Keeping Healthy on a Day for Food

New York Doctor Tells How She Manages to Spend Only That Much For Three Square Meals Consisting of First-Class Viands

By Dr. Mary Jahn, New York.

I thought I would write an article on how I was living on 30 cents a day.

I come from New York.

It is a fact that even I, who am living in New York, can cut my expenses to a minimum. In the summer, I am able to live well on 30 cents a day, by being careful and by using the food in the best possible way.

A large part of my income is saved, so that I can afford to live in New York, and yet keep in a healthy, active, and apparently happy condition. I thought it would be interesting to share my experiences with my readers, so let me begin by telling you a little about my background.

I was born in a small town in the country, where my family lived on a modest income. My father was a farmer, and my mother was a homemaker.

When I was old enough to work, I started helping my parents on the farm, and later I went to work in a nearby town to earn money to support myself.

I eventually decided to go to college, and I worked hard to save the money I needed. After graduation, I became a doctor, and I have been able to continue my studies and research in a variety of fields.

I am married now, and I have a wonderful family. My husband is a physician, and we have three children.

I am very grateful for the opportunities I have had in my life. I feel that it is important to share my experiences and to help others who may be struggling to make ends meet.

I hope you will enjoy reading this article, and that you will find it useful to your own personal situation.