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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!

PASS THAT COLESLAW

By Arleen M. Kaptur

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Cole Slaw is always a welcome salad addition to any summertime meal. Whether you prefer creamy, sweet/sour, or a special family favorite, serve cole slaw. with burgers, hot dogs, sandwiches, grilled or fried chicken, grilled fish, thick, juicy steaks, or even meatloaf. Coleslaw adds crunch, flavor, and color to any entree. It is versatile, and lends itself to almost any menu plan. So serve coleslaw and give your meal that extra special taste treat.

ENJOY.

COLESLAW –MAYONNAISE

1 head green cabbage (about 2 lbs.), shredded

1 red onion, finely chopped

1/4 green bell pepper, chopped

1 carrot, shredded

1/2 cup chopped parsley

3/4 cup mayonnaise

3/4 cup sugar

1 tsp. celery seed

1 tsp. mustard seed

1/2 tsp. salt

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1/4 tsp. black pepper

Sprinkling of paprika

Combine the vegetables (cabbage, onion, bell pepper, carrot, 1/2 of the parsley).

In a bowl, combine the dressing ingredients, except the paprika. Pour the dressing over the vegetables. Refrigerate 3 hrs. before serving. When ready to serve, sprinkle lightly with paprika and add the remaining chopped parsley for garnish.

SWEET/SOUR COLESLAW

1 head green cabbage, shredded

4 ribs celery, finely chopped

1 white onion, finely chopped

1 green/or red bell pepper or a combination, finely chopped

1/2 cup fresh parsley, chopped

2 cups sugar

1/2 cup cider vinegar

2 tsp. salt

1 tsp. celery seed

1 tsp. mustard seed

1/2 tsp. fresh tarragon, chopped (Optional)

Combine the vegetables in a bowl (cabbage, celery, onion, bell pepper, 1/2 of the chopped parsley). In another bowl, combine the sugar, vinegar, salt, celery seed, mustard seed, and tarragon, if using. Stir well to dissolve the sugar completely. Pour the dressing over the combined vegetables, cover with plastic wrap, and refrigerate for at least 5 hours, or preferably overnight. When serving, sprinkle the remaining parsley on top.

PICNIC SLAW

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1 head green cabbage, shredded

1/4 cup chopped white onion

1/4 cup finely chopped red/green bell pepper

1/4 cup shredded carrot

1/3 cup sugar

1/3 cup spicy ketchup

1/3 cup white vinegar

1/4 cup chopped parsley

Combine sugar, ketchup, and vinegar in a pan. Bring to a boil, stirring constantly until sugar is completely dissolved. Pour this dressing over the shredded cabbage. Combine gently but thoroughly. Cover with plastic wrap and chill in refrigerator for 3–4 hours. When serving, sprinkle with parsley for garnish.

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(Taken from Fresh and Flavorful Salads by Arleen M. Kaptur)

Arleen Kaptur has written numerous articles, cookbooks, and the novel: *SEARCHING FOR AUSTIN JAMES* Websites: <http://www.arleensite.com> <http://www.Arleens-RusticLiving.com> <http://topica.com/lists/simpleliving> <http://www.webspawner.com/users/rusticliving>

Craps Tips

By BetPrize

If it is hard to beat the house in casino game craps, it is impossible to beat it regularly. When playing casino game craps, do not expect to win most of the times. No real winning strategy exists for craps casino game. But you can minimize your losses and make the game more enjoyable to play, more entertaining if you follow some simple craps tips.

Casino craps is a sophisticated game, it has so many kinds of bets that the first thing you need to do is to learn the casino craps game rules.

There are two most common bets in the casino game craps rules – the pass line and the don't pass line. Whenever one of them wins, the other one loses. We will mention two other casino game craps bets which are also more important than the rest: the come bet and the big 6 and big 8 bet. Both of

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them as well as the pass line bet have lower house edge.

– Pass line bets. The basic bet that the shooter will make a pass. Wins if you either throw a 7 or 11 on the come-out roll or repeat the point number before rolling a 7.

– Come bets. In the casino game craps it is identical to the pass line bet, except it may be made on every throw once a point has been established.

– Big 6 and 8 bets. The Big6 and Big8 bets are wagers that a 6 or 8 will be rolled before a 7. These craps bets pay even money.

Take all odds bets and bet the maximum allowed amount in the casino game craps.

If you are loosing the game, do not increase your bet as some craps players recommend. Do not forget that after all craps is a game of luck! If luck is against you, quit the game.

Try your luck, play craps online, hope for the best and have fun! We do not claim that these craps tips will help you win money, this article is for information purpose only.

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