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Eat Only Properly Prepared Food In Warm Weather

By Dr. ISABELLE THOMPSON
SMART of New York SMART of New York

Iin the winter is likely to cause serious illness at this season.
Many women who stay at home all sumer prest meals. In that case let them do their marketing with special care and
WATCH THE IOEBOX where ous to eat vegetables, particularly those served raw, that are the least
bit wilted. It is even more DANGEROUS TO TOUCH FRUIT that is not in perfeot condition. When it is under knows what may happen.
Fruit that is too ripe has invariably been the resting place of filies the very worst germ carriers that we know. THEIR UNCLEAN
FEET MAA HOLD DEATH IN A HUNDRED DIFFERENT FORMS. And, as I said, one's vitality is lower in warm weather, an introduced into the system.


