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Apple Fritter Cake Recipe

www.tasteofhome.com



Makes: 12 servings

I was experimenting with a beer bread to make it into a dessert and came up with this delicious cake that tastes just like our favorite apple fritters. —Ann Marie Eberhart, Gig Harbor, Washington

Ingredients

- 3 cups all-purpose flour, sifted
- 1/4 cup sugar
- 2 tablespoons ground cinnamon
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 medium apples, peeled and chopped
- 1 bottle (12 ounces) beer or unsweetened apple juice, room temperature
- 1/4 cup butter, melted

ICING::

- 2 cups confectioners' sugar
- 3 tablespoons 2% milk
- 1/2 teaspoon vanilla extract

Notes / Directions

1. Preheat oven to 350°. Line an 8-in. square baking pan with parchment paper, letting ends extend up sides.
2. Whisk together the first five ingredients. Add apples and beer; mix just until blended (do not overmix; batter will be thick). Transfer to prepared pan. Bake until a toothpick inserted in center comes out clean, 40-45 minutes.
3. Lifting with parchment paper, immediately remove cake from pan. Brush all sides with melted butter. Cool. Meanwhile, combine all icing ingredients. Spread or drizzle over cooled cake. Yield: 12 servings.

Broccoli Cornbread

2 boxes Jiffy Cornbread mix

1 10oz pkg frozen chopped broccoli

1 8oz cottage cheese

2 sticks margarine - melted

1 small onion - chopped

4 eggs

Mix all ingredients. Pour into 9x13 greased
casserole dish. Bake @ 350 for 40-45
minutes

Caramel Pie

$\frac{1}{2}$ Cup Butter } Carmelize this
 $\frac{3}{4}$ Cup Sugar } in Skillet -
"Don't Burn"

Stir in

2 cups Milk - Stir until
Sugar melts -

Add + Mix

Have this mixed + ready to
pour in Milk Mix -

$\frac{3}{4}$ C Sugar } mix + Add
 $3\frac{1}{2}$ TB SR Flour } to Milk Mix.
3 egg yolks }
 $\frac{1}{2}$ C Milk }

Stir w/wisk until
thick -



CHICKEN CASSEROLE

4 cups diced, cooked chicken	$\frac{1}{2}$ teaspoon pepper
4 cups chicken broth	2 teaspoon salt
$1\frac{1}{2}$ cups diced celery	1 cup water, chestnuts, optional
1 cup diced, processed cheese	4 cups cracker crumbs
1 large onion, diced	
2 eggs, beaten	
1 can mushroom soup	

Combine all ingredients except 1 cup cracker crumbs saved to sprinkle on top of casserole. Bake uncovered at 350⁰ for 45 minutes. Yield: 8 to 10 servings.

CHUCK ROAST GRILLED OUTSIDE

- 1 chuck roast about 3 lbs.
- 1 pkg. bleu cheese (good seasons) dry dressing
- $\frac{1}{2}$ cup oil
- $\frac{1}{2}$ cup water
- $\frac{3}{4}$ cup red or white wine

Night before

- mix salad dressing with oil, wine and water
- place meat in mixture in let sit overnight turning occasionally

Night of dinner

- make hot fire on pit
- grill roast close to coals to char on both sides
- takes about 20-25 minutes for medium rare

Excellente

GOON

Fried Cabbage

8 small servings

Melt: 1 stick butter in large heavy skillet

Add: 1 small cabbage, chopped

1 " onion, chopped

Cook on medium heat for about 15 minutes (until onions are tender)

stirring to keep from sticking to skillet

Add: 1 lb. smoked sausage - cut into thin round pieces

1 (15oz) Rotel Tomatoes

$\frac{1}{2}$ t. salt $\frac{1}{2}$ t. black pepper

Cover and simmer about 20-25 minutes

Joni's

Submitted by: Lupe Boudreaux
& Jason Parks
Rated: 5 out of 5 by 152
members

Prep Time: 1
Hour
Cook Time: 1
Hour

Ready In: 2
Hours
Yields: 10
servings

"Tantalize your taste buds with a bowl of this tasty gumbo filled with chicken, pork, shrimp and spicy Cajun flavor!"

