## Why is it best? Quality.

## ANNE HIRST Your Family Counselor

"Dear Anne Hirst: My husband has been ill for a long time. I've taken care of him, also my children, and it keeps me going from morning to night. My problem is his mother.

"She stays with us occasionally. Then she visits his brothers and sisters—and tells untruths and sisters—and tells untruths about me, charging me with things I never said... I like all his family; they have done so much to help out, and are so kind and thoughtful. I'm afraid they will take their mother's word before mire. What am I to do? will take their mother's word before mine. What am I to do?
"I've always been nice to her.
and spoken well of her... I've said nothing about all this, for I felt by ignoring it she might stop her childishness. She hasn't yet. I feel she is being really cruel; I have so much worry and so much work, this just adds to my burdens.

DON'T BORROW TROUBLE

\* Unless your husband's fam-\* ily have repeated their other's false tales to you, I \* mother's talse tales to you can take it for granted that they know her better
than you do. A person who
maliciously tries to create dis-\* sension does not usually confine her attacks to any one indiher attacks to any one individual; others suffer also from
her gossip. It is likely her children have known this evil tendency and made allowances. Should one of them confront you with tales, why not say:
"You know how I have loved
you all, and appreciated your
kindness to us. How could you
believe I would say such
things?" The truth usually

\* things?" The fruit days

\* carries its own conviction, and

\* I expect your words will

\* promptly dispel any doubt

\* they may have held. It is doubly trying to have \* this unpleasantness added to \* your worries and fatigue. You \* have done well to ignore it so \* far; I hope you can continue \* to do so. You have lived in harmony with your in-laws for so long, and appreciated their

For Half-Sizers!



by Anna Adams Be well-dressed every day with a seperate wardrobe! Propor-tioned for the shorter-waisted. fuller figure-no alteration probtems! Whip up this smart en semble with ease—have weskit

and skirt match, blouse in con Pattern 4877: Half Sizes 141/2, 16½, 18½, 20½, 22½, 24½, Size 16½ weskit and skirt. 25% yards 54-inch: blouse 1¾ yards 35-inch. W. K. Buckley has discovered how to combine 9 powerful, pain-dispelling medicaments in a snow-white cream that vanishes: It penetrates to where the pain is — brings relief from stabing tortures — faster and longer than any rub you have ever used. Ask for BUCKLEY'S Stainless WHITE RUB conty 504. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35¢) in coins (stamps cannot be accepted for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to Box 1, 123 Eighteenth St., New Toronto, Ont.

\* that it seems improbable they \* would believe any second-hand \* stories reflecting on your affec-\* tion of your loyalty.

"Thank You!"
"Dear Anne Hirst: Three years
ago, when I was in love with a married man, I wrote you. You told me what to do-and at this late day, I write to thank you.

"I went completely haywire. I had a fine husband, and it was as though he just wasn't there: I had no time nor thought for anyhad no time nor thought for any-body but this man. My husband learned about it, and was so patient. But I must have hurt him terribly . . . "You won't remember me but

l took your advice, and it work-ed . . It was a long while before my husband could realize that he was the one I loved; now we WORRIED AND OVERWORRIED"

OW TROUBLE

r husband's fample peated their

work the one I loved; now we are closer than ever . . I read your column constantly, and am always learning something from its sound judgment.

R. T. O."

\* Thank you for your letter.
\* You had the will and the moral You had the will and the moral strength to accept the counsel
 I offered, and I know it could
 not have been easy. I share your happiness today.

If you are being maligned, consider the source, and know that it reflects more against the instigator than against you. Anne Hirst's sympathy and understanding are yours for the asking. Write her at Box 1, 123 Eighteenth St. New Toronto, Ont. eenth St., New Toronto, Ont.

Answer To Many Problems - Lemons!

in Toronto. Quite a number, I hope, as it was well worth going to A friend and I took time off last Friday to visit Toronto—and we had quite a day. Went by early morning train, did a bit of shopping before the crowds arrived, and then on to the Coliscum. It was wonderful finding all the exhibits in one building—so much easier on the feet. Even at that by 2 p.m. we were giad to sit in at Mrs. Aitkin's Cooking School and rest a bit.

