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Practical ways to
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| Mild Reduction Diet <br> *o glasses of water before breaktast. BREAKFAST: Raw fruit in season; about six spoontuls of bran with cream; two soft bollod eggs; coffoe sub- stitute. Avold sugar and bread as much as possible. $T$ wo giasses of water between breaktast and lunchioon. LUXCHEOV: Clear soup of creamed vegetabie soup; veetabie or fruit salad: cheese or nuts; cocoa or regetabie or fruit salad cheese or nuts: eocoan or milk. Two glases of water between lunch and dinner. DANNER: Broiled lean meat such as steak or chapss chickeen or or nuts; coceoa or milik. Two glases of water between dinner and retiring hour. |
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## Millinery Dept.




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