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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

JULY MEALTIME IDEAS

By Arleen M. Kaptur

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Ah! the month of July – hot, hot, and hot.

Meals still have to be prepared and they should awaken very sluggish appetites. The food should not heat up the kitchen or the cook. The flavor should be brisk and the colors bright. So – what do you prepare when the temperatures soar but the desire to cook and stay in the kitchen is at an all-time low?

Try some of these menu ideas and maybe they will just hit the spot!

Grilled salmon steaks, buttered pasta with garnish of parsley, cucumber spears in Russian or French dressing, orange sherbet

Chili dogs on a bun, grilled potato wedges, baby carrots in lemon butter, brownies with vanilla ice cream

Triple-decker club sandwiches (your choice of meat/cheese), creamy coleslaw, fresh string beans, strawberry ice cream

Ravioli (meat or cheese), seasoned with Parmesan and chopped basil, broccoli spears, fresh garden salad (lettuce, tomato, cucumber, radish, Your favorite cookies

Grilled ham steaks, grilled sweet potato halves, sweet peas with onions, pound cake slices with strawberry/raspberry/blueberry topping and whipped cream

Creamed chicken or beef on toast points, melon wedges (watermelon, cantaloupe, etc.), spinach salad, assorted cupcakes

Barbecued pork or beef on a bun, corn on the cob, garden fresh sliced tomatoes with slices of mozzarella cheese and drizzled with Italian dressing, rainbow sherbet or ice cream

Panfried steak sandwiches with onions and sweet peppers on French bread or rolls, sliced fresh peaches, lettuce wedges with Thousand Island Dressing, Chocolate cake slices

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Meatloaf slices, garlic mashed potatoes, green beans, milk shakes

Antipasta Platter(deviled eggs, sliced cheeses, salami, olives, tomato slices, onions, etc.)

Assorted bread basket, lemon ice

or try an It's Raining Picnic on your back porch or covered patio when refreshing summer rains come – Fried chicken, corn nibbles, mashed potatoes and gravy, coleslaw, and jello for dessert with lots of fresh lemonade or iced tea.

Decorate with the food in a picnic basket, checkered tablecloth, and napkins, and paper plates, and cups.

How about going down to a nearby lake or stream and having a tailgate picnic?

Using a portable grill, have some hamburgers or hot dogs, buns, condiments, watermelon slices, garden salad, and a lot of fun!

For a tailgate picnic try these:

baked beans, fruit slices, chips, crackers, fruit juices, cookies, doughnuts, relishes – mix or match and you have a great meal right there – put that tailgate down and spread a nice cloth, put the lawn chairs around, and enjoy the sunset or the beauty of the season!

When the kids are a little down on energy and enthusiasm give them their own "Hobo Lunch" sacks to take outside and enjoy.

Peanut butter sandwiches or their favorite luncheon meats or cheese, carrot or celery sticks, giant sugar cookies, or pudding or jello in self-serve cups, and some fresh fruit. Tie in a colorful bandana, run through the end of a stick, and set them off on adventures in the backyard. Don't forget to include a wet paper towel in a sandwich bag for clean-up after eating. Let them fill in the adventures and the fun just comes naturally!

These are just suggestions for fast, easy meals when the temperatures of Summer heat everything and everyone. You still want great meals but without the time, or work.

ENJOY!

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(An excerpt from the Living is Easy–Summertime cookbook by Arleen Kaptur)

Arleen Kaptur has written numerous articles, booklets, and the novel: Searching for Austin James

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Train Your Pit Bull Terrier: Whistle Dog Training

By Tim Amherst

Pit Bulls are an intelligent breed that can be taught nearly anything, as long as they have a good

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trainer. Having a good trainer doesn't necessarily mean a trainer that you hired. Many Pit Bull owners are finding that their pets not only are eager to learn, but they also gain much when they opt to train their Pit Bull themselves. Owners who opt to be their dog's trainer will find that they enjoy spending the extra time with their beloved pet.

Many methods of training exist, and just which type you wish to pursue is totally up to you. Depending on what you wish to accomplish as well as how much time you can devote to the task is just a couple of things you'll need to factor in when picking a type of training for your pet.

Over the years, one of the training methods which has began to rise in popularity is whistle training. This type of training uses a whistle to give the dog commands rather than using the spoken word. Each task is allotted a certain amount of blows, or pips, on the whistle.

If you'd like to attempt whistle training for your Pit Bull, then the first thing to do is to pick out a good quality whistle with which to give out the commands. Using your own mouth to do the whistling isn't a good idea. Your pitch would vary, and if you needed to give your Pit Bull a command from a distance, he may not hear you. For these reasons, it's best to go with a good quality metal whistle.

One whistle command you can teach your dog is to come when called. A good way to do this is to use his feeding time as the starting ground. At mealtime, as you put his food down give two short bursts on the whistle. Continue to do this at every mealtime for about three weeks. Always remember to use the exact number of bursts on the whistle.

Once you have made it for about three weeks with the mealtime whistling, try blowing the same command when your Pit Bull is not expecting a meal. Be sure to have a nice treat for him at the ready, for when he does come you'll want to reward him with a nice snack and a reassuring rub.

This type of training is useful if take your dog to the park or anywhere in the outdoors. By whistle training your Pit Bull, you'll know that wherever he is, he can hear you and come at your beck and call.

To learn all about owning, raising, and caring for American Pit Bull Terriers, visit

today!



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