

MoNdAy FuNnIeS

21 Mar 2005- From Cordell & Janice Vail
Our attempt to help you smile every Monday
Morning

Copyright 2005 by Cordell Vail

~~~~~

## Wisdom For The Week :

A dark chocolate a day will keep the doctor away  
(is that what they said?)

~~~~~

MoNdAy FuNnIeS

(Contributed by Mark Anderson.... Thanks Mark)

HEALTH WARNING!!!!!!!!!!!!!!!!!!!!!!

- Can't eat Beef..... Mad cow...
- Can't eat chicken Bird Flu
- Can't eat eggs Salmonella
- Can't eat pork Trichinosis and Tape Worms
- Can't eat fish Heavy metals in the meat
- Cant eat beats Botulism
- Can't eat hamburger.. E.coli
- Can't eat shellfish Viral Gastroenteritis and Red Tide

Can't eat fruits and veggies ... insecticides and herbicides

I believe that only leaves Chocolate!!!!!!!!!!

Did you know Chocolate is a Vegetable

Chocolate is derived from cocoa beans.

Bean = vegetable.

Sugar is derived from either sugar cane or sugar BEETS.

Both of them are plants, in the vegetable category.

Thus, chocolate is a vegetable.

To go one step further, chocolate candy bars also contain milk, which is dairy. So candy bars are a health food.

Chocolate-covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.

And Remember - - - "STRESSED" spelled backward is "DESSERTS"

~~~~~

## Consumer Tips

Seriously..... it has now been shown in several studies that dark chocolate eaten in small amounts every day is actually is good for your health.

You think I am kidding don't you? OK go see for yourself

<http://www.stuffedchocolate.com/chocolate%20links.htm>  
[www.healthfinder.gov](http://www.healthfinder.gov)  
<http://my.webmd.com/content/article/73/81921.htm>  
<http://www.chocolateatelier.com/healthy-blood-flow.htm>

There are lots more but that will do to convince you and take away your guilt as you indulge.... ha ha ha

~~~~~

Feedback on Vinegar from Marcos Mcgraw ... Thanks Marcos)

That is so interesting about the Vinegar. You know the old nursery rhyme about Jack and Jill. Well, Jack wrapped his head in Vinegar and Brown Paper. So one day one of my children bumped their head and a huge bruise was forming on their forehead. I dabbed vinegar on it and the bruise which was really pronounced went away and didn't form. Since that time I have found a dab of vinegar takes away the bruise like a charm. It will also stop the pain of a sunburn. (I also found out that vinegar will replace the dish drying liquid you pour in your dishwasher!)

~~~~~

Yup... and I think that is why grandma used to wash the widows with vinegar too ... Cv



**CLICK HERE TO GO TO:**

**2005 index:** <http://www.mondayfunnies.com/mf2005>

**Previous Joke:** <http://www.mondayfunnies.com/mf2005/050314.pdf>

**Next Joke:** <http://www.mondayfunnies.com/mf2005/050328.pdf>