

"Proper Food and Exercise" By ARTHUR A. MCGOVERN Former Physical Director, Cornell Medical College

Wrangling at Meals Cause of Dyspepsia

TO EAT in a congenial atmosphere is to insure better digestion. Contentment and relaxation cause dyspepsia. Under such conditions, one does not relax, and relaxation is the prime requisite for good digestion.



DON'T NEGLECT INDIGESTION - CONSULT A DOCTOR

the state of mind. Nervousness, excitement, apprehension, worry and general disorder may inhibit the normal functions of the stomach, intestines and other digestive organs.

- 1. Lie down and relax for ten or fifteen minutes before a meal. 2. Do not discuss family or business affairs at the dining table.

Diet to Aid Digestion

BREAKFAST: Stewed unweetened fruit; eggs, poached, soft cooked or scrambled soft without grease; dark bread toasted with butter; cocoa, chocolate or a coffee substitute. DINNER: Soup; toast; baked apple with cream, a fruit pudding, tapioca or gelatin; glass of milk or cocoa or chocolate.

Address all letters to Mr. McGovern, No. 41 East 42nd St., New York City.

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Science of "Shoe Reading" Reveals Your Foot Conditions



No Two Human Feet Alike, Says Dr. Scholl.

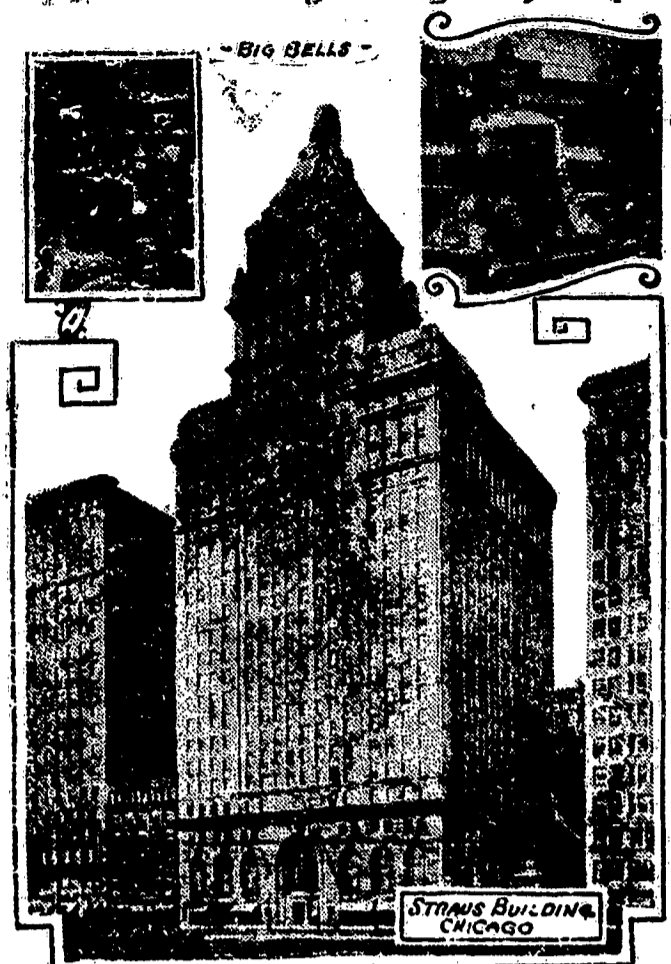
NEW YORK—From the appearance of the shoes worn by thousands who pass down a busy city thoroughfare it is possible to point out defects in the unseen feet of their wearers.

HOW TO TELL FOOT TROUBLES ACCORDING TO DR. WM. M. SCHOLL, FAMOUS FOOT HYGIENIST: 1—Flattened counters due to longitudinal arch weakness.

"It's usually quite plain," he said, "the weight of the body passing through a defective foot and, often, through a foot which reveals its weakness only when pressure is imposed upon it will result in abnormalities in the shoe, uneven wear, stretching of the leather or both."

see him walk in the crowd. The arch of the shoe is broken and the elastic springy gait provided by the delicate great arch of the human foot is not apparent.

Clocks Invitation to Efficiency In Towering Chicago Skyscraper



CHICAGO.—How would you like to work to a perpetual symphony of ticks and peals? You would have a box seat at such an orchestration if you were employed in Chicago's towering Stratus Building.

Dust and Dirt Never Fly Here While "Cellar" Is Being Filled



The United States Navy is a tidy and up-to-date housekeeper. "Coal ship" is a call that once meant hours of strenuous labor for every job aboard, with the craft's hand valiantly tooting through a dust pall to rally the spirits of workers and musicians.

The West Indies, a Voyage of Recaptured Adventure



The world as did Lieut. George Williams who found amid the ruins of old Panama last year a treasure worth \$50,000 by means of a violet-ray detecting instrument of his own invention.

NOTICE TO TAXPAYERS Citizens and Taxpayers residing in the City of Lackawanna and all other parties interested etc., will be heard at a public meeting to be held Monday evening December 5, 1927 at eight o'clock in the council chambers at which time a full discussion of the needs and benefits of constructing a new pavement in said Berry Street will be had, and all parties interested will have the opportunity of presenting his or her views in favor of or in opposition to the proposed improvement.

WALTER P. CHRYSLER'S TRAFFIC TALKS CITY SHOULD HAVE TRAFFIC ENGINEER Cities can get traffic relief by better use of existing roads, by more intelligent use of signal lights and by continuous up-to-date information on the flow of traffic as the basis for improvements.

