



Keep Party Foods for Party Occasions

"Party Foods" have their place in our way of life but they need not be made an *every-day* occasion. "Party Foods" are usually made from highly refined starches, often highly sweetened and sugary, such as cakes, biscuits and sweets. These foods cling to the teeth and quickly cause dental decay — particularly in young children and the teen-agers. To help control dental decay brush the teeth and gums immediately after eating, especially after breakfast and before going to bed. For those who eat cut lunches — such as children at schools and adults at the office or factory — it is often inconvenient at this time of day to use a toothbrush, so finish the meal with fruit. Eating fruit to end the meal will help reduce the amount of starchy food clinging to the teeth, will promote the flow of saliva and will massage the gums as well. And it leaves the mouth feeling refreshed. Should you not have sufficient fruit available, rinse the mouth out vigorously with water. Observations, both in New Zealand and abroad, indicate that the frequent attacks by the acids caused through the breaking down in the mouth of highly-refined food debris lead to dental decay so —

Keep party foods for
party occasions
and save the teeth.

What! Me! A hard-worked housewife with soft comfortable hands?



*The simple,
perfect remedy is
in your own hands*



SYDAL

... keep it handy where
ever hands are washed

Sydal Pty. Ltd. 156 Willis Street, Wellington

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