

## *Crème de la Crème*

*Recipe for my Mom, Helen Buxton Frey  
from the files of Louise Frey Deis*

*Combine generous portions of:*

*love*

*strength*

*conscience*

*altruism*

*wisdom*

*generosity*

*compassion*

*& dignity*

*Mix in "the milk of human kindness"*

*& a little corn and beans*

*a bit of bologna*

*zest*

*more than a grind of pepper*

*a handful of "the salt of the earth"*

*Stir with a great deal of energy*

*"Frey"*