirror. Expect a real improvement! . . . For Pepsodent is faster . . . more effective and SAFE in its action on teeth! It contains NO BLEACH, NO GRIT! Buy it now!