

OUR PAGE FOR HOUSEWIVES

How to Preserve and Beautify the Teeth



It's a good plan to make your own powder.

Brushing across is wrong.

THE preservation of the teeth is a most important matter. A set of perfect teeth not only adds infinitely to the personal appearance, but their preservation saves much pain and expense, and actually prolongs life. Bad teeth are the cause of more troubles than people generally realize. Contagion and disease, according to many of the best physicians, lurk in the human mouth. To decayed conditions of the teeth many disorders of the stomach, the kidneys and the nervous system are due, while the most pernicious factors of lung infection are entrenched in the teeth.

It is a well-known fact that animals usually have beautifully white teeth that last as long as they live. This is no

spoonful of prepared borax in a pint of hot water. Before the water is quite cold add a teaspoonful of spirits of camphor and a teaspoonful of tincture of myrrh. If the tartar has been permitted to grow, then it will need the skill of a good dentist to remove it without injuring the teeth.

We usually have to accept whatever shape of face and feature Nature has bestowed upon us, but as regards the teeth, much can be done by care and attention to correct any imperfections. The care cannot begin too early, and the mother who does not see to it that her baby's mouth is kept in perfect condition is criminally neglectful. Upon the care of the first set will depend largely the quality and beauty of the second, and from the eventful day of baby's first tooth until she is old enough to be taught to care for them, each little tooth should be carefully cleaned after each feeding.

When the first teeth are not especially good, either as to color, shape or arrangement, the matter can nearly always be corrected by careful attention to the cleanliness of both mouth and teeth and to diet.

Little lime water in milk, taken several times a day, will often aid in establishing good teeth. Very few people keep their teeth clean, although they would probably resent the accusation every day. Yet, but in nine cases out of ten it is not properly selected or prepared.

SOME GOOD POINTS

Before using a new toothbrush soak it in cold water for several hours.

Always brush the teeth up and down—never across or against the grain, which not only destroys the lustre but fails to clean teeth thoroughly.

Be sure not to neglect the back teeth. The reason the front teeth usually last longer than the back ones is because they are more easily brushed.

The toothbrush should be thoroughly cleaned of powder after using, and at least once a week it should be thoroughly scalded, and it should always be allowed to dry thoroughly before using again.

Teeth brushed after each meal have better chances of lasting than those which do not receive the same attention. This, however, is not always convenient, but no one should neglect a cleansing night and morning.

It is a good plan to prepare one's own tooth powder, and an excellent one may be made from one tablespoonful of powdered borax, one ounce of precipitated chalk and half an ounce of powdered orris root. Mix well together by the aid of pestle and mortar, and you will have a most fragrant and pleasant preservative of the teeth, as well as a most satisfactory preservative for the breath.

Slight disorders of the stomach frequently give rise to an acidity in the mouth which is very harmful to the teeth, causing tartar to form, and in such cases it is well to rinse the mouth night and morning with an antiseptic solution.

There are many of these on the market, but if the expense is not desired, an excellent and inexpensive one may be made at home by dissolving a table-

doubt due to the quality of their food, which, as a rule, requires thorough mastication.

There is no doubt but that the teeth are better for exercise, blood must be carried to them the same as to any other portion of the body. A prominent specialist says that the reason the people of the present day are annoyed by decay of the teeth is because they eat food that is unwholesome and does not require mastication sufficient to exercise the teeth.

He advises: "Chew beeswax when nobody is looking. Make it a dental exercise to be performed each morning and night. It is a genuine exercise. You

can dig your teeth into it, and they will become tired in a short time. Wax is a substance that will resist the teeth, gently, and its use will aid the teeth to become white and clean and strong and attention.

inheritance, of course, may do much either for or against a rolling, beautiful set of teeth. But even a very poor inheritance in the matter of teeth may be improved upon by proper care and attention.

Photograph Illustrating Proper Way to Care for the Teeth

Don't neglect the back teeth

Up and down is the correct way



Perfect teeth are beauty's charm.

REMOVES physician, upon being asked recently what is the chief cause of ill-health, replied: "Thinking and talking about it all the while."

This ceaseless introspection in which

Answers to Many Letters From Inquiring Women

Do not give your formulae for a stain for the hair to medium brown hair which is turning gray, and can it be successfully applied by one's self, without discoloring the scalp?

I am giving you formulae for a stain which I think will be suitable for your hair. The stain should be applied to the roots of the hair with a small brush, and then with an ordinary brush distribute evenly through the hair. A thorough shampooing of the hair should precede each application of the stain.