Now what shall I tell you about first? Naturally, if you were there you don't need me to tell you about anything. But it you were not there you might like to know my impressions of this Hobby Show. You'd be surprised how often a lemon is the answer to little problems that crop up in and around the nome — quite apart from all the times you add it to a recipe, sprinkle it over a piece of fish, or use it as a rinse after

Did you know that after a busy afternoon's shopping there's no more soothing balm for aching feet than bathing them in tepid water with a tablespoon of lem-or juice and a little alcohol?

tures were a new departure and were most attractive. And there were boxes of carved leather, book covers, brief cases, overnight cases and scores of smaller articles. There was also a lady's handbag, beantifully tooled, done by a man completely blind.

Paintings all kinds of them—in oils and water-colours—portraits, scenery and still life. We didn't see many of the futuristic variety. There were pictures by Winston Churchill and Viscount Alexander, our former Governor - General. Churchill's were mostly of quiet, natural scenery—one could easily imagine how it rested his weary mind to paint them. Alexander's had more action—and in our touch the proof of happy hours of occupation by busy fingers which must automatically have brought peace of mind to the workers. We all need to remember that something to occupy the hands is fundamental to contentment in old age.

Shell work . . . several exhibits of this particular craft and much of it very dainty and original—particularly the pictures, done with the tiniest of shells.

Artificial flowers . . in crochet, wax and nylon. Very nice indeed. Oh yes, and I even found pillow lace at the Danish exhibit.

Wood-carving, stamp and coin collections, costume jewellery, African violets, rabbits, hamsters If corns are the trouble a lemon will do the trick again. Tie a small piece of the fruit on the corn for five nights. Then soak corn for five nights. Then soak the foct in warm water and the corn can be easily removed.

grow. Bind over it a piece cotton wool with "Vaseline." otton wool with "aseinke."

If a fishbone sticks in someone's throat and all the back-slapping and pieces of dry bread fail to dislodge it, feed the sufferer It will with a piece of lemon. It will get rid of it immediately.

Glazed tiles in the bathroom or round the fireplace which have taken on disfiguring marks can be made to glisten by rubbing over with cut lemon. Leave for fifteen apputes and then polish with a minutes and then polish with a soft duster.

Most people know that a lem-on in hot water is one of the finest cures when there is a cold in the offling, but it should be borne in mind that the same bev-erage is excellent for biliousness or a headache.

Lemons have been used as a cure for baldness. A little juice is squeezed onto the hand and massaged into the scalp. And, finally, ladies, a little of the juice on your hands applied to your hair while still wet from the final rinse is said to surpass many a made-up setting lotion.

Yes, the answer is undoubtedly a temon—more often than you

a lemon-more often than you might have guessed. Here's Real Relief for

ARTHRITIC RHEUMATIC PAINS-STIFFNESS

Here at last is a fresh stant on a film star's success story: nobody discovered Corinne Calvet except

service clubs are partners of the Ontario Socieyt for Crippled

Children in its work. This illustration shows a member of the

Ottwaa Rotary Club chatting with a wheel-chair patient. The Society seeks \$457,000 in its Easter Seals campaign, March

5 to April 5.

CHRONICLES

GINGER FARM

readers of this column went to the International Hobby Show in Toronto. Quite a number, 1

this Hobby Show.

Leathercraft . everything from wallets to pictures, in tooled or carved leather. The pictures were a new departure and were most attractive. And there were boxes of carved leather, book covers, brief cases, overnight cases and scores of smaller

had more action—and in our humble opinion, they were the

better pictures.

Pottery . . obviously art from
the potter's wheel is far from

dying out. There were several wonderful displays.

Rugs...hooked and braided—or wool and rags; beautiful designs and shading. What hours

of close work were involved in the making.

Quilts and crocheted table-cloths. Not too many of either but the work was of the best.

Tasting Cough Syrup

PINEX—a familiar remedy for generations of Canadians—goes to work fast to relieve that distressing cough. So pleasant tasting that children like it. Pinex gives quick, effective relief.

Now you can choose either the new ready-to-take PRE-ARED PINEX or the money-saving c.sily mixed PINEX CONCENTRATE. In both forms, PINEX' special blend of proven medicinal ingredients must help you, or your money back.

Why let your children suffer with a distressing cough?—get a bottle of fast acting, pleasant tasting, PINEX, today!

