

Scenes and Persons in the Current News



1—Gov. Philip LaFollette, announcing the formation of a new third party, the "National Progressive Party of America," is campaigning to organize the Middle West. 2—Reichsfuehrer Adolf Hitler of Germany and Premier Mussolini who met in Rome on the occasion of Hitler's triumphal visit to Italy. 3—Brig. Gen. Barton K. Yount, named assistant to the chief of the United States air corps for a term of four years by President Roosevelt.

Irish Wit vs. Yank Diplomacy



George Bernard Shaw, left, chatting with Joseph F. Kennedy, American ambassador to London, following a ceremony which took place at Kensington, London, recently in which the famous Irish dramatist received the deeds of the national theater on behalf of the executive committee.

URGES DEFENSE



With war scares hobbing up all over the world, the United States must be assured a plentiful supply of "strategic minerals," Dr. John W. Finch, director of the bureau of mines, announced in a memorandum to the press. He urges a tariff protection and stock-piling program to solve defense problems with respect to manganese (No. 1 "strategic mineral"), nickel, chromium, aluminum and other metals.

"Baby" Senator Reduces Weight

In deference to his waistline, Sen. Rush Holt of West Virginia, "baby" member of the United States senate,



keeps a ping pong table in his office, where he indulges in this exercise between sessions. Here you see the senator in a bit of fast play.

Ball Players Advertise Fair



Members of the University of California baseball team will help advertise the 1939 San Francisco World's fair on its barnstorming trip throughout the United States. On the sleeve of each player will be sewed an emblem featuring the exposition. Lois Sherman is seen sewing the emblem on Sam Chapman's sleeve. The trip takes the team to the campuses of 22 leading universities and colleges.

Ireland's New President at Home



Dr. Douglas Hyde, new president of Eire (Irish Free State), shown seated among his grandchildren at the home of his daughter, Mrs. J. Sealy, at Donnybrook, Ireland. Dr. Hyde, a noted Irish scholar, is a Protestant and the son of a Protestant clergyman.

WHAT TO EAT and WHY ★ ★ ★

C. Houston Goudiss Noted Food Authority

Describes the ACID- and ALKALINE-ASH FOODS and Explains Their Role in Maintaining the ACID-BASE BALANCE of the Body ★ ★ ★

By C. HOUSTON GOUDISS
6 East 39th Street, New York City.

ACIDITY is the topic of the hour. On every side we hear people complaining that they have too much acid in their systems, that they suffer from acid stomach, acid headaches, acid mouth, acidosis. In fact, most adults fancy themselves victims of a great battle between acid and alkaline forces, with the acid having the bet-

ter of it. They confuse gastric acidity—which is entirely normal, for the healthy stomach is always strongly acid—with the potential acidity of foods which leave an acid residue following digestion. And many of them are convinced that they should take drastic steps to overcome the danger of acidosis.

dition. For in spite of the large amount of acid produced in metabolism, the blood normally remains remarkably constant and slightly alkaline, due to a highly efficient buffer system.

Perhaps you wonder, if this is so, why doctors and dietitians talk so much about the acid-base balance.

The Acid-Base Balance

To understand this phrase, you must know that every food leaves an ash when burned in the body, just as ashes remain when coal or wood is burned in a furnace. In the body, the ash consists of valuable minerals which are required in large amounts to maintain optimal health.

Some foods, such as meat, fish, eggs and cereals, leave an acid ash because the predominating minerals are phosphorus, chlorine and sulphur. Other foods, chiefly milk and most fruits and vegetables, leave an alkaline ash because the remaining minerals are principally calcium, magnesium, potassium and sodium. These are the base-forming foods.

Besides the alkaline ash and acid ash foods, there is a group of foods, including sugar, cornstarch and purified fats, which are so highly refined that no minerals remain after they are burned; and some other foods, such as butter and cream, leave a balance of the two types of ash. These are known as neutral foods.

Cannot Trust Your Tongue

The sense of taste cannot be relied upon as a guide in determining which foods are acid and which alkaline. For example, cereals, which are bland to the taste, have an acid reaction following digestion. Bread, likewise, is acid forming, although you would not suspect that fact from its taste. On the other hand, po-

The Vogue of Acidosis

There are fashions in disease, just as in dress, home furnishings and automobiles. Ten years ago, we heard much about the evils of auto-intoxication, and it was some time before people realized that they had been misled by the extreme claims of those who had some sort of remedy to sell. And now it is acidosis that is the most talked of complaint. Friends caution one another against this or that food, with the mistaken idea that it causes or aggravates an acid condition. Food faddists have frightened thousands by suggesting that acidosis is brought about by mixing various kinds of foods.

Health Endangered

Indeed, we have come to a point where the fear of a so-called acid condition is assuming proportions which indicate the possibility of real trouble unless the American people get the true facts and put aside these foolish delusions.

