FRIDAY, JUNE 15, 1934.

THE CAROLINA WATCHMAN

PAGE SEVEN



off one's appetite. Sore gums and painful teeth naturally curb a desire to eat and encourage bolting.



parents.

Proper care of the teeth is a twofold matter. Teeth ought to be examined regularly by a dentist and his instructions followed. He will tell you that food is the important factor in preventing tooth decay.

The chief foods for teeth are the so-called "protective foods"-milk, fruits and vegetables. Do not deprive a child of any of these if teeth.

A child should also be taught to care for his own teeth. Brushing plished in a few hours, by followthe teeth and gums is an important ing the instructions step by step as they are written. habit, though we do not any long-

er believe that cleanliness alone will prevent tooth decay. Nevertheless for a dress of this type for it is a should learn it early in life.

teeth, has been called the most prevalent disease in America. It is estimated that 90 to 95 per cent of all children have it. Parents, by proper care, can prevent much of it.

Summer vacation time approach. es. Dr. Ireland will discuss its special problems next week.

Cardui Helped Lady For Nervousness and **Run-Down Condition**

"I have taken Cardui several times for weak, run-down condition and it has helped me," writes Mrs. Walter M. Coulon, of Forsyth, Ga. "I was nervous and suffering from a weak condition. There were days when I had to lie down during the cay. I sent for six bot-Mes of Oerdui, as it had helped me before. Cardui gave me strength, stopped the nervousness and helped me in every way." ... Cardui may be just what you need. It can't do you any harm, so why not try it? Thousands of women testify Cardul benefited them. If it does not benefit YOU, consult a physician \$1 a bottle, at drug stores

Designed in Sizes: 34, 36, 38, 40, 42 and 44. Size 38 requires 3½ yards of 35 inch material.

A BECOMING FROCK Pattern 8221: Women who make their own clothes will appreciate the style and value in the design pictured here. Most of us have to spend a certain amount of you wish him to have sound, even dress which combines charm with

utility as this one does. The cut-

Printed percale is the first choice

it is as important as washing the material which comes in pretty deface or hands and every child signs and colors and stands up well under much tubbing. Gay butons and belt buckle to match make Dental caries, or decay of the

a nice trimming.

For PATTERN, send 15 cents in coin (for each pattern desired), your NAME, ADDRESS, STYLE NUMBER and SIZE to Patricia Dow, The Carolina Watchman Pattern Dep't., 115 Fifth Avenue, Brooklyn, N. Y.

THE FACT FINDERS—AND THEIR DISCOVERIES



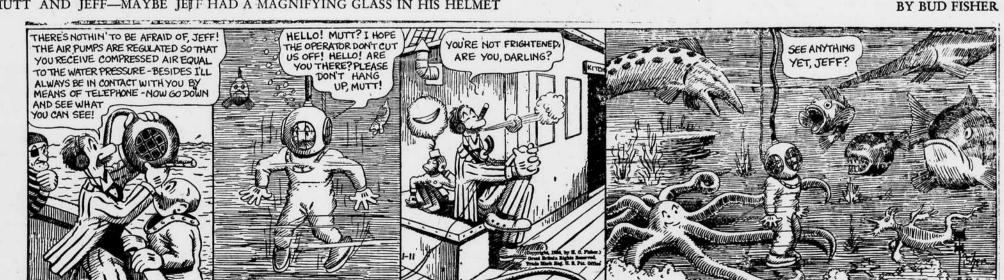
very expert. Backgammon is an- explorers!

Our club is still growing. 22,000 other of our favorite pastimes in the evening. We also have movies members now! If you haven't frequently and do a lot of reading. joined, by all means do now, with The scientists practically never quit no cost or obligation. Membership working, night or day. And the way | card and our big map of Antarctica they can concentrate on deep prob- will be sent you if you'll send your lems of astronomy, or some other name and address and a loose three weighty subject, in a room full of cent stamp to Arthur Abele Jr., men talking about baseball, the President, Little America Aviation atres, movies and a million other and Exploration Club, Hotel Lexingtime doing house work and need a topics is wonderful. Most of our ton, 48th Street and Lexington Ave daytimes are occupied with school nue, New York City, N. Y.

ting and making can be accom- MUTT AND JEFF-MAYBE JEFF HAD A MAGNIFYING GLASS IN HIS HELMET

BUREAU OF FORESTRY SAYS THAT THE

AVERAGE AGE OF TREES IS BETWEEN 200 AND 300 YE .25.





SEQUOIA TREES WERE NAMED IN HONOR OF SEQUOIA WHO WAS THE SON OF A WHITE MAN AND A CHEROKEE WOMAN OF MIXED BLOOD.

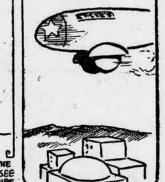
BY ED KRESSY YOU BETTER GET US BACK L' HOME, REX - SUPPER WIL BE READY SOON.

FROM ALL

CORNERS

OF THE

EARTH



SEQUOIA IS FAMOUS AS THE INVENTOR OF THE CHEROKEE ALPHABET. HE WAS BORN IN TENNESSEE ABOUT 1760 & GREW UP WITH THE INDIAN TRIBE

NATIVES BROUGHT TO HOLLYWOOD FROM SAN CHRISTOPHER, NEAR HAITI, TO APPEAR IN "BLACK MOON" REFUSED TO WORK IN THE PICTURE UNTIL A CHARM RESEMBLING DOROTHY BURGESS WAS REMOVED, BELIEVING THE CHARM TO BE BLACK MAGIC AND AN OMEN OF ILL LUCK