

How to clean false teeth easily



You need only 'Steradent' powder and a tumbler of water (see directions on the tin). Leave your teeth in this solution overnight; or regularly for 20 minutes while you dress. This cleanser keeps teeth stainless, penetrates every crevice, removes film and sterilizes your dentures. Dentists recommend 'Steradent' and chemists sell it in tins 2/- and 3/6.



St.29

Steradent

cleans and sterilizes false teeth

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charge of this, and it kept me busy all the evening. We put up the lamb, piece by piece, and it brought 25/- a joint. The tins of biscuits were also popular, and there was a rush for the suitcases. When the public had gone, we had supper, then set to and cleared up the mess—and we did it cheerfully—with our money bags jingling.

TUESDAY

Must have worn out a pair of shoes the last two days. Anyway, decided to go to town and buy myself a pair of patent, high-heeled courts. Wore them home—and arrived limping. Ellen took charge—said patent leather shoes are like that. She placed a piece of cloth soaked in boiling water over the parts that pinched while they were still on my feet. This way the leather softens to the shape of the foot. Recalled Anatole France's remark that women attract a civilised man in proportion to the angle her feet make with the ground.

WEDNESDAY

Grace arrived over at 9.30 this morning and dragged me off to an auction sale in the next street. Once before I had been caught unawares, so this time I was prepared. Though I was tempted on two or three occasions—came away with only a tray of jam bottles—1/6 the lot—and two small, round oak tables.

Grace insisted on my buying them. She said that if I would cut down the legs, they would make the most delightful occasional tables.

THURSDAY

Mother came over to-day and showed me how to make Bath Mittens for our Red Cross shop. She had collected some old towels for this purpose. The mittens are made in the shape of large gloves. To cut out the pattern she laid her hand on the table and pencilled round the fingers, leaving a good margin for seams. We then machined up the wrong side, turned inside out, hemmed the wrists, and attached a loop for hanging to the bathroom tap. All odds and ends of soap are dropped in the "mitt," and a good soapy lather is obtained when they are used, loofah fashion, in the bath. So pleased with the result, made a little pair for Bill-Jim and a larger pair for Jim.

FRIDAY

Locked my book sternly away in my drawer to-day — and finished off some more "bath mitts." Felt like some ex-

ercise in afternoon, so went round the garden, collecting all the youngest, greenest seeds from our nasturtium plants (told this prolongs the flowering period). Placed the seeds in a couple of narrow-necked jars, filled with white vinegar to which a little salt had been added. The seeds, left to mature, are an excellent substitute for capers.

SATURDAY

Left Jim and his partner in the garden and went off this morning to take my turn in the Red Cross shop. Trade brisk. Made only one mistake in counting change—a record for me.

Home for dinner, then off to see "The Rains Came" with that nice-looking thing Tyrone Power, Myrna Loy, George Brent, and an excellent supporting cast. A splendid production—the earthquake and flood scenes wonderfully done—but it just misses. You come away with the feeling that you have seen quite a good picture, but it would have been better if you did not have to add the "quite."

WHILE THE KETTLE BOILS

Dear Friends,

Have you ever thought about names —and the tremendous responsibility which parents have towards children in labelling them for life? A name is so very important, particularly in a psychological sense. A ludicrous name, for example, can give some unfortunate child an inferiority complex for life.

School days are formative days, when impressions are made that will endure for life. Children are distressingly honest and ruthless in their opinions. They have no compunction in making little Horatio's life a misery—just because his parents were so thoughtless as to label him with such a name. Little Horatio comes to look on his name as a definite drawback; to be secretly, then openly, ashamed of it, and that is later to develop into a complex that will colour his future.

I am reminded of a Negro woman a friend of mine came across during a visit to the United States. She was a Mrs. Esmy Jackson, and she had two kinky-haired boys. One was christened Meningitis (Menny), the other Tonsillitis (Tonny), and a third, a daughter, just born, was to be christened Appendicitis (Pendy). What a dreadful packet of ills?

Mrs. Esmy Jackson perhaps can be excused, but we ourselves are not far behind. Each age or era brings its crop of misnomers. One Australian girl I knew of answered to the dreadful name of Referendum. She had been born during the course of a political ballot.

As unlucky souvenir-holders of the Boer War, there are many sedate, middle-aged "Mafekings" in circulation to-day. But the Great War was worse. Verdun, Mons, Villiers, Quentin, and hosts of others were bestowed willy-nilly on hapless infants — who now blush to hear themselves named. One wonders what the present war will bring forth. Without doubt, a flourishing crop of Narviks, Dunkirks, Namurs, and the like.

Our glamorous Princess Marina has been perpetuated for decades to come. Thousands of baby girls born at the time of her marriage to Prince George commemorated the occasion by adopting her name. Here, however, one can make no quarrel.

The trouble is that so many outside factors have to be considered. Maybe there is a rich Aunt or Uncle to be mollified—as though calling little Eustace after him will make Eustace love Uncle any more. He is more likely to nurse a secret and lasting grudge.

Such a rich Uncle, living in South America, had once to be consulted before a baby girl could be christened in New Zealand. After due deliberation there arrived his decision. He had hoped for the newcomer to be a boy, but as it was a girl it could not be helped. She should be called Ernestina—the nearest approach to his own name—Ernest. So poor Ernestina wanders loose round New Zealand to-day.

Names that lend themselves to absurd diminutives should also be avoided. Every Mother wants her daughter to grow up into a lovely, dazzling creature, and how can an "Em" or a "Liz" ever hope to reach those heights? A boy may have some chance of escape, but a girl —never.

Yours Cordially,

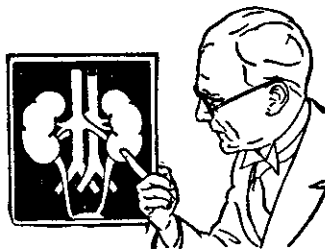
Cynthia

Blame Kidney Weakness for your agonising BACKACHE

Here is where your Backache starts—in your kidneys. Directly your kidneys weaken and fail to do their work of cleansing your bloodstream, poisons accumulate and give rise to that never-ending pain in the back. It is no use saying: "The pain will go off." It is bound to come back again and again, worse each time, until you cleanse and strengthen your kidneys with De Witt's Pills, the remedy specially prepared to end Kidney Trouble.

The cleansing effect of De Witt's Pills will be obvious to you within 24 hours after the first dose. In a very short while your kidneys will be working properly. Backache will be a thing of the past.

Get a supply of DeWitt's Pills and start to end Backache now.



Mrs. R. R. W. . . . writes:—
"Your wonderful pills have done me a lot of good. I have been a sufferer for years with my back and always had a headache. A friend recommended me to try De Witt's Pills, and before I had finished the first bottle my pains had vanished like magic. I feel 20 years younger and can get about and do my housework quite easily—a thing that has been a trouble to me for years."

De Witt's Kidney and Bladder Pills

Cleanse and Strengthen the Kidneys

Made specially to end the pain of Rheumatism, Lumbago, Sciatica, Joint Pains and all forms of Kidney Trouble. Of all chemists and storekeepers, 3/6 and 6/6.

