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 better 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.

—★—

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 condition. 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, potatoes, 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.

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.

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 postcard inquiries will receive the same careful attention. Address him at 6 East 39th Street, New York City.

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.

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.

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.

© WNU—C. Houston Goudiss—1938—10

Milton, Scott, Defoe, Bach Late-Flowering Geniuses

Cervantes was fifty-eight when the first part of "Don Quixote" was given to the public.

Darwin did not begin to write his "Origin of the Species" until long past forty.

Milton was sixty when he began to compose "Paradise Lost."

Daniel Defoe was fifty-eight when he produced "Robinson Crusoe."

Bunyan did not begin "Pilgrim's Progress" until he was more than forty.

Sir Walter Scott was forty-three before he began to attract attention by his writings.

Bach did not compose until he was past forty.

Harvey published his discovery of the circulation of the blood at fifty.

Chaucer's "Canterbury Tales" were the product of his old age.

Wordsworth did not gain renown until after forty.

Everything you want in NEW YORK!

● is right around this quiet, congenial hotel. Rooms with bath from $2.50 single, $4 double. FAMOUS FOR GOOD FOOD.

HOTEL Woodstock
43rd St. East of Broadway
TIMES SQUARE NEW YORK

IN THE SHADOW OF THE EMPIRE STATE BUILDING

A quiet, convenient hotel in New York combining the spaciousness and friendliness of an old hotelry with every modern improvement.

SINGLE $2. DOUBLE $3.

Direction: American Hotels Corporation

HOTEL Aberdeen
32nd St., Bet. 5th Ave. & B'way
NEW YORK

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!

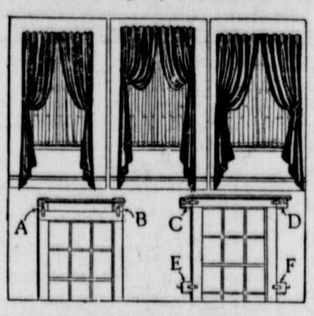
In managing a home . . . guarding a limited family income . . . we've simply got to do better than Mary did. We must sharpen our buying wits . . . ascertain where the dollars of extra value lurk . . . take five dollars to town and get much more for the money spent.

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.

HOW to SEW

By RUTH WYETH SPEARS

THE windows shown here are the same size. The center one is made to look taller by adding an extension at the top. The one on the right is made wider with extensions at the sides. Tall windows lend dignity and a note of formality. By placing the tie-backs quite high this effect is emphasized even more.



Wide windows often make a room seem larger and give wall spaces better proportions. Exth sions at the sides may also be used so the draperies will cover less of the window, giving more view and sunlight.

To make a window higher, merely screw blocks of wood to the top of the frame as at A and B with metal straps such as may be obtained at any hardware store. The curtain rods are then screwed to the wood blocks. To add width, screw the blocks to the sides of the window frame as at C and D. If tie-backs are to be used, extensions for them may be added as at E and F.

Draperies like the ones shown here may be lined or not according to the weight of the material used. My book SEWING, for the Home Decorator, shows you exactly how to make them either way and how to make the French heading. This book also gives directions for making slipcovers; all types of dressing table covers; seventeen different types of curtains; bedspreads; and numerous other useful and decorative things for the home. Readers wishing a copy should address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill., enclosing 25 cents (coin preferred) and the book will be sent by return mail.

Hail to Pilgrim Mothers

Bruce Barton, the nationally-known writer and advertising executive, tells of an incident that happened at a celebration in Boston in honor of the landing of the Pilgrim fathers. He says that after several laudatory speeches had been made by men, a woman got up and said: "I am tired of hearing so much praise of the Pilgrim fathers. I want to say a word about the Pilgrim mothers. They had to endure all that the Pilgrim fathers endured, and they had to endure the Pilgrim fathers besides."

Summer Afternoon Dresses

THESE two patterns bring you outstanding fashions of the season, the woman's dress very slenderizing and flattering, the little girl's frock as saucy, bright and perky as a daffodil. Each pattern includes a detailed and complete sew chart, with step-by-step, easy-to-follow directions.

Bolero Frock for Little Girl.

