

CHARMING LITTLE HOME SO DESIGNED AS TO MAKE UTMOST OUT OF LIMITED SPACE

Building Practically Square and Exterior Details of Construction Simple and Inexpensive—Interior Arrangement of Rooms Model of Convenience—Structure Well Lighted Throughout.



BY ANITA DE CAMPI.

THIS charming little home designed in brick may also, with such minor modifications as by slightly increasing the overhang of the eaves of the variegated slate roof and using an impervious coping or proper flashing on the terrace wall, be readily adapted to stucco construction.

In plan it is 27 feet 6 inches by 26 feet 6 inches, essentially a square, thus making for a most economical relation between cost of inclosing wall and excavation to total floor area.

The exterior details of construction are simple and inexpensive, yet possessed of great artistic merit. A striped awning and netting over the walled-in front terrace provides an ideal place in the early morning or at twilight to enjoy in full measure the fragrance of out-of-doors. The French doors of the dining room which open out on the terrace prove of great convenience in serving the light lunch or tea.

The living room also opens out on the terrace by means of double doors which match those of the dining room. All have large protecting blinds which, while adding the necessary artistic touch in the summer months, have also a large measure of practical value by acting as storm doors in keeping out the chill breezes in the winter and early spring.

Little Space Wasted.

We drive up to the carriage entrance along the motor driveway which leads to the garage in the rear. This entrance we find serves a multitude of purposes. To the right, up a couple of stairs, is a hall upon which open the living room, kitchen, the breakfast porch, and the stairs leading to the second floor. To the left are the stairs down to the basement. This compact arrangement saves much of the valuable space which is frequently "tied up" in unnecessary hall space and eliminates many steps for the busy housewife. From this hall not more than a half dozen steps are required to reach the center of any room on the floor.

As we step from the hall into the living room there is a convenient clothes closet to the left, and to our

right an ample fireplace flanked by two small windows takes its place as the decorative center of the room. This room is so laid out that there is plenty of wall space, so that the furniture is readily arranged to make a decidedly comfortable and cozy living room.

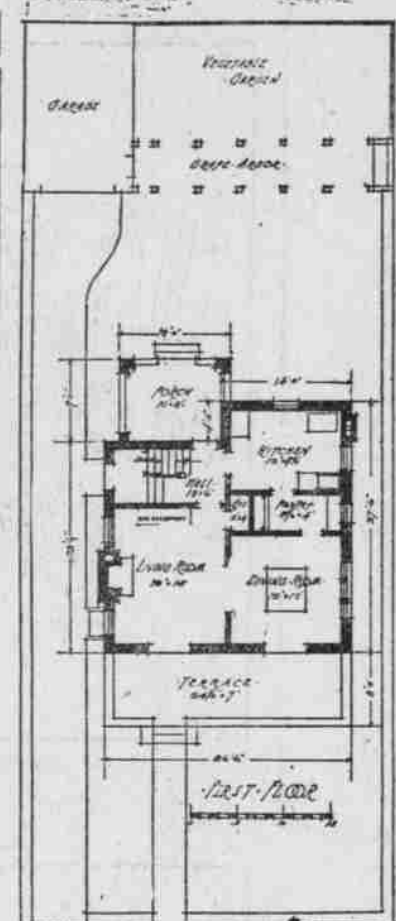
As previously described, the living room opens out on the paved and walled terrace by means of French doors. It is also connected to the dining room by means of a wide cased opening which makes the two rooms appear as one.

Sunlight Enters Easily.

Sunlight streams through a large triple window in the opposite wall of the dining room. More light comes in by way of the French doors leading from the dining room to the terrace. Conveniently situated between the dining room and kitchen, as kitchens go nowadays, complete our inspection before going upstairs where we find two bedrooms each 12 feet by 12 feet, the bathroom, and much closet space. The location of the doors and windows in these rooms is such that none will be obstructed by furniture and yet there is room aplenty for a dresser, dressing table, a chair, and, say, a chiffonier.

In the basement we find a furnace and coal room, also a laundry. The architect has so placed the stairway, which is the only exit from the furnace room, as to lead to the main entrance, it is preferable to have this stairway lead directly to the laundry instead of the furnace room, and have another stairway leading from the furnace room out the back way provided for cleanliness in removing ashes. This could be combined with an inclosed stairway leading down from the kitchen where groceries and other articles may be received and so that the ice box could be placed on this little inclosed porch and be led from the outside. A portion of the large laundry might well be cut off to form a fruit or storage room.

