



**How to Look Younger and Thinner Instantly**

As glad as we are to have gravity, there are times when it becomes a bit much. For instance, when seeing pictures of my face in repose, I realize that gravity is winning, and the elasticity in my neck and jowls is losing.

I've also seen photos of myself where my stomach is creating an unattractive distraction.

Hence, my advice is to try and do this at all times: look up, stand up straight, and suck in. You can take ten years off your appearance without the pain and expense of a total body lift.

**Here's a Worthy Concept**

In speaking about the important topic of toe nail polish with my friend Alison, I made the remark that I never bothered with it in the winter, as no-one sees it.

Alison admonished me, and said I should do it anyway. She said, "I do it for myself." I simply adore that concept, don't you?

So I say put on the Victoria's Secret bustier, even if no-one sees it. Do it for yourself.

---

Turning fruitcake haters into fruitcake lovers since 1996.

This incredibly moist fruitcake is made with tons of glace cherries and pineapple.

It's also loaded with chunks of gourmet chocolate.  
0 Trans Fats

**July is my birthday month**

July 13<sup>th</sup> is my birthday, so like any true egomaniac, I love July! Perhaps the July birthday is what's responsible for my gardening mania.

Right now I have a prehistoric-looking holly hock in full bloom. It insisted on growing where it is, and as a result, it's huge. Any I've planted are one long, spindly spike. However this thing has five main stalks, each of which has dozens of little branches filled with magenta-coloured blooms. I guess the moral of the story is never tell a holly hock where to live.

This month's tested recipe:

**Chicken Strips**

Quick, easy and deliciously moist! Allow 1 chicken breast per person. For 4:

- 4 chicken breasts, de-boned
- 1 egg, well beaten
- 1 cup fine bread crumbs
- ½ cup Parmesan cheese
- 4 - 5 Tbl. melted butter

Cut chicken breasts into strips (about 3 per breast). Mix bread crumbs and Parmesan cheese together. Melt butter. Turn the pieces in the egg, then the bread crumb mix, and place on a sprayed cookie sheet. Put 1 - 2 tsp butter on each piece of chicken, and bake at 350 for about 20 minutes. Turn, bake for another 20 minutes or until nice and brown.

**More Meditative Suggestions**

You know how I like to offer stress reduction strategies to readers, so I was pleased to recall two that I had learned from a professor at UBC. It was 1975 and we were third-year Education 'transfer' students, all having come from other faculties. Needless to say, we found the Faculty of Education somewhat mystifying.

Nonetheless, here are two activities we did while learning how to become elementary school teachers.

- 1) You need a group for this. Turn out the lights; one person starts. Pick the name of a vegetable, and start to chant it. The next person picks a different vegetable name, and so on. Finally, 20 people are chanting the names of vegetables in the dark.
- 2) Lie on the floor. Visualize a dot. Feel this dot moving very slowly from the bottom of your foot, up your leg, through your body and finally out the top of your head.

In retrospect I'm not really sure how the vegetable chanting reduces stress, but perhaps the moving dot does. I've always found much quicker and easier stress reduction in a glass of chilled Sauvignon Blanc myself.

If you wish to unsubscribe, please e mail me, and I will remove your name from the list!

[moni@fruitcake.ca](mailto:moni@fruitcake.ca)

**PRODUCTS:**

[Totally Decadent Fruitcake](#)



Totally Decadent Fruitcake is a gourmet product made for people who appreciate high quality ingredients.

[<<read more>>](#)



[Okanagan Harvest Cake :](#)

We now make a natural fruit version of Totally Decadent Fruitcake™

[<< read more>>](#)



[Okanagan Fruit and Rum Bars :](#)

Here is the perfect gift for the business or corporation that wants

**Okanagan Harvest Cake is now available at these fine stores**

Handworks Gallery, Main Street, Oliver

Tin Horn Winery, Oliver

Terwilligers Gifts, 675 Main Street, Penticton

The Bench Market, 368 Vancouver Ave, Penticton

VQA Wine Store, 553 Railway St., Penticton

Summerland Sweets, 6206 Canyon View Rd, Summerland

Dirty Laundry Winery, 7311 Fiske St. Summerland

Kelowna Wine Museum, 1304 Ellis St. Kelowna

Grand Snax, inside Delta Grand Hotel, 1310 Water St. Kelowna

St. Hubertus Winery, 5225 Lakeshore Rd. Kelowna



NUTTIER THAN A FRUITCAKE™, Kelowna, British Columbia, V1W 2V1.  
Phone 250.860.4174 E-Mail: [MONI@FRUITCAKE.CA](mailto:MONI@FRUITCAKE.CA)

© 2005-2007 Nuttier Than a Fruitcake™. All rights reserved.  
Website updated and optimized by [MIC-ITSolutions](#)