

PYORRHOEA

The dangers arising from using a gritty dentifrice are intensified in cases of Pyorrhoea. Above all things, your dentist will insist on a soothing non-irritant dentifrice such as Kolynos.

Kolynos contains no particle of grit whatever. Its regular use ensures strong white teeth, and makes for a condition of health in the mouth which is your constant safeguard against Pyorrhoea.

KOLYNOS DENTAL CREAM

10-Day Tube FREE

Mail the Form

It's the film on your teeth that makes them ugly



Run your tongue across your teeth and you can feel it. Make those cloudy teeth glisten. Begin to-day this new way.



EVERYWHERE are whiter teeth, teeth that gleam and sparkle.

This offers you free a 10-day test of the way that brings them. Simply mail the form.

What you find will surprise you. Your teeth are covered with a dingy film that ordinary methods do not combat successfully.

Run your tongue across your teeth. You will feel that film. Under it are the prettier, whiter teeth you envy in others. If you combat that film, your teeth will quickly glisten in a way that will delight you. Ask your local dealer for a tube of Pepsodent. Results will amaze you.

The great enemy of teeth

Film is the great enemy of tooth beauty. And a chief cause, according to world's dental authorities, of pyorrhoea and most tooth troubles. It clings to teeth, gets into crevices and stays. Germs by the millions breed in it. It holds food in contact with teeth, inviting the acid that causes decay.

You can't have prettier, whiter teeth; you can't have healthier teeth unless you combat that film.

To try a sample mail the form now. Don't expect the same results from old type dentifrices. Begin beautifying your teeth to-day.



The New-Day Quality Dentifrice
Endorsed by World's Dental Authorities

Two Sizes. Price, 2/6 and 1/6

TRADE NOTE—Supplies available through all wholesalers

FREE—Mail for 10-Day Tube

THE PEPSODENT CO. (New Zealand), LTD.
Dept. 290 Box 501, G.P.O., Wellington. Send to

Name.....

Address.....

Only one tube to a family NC 170

Teeth Must Work

By LADY LAWFORD

The teeth are the only organs of the body that we are given a second chance with as it were. Sometimes they come with much pain and tribulation at an early age; go with many tears and enforced visits to the dentist, also at an early age! Then, Nature launches our second chance, and woe betide those who neglect this second and last instalment. Few people have sufficient understanding of what an important part teeth play in the scheme of general health. They were intended to be a chief factor in digestion, whereas nowadays they hardly do any work at all, because the majority of people eat as they live—soft.

Look at an ordinary dinner menu—"grape fruit" (no chewing to be done there), only the plate has any work: "soup," also nothing for the teeth to do; "soft fish," made soft by sauce; "a braised chicken," softer than the cream and truffles it is stuffed with; "asparagus," ice-cream there. In all that long dinner the teeth have not got ten minutes' real hard work to do, and so, like everything that is not used and used daily, deteriorate and become in time useless.

In the case of teeth this is a very serious affair indeed, for instead of being the active agents that produce the digestive saliva, they deteriorate to mere foreign bodies in the gum, in time becoming septic and nasty, and proceed to poison the blood, causing unpleasant pains in the arms and neck, to say nothing of how they make the breath of the

owner of these semi-useless lumps of decaying ivory anything but pleasant. The sufferer flies off to dentists who say the dread word "pyorrhoea"! They rush to the X-ray specialist to have their worst suspicions confirmed, hence to the anaesthetist and the dental chair, and with sore and bleeding gums live on milk and soup, dodging their friends till the sore and aching mouth can bear to have its first instalment of bright and shining teeth put in, when they once more face the light of day and tell everyone how much better they feel.

A little care and forethought could have saved all that—the chewing of hard crust or biscuit, just a few minutes a day, or, better than nothing, a tough steak. Then the twice daily cleansing with a plain water rinsing after lunch.

With some people bad teeth are constitutional, and no care in the world seems able to save them, yet very often strict attention to diet and a mild course of fruit and vegetables only with a twice daily massage of the gums will arrest decay.

To combat the film on teeth, cut an apple and rub the gums with it; also chew it well, and eject it. Do not rinse the mouth out after this, as the apple juice is a preservative. Chew as often as possible a crust of bread, and if the teeth are at all loose, hold raw diluted lemon-juice in the mouth for a minute at a time, three times a day, and *do not rinse the mouth afterwards*. In short, take care of the teeth from earliest infancy onward.

Holiday Beauty Cures

Women are turning their normal holiday amusements to account in the cause of beauty. They are discovering that swimming, besides having a generally beneficial effect on the figure, prevents double chin or facial sagging muscles by the necessity of holding the mouth out of the water. Breast stroke should be practised for this.

Hatless holidays ruin the hair, but air baths and even exposure to the early morning sun, such as may be gained by going bareheaded to the early morning dip, make it glossy, thick, and full of life.

Tennis and dancing tend to thicken the ankles, but mountain climbing and hill walking render them slim and supple. Bathing the face with handfuls of the dew-soaked grass is an old-fashioned but excellent substitute for skin tonics.

A Nasturtium Idea

Cut some brilliantly coloured nasturtiums—orange, yellow and red brownish—with their leaves and arrange in a glass bowl.

Squirt some aerated water from a syphon over the leaves of the flowers, but not the flowers themselves.

Set in a cool, dark place. In a

couple of hours the leaves will look as if covered with frosted dewdrops. A very cool and pretty decoration for a luncheon table.

Your Smile depends on your Teeth

The mouth is the gateway to beauty— it is also the gateway to health.

We can save you £1 1s. on your new set of teeth. Our Extractions and FILLINGS are Painless.

We have recently installed the latest and most reliable apparatus for the administration of N2O and Oxygen for Teeth Extraction.

Extractions FREE when Plates are Inserted.

Note the Address:

Electro Dental Parlors

H.B. Buildings, Queen St. Auckland.

E. R. L. Batten, Principal.