

From the book *Food for the Body and the Soul.*
by: Faye Smith

If you would like a copy, please contact Mrs. Faye Smith in Liberty at (336) 622-4464

FOOD FOR THE BODY AND FOR THE SOUL



By Faye C. Smith

HOMEMADE WENDY'S FROSTY

1 8 oz. container Cool Whip, thawed
1 large can Pet evaporated milk, chilled
½ gallon pure chocolate milk

Pour all three ingredients, in order listed, into ice cream freezer can. Freeze as per manufacturer's instructions. Makes about one gallon. Tastes like a Frosty from Wendy's!

If you once turn over on your side after the hour at which you ought to rise, it is all over. Bolt up at once, and get busy! --Sir Walter Scott

"Go to the ant, thou sluggard; consider her ways and be wise. Which having no guide, over-seer, or ruler, provideth her meat in the summer and gathered her food in the harvest. How long wilt thou sleep, O sluggard? When wilt thou arise out of thy sleep?"

--Proverbs 6:6-9

TIP OF THE WEEK: A strip of aluminum foil stored *with* your sterling silver-ware will keep it tarnish free.

Reprinted with permission of the author.