PINEX FOR CHILDREN'S COUGHS

For Children

Now! A Pleasant

Two o'clock one morning she woke up and decided that she must become an actress. Picking up a 'phone book, she thumbed through it until she came to the name of director Marc Allegret. She rang up there and then and bullied him into giving her an audition. Allegret offered her a role in his next picture, but as it wasn't starting for several weeks and Corinne didn't feel like wait ing—she turned him down.
Calling on another director, she

Says That Women Should Wait On Men Fellows! - She's Got The Right Idea!

persuaded him to use her right away. The following week she was before the cameras. If it sounds too easy, remember that it all happened in Paris.

For the last five years Corinne
Calvet has been in Hollywood.
She is married to American actor
John Bromfield, and says with pride that she now lives like an American and wants to think like one. But some of the remarks she makes show that she is still a Frenchwoman at heart:
"A French girl would never

"A French girl would never consider asking her husband to wash the dishes. Waiting on a man is a woman's job. She should that it is her that it is her that wakes me American that the should the with a twinkle told me with a twink man is a woman's job. She should let him know that it is her privilege and her happiness to "Few men complain of too

"Jealousy is stupidity. In Europe, jealousy is considered an illness that must be treated by a doctor."
To meet , Corinne Calvet is a lively, vivacious girl with the Continental habit of clutching your arm when she speaks a

Needlepoirt and petit point
a marvellous exhibit. The
first thing that caught my eye
was "Queen Mary's Carpet"—
but I knew it couldn't be. Upon
inquiry we were told that when
the original Queen Mary carpet
was on display at the C.N.E. two
years ago, a group of enterprising ladies studied it very closely.
Then they bought a coloured
photograph of the carpet, and, by
means of a magnifying glass copied it on canvas, square by
square. Quite an ingenious undertaking. But there was this difference between the original carpet and the copy. In the copy
the background is all one colour
(you remember, owing to warsudden thought. Her favourite actor is Donald Duck, and her hobby is fishing. Hollywood can probably be criticised for treating her too casually. She has been restricted in the main to farces and light comedies, although her appear-ances in Danny Kaye's "On the Riviera" and the current remake

work, model trains and dolls—
impossible to mention them all
in detail—but they were there,
from England and Europe, Scandinavia and Asia. And if this
Hobby Show was a brain-child
from the fertile mind of Kate
Aitkins then we owe her a debt
of gratitude. This first show was
good but it is my guess that next
year it will be "bigger and better
than ever."

Leaving the Ciloseum we came (you remember, owing to war-time difficulties Queen Mary could not always match her background colours). And the copy also has all the designs going one way. Queen Mary, if you remem-ber, had her squares in reverse Leaving the Ciloseum we came

ber, had her squares in reverse from the centre of the rug.

At this same exhibit there was a fascinating display of pictures in petit-point—large and small, Leaving the Ciloseum we came through a district that was like a forest of television aerials, and I wondered how much handicraft was done in homes where there was at television set—and if there was any danger of television killings are active at Personally I even down the size of ear-rings and cameo brooches. And all this ing creative art. Personally I don't think, where a hobby has women in the Mount Pleasant district of Toronto.

Lambert Lodgge . . . a collection of work done by the aged at already been developed, it will do much harm, but it may dis-Lambert Lodge. This was more than an exhibit—it was tangible courage young folk from developing along the same lines.

work was done by a group of ten

Wood-carving, stamp and coin collections, costume jewellery, African violets, rabbits, hamsters

and song birds; violins made from

Canadian wood; weaving, needle-

LOGY, LISTLESS, OUT OF LOVE

CUNARD to Europe

Getting there is half the Fun!

Theo wake up your liver bile ...

Life not worth living? It may be the liver!

Life a fact! If your liver bile is not flowing freely your food may not digest ... gas bloats up your stomach ... you feel constituted and all the fun and sparkle go out of life. That's when you need mild, gentle Carters little Liver Pills. You see Cariere belp stimulate your liver bile till once again it is pouring out at a rate of up to two pints a day into your digestive tract. This should fix you dight up, make you feel that happy days are here again. So don't stay sumi, get Carters little Liver Pills. Always have them on hand. Only 85e from any druggfet. Instant 12-Tablet Tin 25 Economical 48-Tablet

conviviality make time your servant-not you

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THE CUNARD STEAM-SHIP COMPANY LIMITE

Head Office: Corner Bay and Wellington Sts., Toronto, Cal

master—when you cross the Aflantic with Cunora

And the

## TABLE TALKS Jane Andrews

good, hearty strw is one of an additional 10 minutes. Serve in a large tureen or individual family can sit down to; soup bowls. Makes 10 to 12 erage family can sit down to; and if you imagine yours isn't an "average family"—well, just try them out on one of these!