INGREDIENTS:

1 tablespoon olive oil
1 cup skinless, boneless
chicken breast halves -
chopped
1/2 pound pork sausage links,
thinly sliced
1 cup olive oil
1 cup all-purpose flour
2 tablespoons minced garlic
3 quarts chicken broth
1 (12 fluid ounce) can or bottle
beer

6 stalks celery, diced
4 roma (plum) tomatoes, diced
1 sweet onion, sliced
1 (10 ounce) can diced
tomatoes with green chile
peppers, with liquid
2 tablespoons chopped fresh
red chile peppers
1 bunch fresh parsley, chopped
1/4 cup Cajun seasoning
1 pound shrimp, peeled and
deveined

OKRA 1 lb

DIRECTIONS:

1. Heat oil in a medium skillet over medium high heat, and cook chicken until no longer pink and juices run clear. Stir in sausage, and cook until evenly browned. Drain chicken and sausage, and set aside.
2. In a large, heavy saucepan over medium heat, blend olive oil and flour to create a roux. Stir constantly until browned and bubbly. Mix in garlic, and cook about 1 minute.
3. Gradually stir chicken broth and beer into the roux mixture. Bring to a boil, and mix in celery, tomatoes, sweet onion, diced tomatoes with *OKRA* green chile peppers, red chile peppers, parsley, and Cajun seasoning. Reduce heat, cover, and simmer about 40 minutes, stirring often.
4. Mix chicken, sausage, and shrimp into the broth mixture. Cook, stirring frequently, about 20 minutes.

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GOT A CAMERA?



Post a photo
of this dish
at Allrecipes.com

Hot Apple Cider Punch

- 1 gallon apple cider
- 2 teaspoons whole cloves
- 2 Teaspoons whole allspice
- 2 three-inch cinnamon sticks
- $\frac{2}{3}$ cup sugar
- 2 oranges, studded with cloves

Heat cider, cloves, allspice, cinnamon and sugar to boiling; cover and simmer 20 minutes. Strain punch, and pour into punch bowl. Float Oranges in bowl.

32 servings (about $\frac{1}{2}$ cup each)

I use more sugar and I do not use the oranges.

L.M.

HUSH PUPPIES

(Enough for 8)

(for plain corn meal)

- 1 cup flour
- 1 cup meal (2 cups = 1b.)
- 4 teaspoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt

Enough milk to wet - about 3/4 cup.
Don't make too dry.

- 1 egg
- 1 large onion
- 2 tablespoons Crisco oil

HUSH PUPPIES

(Enough for 8)

(for self-rising corn meal mix)

- 2 cups corn meal mix
- 1 egg
- 1 large onion
- 2 tablespoons Crisco oil

Enough milk to wet - about 3/4 cup.
Don't make too dry.

Handwritten notes:
Called for
Corn meal
Eggs
Crisco oil
Onion
Milk

Stewed Chicken Boned & Diced
1 can Rotel Tomatoes
2 cans of cream of chicken soup
1 small can chopped chillies
Cheddar cheese grated 12 oz.
1 package chips crushed

Mix soup, rotel tomatoes, chillies, cheese and chips together.
Add diced chicken. Top with grated cheese. Bake for 10 to 15
minutes at 350 degrees.

Mexican
Chicken

Pasta SALAD

1 pkg pasta

1 med green pepper chopped

1 large red onion chopped

1 1/2 cups shredded carrots

1 cup celery chopped

Cook pasta

rinse & cool

drain

Add green olives, green peppers
& all other vegetables in a bowl

Another bowl ADD

1 CAN Sweet Eagle brand milk

1 cup cider vinegar (brown)

1 cup mayo

3/4 cup sugar

1 teaspoon salt

1/2 to 1 teaspoon pepper

Mix till smooth

mix pasta + vegetables
together

Cover mixture over and toss
Refrig & Stiring overnight

jenny & charlie

From: "Patti Salkeld" <psalkeld@nonwaycorp.net>
To: "jenny pearce" <cpearce@aol.net>
Sent: Monday, December 20, 2004 6:27 PM

Broccoli - Cauliflower Salad

2 bunches broccoli (2 stalks per bunch)

1 head cauliflower

Golden Raisins or Craisins (Cherry or Orange flavored), 1/2 cup or just sprinkle in what you

