

# Essence Of Life

(Continued from Page B2)

sary, and adds, "Potpourri is a fine, personal product that can be made without any magic."

She said making herb products as gifts is not just a matter of saving money, but "it is sharing something highly personalized. Herbs tie in well with any craft, and have the added blessing of fragrance."

Bertha says a real plus for using herbs in cooking is that they can be extremely delicious in salt-free and sugar-free diets. "It is incredible what herbs do for cooking. I can't imagine a scrambled egg without herbs."

Bertha says she makes her own special blends and has them within reach of the stove. Her husband has been on a salt-free diet for 10 years, and continues to eat deliciously with herbs.

An interesting feature of the store is to create a different product every month. One of their creations was wedding rice with rosemary and rosebuds. The rosemary, Bertha explained, is for remembrance and the rosebuds for love. The creation has been a best seller in the Washington gift shop where Rosemary House products are now available.

One of Susanna's creations of the month was garden herbs and garlic dip, a delicious treat that was taste tested for several months before it was introduced.

Bertha says she is always discovering new herbs and new ways of using old ones. The store offers a wide array of books on the subject of herbs, including Gerard's The Herbal, which was the first book printed on the Gutenberg

press after the Bible, according to Bertha.

With spring coming, the shop will soon offer plants to home gardeners, and Bertha notes herbs' usefulness as "companion plants." Planting rue with potatoes will discourage beetles, and basil with tomatoes with discourage "all kinds of things." She says they will sell "thousands" of plants in the spring.

She adds, "It's a way of life - I want everybody to share in it. Not everybody wants to be a gardener, but they can all enjoy herbs."

She admits that her interest in herbs, sparked by her first garden club meeting, "has developed into a lifestyle."

The women who attend the ladies' luncheon at the Holstein convention will share Bertha's account of this lifestyle with ideas to adapt to their own. Tickets are still available and can be purchased from Sue Beshore, 386 Old York Road, New Cumberland, Pa. 17070, until February 19. Tickets must be picked up at the convention registration desk at Willow Valley - none will be available at the Treadway.

Transportation will be provided from Willow Valley to the Treadway, beginning at 9:45 a.m.

Bertha has included the following in the beginning of one book: "To grow them is to know them.

To know them is to use them.

To use them is to love them.

And then- happily- Herbs become your way of life."

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S.H. Manheim, Pa

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Before taking Golden Pride Products, I had leg aches and restlessness. This interfered with my ability to relax and sleep. Since taking Golden Pride, my legs have steadily gotten better. The circulation has improved in my legs, eyes and arms; also my kidneys have improved. My wife pricks my finger to get blood for a blood test. She no longer has to squeeze my finger off to get enough blood for a test. Thanks for Golden Pride Products! I take #1-2-3-4.

Jim Ault, Pa

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