Although the investment for this home need be only a modest one, it is



advisable to safeguard the interior, where 96 per cent of dwelling house fires occur, by using metal lath and plaster instead of ordinary lath, especially for the basement ceiling over the furnace and coal room where spontaneous combustion, sometimes occurs, and for the plaster walls adjacent to the fireplace and chimneys leading from the laundry and kitchen.

George F. Frankenhörner of New-wood, O., was the architect who prepared the plans for this house.

Rubber nipples, pacifiers or baby comforters are urgently advised against in the preachings of the oral hygiene people. So many misshapen mouths and even malformed noses are due to these so-called harmless things and to the habit of sucking the fingers. The roof of the mouth is pushed up, preventing the inner part of the nose from growing properly, which in turn hinders free breathing.

In a splendid little booklet issued by the Metropolitan Life Insurance company Dr. Hyatt gives further valuable information on the care of the teeth: "Every one should use his own toothbrush. Use a small brush with bristles of uneven length. A small toothbrush can be moved about in the mouth more easily than a large one. After using your toothbrush, rinse it in water and hang it where the air and sunshine can reach it. If the bristles begin to come out, get a new brush. A loose bristle may get under the gum and cause pain.

In the morning brush your teeth with clear water and clean your tongue. Then rinse the mouth with lime water. The lime water should be kept in the mouth for at least one minute and then forced out between the tightly closed teeth. Clean the teeth after every meal, if possible, and always before going to bed. Use silk floss to remove the dirt from between the teeth.

It takes two minutes to brush the teeth properly. Remember there are

five sides to each tooth to be cleaned, the side next the cheek, the side near the tongue, the top, and the two surfaces between the teeth. Move your brush in circles on the outside of the teeth and gums. Clean the side toward the tongue and the tops by moving the brush straight in and out. Count 16 for each side and front, making two strikes of the brush at each count, for then you will know that the teeth have been brushed well. The space between the teeth must be cleaned with floss. The top or grinding surface must be cleaned thoroughly. More than one-half of the holes in the first molars occur on the tops. Since these molars come through when the child is about 5, careful brushing of children's teeth is important.

Tongue Needs Cleaning. "Don't forget the gums. Be sure to brush over them. Brush them lightly, but well. The gums should not bleed. If they do have the dentist look at them.

The tongue also gathers dirt. Clean it every morning. This can be done by scraping it with a whalebone.

After cleaning the mouth and teeth with brush and silk floss, rinse the mouth with lime water. It helps keep the dirt off the teeth, and the teeth grow stronger and more beautiful if the lime water is used every day. Pour a little of the lime water into a glass and, taking some in the mouth,

force it back and forth between the teeth with the aid of the tongue and cheeks, until it foams. Then spit it out and rinse with plain water. If the lime water is too strong add some plain water, but gradually learn to use it full strength by adding less plain water each day. You can make the lime water at home by carefully following these directions:

"Take a teaspoonful of clean, unslaked lime, the same that builders use. Now take a pitcher that will hold two quarts. Put the lime in the pitcher, add water and stir until you fill the pitcher. You should stir thoroughly until the water looks like milk. Let this stand for 24 hours. Pour off all the water, leaving the lime at the bottom. Now fill again with water. Stir thoroughly, and then tie a piece of muslin over the top, so as to keep out dust. Let this stand for 24 hours. Carefully pour this water off into bottles, which can be corked. You can add water to the lime in the pitcher until it is all used up. For a few cents you can make enough lime water to last the whole family for a long time.

Beauty Answers. GERRY: In all cases of skin corrosion the first rule to attend are those of fresh air, correct food, the internal and external use of water, a certain amount of daily exercise, and a few details of local attention. I have a little pamphlet on the care of the skin which covers these items fully,

too long to print here, though, and which you may have for a stamped, addressed envelope. It covers black-head trouble, pimples, acne and oily skin. I should advise you to send for it and follow directions. I cannot tell you how many people it has helped, but every day I receive letters of thanks from correspondents. There is a good cleansing cream formula included in it, too.

But: Poor dear, that is most discouraging. I've been through it myself and know what bereavement really means. But your trouble need not be endured if you are willing to give the hair systematic care—brushings, careful shampoo, a little tonic every night—until you have recovered your former peace of mind. Send me a stamped, addressed envelope quickly and I'll provide you a small pamphlet with complete instructions.

G. P.: Don't you think I should encourage vanity about personal appearance? Don't you honestly think a certain amount of it is awfully good for the soul? A person bereft of it is a failure nine cases out of ten. Don't you think pride about her appearance has played considerable part in the success of every big professional woman, business woman, and home woman? I do. I am afraid I cannot see your point of view at all. But, then, you have every right to your own opinion, at that.