12 small onions, peeled 3 large carrots, cut in 2

France.
But this incident, as one li States columnist so boldly "had all the earmarks of SAVORY LAMB STEW 4 pounds lamb shoulder
2 tablespoons fat
4 cups water
4 cups leaves
4 sprigs parsley
5 hay leaf
2 tablespoons sait Miss Calvet, by the wa her name from a bottle of wine. Her father Pierre Di French businessman, didn't her to use the family names she had proved herself to

Last year he saying how proud he wa that he'd be happy if shed to being a Dibos again "that people know me and I can't change it vouldn't let me." Not only is she sticki name of Calvet, but sin

on the grounds that she had slandered. Apparently Miss

alleged that Miss Calvet

Cockney, and not a nat

pleces
4 teaspoon ginger
4 teaspoon rosemary
4 cup flour
1/2 cup water
1 tablespoon lemon juice
Wipe meat with a damp cloth
and cut in 1½" cubes. Heat fat
in a large, heavy sauce pot and
brown meat slowly on all sides.
Add the next 7 ingredients.
Cover tignity and simmer about
5 minutes.
Add onions, carrots, ginger, and
rosemary. Simmer about 25 minutes longer, or until vegetables
are tender. ing John Bromfield sh me a naturalised Am cause in France we say cans have to make a minute!"

QUIC

RELIEF IS LAST

There's one thing for the

neuralgie pain.

Selling.

Then make a gravy: Mix flour and the ½ cup water. Stir into the hot stew. Bring to a boil, stirring constantly, and cook 2 reinutes. Stir in lemon juice.

Prepare and cook Potato
Dumplings as directed below.
Just before serving, sprinkle with chopped parsley. Makes 4 to 6 servings. away its eleventho The dejected of nanded a penciled me

Be ACHES AND PAIR

COLUMN Solution of the servings of the serv tablespoon milk and Drop by rounded

> BRUNSWICK STEW 1 4- to 5-pound stewing nd rabbit Salt and pepper to taste
> teaspoon monosodium
> glutamate
> medium onions, sliced
> medium potatoes, sliced
> No. 2 can (2½ cups)
> tomatoes

COMFO 11/2 cups trozen or canned ole-kernel corn

Cut chicken and rabbit in serv that often accompany as ing pieces and wipe with a damp

INSTANTINE. INSTANTINE IN fast rollef from pain and is prolonged!

So get INSTANTINE and comfort. INSTANTINE and comfort. INSTANTINE and comfort. INSTANTINE and comfort. INSTANTINE and comfort in getting on its fast action in getting every day aches and pain rheumatic pain, for an energleic pain.

served as an Army private when she was a man, has returned to the United States from a two-year stay in Denmark, where a series of operations changed her sex. Pictures below mirror the attractive blande's reactions to reporters' questions upon her recent arrival from Europe.



the right person will come



be home. home. What To photographers: "Come on,

KID AND CROCS ARE PALS Giggling at their wriggling, John Burwood, 4, of London. England, gets a close-up of four tiny month-old crocodiles in SPICED CHICKEN STEW

1 4- to 5-pound stewing chicken
4 cup flour
1½ teaspoon salt
4 teaspoon pepper
4 cup butter or margarine
2 tablespoons chopped onion
½ clove garlic, mineed

1½ cups water
½ teaspoon chili powder
½ teaspoon ginger
¼ teaspoon curry powder 2 teaspoon monosodium glutamate 3 medium carrots, cut in

1" pieces
8 iarge mushrooms
8 small onions, peeled
1 cup cooked peas
3 to 4 cups hot cooked rice

Cut chicken in serving pieces Mix flour, salt, and pepper tolarge, heavy sauce pot. Add on-ion and garlic and saute until tender, about 5 minutes. Add chicken and brown slowly on all sides. Stir in water. Cover tightly and simmer about 2½ hours, or until chicken begins to seem

tender. tender.
Combine next 4 ingredients in a small bowl. Blend in ¼ cup liquid from the chicken. Then stir into chicken mixture. Add carrots, mushrooms, and onions. Simmer 30 minutes longer or until chicken and vegetables are tender. Five minutes before chicken is done, add peas.

Serve stew with hot rice.

Makes 6 to 8 servings.

