

Technical Data Sheet Dorus WI 0294 Henkel

Delly Porter has a happy life. She needs new shoes, but doesn't really mind because she loves the soft, silky feel of the dirt road beneath her bare feet. She's a good artist, too, even if she has to make her own art supplies. And she loves her schoolteacher, Miss Violet, who lets her help in the classroom. Life only looks brighter when Miss Violet announces the school will have a Shoebox Social to help raise funds for new art materials. But when what should be a festive occasion is threatened by prejudice and cruelty, Delly finds out that one must stay true to oneself to successfully navigate life's joys and sorrows. From Trinka Hakes Noble, the author of *The Scarlet Stockings Spy* and *The Last Brother*, comes the story of a young girl who learns the most precious things in life are not measured in dollars and cents but by the warmth of one's heart. And that truth, beauty, and love are in the eye of the beholder.

Food is essential; unfortunately the foods we love are mostly loaded with ingredients that are harmful to us. Such as: too much sugars and flour. Obesity and Diabetics are the result of eating these things. We are striving to live healthier lives by reducing the amount of harmful ingredients we put in our bodies. Watching what we eat, dieting, and exercise are a few things we do. Experts are now telling us to eat 5 or 6 moderate meals a day, to help reduce or regulate our weight. Millions of people have turned to whey and soy products to replace one or two meals a day. Every two or three hours we should have a small portion of something good for us. Like fruits or snacks. The Goal of this book is for you to enjoy snacks and deserts, by replacing some of the sugars and flour for whey proteins. Helping you to get the fiber and proteins you need without sacrificing, the texture and flavor of the food. Really you can't tell the difference between cooking with whey or soy protein in these receipts from not using them. Even in the icings they are not sicken sweet but, they are sweet. This is not a diet book or a cure for obesity, but the author's sugar levels and cholesterol count has been greatly reduced. Also included are several new receipts. Like 4 new no bake cookies, and more. Each receipt has the Nutritional information per servings, so you know what you are eating.

Includes history of bills and resolutions.

American Motorcyclist magazine, the official journal of the American Motorcyclist Associaton, tells the stories of the people who make motorcycling the sport that it is. It's available monthly to AMA members. Become a part of the largest, most diverse and most enthusiastic group of riders in the country by visiting our website or calling 800-AMA-JOIN.

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Catalog of Copyright Entries. Third Series 1963: January-June Copyright Office, Library of Congress

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