Physiologists believe that fear and worry have a detrimental effect on digestion, and, in turn, on the general health. Thus eating meals in constant fear of acidity may upset the digestion and bring about the very symptoms that you are trying to avoid. One well-known authority contends that perhaps 90 per cent of digestive distress, attributed to the kind or combinations of food eaten, is actually due to unfavorable mental or emotional states, and other causes such as over-eating, even when fatigued, or consuming at one meal too many foods that are difficult to digest. It, therefore, becomes apparent that thousands of people are contributing to their own discomfort as a result of fear, ignorance, or a blind belief in misleading claims which are opposed to scientific facts.

Acidosis Uncommon

The danger is not from acidosis, but from the fear of this bugbear, and from self medication in the belief that certain remedies are required to overcome a fancied con-

Have You a Question? Ask C. Houston Goudiss

C. Houston Goudiss has put at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for post-card inquiries will receive the same careful attention. Address him at 6 East 39th Street, New York City.

tatoes, though somewhat similar to bread in flavor and food value, are one of our most valuable alkaline foods, and dried lima beans are the most highly alkaline of any food known.

If it seems curious that such bland foods should have an acid ash, you may find it even harder to believe that oranges, lemons, grapefruit, peaches and tomatoes, which taste acid in the mouth, leave an alkaline ash following digestion. But the fact is that the body performs a clever bit of chemical engineering and the final effect on the blood is alkaline.

Homemaker's Responsibility

A balanced diet must include sufficient base-forming foods to neutralize and counter-balance the effects of the acids formed in metabolism.

That is one reason why it is so important for the homemaker to provide her family with plenty of milk, fruits and vegetables, in addition to the necessary meat, fish, eggs and cereals.

In general, one is likely to feel better when base-forming foods predominate, at least slightly, in the diet over acid-forming foods. Some authorities believe that this may be due not so much to their effect on the acid-base balance as to the fact that they provide such splendid amounts of vitamins, minerals and fiber.

However, one must not make the mistake of becoming so enthusiastic over building a highly alkaline diet that one overlooks good foods necessary to round out a balanced diet.

To those homemakers who take seriously the important job of feeding a family, and wish to be correctly informed, I shall gladly send a chart showing which foods are alkaline and which acid. It can be used as a helpful guide in planning a balanced diet.

Send for this chart and increase your food knowledge. In the meantime, don't under any circumstances allow misguided individuals to frighten you into joining the vast army of acid-minded people who are so concerned over the possibilities of acidosis that they haven't time to enjoy life.

Questions Answered

Mrs. S. T. R.—No, egg whites most certainly are not toxic, except to people who have an allergy toward this food. For all normal individuals, they offer an excellent source of protein.

Mrs. R. McK.—Generally speaking, the ideal weight for men and women over thirty is their normal weight at the age of thirty. From that time on, the scales should be watched, and the food intake reduced as soon as a gain is noticed. When maturity is reached, food is no longer required to support growth, and unless muscular activity is maintained at a high level, the total energy requirement will gradually decline.

Miss M. V.—Indeed I am not against the eating of fried foods, except in abnormal conditions where, for some reason, the fat intake must be restricted. The moderate use of fried foods, which have been properly cooked, makes the diet palatable and interesting. © WNU—C. Houston Goudiss—1938—10

HOUSEHOLD QUESTIONS



Boil Canned Fruit.—Tinned fruit is greatly improved in flavor if turned out into a saucepan and boiled for one minute.

Cleaning the Tub.—A badly-stained enamel bath can be cleaned by being rubbed all over with a cut lemon. Leave for a short while and then clean in the ordinary way.

To Peel Oranges Quickly.—Put them in boiling water for five minutes or so. This will also make them juicier.

Proper Heat for Cake.—Angel food cake is apt to be tough if the oven is too hot; 250 degrees Fahrenheit is the proper temperature.

One Creamed Dish.—In selecting a soup for a meal remember that creamed soups should not be served when there are creamed vegetables or creamed fish to follow.

When Baking Apples, Etc.—Use muffin tins for baking apples, onions, stuffed peppers, etc. They will keep their shape much better.

Salt for Lard Shortening.—Many cooks add a small amount of salt when using lard for shortening in pastry and pies. This insures better results and flavor.

Send for This FREE CHART

Showing Which Foods Are Acid and Which Alkaline

ONE of the principles in planning a balanced diet is to include at least enough alkaline, or base-forming foods, to balance the acid-forming foods.

To help you distinguish the foods that belong in each group, C. Houston Goudiss offers to send a free chart listing the principal acid-ash and alkaline-ash foods. Address C. Houston Goudiss, 6 East 39th St., New York City.

FIVE minus TWO leaves FOUR

WRONG? Well, yes—and no. The arithmetic of your school days taught that if "Mary had five dollars and spent two..." three dollars remained. But that is mathematics—not shopping!

In managing a home... guarding a limited family income... we've simply got to do better than Mary did. We must sharpen our buying wits... ascertain where the dollars of extra value lurk... take five dollars to town and get much more for the money spent.

Fortunately, there are ever-willing guides right at hand—the advertisements in this newspaper. Advertised merchandise is often exceptional value merchandise. It makes dollars S-T-R-E-T-C-H.

"Black Leaf 40"
KILLS INSECTS
ON FLOWERS • FRUITS
VEGETABLES & SHRUBS
Demand original sealed bottles, from your dealer