

Druella Acantha Malvina's Column

Gem Of The Month - Putting your best foot forward t least keeps it out of your mouth.

News From Medicine - Lung cancer is tricky to catch in the warly stages. Researchers are developing new test to detect markers of early lung cancer. The test uses scrapings from the inside of the cheek that spots subtle changes in the cheek cells indicating cancer in the lungs. (Reader's Digest)

Buffalo were roaming the range when some tourists passed by. "Those are the mangiest looking beasts I've ever seen", one exclaimed. One buffalo turned to another and said, "I think I just heard a discouraging word."

Celine Dijon Chicken

- 1 cup unsweetened apple juice
- 1Tbsp. each Dijon mustard and lemon juice
- 1 large shallot, minced
- 1/2 tsp. dried thyme, 1/4 tsp dried rosemary
- 1/8 tsp. freshly ground pepper

Combine the above in small bowl and set aside
Heat 2 tsp. olive oil in skillet at medium heat, add 4 large boneless, skinless chicken breasts and cook 2 or 3 minutes until browned on each side. Add apple juice mixture, cover and simmer 5 to 8 minutes or till done. Remove chicken and keep warm. Gently boil remaining liquid till slightly reduced in volume. Mix 1/4 cup light sour cream, 1tsp. honey and 1 tsp. cornstarch, stir into skillet until sauce is bubbly and thickened. Pour over warm chicken and serve immediately

Love is blind but marriage is a real eye opener.

Body Language - From the time of Confucius, Chinese

doctors have used face reading as a diagnostic aid
Some Clues - people whose eyebrows are thick are more driven and may be more aggressive, and people with thin lips tend to be workaholics. (Reader's Digest)

While coaching a group of five and six year olds learning to play soccer, I asked the kids what they should do when the referee blows his whistle. One boy answered, "Stop and Listen".

From the stands the boy's mother yelled, "Where can I get one of those whistles?"

Would you like to take the best Canadian romantic geta-

A woman walks into a store to return a pair of eyeglasses she had purchased for her husband a week before. "What seems to be the problem?" "I'm returning these glasses I bought for my husband. He's still not seeing things my way."

way? According to Reader's Digest, the Quebec Ice Hotel is the place to take your special someone. It's built from 12,000 tonnes of snow, 400 tonnes of ice and takes 5 weeks to build every year. The ceilings are 5 1/2 metres high and the furniture is carved out of ice blocks. You can even get married in the ice chapel. Doesn't that sound cozy?

Nurse to doctor "There's an invisible man in the waiting room." Doctor, "Tell him I can't see him now."

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Fair Board Meeting

**Wednesday, June 14, 7:30 pm
at the Milford Town Hall**

**Please note that we need new members to make
sure our 60th Anniversary is a success.**