

Health And Beauty

Many homemakers are faced with the problem that their hands look older than they are. It is quite natural for hands to look older than other parts of the body, they are exposed to so many more washings.

All these washings--quite often in harsh soaps, rob the natural oils. Special care must be taken to restore the oils and moisture loss.

You can go a long way toward restoring the lost oils by using lotions and creams with emollient ingredients.

Most modern hand creams are moisturized. This helps to plump up the flesh of bony hands and smoothe the skin surface.

Take care to wear gloves to protect your hands these cold winter days. Use hand cream several times each day--after each exposure to water.

There are several hand creams on the market that contain a make up to hide unsightly spots on the hands that often come with age.

Most foot troubles have their foundation in childhood and are the result of poorly fitted or out-grown shoes. Don't wait for your child to tell you his feet hurt.

Shoes should be checked every month. Up to the age of 12, it is possible for a child's foot size to change every three months.

The construction of a shoe is next in importance to the fit. We like leather shoes best, for they provide the resilient support required by growing feet. Leather also has the advantage of breathing with the foot and allowing foot perspiration to be evaporated.

Never use hand-me-down shoes. No two children have identical feet, even though their sizes may be the same.

Consult your physician if your child shows any sign of flat feet, toeing in or toeing out, or knocked knees.

One thing no one wants is false teeth; however, it is a good bet that we will all come to this point sooner or later. To insure that it will be as late as possible, take the time to take perfect care of your teeth that nature gave you.

Your first trip to the dentist should start at age three. The trips should be spaced six months apart from there on. Does this seem like too often to you? I can assure you it is not. Troubles with the teeth and gums begin as little troubles that in almost all cases, you are completely unaware of.

Little problems can be treated with little discomfort and less actual expense to you if caught in the beginning. If allowed to drag on and on the discomfort and the cost will rise and rise--and worst of all, you may lose a tooth or several teeth in the process.

The problem of badly-spaced teeth can be turned over to an orthodontist if you are in your teens or in your thirties. Wonderful work is being done to improve the appearance of teeth by means of jacket

crowns. As one gets older, the teeth often become darker and more transparent from staining, wear and possibly from over use of abrasive dentifrices. What happens is that the precious enamel wears thin and the darker dentine beneath shows through.

Remember that the decay process starts during the first thirty minutes after eating. The particles left in the mouth break down to acids, which in turn de-calcify the enamel.

Use a toothbrush with a rubber tip on the base of the handle. Give your gums an active massage at least once a day with it. Your teeth can only be as healthy as your gums.

It is the duty of every mother to limit the amount of sweets, candy, chewing gum, soft drinks, ice cream, cakes, and

pies for her children. These are by far the worst offenders. Try to train your children's taste buds--so they will not develop a craving for such foods.

Bashful Suitor

The mountain lad wanted to marry the girl, but was much too shy to come right out with the words "marry" or "marriage," so, after giving the problem much thought, he asked her in a whisper one evening: "Julia, how would you like to be buried with my people?"

Going Down

"How old are you, my little man?"
"I don't know, sir. Mother was 28 when I was born, but now she is only 24."

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