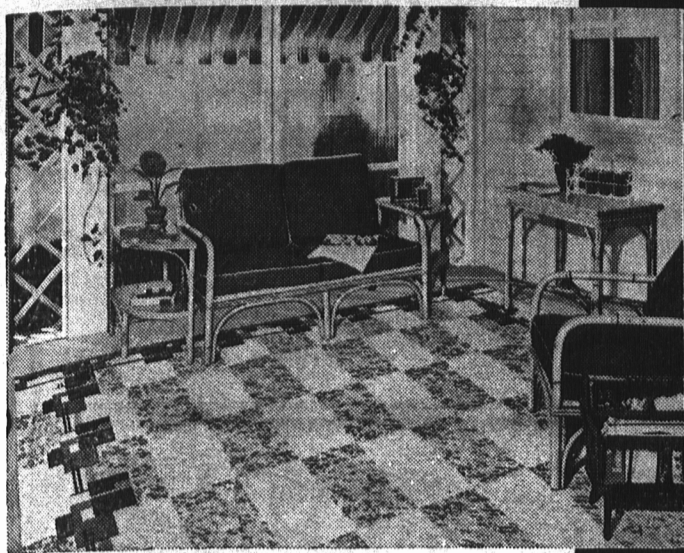


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Chat Body of Hours

By James W. Barton, M.D. PREVENTING ACIDOSIS

You are reading in newspapers and magazines and hearing over the radio about acidosis, and the great need of some thing to "alkalize" the blood and tissues.

The fat of the body needs starch foods to help burn it; if not enough starch food is eaten, then fatty acids form which lower the alkaline reserve of the blood and tissues.

However, even if you are of normal weight you can acquire an acidosis—loss of your alkaline reserve—in a very simple manner by eating meat, bread, and sugar every day.

But how can you prevent acidosis? While many individuals like to use baking soda, soda mints, or other "alkalizer", the daily use of two or more of the "alkaline" foods will keep the blood and tissues in their proper alkaline condition.

The alkali-forming foods are: milk and dairy products, nuts, fruits (except rhubarb, cranberries, prunes and plums) and vegetables.

HOUSEHOLD HINTS

To improve the flavor of stewed prunes cook slice of lemon and a cinnamon stick with them.

Trained rat catchers, who work on ships in London docks, must estimate the number of rats in a ship before beginning their work of extermination.

My advice is to consult the lives of other men as we would a look-glass, and from thence fetch examples for our own imitation—Terence.

Skyway Lovers

(Continued from page 2)

spent apartment hunting. The first thing she wanted was to get her mother into decent living quarters. That she felt, would make up to her for Allison's being away, and she found a desirable place.

Next afternoon, when Allison was through at the school, she asked her mother to meet her uptown. The two boarded a subway and got off at 180th Street.

"It's home, mother!" Allison said, sweeping the woman into her arms. Of course, Mrs. Thayer cried. They had to try all the chairs, the daynaport, and look at the neat bedroom with the twin beds.

Going back downtown on the subway, both of them were lost in their own thoughts.

Allison had not seen Steve Broderick since that first day in White's office. Now and then she heard bits of news about him and Terence.

ever meet the man reputed to be Continental's handsomest pilot.

Disturbing News

When they got off at their stop Allison bought a newspaper. They were going to eat out at an Italian restaurant over near Washington Square by way of celebration.

At dinner Allison glanced at the newspaper. As she turned the pages idly she noted the photograph of a beautiful woman.

"So! Allison sat staring long at the newspaper. Her mother's voice brought her back to the little restaurant. Allison had never told her anything about the shooting episode, the details of her losing her job at the flower shop. She could not. That had been Mr. Roerden's affair, not hers.

Then it was ended and Mrs. Roerden was in Reno. Regardless of what Mr. Weston had said, Allison felt responsible. It had been her own stupidity which had brought on the divorce. And yet Mr. Roerden had turned out to be her one real friend!

(To Be Continued)

Laziness grows on people; it begins in cobwebs, and ends in iron chains, the more business a man

I've chewed 'em all and Club is my pick on every count.



Club sure gives a man a lot of sweet, long-lasting chews for a dime!

10¢

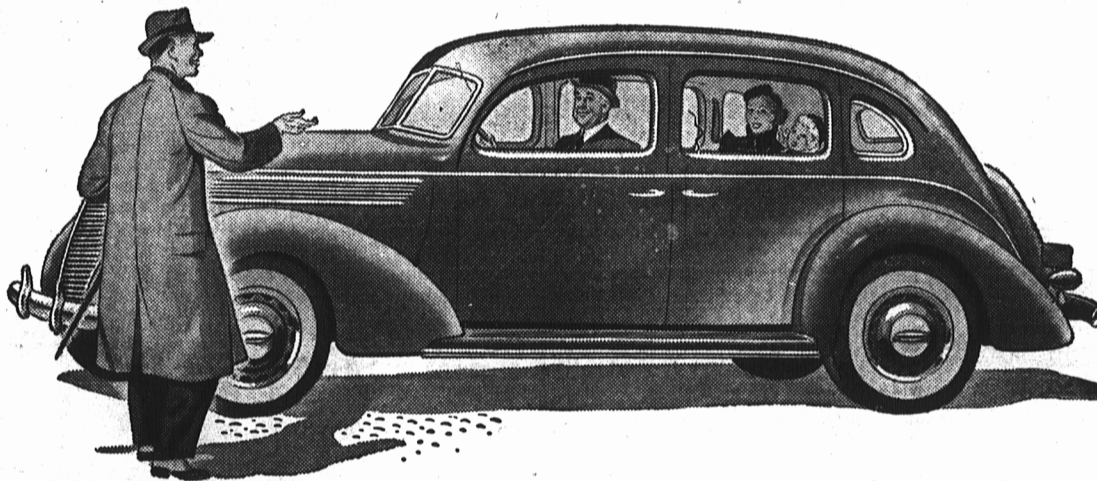
CLUB CHEWING TOBACCO

YOU MIGHT AS WELL CHEW THE BEST.

has to do, the more he is able to accomplish; for he learns to economize his time—Judge Ha'e. Smart guests at a recent fashionable wedding wore pink accents with dark costumes.

FIND A GOLD MINE IN YOUR BACK YARD, JOHN?

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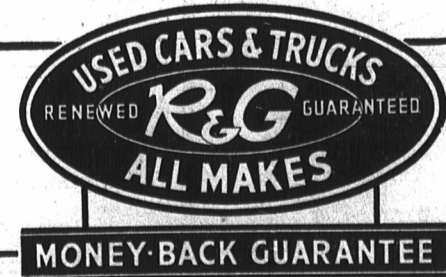
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