Drew's Famous Onion Dill Bread

A personally memorable bread from my dating days (see ad). This fills the house with the 'suggestive' scent of onion and the spicy aroma of dill. Everyone loves this hearty unusual bread!

1 package yeast
3⅓ cups flour
¼ teaspoon baking soda
1½ teaspoons salt
1 unbeaten egg (Use ingredients at room temperature.)

Mix together, warm and add:
¼ cup water
¾ cup cottage cheese
¾ cup sour cream
3 Tablespoons sugar
3 Tablespoons minced dried onion
2 Tablespoons whole dill seed
1½ Tablespoons butter

5+ Minutes To Automated Freedom

In the order listed, place dry ingredients and egg into inner pan. Warm next set of ingredients, add them. Select white bread, and push "Start". Lightly brush the top with a little melted butter at baking time if you wish.

4 Hour Manual Method

Without DAK's Auto Bakery, you can hand knead, let this bread rise, and then bake it in 2 loaf pans in your own oven. It's just more work. Please see Page 32.

Notes

BE CREATIVE! Experiment with DAK's Auto Bakery. Try adding chopped nuts, fresh or dried fruit and more. Then jot your favorite health or taste additions below.

. . .Cholesterol Continued

And look at this. You can substitute 2 egg whites which have no cholesterol for a whole egg. Now you can be in control of what enters your body.

So, what is cholesterol and what does it do? And, is oat bran a **'magic bullet'** to reduce its danger?

CHOLESTEROL DANGER EXPLORED

Cholesterol is a fatty substance much like soft wax. It's found in all animal tissue. In fact, it makes up an important part of each cell membrane. Plus, the liver uses cholesterol to make bile acids.

Most cholesterol in humans is produced by liver cells. Special carrier molecules called lipoproteins transport cholesterol from the liver through the bloodstream to the cells throughout your body.

It's the amount and type of cholesterol in your bloodstream that's important. HDL (High Density Lipoprotein) cholesterol is good, while LDL (Low Density Lipoprotein) cholesterol has been linked to heart disease and strokes.

Arteriosclerosis, also known as hardening of the arteries, develops when fatty deposits containing cholesterol collect on the inner walls of your arteries.

Cholesterol tends to attach to any rough areas of the arteries. The build up

Next Pink Section Please. . .

DAK INDUSTRIES INC.
Call Toll Free For Credit Card Orders Only
24 Hours A Day 7 Days A Week
1-800-325-0800

For Toll Free Information, Call 6AM-5PM Monday-Friday PST
Technical Information. . . .1-800-888-9818
Any Other Inquiries. 1-800-888-7808
8200 Remmet Ave., Canoga Park, CA 91304