

Druella Acantha Malvina's Column

Gem of the Month -If you really want the last word in an argument, try saying, "I guess you're right."

Cabbage Roll Casserole

1 lb. ground beef - brown in fry pan, then add 1 onion chopped,

1 tsp. salt, dash of pepper, garlic powder to taste

1 Tbsp. worcestershire sauce

Cook until golden, then drain off excess fat.

Stir in 1 10 oz. can tomato soup

1 cup water

3 Tbsp. rice

Place 3 cups coarsely shredded cabbage in casserole dish, pour meat mixture over cabbage. Cover and bake at 325 F for 1 1/2 hrs. Add grated cheese for last 5 minutes of cooking. Serves 4.

Sign posted outside a local church - Free Trip to Heaven - Details Inside.

A local minister was making a speech about world starvation to members of his congregation after a sumptuous meal.

"I can't wait to hear him talk about chastity," commented one of his parishioners.

For those who suffer from high blood pressure:

- 1. When medication is prescribed, take it as exactly as directed by your physician.
- 2. Have your blood pressure checked regularly
- 3. Eat healthy low fat and salt content
- 4. Have a regular exercise program
- 5. Maintain a healthy body weight
- 6. Reduce the stress in your life
- 7. If you smoke, quit
- 8. Lower or eliminate your alcohol intake
 (Reader's Digest)

 More of Druella

More of Druella on next page

MEMORIES IN MILFORD

McKibbon Emporium (Circa 1876)

Antiques Crafts Art Pottery Books
Lunches Home Baking
HOURS - NOV. & DEC. - WEEKENDS 10 - 5

WEEKDAYS & AFTER XMAS -BY CHANCE OR APPOINTMENT



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