

Druella Acantha Malvina's Column

Gem Of The Month - If you are all wrapped up in yourself, you are overdressed.

Good for what ails you.

If you like broccoli you have a good thing going for you. Here are a few benefits connected with this health-giving vegetable:

- helps prevent different kinds of cancer.
- has disease-fighting compounds called phytochemicals.
- a half cup of cooked broccoli provides most of your daily vitamin C needs, plenty of foliate to prevent heart disease, more fibre than a slice of whole wheat bread, almost 2/3 of the potassium supplied by a banana and all for about 25 calories.

(For your information, all cruciferous vegetables are blessed with enormous cancer-fighting abilities - cabbage, cauliflower, kale, Brussels sprouts and bok-choy. So, eat to your heart's content).

Broccoli Pie

- 2 cups chopped broccoli - cook in salt water, drain
 - 1/2 cup chopped onion
 - 1/3 cup chopped green or red pepper
 - 1 cup shredded cheese
 - Mix all of the above in a greased pie plate
 - 1 1/2 cups milk
 - 3/4 cup Bisquick
 - 3 beaten eggs
 - 1 tsp salt - pepper to taste
- Beat all ingredients together and pour over vegetable.
Bake at 350 degrees for about 40 minutes or until centre is done and top is golden.

Some alternative definitions:

-Left bank - what the robber did after his bag was full of

cash.

- Eclipse - what a cockney barber does for a living.
- Rubberneck - what you do to relax your wife.
- Heroes - what a guy in a boat does.

Can you answer these questions?

1. Who coined the phrase, "to coin a phrase"?

Thinking no one is home, a robber breaks into a house, only to find the frightened owners in bed watching TV.

"What's your name?" he points a gun at the wife.

"E-E-Elizabeth," she stammers.

"This is your lucky day," he says. "I can't shoot anyone named Elizabeth because it was my dear mother's name." He turns to the husband.

"What's your name?"

"It's Harry, but everyone calls me Elizabeth."

2. Where do they send Siberian criminals?
3. Shouldn't brevity be a one-syllable word?

Exit line - I like long walks, especially when they are taken by people who annoy me.

A Cherokee Indian was a special guest at an elementary school. He talked to the children about his tribe and its traditions, then shared with them this fun fact - "There are no swear words in the Cherokee language." One boy raised his hand. "But what if you're hammering a nail and accidentally smash your thumb?" "That," answered the man, "is when we use your language."

**A Merry Christmas
and Happy New Year
to one and all.**

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