Tired of Chinese food? See Page 2

Making ice cream at home, Page 3

IDEAS
FALL 1985

Beverage for Men
Beverage for Ladies

Rola Vera
Stimulant

1 radical, North Adriatic near the source of the Nile. Beera Louter cultivated in Brazil, Java, West Indies, Western Africa. 2. Description. A tree growing to about 60 feet, bearing yellow flowers spotted with purple and pointed leaves 6 to 8 inches in length. The seeds are extensively used as drink by the natives of Western and Central Tropical Africa, and also in blocks of the West Indies and Brazil. Introduced the tree to these countries small plant is sent before each of the precious are sent to the Barbados. Large quantities of the tree are supplied in Africa as narcotic or stimulating and aromatic properties they form an important article of commerce.

Copy with a can of cola
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Trade-mark