

Unity among Theosophists

Betty Bland – USA

One of my favorite but decadent recipes comes from my mother's family; it is the traditional Southern pound cake. The recipe probably began when recipes were not as sophisticated as today, so its ingredients were simple: a pound of eggs and a pound each of butter, sugar, and flour. Refining adjustments have been made over the years, but the proportions are still similar. Now this is an instance in which the whole is definitely better than its parts. Each ingredient is dependent on its proper blending with the others and if any ingredient is missing, the operation is a disaster.



Southern Pound Cake