Like

12 oz. Bacon, cooked and crumbled or 3 oz. Pkg Oscar Meyer Real Bits

1 bunch green onions, chopped

Sunflower Seed Kernels

Dressing

2 cups mayo

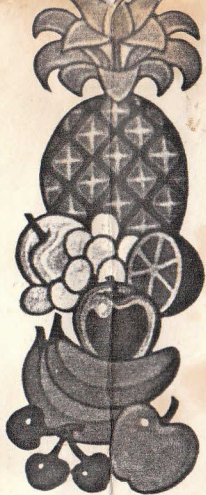
1 cup sugar

2 tblsp. Apple cider vinegar

Mix and refrigerate overnight.

Break up broccoli and cauliflower into small pieces, or chop. Add onions, bacon, raisins or Craisins, and sunflower kernels. Pour dressing over and toss well. Some folks like to add the dressing just before serving. Others do it beforehand and refig.

12/21/2004



Recipe from: Pickled Okra Serves:

1 quart vinegar

1 cup water

1/2 cup salt

Bring above to a boil

To each pint add

1 clove garlic

1 hot pepper

1 teaspoon dill seed

1 teaspoon mustard seed

Pour boiling mixture over okra and spices.

Seal jars.

SOUTHWEST SOUP

- 1 pound ground chuck
- 1 onion chopped
- 1 pk taco seasoning
- 1 pk ranch dressing mix
- 1 can corn
- 1 can red beans
- 1 can black beans
- 1 can pinto beans
- 1 can rotel tomatoes
- 1 can diced tomatoes

Brown meat and onion, add mixes, and other ingredients.

*Amber's
Very Good*

Vegetable Pizza

2 pkg. Crescent Rolls

Place rolls on a large cookie sheet, up around edges, and seal seams. Cook as directed and cool.

Mix: 2 - 8 oz. pkgs. cream cheese

1/2 cup sour cream

3/4 cup Miracle Whip

1 pkg. dry Ranch Dressing

Spread over cooled crust.

Add: any chopped veggies you like--broccoli, cauliflower, green onions, Bell peppers, carrots, cucumbers, tomatoes

End with any kind of cheese you choose.

Allow to set in refrigerator for 3-4 hour before Serving.

Amber's

Mississippi Cornbread Salad

1 (8 oz) pkg. cornbread muffin mix or

1 (8 inch) square of cornbread

1 (1 oz) dry Ranch salad dressing mix

1 (8 oz) container sour cream

1 cup mayonnaise

3 large chopped tomatoes

1/2 cup chopped red peppers

1/2 cup chopped green peppers

1/2 cup chopped green onions

2 (16 oz) cans pinto beans, drained

Prepare muffin mix according to directions; cool.

Stir together salad dressing mix, sour cream, and mayo until blended; set aside. Combine tomatoes and next 3 ingredients; gently toss. Crumble half the cornbread into a 3 quart trifle bowl. Top with half each of beans, tomato mixture, cheese, bacon, corn, and dressing mixture; repeat layers. Cover and chill at least 3 hours. Yield: 8 - 10 servings.

2 cups (8 oz) shredded

Cheddar Cheese

10 bacon slices, crumbled

2 15 1/4-oz. cans whole

kernel corn, drained

Alehouse Cheese Soup

- 3 tablespoons butter
- 1 medium onion, peeled, chopped
- 2 ribs celery, thinly sliced
- 2 medium carrots, shredded
- 1 (12-ounce) bottle or can dark beer
- 1 (14 1/2-ounce) can chicken broth
- 1 cup half-and-half OR whole milk
- 1/8 teaspoon ground nutmeg
- 3/4 pound sharp cheddar cheese, shredded (3 cups)
- Salt and ground red pepper (cayenne), to taste

In a 3-quart saucepan over medium heat, melt butter. Add onion, celery and carrots and cook, stirring often, until onion is soft but not brown.

Add beer and chicken broth. Bring to a boil, cover, reduce heat and simmer until vegetables are very tender, about 20 minutes.

Transfer mixture to a blender or food processor; blend or process until smooth. Return to pan and add half-and-half and nutmeg. Heat over medium-low heat, stirring occasionally, until soup is steaming.