This dress has no less than four of the most becoming details in the world—a crisply flaring skirt, sleeves puffed out like little balloons, a brief bolero, and a round collar! Make it up in printed percale (a light, flowery design), paper taffeta, gingham, linen or dimity. Use ricrac or Irish edging to trim the collar and bolero.

Soft Detailing for Large Women.

Notice the soft gather on the shoulders and sleeve tops, creating just enough fullness where it's needed, the lengthening revers, the slim lines of the skirt—all extremely becoming to women who want to minimize their weight. This dress will be lovely in georgette, chiffon or voile.

1505 is designed for sizes 4, 6, 8, 10 and 12 years. Size 6 requires ⅜ yard of 35-inch material for the bolero; 2¼ yards for the dress. Contrasting collar (if desired) requires ¼ yard. 2⅜ yards of braid for trimming.

1461 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 4½ yards of 39-inch material with short sleeves. 4⅞ yards with long sleeves.

Spring-Summer Pattern Book.

Send 15 cents for the Barbara Bell Spring and Summer Pattern Book which is now ready. It contains 109 attractive, practical and becoming designs. The Barbara Bell patterns are well planned, accurately cut and easy to follow. Each pattern includes a sew-chart which enables even a beginner to cut and make her own clothes.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

© Bell Syndicate.—WNU Service.

Uncle Phil Says:

A Great Difference

The unwise man puts things off; the wise man puts things over.

Unreasonable people are those who won't let us have our own way.

Money spent on a magnificent church is not wasted. It gives joy to those inside and those outside, as well.

Encourage the right kind of pride in a young man; and it begins in his pride in his college diploma.

CHEW LONG BILL NAVY TOBACCO 5¢ PLUG

GUIDE-BOOK to GOOD VALUES

● When you plan a trip abroad, you can take a guide-book and figure out exactly where you want to go, how long you can stay, and what it will cost you. To save you time, the obliging author has marked especially interesting places with a star, or two or three—so that when you land in Europe, you know exactly where to go and what to look at. The advertisements in this paper are really a guide-book to good values . . brought up to date every week. If you make a habit of reading them carefully, you can plan your shopping trips and save yourself time, energy and money.

Can You Bake a Good Cake?

Your Recipe May Win a Cash Prize

Enter This Easy Contest
Nothing to Buy . . . No Letter to Write

HAVE you a favorite cake recipe that never fails to delight your family and friends? Possibly it is famous all over town and you are always asked to bake it for benefit sales and church suppers. Or perhaps it has never been served outside your family.

Here is a chance to win nationwide fame for your cake and at the same time earn a substantial cash prize.

The dietitians in the Kitchen-Laboratory maintained in New York City by C. Houston Goudiss are interested in GOOD cake recipes. And he is offering 16 cash prizes, ranging from $25 to $5 for the cake recipes adjudged the best by the experienced home economists on his staff.

$25.00 First Prize

$10.00 Five Second Prizes

$5.00 Ten Third Prizes

You have nothing to buy—no letter to write. There is no restriction as to the type of recipe you may send in. Perhaps your specialty is a Chocolate Cake—a Devil's Food, a Marble Cake, or Lady Baltimore. It may be plain or frosted. Baked in layers or in a loaf. Put together with a cream filling. Or topped with a meringue.

Just send along the recipe, attaching the coupon on this page, including the information called for. That is—your full name and address, the name of your local newspaper, and the trade name of the shortening, baking powder and flour used in your recipe.

All recipes must be postmarked not later than May 31, 1938, and prize winners will be announced as soon as possible thereafter. Prize winning recipes, together with those receiving honorable mention from the judges, will be printed in a booklet to be distributed nationally.

Write out your recipe today and mail it to C. Houston Goudiss, 6 East 39th Street, New York City.

Cake Recipe Contest

C. Houston Goudiss
6 East 39th Street, New York

Please enter the attached cake recipe in your contest.

My name is _____

My address _____

Town _____ State _____

My recipe calls for _____
(Brand name of shortening)

My recipe calls for _____
(Brand name of baking powder)

My recipe calls for _____
(Brand name of flour)