

every mouthful. Chew your food well in order that the saliva is well mixed with and does its share in helping your digestion.

After the meal is finished a warm or hot drink may be taken. This method makes it easy by the cut and try principle of knowing just what foods give the greatest benefit and within a very short space of time a daily menu can be arranged that has lots of variety and yet is still simple and beneficial.

The following table is given to assist our numerous correspondents in selecting foods that are not likely to disagree with them and from which a varied menu can be built up.

*Fish*— All kinds of fresh fish, steamed or boiled.

*Meats*— Lean Beef, Mutton, Lamb, Chicken, Fowl, fresh roasted or broiled.

*Eggs*— Boiled or poached.

*Bread*— White or whole wheat, dried or toasted.

*Fruits*— Fresh or canned. Choose ripe fruit only.

*Vegetables*— Potatoes (in moderation), Spinach, Lettuce, Celery, Watercress, Asparagus, Cauliflower, Onions, Cabbage, Turnip, Tomatoes (in moderation), Carrots, Beetroots.

*Drink*— Tea, Coffee (one cup), or the patent food drinks may be tried.