

# Nag's Head

Nixon Aides Brought

Insurance

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## Those food fads

Remember the old wheeze about the man who said he'd read so much about the bad effects of smoking that he finally gave up reading. Well, I'm getting that way about eating.

Lately I've been reading so much — and so much that he about food that I'm about read that I'm about read that I'm about reading so much — and so much that — about food that I'm about read that I'm about reading with a live and the substant food that I'm about read about seems to be had for you, not way or the other. I can't understand lower had I'm about read about seems to be had for you, not way or the other. I can't understand lower had I'm about food that I'm about food that I'm about food sare full of poisons.

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