



- 1000s
1. Butter for Holy-fest Catering
 2. milk 3 cups a day for children
2 cups a day for adult
 3. vegetables 3 a day
a yellow onion
a potato
a raw vegetable
 5. fruit 2 a day
a banana
a small other fruit or tomato or cabbage
 4. egg - a week. One a day in butter
 5. meat or fish, dried bean, chicken
one serving a day
 6. Bread or cereal - one serving three times
every day.
 7. Butter or margarine is that better -
2 servings a day
 8. Anything you like to eat after the
seven rules that you can afford.

STORY OF NATIONS

ROGERS
ADAMS
BROWN

52 BIG
PAGES

my
Friend
Ima

JUNE No. 3

The famous C.B.S.
RADIO Laif-Rid!

BUT MY FRIENDS ALL
SAID I SHOULD COME
TO NEW YORK AND
GET IN THE
SWIM!