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**7284 Quick and Easy**

9440  
8-20

Practical! Cover extra roll of paper with clown caddy, crochet puppy, cat or bunny covers for soap sachets. Use worsted Bazaar sellers! Pattern 7284 directions for all four. It's deliciously form fitting thanks to the asymmetric wrap and tie design. Sprint into fashion in this jump of jersey, chino, crepe, what have you! Printed Pattern 9440 Misses' Sizes 8, 10, 12, 14, 16, 18, 20. Size 12 (bust 34) jumpsuit 2 3/4 yards 60 inch fabric.

KEEP COMFORTABLE all day in an easy-fitting dress with a flattering neckline. No waist seam. Easy sew! Send! Printed Pattern 9477: Half Sizes 10 1/2, 12 1/2, 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 14 1/2 (bust 37) takes 2 3/4 yards 45-inch fabric.

\$1.25 for each pattern. Add 35¢ for each pattern for first-class airmail, handling. Send to QUICK and EASY PATTERNS 170, 232 W 18 St., New York, NY 10011.

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9477 10 1/2-24 1/2

**News - Nutrition**

From Pa.'s Dairy Princesses

By CAROL HEISLER  
Schuylkill Co.  
Dairy Princess

It is estimated that 75 per cent of the calcium in our food supply is provided by milk. Without a doubt, milk and dairy products are man's greatest source of calcium. Of all calcium in the body, 99 per cent is stored in the bones and one per cent is in the extracellular fluids of your body. Our blood is the boss - if it needs calcium, it takes it from bone, regardless. Thus, human beings are vulnerable unless sufficient calcium is obtained in the diet.

Children under the age of nine should have three or more cups of milk a day. Most love milk - especially if it is flavored. Teenagers require four or more cups. They especially like milk shakes and hot cocoa - better for teeth skin, and health than sugary soda pop or coffee. Pregnant women or nursing mothers need three to four cups of milk. At this time requirements for vitamins and calcium skyrocket and must be met for good health. Adults should drink two or more glasses.

Each of the following have the equivalent calcium content of one cup of milk - one cup of yogurt, one and a half cups of cottage cheese, one and a half ounces of cheddar cheese, and two cups of ice cream.

Now consider what an adult would have to eat to get the calcium supplied by two glasses of milk, which provides three quarters of daily requirements: two and one half cups of canned salmon, six cups of dried beans, 13 cups of squash, 30 eggs, or 38 slices of enriched bread.

Research has confirmed that bone strengthens itself in relation to the stress put on it. For instance, when astronauts experience weightlessness for any length of time, they lose calcium from their bones. This happens also to people subjected to extensive bed rest. And, older people generally put less stress on their systems. This situation is compounded by those who have an inadequate intake of calcium in their diet.

So you see, milk definitely is not "kid stuff." One never outgrows his need for the calcium and other minerals and nutrients of milk. Good nutrition is a lifelong need.

Know Where the Activities Will Be?  
Read the Farm Women Calendar.

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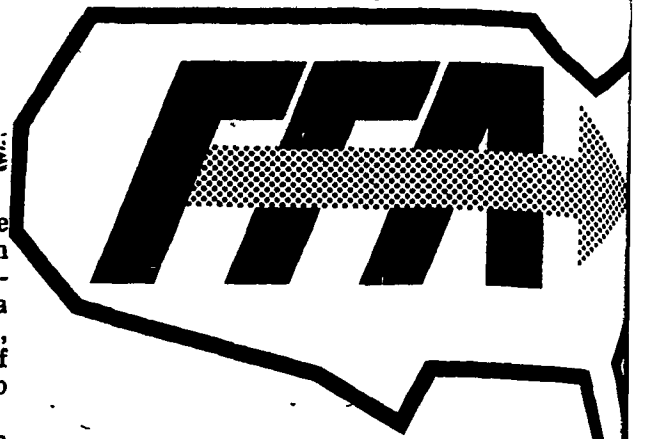
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