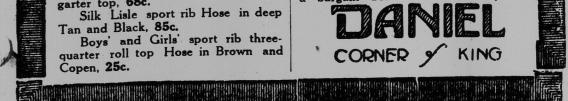
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fit, regardless of the heat. Roman Meal is the only richly alkaline cereal, 400 parts in each 1,000 "Excess Alkali," alkaline enough to correct the acids of white flour, other cereals, fats, meats and sweets. It makes delightful porridge, pancakes, puddings, cakes. Even hot Roman Meal porridge is more "cooling" than any cold, refined, acid-forming cereal. But you can

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