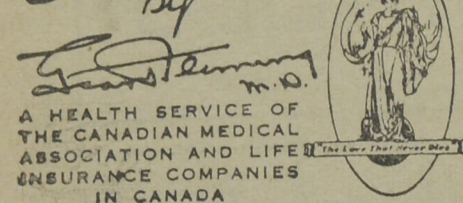


# HEALTH



Questions concerning health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

## FOOD FALLACIES

The American Public Health Association Year Book, 1935-36, contains the report of the Committee on Nutritional Problems. Under the heading of food fallacies and nutritional quackery is found some useful information which is here digested to point out to our readers some of the commonly held mistaken ideas concerning foods.

There is an erroneous idea commonly held that nearly every disease and ailment can be cured by some system of dieting. The successful preying on the public by faddists and quacks, in this respect, has assumed alarming proportions.

One of the most common and extensively proclaimed nutritional fallacies is that proteins and starches are incompatible and that they should be separated into distinct meals. One can look in vain through the writings of authorities in textbooks and journals for any scientific experimental data in support of this idea.

Investigators and authorities in the field of nutrition are practically unanimous in the opinion that there is no incompatibility between starches and proteins in the diet.

"Acidosis" is a term that is frequently used by the purveyors of food fallacies in the exploitation of the books, literature and dietetic systems. Nearly all diseases that afflict mankind are enumerated by them as the result of "acidosis" caused by eating "acid foods."

Acidosis is usually a condition attending certain diseases, such as diabetes or kidney disfunction, involving a faulty metabolism of the body. The Committee on Foods of the American Medical Association believe that as the term "acidosis" is so little understood, its use in public advertising

## A LAURA WHEELER "PILL-BOX"



PATTERN 1227

Summery and gay—this jaunty "pill-box" hat crocheted in guimpe! Let it surprise you with its easy making, the brim very quickly done in rib and puff stitch, crown in plain crochet, and dainty flower trim repeated in a matching boutonniere. A second bunch of flowers are entirely different in design than those shown. Pattern 1227 contains detailed directions for making the set shown; illustrations of it and of all the stitches used. material requirements.

Send 20 cents in stamps or coin (coin preferred) for this pattern to "The Maritime Broadcaster," 22 Canterbury Street, Saint John, N. B. Write plainly the PATTERN NUMBER, your NAME and ADDRESS.

is misleading and is, consequently, disapproved.

There is no evidence to show that a preponderantly acid diet is injurious. The body reaction remains practically unaltered even shade goes well with this garment when a wide range of amount of acid or base is ingested.

The commonly so-called "acid" fruits, such as oranges, tomatoes and grapefruit, contain certain weak acids which are easily oxidized in the body. They really serve as available alkali to the body.

(Continued on Page 16, Col. 5)

## WHAT ONE GIRL WORE

By BETTY BROWNLEE

An indispensable addition to every adequate wardrobe is this dusty pink herring-bone weave coat—just the thing to have at hand for a coolish evening or to take on boat or train or motor jaunt, where atmospheric changes are apt to make it mighty welcome.

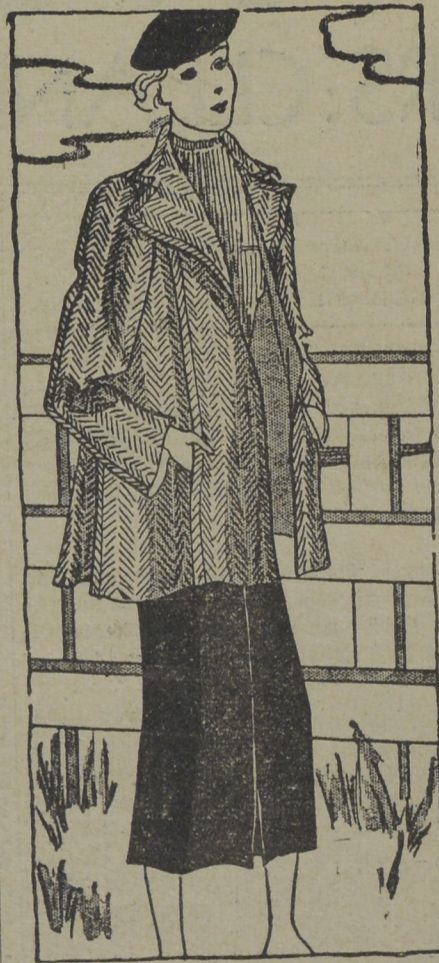
This tailleur is of five-eighths length and has a wide overlay seaming on the sleeves and down the front which conceals the slit pockets with which it is supplied and, at the same time, invests the coat with a pleasing tailored finish. It hangs loosely—always an advantage, as it thus adapts itself to the figure of any wearer and affords coverage for any type of dress, no matter how fluffy. A slit back aids in achieving this fullness.

A slip-over sweater of the same ment, although it can be combined with any number of different colored sweaters. The same latitude applies to skirts—they can be of a matching material or in contrast with the sweater worn.

### WOMEN!

If you have tried everything else and they have failed to give you relief, ask your druggist for **MARTEL'S FEMALE PILLS** in sealed tin box, or mailed on receipt of \$2.00. (or "Special" Pills \$3.50). One month's treatment in most cases. Not something new, but an old reliable remedy on the market for years. If you are nervous and run down, have backache, or any of the symptoms peculiar to your sex, do not delay.

**KNICKERBOCKER REMEDY CO.**  
71 Front St. E., Toronto



Here's a lovely and a useful accessory which it is most important for you to consider, if you already have no such handy coat among your apparel.

# Summer Needs

'round the cottage—  
'round the town house!

WINDOW SCREENS . . . with wood frames and wire screening. Open sizes are 36½x11. . . 60¢ each; 44½x9½. . . 60¢ each; 28½x9½. . . 45¢ each.

WINDOW SCREENS . . . with wood frames and cloth insets. Open sizes are 45x8. . . 60¢ each; 32½x8. . . 50¢ each

WINDOW SCREENS . . . with metal frames and green wire screening. Open sizes are 32x10. . . 35¢ each; 36x14. . . 50¢ each; 32x14. . . 40¢ each.

WINDOW SCREENS . . . all metal shutter-like design. Open sizes are 33x8. . . 45¢ each.

WIRE FLY SWATS. . . . .10¢ each

MAIL AND TELEPHONE ORDERS FILLED

*Manchester Robertson Allison*  
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CANTERBURY STREET

IT'S SMART TO BE THRIFTY

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## BEATTY CAFETERIA

ADMIRAL BEATTY HOTEL  
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- PROOF 1—Fewer operating costs.
- PROOF 2—Safe food protection.
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**The BUSY BEE Cake and Pastry Shop**  
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