

Natural Health Secrets

Recipes

By Ronnie Wer

Fluffy Omelet

- 1 egg
- 1 tablespoon water
- 2 tablespoons souf cream or yogurt
- 1/2 teaspoon salt
- 1 tablespoon vegetable oil

Beat the yolk well, add water and salt, while continuing to beat. Then add yogurt and blend well. Fold in the stiffly beaten egg white. Heat the skillet, add oil, then omelet, cover with lid and cook slowly over low heat. With a fork or pancake-turner, lift the edges and tilt the skillet to permit the uncooked batter to run to the bottom. When the top is set, fold the omelet in the middle with a spatula, turn off the heat. Top it with a few slices of cheese. Let it melt under the lid and serve it hot. Serves 1.

High-Protein Pudding

- 1 package gelatin
- 1-3 cup of cold water
- 1 2-3 cups of hot milk
- 8 heaping teaspoons of carob or chocolate powder
- 6 heaping teaspoons of protein powder
- 2 tablespoons of seedless raisins
- 2 tablespoons chopped walnuts

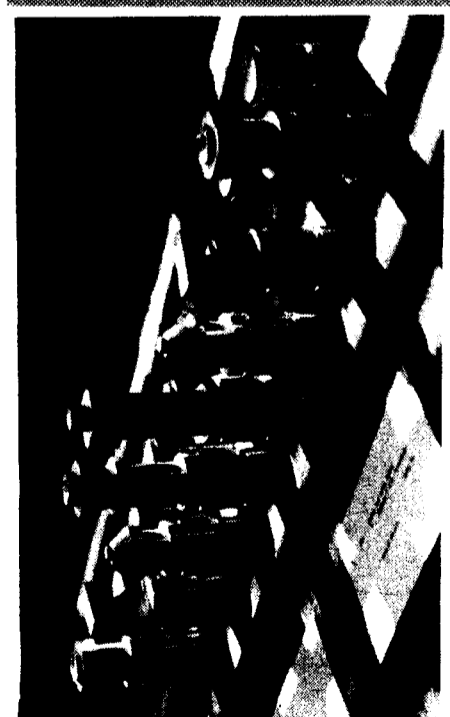
Sprinkle gelatin on cold water and let it stand. Warm milk gradually over low heat. Add half of the warm milk to gelatin, the other half add to the rest of the ingredients and then, blending well, add nuts and raisins and mix with gelatin. Chill. Serves 4.

Book Sale at East Mall

The Harrisburg Branch of the American Association of University Women will hold their Annual Book Sale on Saturday, November 16 in the Gimbel Court of the Harrisburg East Mall. The hours of the sale are from 9:30 A.M. to 8 P.M. The committee, headed by Mrs. George B. Faries, has been busy sorting and pricing books and are excited with the bargain purchases that book lovers will be able to make. Among the offerings of fiction and non-fiction books are special editions of works by Shakespeare, Thackery and Montaigne. Philosophy books, cook books, textbooks, children's books, paperbacks, specialized magazines, art prints, old phonograph records, especially a good number of 78s, are available at the sale. All proceeds from the sale go into the scholarship-fellowship fund of the Association, which provides funding for women pursuing graduate education in many fields of study.

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