



## OUR COMIC SECTION

Snoopie


WHAT TO EAT and WHY $\star \star \star$ C. Houston Goudiss Notad Food Describes the ACID. and ALKALINE ASH FOODS and Explains Their Role in Maintaining the ACID-BASE BALANCE of the Body $\star \star \star$ By c. houston goudiss












| Inde |
| :---: |
| where |
| whit |
| which |







Have You a Question?




 Hate on the other hands
 are the most
any tood known. If it seems curious that suat ash, you may find it even hardef
ob believe that oranges, lemore
grapefruit peacen grapefruit, peaches and tomatoen,
which taste acid in the mouthe eave an alkaline ash following
digestion. But the fact is that to
body pertorms a clever chemical engineering and the fit
effect on the blood is alkaline.
 A balanced diet must inelude
uffieient base-forming foods to neutralize and counter-balanet
the effeets of the ceit metabolism.
That is one reason why it is
important for the homemaker in provide her family with plenty
milk, fruits and vegetables, in ad
dition to the necessary meat, fist eggs and cereals.
In general, one is likely to
better when base-forming to predominate, at least slightly
the diet over aci-f-orming fo
Some authorities believe that Some authorities believe that
may be due not soo much to the
effect on te acid-base balace
lo the fact that they provide suct to the fact that they
splendid amounts of
minarals and fiber.
However
 coods necessary to round
balanced diet.
To those homemakers who take
seriously the important job seriously the important job
feding a family, and wish to
correctly informed, I shall g ladid
send a chart showing which foodil send a chart showing which
are alkaline and which arid
can be used as a helpful guif
planning a balanced diet. Send for this chart and ince
your food knowledge. In meantime, don't under any
cumstances allow migguided
viduais to frighien you into
ing the vast army of acid-min ing the vast army of acid-min
people who are oconcerned
the possibilitites of acidosis
they haven't time to enjoy life

Questions Answered Mrs. S. T. R.-No, egg w
most certainl are not toxic
cept to people who have no
lergy toward this food. Fo
normal individuals, they offer excelient source of protein
Miss M. V. IIdeed I
against the eating of frie
 except in eating
where, for some rea
becomes to digest. It, therefore, in the oven. To glaze pies, brush
of people are contributing thousands them with the white of an egg if
thou wish them to be a shiny
own discomfort as a result of fear,
ignorance. or a bilin belief in mis-
leading elaims which are opposed
to

Acidosis Uncommon
The danger is not from acidosis,
ut from the fear of this bugbear, them in boiling water forkfye five min-
utes or so. This will also mak have been of fried fooperis, whit
the dieoted palatable makd ind iterestin
Mrs. Mrs. R. MeK. Generally
ing, the ideal weight for
women over wher mal weight at the age of
From that time on, the
should be watched, and
intake reduced as aco
quired to overcome a fancied con-

FREE CHART
Shooring Which Foods Are
Acid and Which Alkaline
 least enough alkaline, or baseoform-
ing foods, to balance the acid orm
ing foodd