Dye for Hair.
Fruiteful acid, 4 ounces; distilled water, 1/2 gallon; Dissolve, and when the solution has cooled, gradually add the spirit of sulphur. The above is full strength and will stain the hair most black. Diluted with water, it will stain the hair from dark to light brown.

Wants Rosy Cheeks
I am an interested reader of your articles on health and beauty culture, so am taking the liberty of writing you as regards my complexion. I am about 20, rather stout, stout of build, but I have no color. My face is white, but not so pale as I should like to be. I have never used any of your formulas, but I think I should like to try one. I am waiting a favorable reply and thanking you in advance. I am, Mrs. M. A.

The lack of color in your cheeks may be the result of imperfect circulation. I advise you to go in for hygiene and give it a good scrubbing with hot water and soap at night before retiring, and bathe it with cold water, several times during the day. This will tone up the skin and improve circulation.

To Keep the Hair Auburn
I come to you for help. Will you please give me a formula or recipe which will stain my hair a lovely shade of dark auburn? I have a lovely shade of dark auburn, but I have a few white hairs and I want to get rid of them. I am waiting a favorable reply and thanking you in advance. I am, Mrs. M. A.

Wants Curly Hair
Have you any recipe for making the hair grow curly? I have had it cut and it does not seem to be coming in curly again. The little girl is 4 years old. I am a constant reader, and, as you have helped many others, kindly help me. YOUNG MOTHER.

I do not know of any preparation for making the hair curl permanently. In the case of a young child much can often be accomplished by patient training. For instance, dampening the short hair and brushing it the wrong way, and also around the finger.

To Stain the Hair Brown
Herewith I enclose a self-administered and stamped envelope, hoping it is not presumed that you will be able to help me. From your description, I judge that

A Too-Frequent Cause of Illness

so many of the rising generation of nervous folk indulge in certainly wearing them out. When they are not worrying as to whether they sleep too much or too little, they are fretting over the amount of food they take or the quantity of exercise necessary for health. In short, they never give themselves a moment's peace.

Our grandfathers did not concern themselves with these questions. They ate, drank, slept as nature prompted them. Undoubtedly they were healthier in mind and body for their sublime indifference; and if we asked ourselves fewer questions we should have less time to analyze or imagine ailments.

That medical science has made remarkable progress in the last few decades cannot be denied. The fault for

some present-day undesirable conditions lies not with the doctor, but with the patient. There has been too great a tendency on the part of the laity to acquire a smattering of medical knowledge through the reading of so-called "health" magazines and pamphlets, and to put into practice, on their own account, that "little knowledge" which it cannot be denied, is a "dangerous thing."

The following of some most ridiculous fads along the lines of eating, drinking and exercise has assisted in swelling the mortality statistics. Our grandfathers would hold up their heads in horror at many of the foolish things we do in the name of "health."

A little more of the comfortable nonchalance of our healthy ancestors would do no harm to the rising generation.

Whiteheads (Acne Molluscum).
Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or picked out. The empty sack of the gland should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping it into boiling water.

Interested Correspondent
I am a stranger in this part of the country, and have only recently become acquainted with your department. I have the Sunday paper every week, and am much interested in what you say on the various topics regarding health, etc. I read in last Sunday's paper your article on the reduction of flesh. I am so fat that it is impossible for me to walk two squares without panting, as though I had heart disease (maybe I have). In the course of some of your correspondents going to institutions, there must be some who are suffering from obesity. I find such a place? I have a very large body to do you? If so, how? I seem to have some weakness about the back and limbs, and having little faith in doctors, I do not know but you might make a suggestion. In an article on "dry and harsh skin" you mention "orange flower cream." I have not been able to find a recipe for it. I would be pleased to follow your suggestion, but do not find orange flower cream. Is that just as good? Please tell me where to purchase it. I would be glad to receive a very fine grained skin, cannot use talcum powder, and I can use a little soap and water. A soap a little stronger than the one I use now would be better. What makes of soap would you suggest? Another thing I hope you may be able to help me in, and that is, my throat, right below the chin bone, is of a fatty nature. What you say regarding the reduction of flesh, I am greatly in love with your physical culture which I am following. I have a very fine grained skin, cannot use talcum powder, and I can use a little soap and water. A soap a little stronger than the one I use now would be better. What makes of soap would you suggest? Another thing I hope you may be able to help me in, and that is, my throat, right below the chin bone, is of a fatty nature. What you say regarding the reduction of flesh, I am greatly in love with your physical culture which I am following. 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