J. G.: Every day eat some crusty

food so as to give proper employment to the teeth. Coarse, fibrous foods are cleansing, whereas highly concentrated foods are the opposite. To prevent pyorrhea apply just ordinary table salt to the tooth brush, just as you apply a dentifrice, and brush the teeth and gums with it a couple of times a week. Have some further instructions on mouth hygiene, for which I would ask a s. a.

Constance: Why don't you try the yeast treatment? I know it is effective in many cases. It is simple and inexpensive. It helps in cases of constipation and poor digestion. It often the basic trouble with skin disorders. Take one-third of a yeast cake with each meal for a couple of weeks. Mix the yeast with water, orange or other fruit juice. Some people just eat the yeast cake.

Sailors Get Hero Awards.

VANCOUVER, B. C.—In recognition of their gallantry "in saving lives at sea under dangerous conditions," 11 members of the Canadian Pacific Line's Monticale received the medals of the Liverpool Shipwreck and Humanitarian Society recently here at the hands of the Lieutenant-Governor of British Columbia, Honorable W. C. Nichol. The impressive ceremony took place on board the Canadian Pacific ship and the recipients came in for hearty congratulations from brother officers and shipmates.

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CARE OF BABY TEETH DECLARED TO BE ONE OF MOTHERS' IMPORTANT DUTIES

New York Dentists Give Advice and Aid at Health Exposition—Dr. Thaddeus P. Hyatt Tells How to Prevent Decay and Promote Growth of Healthy Molars in Young.

BY ANTOINETTE DONNELLY.

NEW YORK, Jan. 14.—(Special.)—At the recent health exposition held in New York under the auspices of the American Public Health association and Dr. Royal S. Copeland, health commissioner of New York city, the oral hygiene committee of New York held an interesting demonstration in the booth opposite the one in which my prize-winning fat-reducing class and I entertained daily.

The committee is made up of all the dental societies of importance in the city—the department of health, the association for improving the condition of the poor and the American Red Cross.

The intense value of its propaganda lies in getting parents interested in the condition of the child's teeth and applying the principles of prevention rather than correction.

Its arguments are based on better health for the grown-up, better citizenship, better minds as the result of giving a child the right to perfect molars. This society has made an exhaustive study of the ills which are due to neglected teeth and mouth—such as rheumatism, neuritis, neuralgia, headache, heart trouble, abscesses, skin troubles, colds, boils, nervousness—and it is passing the knowledge thus gained on to the public, so that hereafter it will be a positive disgrace for a grownup to go about with poor and decayed teeth.

Mothers Take Interest.

I was delightfully surprised to see the constant stream of mothers leading small children up to have their mouths examined by the attending dentists; at the manner in which they absorbed advice about care of the child's first teeth particularly, and about the foods which should be given them to make strong and beautiful molars.

One can see a better looking and more wholesome society some few years ahead as the result of this.

For the benefit of mothers who have not had an opportunity to get first-hand information on this all-important subject I will outline it.

Dr. Thaddeus P. Hyatt, D. D. S., dental director of the Metropolitan Life Insurance company and chairman of the oral hygiene committee, says:

"When your child is between 5 and 6 years old the four front teeth will begin to loosen and soon will fall out. New teeth will come in to take their places. These will remain a lifetime if they are cared for. At about the same time four large molars or grinders will start through the gum just back of the baby teeth. They come into places where there are no baby teeth. Many people think these molars are baby teeth. This is not so. They are the most valuable teeth a person can have and belong to the second set, which is meant to serve for a lifetime. As soon as these molar teeth appear have a dentist look at them and send the child to the dentist or clinic every six months to have these teeth cleaned. Ask the dentist to put some cement

"While the mother is nursing the child," he advises, "she should eat plenty of eggs, milk, corn, whole wheat bread, spinach, apples and grapes. The doctor will tell the mother what is best for her case. Ask the doctor what food will build the baby's bone. The same food will build the teeth. When baby is weaned be sure his new food contains bone-building material.

"Candy is bad for the teeth," he adds. "Children should have plenty of milk, cream, butter, oatmeal, nuts, apples, prunes, currants, figs, berries, tomatoes, spinach, cornflakes and

corn meal. Give your child rye bread, crusts of bread, dry bread and food hard to chew. This will give the teeth work and send good blood to the inside of the tooth and keep it strong."

"The care should begin with the tiny infant. Immediately teeth appear the mother is advised to begin the cleaning work by wrapping a soft piece of cloth around the finger and wetting it with warm water and a little cooking soda. Rub over and around the teeth. Do this morning and at night and when baby grows up his teeth will be healthy and strong.



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