

29/01/82

Dear Phyllis,

Herewith the health bath
I promised to send you on
the telephone. Hope it eases
the aches and pains and
gives you many hours of relaxation.

I am also sending you
some Seaweed Jelly which
I think is delicious. I suggest
you try a small quantity
first - Use 1 teaspoon of the
powder to a pint of liquid
(water, fresh milk or even
tinned milk mixed in water).
The liquid must be brought to
boil, then you stir in the powder
and keep on the boil for about 2 to
3 mins - ensure that you watch
it so it doesn't boil over. Oh
yes you may also add to the
mixture flavourings of your choice
(Rosewater,
Vanilla essence, nutmeg, ground
cinnamon, yelatchi, rose syrup) and
sugar to taste - yelatchi must
be added while on the boil. Remove
from boil - pour into containers

and leave in bridge to set. you
may top same with finely
chopped almonds.

I am sending you a
bottle of the Rose Syrup:
Please write and tell
me what results you
have from the attempt.

I presume that
no ~~news~~ news from
you for this year is good
news.

Keep well and
take care.

UKZN
Gandhi
Documentation
Centre

Much love
Sivi