

Travels With Charley Dog's Remember

This month under Dog Story we combine dogs and books. What better place to start than John Steinbeck's classic "Travels with Charley". Charley is Steinbeck's full size poodle that accompanied him around the US in a camper truck. The journey became a book and the book became a classic. This trusty companion eased Mr Steinbeck's passage down the highways and back roads of America in the early sixties. They both experienced the people, countryside and events of three months together. Charley, being a dog, did his duty as guardian and friend to the writer in search of "America". Needless to say, and thankfully so, there was no final conclusion to the tale. But, in the telling, a wonderful description of a Dog and his Human, roaming and sniffing things out together, drawing their own conclusions. Charleys' stowed away in a dog's memory and John's, scribbled down for all to enjoy. In my case, recently, for the second time in 45 years. It brings a tear to my eye sometimes, when a book gives an uplifting or revelatory flash in just a few sentences or short passage. How amazing is this? No 10 million dollar blockbuster movie, No 10 part TV series. It's a few words on a page, delivered through my own eyes at the kitchen table while enjoying a **Sis-siboo coffee**. I don't remember if I shed a tear the first time around or not...but for sure, Charley would.



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"Lemons" The Bright Side!

Lemon juice has long been on the list of people looking for a better bang for their antioxidant buck. But how can you really get your moneys worth? How can you use the whole lemon without waste? Simple.. place the washed lemon in the freezer. Once the lemon is frozen, get your grater, and shred the whole lemon . Good on everything. Lemon peels contain as much as 5 to 10 times more vitamins than juice, very helpful in removing harmful toxins from the body. Lemon (Citrus), as an extract is a miraculous product that has been shown in clinical trials to kill cancer cells. The compounds in lemons slows the growth of tumours similar to Chemo drugs. It's also known as an anti microbial that fights bacteria infections and fungi, effective against internal parasites and worms. It regulates blood pressure and is an antidepressant, combating stress and nervous disorders. Who wouldn't want to use such a handy, tasty, powerhouse of a cure-all? Just grate it on food every day and enjoy the natural, live food way, to added health. Start now, just in time for winter immune system building.

P.S. Lemons are food and not recommended for self treatment of cancer. What **is** recommended is any study on the healing power of a conscientious life-style and the curative power of common sense.

Don't miss Alan Melanson's walking tours in Annapolis Royal 902-532-3034

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Dragon painting By Joan Stanley



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The Chocolate Shop & Café

Mom Says No VeggiesNo Pie

The fall market season is here. Many of the local growers have had a bumper year with super weather conditions. There is no excuse for not having a healthy supply of greens and fresh organic vegetables on hand. Even the big grocery stores are well stalked with local produce...local being at least Canadian , if not Maritime grown. If you haven't become a real fan of fresh grown produce yet, this is definitely the time to give it a try and maybe start building a habit around live local food as opposed to canned or frozen. It's a great health habit to develop. The few minutes it takes to clean up and prepare some greens, beans, corn or even something as exotic as leeks can give you a ton of immune system building antioxidants. Doing it with your own two hands builds confidence to make other healthy decisions that may be long overdue. It's not New Years resolution time but it can be the time of year to follow the flow of dramatic changes in the season with some life enhancing health goals of your own. The satisfaction of a meal built from scratch will go a long way to get you started. Digby Cafe dot CA, the flyer, is always open to your two cents worth on any subject.

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 902 467 3890 or text 902-830-5042

Visit JoAnn MacKay at her Great Expectations Books and Antiques store in Annapolis Royal . Her hand made chocolates from the Chocolate Shop and Café at the front of the store are everybody's favorite. 165 Lower St George St. 902-532-0120

 Learn how to make your own Zesty Cauliflower Soup at www.digbycafe.ca
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