

INSEPARABLE (Version 2)

Through age I've learned the solemn truth
Gay fairies are a part of youth;
And though I know the truth it seems
They're still entangled with my dreams.

by Alice Whitson Norton

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knew that something very special had happened to him, and it was her drawing that had done it. Once again that pain swelled and swelled inside her, but it was not pec'cy anymore.

The Basic-Seven Pattern for Nutrition

(Continued from page 273)

bottle, adding water to make the thickening, and shaking well before adding to the soups.

Whole-wheat cereals and flour, brown, unpolished rice, oats, and other whole-grain products contain the "enrichment and vitamins" nature produced in them. They are more valuable as food and less expensive than synthetically enriched flours and cereals.

Far-sighted home-makers will protect health by including daily in the family diet milk and milk products; fruit and vegetables; meats, fish, cheese, or eggs; cereals, whole-grain or enriched breads; butter, margarine, or other animal and vegetable fats. They will reduce expense by planting gardens and preserving food at home. With "prudence and thanksgiving," they will gather the harvest in the time of plenty "in the season thereof" and store it for the lean days to come.

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