

MoNdAy FuNnIeS

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From Cordell & Janice Vail

Our attempt to help you smile every Monday Morning

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Wisdom For The Week :

Wishing leads to wanting.
Wanting leads to longing.
Longing leads to premeditation.
Premeditation leads to mental imprinting
Mental imprinting leads to doing.
So be careful you are wishing for.
Cordell Vail

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(Contributed by Carlton Schultz Thanks Carlton)

here's the final word on nutrition and health. It's a relief to know the truth after all the conflicting medical studies:

- 1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.*
- 2. The Mexicans eat a lot of fat and suffer*

fewer heart attacks than Americans.

3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.

4. The Italians drink excessive amounts of red wine and suffer fewer heart attacks than Americans.

5. The Germans drink a lot of beer and eat lots of sausage and suffer fewer heart attacks than Americans.

CONCLUSION:

Eat and drink what you like. Speaking English is apparently what kills you!



Consumer Tips

A plastic paint spatula scrapes hardened batter from kitchen counter tops and baked-on food in the oven

~~~~~ Feed Back for Readers ~~~~~

(Contributed by Jerry Bettes..... Thanks Jerry)

I sell these huge marker sets for painting signs, mostly to super markets. Many years ago a meat cutter told me about a method he used to remove ball point ink from his

white meat cutting aprons and his white shirts. Soak your shirt in sweet milk for 24 hours then launder in the usual manner, many would say what is sweet milk? Sweet milk is whole milk. This has worked for the last 30 years for me.  
Jerry



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