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I washed my hair after doing personal chores.

For dinner I prepared blintzes from a recipe I got out of one of Nora's magazines. The filling used cream cheese and cottage cheese. Both the blintzes and filling called for eggs, so I won't make the recipe often, but it may be possible to modify it so as to use only the cheese.

I took so much time preparing and eating dinner that I washed only underwear.

I read Wilson for an hour.

8 August - F - I had another day without much work to do after getting time cards in.

I spent considerable time on personal items.

I ate my lunch outside.

I ran in the park after work.

I prepared and ate dinner and washed dishes.

I washed several outer garments.

I worked on my journal. I finished corrections of the 16 to 31 January section and started reading the entries for 1 to 15 February.

I read Wilson.

I went to bed at 2.00.

9 August - S - I got up at 9.00.

I left the apartment before 10.00. I bought gas and had the oil, water and tires of my car checked.

I drove to Bay Street to shop at the new Coop which opened this week, a branch of the Berkeley Coop. I didn't know exactly where it was and drove back and forth quite a while, as I expected to see an open parking lot and a Coop sign. The store occupies space in the Akron Building a block from Cost Plus. It is fully stocked and has ample parking on the roof of the building. At tables in front of the store were volunteers to explain Coop methods. I bought fruits, juices and buttermilk for the diet I am going on next week and the usual groceries for the following week.

On the way back I delivered salad materials to the Temple for Sunday. I gave a ride to Jerry <sup>Bailey</sup> Brady and her sister; they had been to Los Angeles with Jim for Thursday and Friday services there.

I unloaded groceries and put them away.