

That Body Of Yours

By James W. Barton, M.D.

CHILDREN'S DENTAL HEALTH IS OF GREAT IMPORTANCE

Many of us seem to be forgetting the statement by Oler, our greatest modern physician, when he told the world that more illness and disease started in the mouth than from any other part of the body.

In an attempt to remind us of this important fact, the State Dental Societies held a Children's Dental Health Day on February 2 last, sponsored by dentists throughout the country.

Tooth decay is the nation's most widespread disease. It is a disease because it destroys body tissues. The destruction of tissues in tooth decay can lead to intense pain, a toothless mouth and facial disfigurement.

2. Today more than 90 per cent of our people have advanced tooth decay by the age of 16. At least 80 per cent of all two-year-old children have one or more decayed teeth.

3. Despite all dentistry has done in the past and is now doing, the increasingly rapid rate of tooth decay makes it impossible to meet adequately the need for repair for all children.

4. It has been estimated that to give dental treatment to all children, in the United States alone (without Canada), would require a dental army of 440,000 dentists.

How can parents, teachers and others help to prevent tooth decay? The answer lies in prevention through education. All that is necessary is to follow the simple rules of dental hygiene.

I believe we will all agree with our dentists that prevention through education — not repair — is the best way to reach the goal.



Coronation Pageant



He stands—with the other four Great Officers of State—behind the Queen when she is acclaimed in the recognition ceremony.

ELLEN'S DIARY

By An Island Farmer's Wife

And now do we scent the aroma of sunshine on soil fresh-stirred as on this and many an Island farm the farmers take up the joys of the cropping.

"Did you ever see a tractor rear?" Gage questioned us at supper. "If you didn't," he smiled, recalling the excitement of the scene.

Someone has said that "Somewhere between Florida and Alaska the plow is always in the soil. But spring plowing occurring any time from January to June has a character all its own.

What exquisite shades deepen now in the trees along the mill-stream and in woodlands! Rose-red of maples, pale green of willow, subtle mixings of birch, of alder and wild cherry.

In this orchard these days trees gnarled bare branches and listen we think with interest to the gossip the merry breezes of day bring to them from their wanderings

And now our days commence to conform to a new design of work, one which stresses especially the food requirements and meal times of those that work with the soil.

Until tomorrow — Diary — Good-night . . .

Better English

By D. C. Williams

1. What is wrong with this sentence? "In compliance to your wishes, I am not going at all."

ANSWERS 1. Say, "In compliance with your wishes," and omit "at all."

Here's a HOT TIP on Cooking Economically.

Use COLMAN'S D.S.F. MUSTARD FROM ENGLAND. You can cook with confidence when you use Colman's Mustard because its full flavour strength and quality never varies.

Treasured Moments In Life Of Busy Queen



Queen Relaxes After Romp with Children, and Pet "Susie"



Princess Anne Plays Mother

Modern Etiquette

By Roberta Lee

Q If a bride receives several duplicate gifts and asks the donors of these for permission to exchange them, should they resent it?

A. Most certainly not. It would be a very sensitive and selfish person who would take offense at such a request.

Q When a hostess is serving cocktails and knows that one or two of her guests do not care for them, what should she do?

A. She should be prepared in advance for any such eventualities, and serve these guests some soft drinks.

Q Is "Dear Sirs" proper as a salutation to a business letter?

A. No. "Gentlemen" is the preferred form.

Household Scrapbook

By Roberta Lee

Tired Eyes

To relieve tired eyes, mix a solution of salt water, as hot as can be borne. Wring a cloth in this solution, then hold it over the eyes.

Rugs

The rugs will be brightened if a mop wrung out of warm water, to which a little ammonia has been added, is used. Turpentine will also brighten dark colors.

The Bird Perch

The bird will not catch cold or contract rheumatism if, instead of washing the perch, it is scraped with sandpaper or a knife.

The Stars Say --

By Genevieve Kemble

For Tomorrow

WITH the Moon in Gemini this day, affairs are bound to move forward at a high tempo.

Continued on page 9

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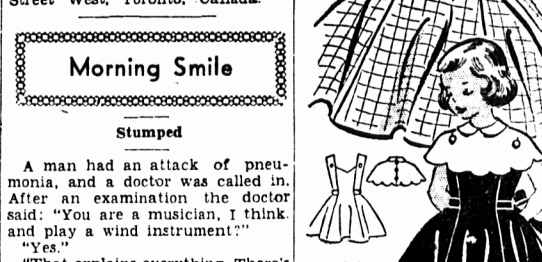
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Anne Adams Patterns

4-WAY WONDER

Sew only one dress, daughter has FOUR different outfits to wear! Start off with the jiffy sundress — then button on the bolero, scalloped caplet or dress-up collar for Monday-to-Sunday variety.



Morning Smile

A man had an attack of pneumonia, and a doctor was called in. After an examination the doctor said: "You are a musician, I think and play a wind instrument!"

"Yes."

"That explains everything. There's a distinct straining of the lungs, and the larynx is inflamed, as though by some abnormal pressure. What instrument do you play?"

"The concertina."

4666 SIZES 2-10 by Anne Adams

Alice Brooks Designs

TWO IN ONE PATTERN

Make a plain sundress and an embroidered one from this pattern! Such a practical style for vacation, it can be a pinaflore too!

Use two fabrics; can be embroidered or not. Pattern 4327; transfer, cutting chart; size 2, 4, 6 are included in this pattern.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

How Can I!!!

By Anne Ashley

Q How can I keep apples from breaking when paring them?

A. Core the apples before paring as they are then less likely to break. Always pare the apples thin; a broad surface causes much waste because of the rounding surface of the apple.

Q How can I destroy weeds that persist in growing between the bricks of a brick walk?

A. Pour crank case oil over the weeds two or three times a season. The oil will soon evaporate and with it the weeds and grass.

Q How can I get rid of ants that have infested pantry shelves?

A. Sprinkle the pantry shelves with a mixture of red pepper and sage.

7327 by Alice Brooks

Upsala University in Sweden was established as early as 1477

Advertisement for Colman's Mustard featuring a product image and text: "Here's a HOT TIP on Cooking Economically. Use COLMAN'S D.S.F. MUSTARD FROM ENGLAND."

Large advertisement for Jell-O Lemon Pie Filling featuring a pie image and text: "Real Lemon Flavor in This Lemon Pie! The flavor is entirely pure fruit from real lemons."

Historical advertisement for the Liverpool and Manchester Railway featuring an image of a train and text: "Betwixt Two Elizabeths... GEORGE IV 1820-1830... THE OPENING OF THE LIVERPOOL AND MANCHESTER RLY. SAW THE FIRST RAILWAY ACCIDENT."