VEAL STEW 1½ pounds boned veal shoulder 14 cup flour
Salt and pepper to taste

2 tablespoons fat
2 cups water
6 dried prunes
6 dried apricots
1 tablespoon sugar
½ cup orange juice
1 tablespoon vinegar
¼ teaspoon cloves

Wipe meat with a damp cloth and cut in 1" cubes. Combine flour, salt, pepper; sprinkle over veal.

Heat fat in a large, heavy

sauce pot and brown meat slow-ly on all sides. Add water. Then cover tightly and simmer about Add prunes, apricots, sugar, or ange juice, vinegar and cloves. Simmer 1 hour longer, or until tender.

Pour into a warm, shallow serving dish and serve with hot buttered noodles, if desired. buttered noones, Makes 4 to 6 servings. QUICK PORK STEW

1½ pounds pork shoulder 2 tablespoons fat or pork-fat drippings 1 teaspoon salt

14 cup soy sauce 14 teaspoon monose glutamate 1½ cups water 3 medium onions, sliced

ged Outlook on Life-Christine Jorgensen, who





hurry up, let's go."

Handle With Care!

Stanford's cobalt-60 has an activity of 4,500 curies, which

means that as a source of radia-

At one end of the pool in which the cobalt-60 is kept is a

room 6 by 6 by 7 feet. To enter

the room a scientist has to use a hatchway with metal rungs and open a 600-pound lead door..

At Brookhaven, Stanford's five

pieces of cobalt-60, weighing ten pounds each, were telescoped to-gether and placed in a two-ton lead container which was locked in a motor van. It took twelve

days for the van to travel 3,000

miles across the continent to the

pieces
1½ cups canned bean sprouts, drained
3 cups carrots, cut in thin strips
3 cups hot cooked spinach Much has been published about radiocobalt - 60, which comes from Canada's Chalk River plant, from Calada's Chair River pair, from Oak Ridge, Tenn., and from Brookhaven National Laboratory on Long Island, N.Y. In these es-tablishments natural stable co-balt-59 is sealed in a reactor and Wipe meat with a damp cloth and cut in 34" cubes. Heat fat in a large, heavy sauce pot and brown meat slowly on all sides. Add next 4 ingredients. Cover tightly and simmer 30 to 40 minbombarded by neutrons for months. When it is removed it

utes, or until pork is tender. Then add onions, celery, bean sprouts, and carrots. Simmer 10 minutes longer, or until vegetables are just tender. Pour into a warm, deep serving dish and garnish with hot cooked spinach. Makes 6 servings.

11/2 cups celery, cut in 1/2"

already taken its place in the treatment of cancer. It also has . . . its industrial uses. Because it is so highly radio-COMBINATION STEW active, cobalt-60 is dangerous. Stanford University keeps its co-½ pound fresh pork shoulder 1 pound stewing beef—chuck, heel of round, or neck balt-60 in a laboratory pool of 5,400 gallons of water, which

14 cup flour
1 teaspoon salt
15 teaspoon pepper
1 tablespoons fat or pork-fat
drippings
2 cups water
14 teaspoon monosodium serves the same purpose as a lead shield. This particular mass of cobalt came from the Brook-haven National Laboratory on Long Island, N.Y. It took 237 twenty-four-hour days to change natural cobalt into the istope 60.

14 teaspoon monosodium glutamate 1 cup canned tomatoes 6 carrots
6 small potatoes
12 small onions 1 cup cooked peas ½ recipe plain pastry

Wipe pork and beef with damp cloth and cut in 1½" cubes. Mix flour, salt, and pepper together and sprinkle over meat,

Heat fat in a large, heavy sauce pot and brown meat slowly on all sides. Then add water and monosodium glutamate. Cover tightly and simmer 1½ hours.

Add tomatoes, carrots, potatoes, and onions. Simmer 35 to 40 minutes longer, or until vegetables are tender. Pour into a 2quart casserole; add peas.

Set oven for very hot, 450°F. Prepare pastry and roll out. escape.) Place over stew and crimp edges carefully. Bake 15 to 20 minutes, or until crust is

servings. P.S. If a thickened gravy is desired, drain pan gravy from meat and vegetables before putting them into the casserole and thick-

en separately.

ROSEMARY VEAL STEW 2 pounds veal rump or shoulder
1 teaspoon salt
1 tablespoon lemon juice
1 teaspoon chopped enion
½ teaspoon oregano
½ teaspoon monosodium glutamate
3 cups water
¼ teaspoon resemany

2 teaspoon rosemary 3 carrots, cut in quarters

Wipe meat with a damp cloth and cut in 2" cubes. Put meat and next 6 ingredients in a large, heavy sauce pot. Cover tightly and simmer about 40 minutes.

