

Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?" "Because white is the colour of happiness," her mother explained. "And today is the happiest day of her life." The child thought about this for a moment, "So why is the groom wearing black?"

Kitchen Tip: to keep nuts for fruits from sinking to the bottom of the batter, toss them in flour or sugar first.

#### Spiced Tea Bread

Grease bottom of 9" x 5" loaf pan. Pre-heat oven to 350 degrees F. 1/3 cup margarine 1 cup sugar Beat together 'till light and fluffy

Add:

2 eggs

1/3 cup water

1 cup shredded carrot

or

zucchini

or

mashed banana

and mix thoroughly

Combine:

11/2 cups all-purpose flour

1 tsp. baking soda

1/4 tsp. baking powder

1/2 tsp. salt

1/2 tsp. cloves

Add to creamed mixture and stir well.

Stir in 1/3 cup chopped almonds

Spoon batter into greased loaf pan, place in pre-heated oven. Bake for 50 min. or until loaf tests done.

Cool for 10 min. and remove from pan.

Words of Wisdom: Advice is like medicine - you have to take it to find out if it does any good.

#### My Grandma

My grandma could do anything (or so I always thought) She'd sew my dress and it would look As good as if store-bought.

From nothing much she'd make a pie And with her magic touch, It'd look and taste like finest fare (Wish I could do as much.)

And if she never had the time To stop and tie a bow, Or peel an apple, kiss a hurt, She never let me know.

She always tried to ease my pain And dry away my tears, Oh, if I only had her now To soothe my grown-up years.

I've asked God for a portion now, A smidgeon, just a tad Of patience, love and wisdom like The kind my grandma had.

## Some thing women already knew.

Most people turn over and shift around 40 times a night in their sleep.

A sixty-five-year mand and a twenty-five-year old woman are about as strong as each other.

# The perfect Father's Day gift.

When astronauts are in space they have to use a shaver that sucks in the bristles as they are cut off, otherwise the whiskers float around in

### Did you know?

The next time the ball team gives the cheer "hip, hip, hooray", you might like to point out to your friends that the words were originally uttered by crusaders when they stormed Jerusalem.

Studies have shown that people who live in cities walk faster than people who live int eh country. And when they have to queue, or at parties, the country people stand further apart from each other than city people, who are used to being squashed up together.