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## Hedy's Corner

Soon springtime will make itself felt and inevitably there is something in the air which gives the spring-clean itch to the average housewife, be it actual deed or only wishful thinking!

Being a bit of an odd bod (yes, I invite you to call me a "crank") as I am planning to talk a bit about 'spring-clean' foods for our bodies. As an initial "showing of my colours:—

### SANDWICH FILLING FOR THE KIDS?

*Nut Butter:* 1-2 tbsp. Soya oil, raw nuts. (Nut butter can be made from almonds, cashews, peanuts and Brazil nuts (although peanuts are not nuts in the real sense). Alas, you need a blender! Add between 1-2 tbsp. oil into blender, add nuts bye and bye until mixture forms a thick paste. If liked, add a trace of sea salt. Nuts such as peanuts and cashews need little oil.

### BREAKFAST—HANDY FOR THE BUSY HOUSEWIFE

*Thermos Bottle Cooked Cereal:*

2/3 cup whole wheat grain, 1 tbsp. hulled sunflower seeds, 1/3 cup whole oats, 1/3 cup hulled barley, 4 cups water.

Mix ingredients and soak all day. That evening drain and save water. Add water to the saved water to make a total of 3 cups in all. Boil water, add grains and boil 1 minute. Pour into 1 quart thermos bottle and turn on side overnight. Ready for breakfast with your favourite additions.

### A HEALTH-GIVING LUNCH

*Spinach Souffle (Vegetarian):*

1 lb. spinach (steamed), 1 cup stock or water, 3 tbsp. whole wheat flour, ¼ teasp. veg. salt, 3 tbsp. brewer's yeast, ¼ cup grated cheese, 4 eggs (separated). Put all ingredients except egg whites, in blender and mix until smooth. Fold in stiffly-beaten egg whites. Turn into oiled casserole or oiled individual custard cups. Bake at 375F for 35-40 minutes. In custard cups considerably less time. Above ingredients are all available in health food specialist shops.

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## Solar Battery Watch

Applying a very sophisticated technique used in space conquest, a watch factory at La Chaux-de-Fonds (Neuchatel—Switzerland) has produced a watch that converts light into electricity. This quartz time-keeper indicates the hours, minutes, seconds, days and months. The calendar mechanism is programmed for four years. This high precision instrument is extremely reliable and requires no maintenance: dry batteries store solar energy, so that the battery never needs changing. (SODT).