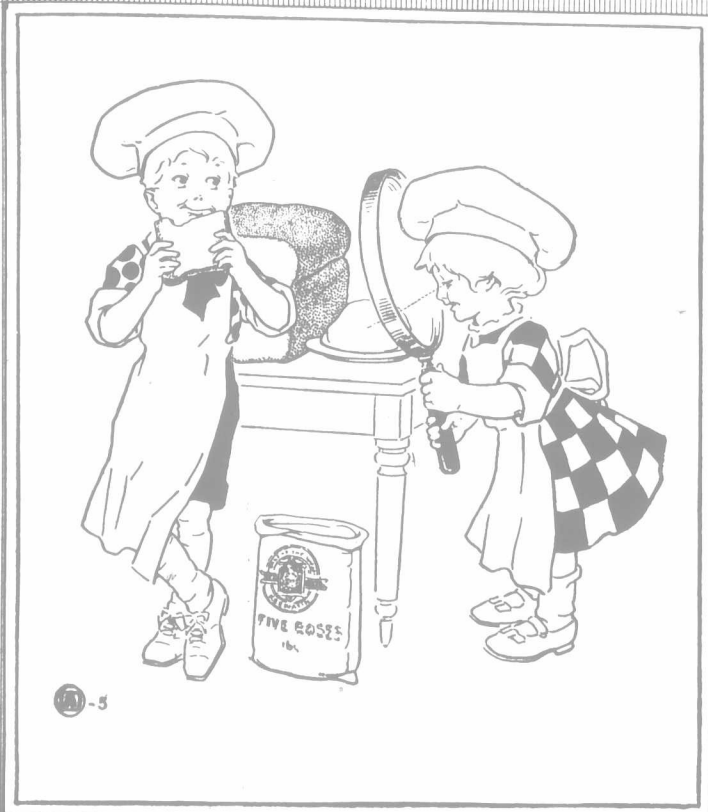


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Note the Color of *your* flour—
And the Bread it makes for you.
Delicately *creamy* is FIVE ROSES flour.
Because it is *not bleached*, don't you
see.
Clear—Immaculate—Desirable.
A *pure* Manitoba wheat flour—FIVE
ROSES.
And the healthy sun-ripened spring wheat
berries are *naturally* of a *golden glow*.
And the meaty *heart* of the polished kernels
is *creamy*.
Milled from *this* cream, FIVE ROSES is delicately
"creamy."
The only *natural* flour from Manitoba's prime wheat.
Which gets whiter and whiter as you *knead* it.
And *your* bread is most appetizing, *unusually* attractive
in appearance.
Looks good.
And is good.
Bake this *purest unbleached* flour.

Five Roses Flour

Not Bleached



Not Blended

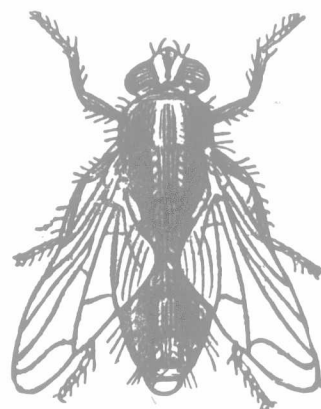
LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

mouth, neither does the child swallow as often, consequently any milk that remains in the mouth after this meal stays there during the night, to ferment and turn acid, which is bad for the teeth. In the morning, the cleansing of the mouth is also necessary on account of the accumulation of mucus and mouth bacteria which the warmth of the mouth causes to grow in large numbers. As the child grows older the number of teeth increases, and some solid food in the shape of cereals, toast, crackers, eggs, etc., is given to the child. Now the teeth will require a little more attention, as these foods are more or less pasty and will lodge in the crevices between the teeth or near the gums. If these small particles are allowed to remain long in the mouth they decompose. Several swallows of water after meals will greatly aid in loosening the food remaining in the mouth.

The eight incisors are the first teeth to appear, the four molars come next, then the canines, then four more molars. As soon as the first molars are well through, meat and food of a more solid character are usually given—food which requires chewing and grinding. This hard chewing will often force particles of food firmly between the teeth, and it should be removed; if the meat contains much fat, the fat will harden between teeth or near the gum, which makes it necessary, as soon as solid food is given, to use a tooth-brush. Small, soft brushes, with but one row of bristles, are made for very young children; with these small brushes the teeth should be carefully gone over inside and outside, between the teeth and over the grinding surface. After brushing, by means of a small syringe, tepid water should be forced between the teeth and the mouth thoroughly rinsed. Brushes with two rows of bristles are made for children a little older. Tooth-brushes should never be very wide or stiff, as the constant friction of a stiff brush will soon cause abrasions of the

When you want to clear your house of flies, see that you get

WILSON'S FLY PADS



Imitations are always unsatisfactory.

enamel of the first teeth, as well as cause the gums to recede from the neck of the tooth; it is not necessary to use tooth powders or pastes until the children have reached the meat age; then it is useful, as it removes fat or grease which adheres to the teeth. The use of cold or lukewarm water is not sufficient to do this. An excellent powder for children is made of equal parts of precipitate of chalk and orris root; this makes a very smooth, soft powder. If desired, a little saccharin may be used to sweeten it. Sugar should never be used, as it ferments in the mouth.

On the teeth of delicate children, and

those whose teeth are neglected, there is frequently found a rough, greenish deposit close to the gum; this deposit has a rough surface, which catches and holds tiny particles of food, especially those of a pasty nature, such as cracker, bread, cereal, etc. These decay, filling the mouth with bacteria; the gums are infected and soon become tender and bleed easily; ulcers will form inside the mouth, sometimes extending to the lips and the area surrounding them, especially the corners of the mouth. As soon as this greenish deposit is noticed, it should be removed by the use of a little powdered pumice and glycerine; take a toothpick

and wind tightly around it a tiny bit of absorbent cotton, then a gentle rubbing and time will accomplish its removal; during this process, however, take care to irritate the gums as little as possible. After the deposit is removed, it is well to use the chloride-of-potash mouth wash for a while; this, and the daily care of the teeth as suggested, will, in all probability, prevent another like deposit from forming.

Careful rinsing of the mouth is almost as important as the use of the brush. The addition of some good antiseptic mouth wash is desirable for rinsing purposes.

The nerve pulp of the temporary set of teeth is not nearly so sensitive as that of the permanent set, consequently decay may become well advanced without being discovered or causing the child the slightest pain. This fact makes it desirable to examine the child's mouth occasionally, otherwise large cavities might form before any defect is discovered. Children who are very anemic, who are rachitic, afflicted with any constitutional disease, or those whose heredity shows a predisposition to unsound teeth, need especially to have their teeth examined often; they also require the best care to preserve them. It is a common fallacy that indigestion and stomach trouble are the cause of early decay in the teeth of children. This is not so; in fact, quite the opposite is true. When the teeth, from lack of care, become incapable of performing their work properly and the food is allowed to go into the stomach totally unfit for that organ to receive it, it is then that the stomach rebels, and indigestion comes.

As good digestion depends almost entirely upon perfect mastication, all food should be chewed and chewed over and over again until it is ground so fine and so thoroughly mixed with the saliva that a certain portion of it is dissolved and partly digested before it goes into the stomach.—Harper's Bazar.