Add rosemary, carrots, mushrooms, and celery. Simmer 20 to 25 minutes longer, or until vegetables are tender. Pan gravy may be thickened, if desired, or used as is. Place on a warm plat

Good Advice if You Suffer with Piles

## Puritan Brides Married In The Nude ....

Our own custom of the bridal pair joining hands in the wed-ding ceremony is carried a stage farther in some countries. At-tending a Portuguese wedding a few years ago in the town of Vigo, one watched as white-clad bride and groom had their hands tied together with a fine white

Many of the apparently aimless ittle customs we maintain to-day find fuller echoes in other parts of the world The words and ac-tions have, or had, ancient social or religious meaning and belief. Or even commercial good sense. Take the phrase "with all worldly goods." Our Puritan forefathers at one time held wed-ding ceremonies in the nude. They were not nudists, but they

believed, as did many other peo-ple, that if a man married a girl en chemisette, as it was called, he could not be held liable for any debts she had contracted in pre-marital days.

She came to him, in fact, with nothing.
So blushing brides were

ises, or, oftener still, wholly naked. Did the clergymen obthem is on record as saying that

as there was no ruling on what a bride must wear, he did not think it right to refuse to con In modern marriages among nudists, bride, groom, best man, priest, and guests are all report-ed without so much as a hand-

kerchief between them. Not having seen one, we cannot say whether such a bride is allowed a veil. Yet that trivial few inches of lace we wear once had great is radioactive cobalt-60, an istope which has a half-life of 5.3 years but an initial gamma-ray activ-ity far greater than all the radium mined in the last fifty years. Radioactive cobalt-60 has Sometimes thick material was

used to cover the girl from head te foot to protect her from head for foot to protect her from the evil eye. To-day brides in France, Italy, and Bulgaria wear veils of finest lace, beautifully decorated, that hang from their head-wreaths to the knees. These, it is reported are generally it is reported, are generally the years. We believe it unlucky for bride

we believe it unlucky for bride and groom to meet before the ceremony. Based on age-old tra-ditions of taboo, this is carried much farther in other countries. The Indian pair are married sep-arately, she in her home and he in his

tion it is the equivalent of 4,500 the bride is escorted to her husgrams (ninety-nine pounds) of radium. The radiation emitted could be partly duplicated only by radium worth \$80,000,000. band's house while male guests fire arrows into the air to drive away evil spirits. Then both par-ties settle down to feasting for

dings fascinating for the rich robes of the bridal pair, but their customs are curious to western eyes. Malayan couples sit quiet to keep their luck from being broken, and a Tibetan groom rubs his bride's face with butter, while Chinese couples kneel before the tablets of the grooms ancestors.

An old Russian custom made the bride take off one of her

the bride take off one of her husband's boots. If she was lucky she found a jewel; if unlucky, she discovered a whip, with which the groom immedi-

ately beat her.
An old woman in some place is substituted for the real bride until the actual ceremony, so that the Fates cannot harm the girl beforehand. On Tonga Island a veiled woman would appear before the assembly of wed

ding guests.

Wrapped in a cotton sheet and given a pillow, she lay down in pretended sleep. Only then would the man take his bride, also veiled, into his house as his wife he went to join the feasting, music, and dancing.

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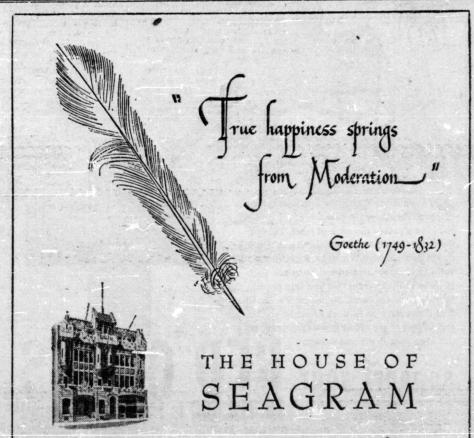
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to no organic causes, tried Dr. Pierce's
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won't have gas, heartburn, sour stomach.
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san eat the foods you like without fear of
after-distress.

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MEN WHO THINK OF TOMORROW PRACTISE MODERATION TODAY