

Lazy Daisy Has An Anniversary

Writes Birthday Letter to Quilt Club Cornerites

DEAR CORNERITES: It is such a long time since we became acquainted (September 24, 1935—remember?), and I have been away for so long that I thought you had forgotten me.

So, you may well imagine how perfectly delighted I was to receive that scrap book from all of you the other day. I have read it over and over and can just see you at Marian Ridler's picnic working on this book.

Don't think just because I have been away that I have not kept up with the Quilt Club news, for I read every scrap that I can find in the paper and have followed all of your activities.

As for me, right now I am knitting like everything for Sammy, who has gone to camp.



I have sent several pairs of socks to him but he doesn't say much about them—just mentions that he is having a great deal of trouble with his feet lately and from the pictures he has sent me I gather that he isn't very happy. So now I am going to make a sweater and perhaps that will have a better effect on him.

MOSEY MOUSE—you remember what a little pal of mine he was—does all he can to help me in winding my yarn and when I have to rip out my knitting (which I have to admit is often) he is right there to help me with that too.

Everybody in the Sew-and-Sew family is well and happy and just as delighted as I to hear from you again. The cards and gifts have just poured in and Mosey says that it is just like Christmas.

Do you remember Chirp the Cricket and Hoot the Owl? They have been with me right along and so has Upsy, my baby brother.

This is just like a Quilt Club family reunion, isn't it? Thank you just a million for remembering me and don't wait another six years, please, before writing to me again. Most sincerely,
LAZY DAISY SEW-AND-SEW.

Basic Diet Supplies Vitamin B-1 Standard

The two plans for meeting the day's requirements of Vitamin B-1 are based on the list of foods recommended by nutrition experts to insure good health. These are only basic foods and must be supplemented with others to make the meals complete.

PLAN I

(In international units)

Pint milk	75
6-ounce glass tomato juice	25
Serving Brussels sprouts	65
Endive salad	60
Potato, 1 medium, baked	60
1 banana	28
3 slices whole wheat bread	81
1/2 cup serving oatmeal	121
1 serving baked beans	68
1 lean pork chop, 1/4 pound	449
1 egg	19

Total international units, 1,052 or 2.15 milligrams.

The amounts for a younger child, if this same plan is followed, will be about 907 international units, or 2.7 milligrams, with an increase to 1 quart of milk and a reduction in the size of the servings of meat and salad.

Plan II

(In international units)

Pint milk	75
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