

WOMAN'S

JANUARY, 1963

"O send out thy light and thy truth: let them lead me. . ." PSALM 43:3

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SWEATERS!
SWEATERS!**

from all around
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to knit

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BEAUTIFUL**

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Energy

The Art of Relaxing

The Secrets of

Eating for Beauty

The Appeal of

a Beautiful Voice

Exercises to Trim

You All Over

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Wise About
MONEY?

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BEANFEST**

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South America,
the Caribbean
and Portugal

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Cook Book
PORK**

**The Casual
AMERICAN
LOOK**

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plus a
sewing lesson
by Mary Johnson

A super Workshop
feature:
**NINE
Handsome
STORAGE
CHESTS**
you can build

Day

Twenty-sixth
Fourth

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Woman's Day

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OF HOUSE
PLANTS



A CHARMING
SHORT STORY
The Cat Who
Couldn't Eat Rice

The Truth about DIETS
WONDERFUL WINTER PUDDINGS
There's Magic in LEFTOVERS • Easy-to-make AFGHANS
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