Add shredded cheese, about 2 tablespoons at a time, whisking after each addition until cheese melts and texture is smooth. Do not let soup boil.

Season to taste with salt and ground red pepper. Serve at once.

Makes about 7 cups, 4 to 6 servings.

Spice up chicken with orange peel

By Dotty Griffith

ARC-EN-CIEL ORANGE CHICKEN

- 1 whole chicken breast
- 1 Tbs. soy sauce
- 1 Tbs. cornstarch dissolved
in 1 Tbs. water
- 3 hot red chile peppers
- 3 garlic cloves
- 3 (2-inch) strips of
orange peel
- 2 cups peanut oil
- Seasoning sauce
(recipe follows)
- 1/2 Tbs. rice vinegar
- 1/2 tsp. sesame oil

Remove skin and bone from chicken and cut into 3- by 2/3-inch pieces. Combine with soy sauce and cornstarch mixture, stirring to coat pieces evenly. Set aside to marinate for 20 minutes.

Meanwhile, remove seeds from peppers, being careful to avoid contact with eyes or mouth. Wear-

ing rubber gloves is recommended to avoid irritation. Finely chop seeded peppers. Slice the garlic cloves.

Add oil to a wok or skillet and heat to 450 degrees or very hot. Add chicken pieces a few at a time, stirring to separate. Fry just until chicken turns white. Drain excess oil and set aside.

Pour off all but 2 tablespoons oil and return wok or skillet to high heat. Add garlic, peppers and orange peel; cook for 1 minute. Add chicken and stir-fry for 10 seconds. Pour in seasoning sauce and mix to coat pieces evenly.

Sprinkle with vinegar and sesame oil. Serve immediately. Makes four servings.

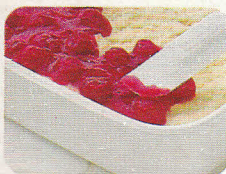
Seasoning sauce: combine 1 tablespoon soy sauce, 1 tablespoon rice wine or sherry, and 1 teaspoon cornstarch. Mix well to dissolve cornstarch. Stir well before using.

Bisquick Great Breakfast Recipes

Fruit Swirl Coffee Cake

Heat oven to 350°.

- | | |
|-----------------------------------|---|
| 4 cups Bisquick baking mix | 1 tsp. almond extract |
| ½ cup sugar | 3 eggs |
| ¼ cup margarine or butter, melted | 1 can (21 oz.) cherry, apricot or blueberry pie filling |
| ½ cup milk | Glaze (below) |
| 1 tsp. vanilla | |



GREASE jelly roll pan, 15½x10½x1", or 2 square pans, 9x9x2".

MIX all ingredients except pie filling and Glaze; beat vigorously 30 sec. Spread ¾ of the batter (about 2½ cups) in jelly roll pan or ½ of the batter (about 1¼ cups) in each square pan.

SPREAD pie filling over batter (filling may not cover batter completely). Drop remaining batter by tablespoonfuls onto pie filling.

BAKE until light brown, 20 to 25 min. Drizzle with Glaze while warm. Serve warm or cool. 18 servings.

Glaze: Beat 1 cup powdered sugar and 1 to 2 tbsp. milk until smooth and of desired consistency.

High Altitude: Heat oven to 375°. Use 9" square pans. Decrease baking mix to 3½ cups. Stir ½ cup Gold Medal® all-purpose flour into baking mix.

Bran Muffins

Heat oven to 400°.

- | | |
|-----------------------------|--|
| 1¼ cups milk | ½ cup sugar |
| 2½ cups bran flakes cereal | 2 tbsp. vegetable oil or margarine or butter, melted |
| 1½ cups Bisquick baking mix | 1 egg |

GREASE bottoms only of 12 medium muffin cups, 2½x1¼", or line with paper baking cups.

POUR milk over cereal in 2½-qt. bowl; let stand 2 min. Stir in remaining ingredients just until moistened. Divide batter evenly among cups.

BAKE until golden brown and firm, 20 to 25 min. 1 doz. muffins.

Do-ahead Tip: Cover and refrigerate batter up to 24 hr.

High Altitude: Heat oven to 425°. Use 14 medium muffin cups. Stir 2 tbsp. Gold Medal® flour into baking mix. Decrease sugar to ½ cup.



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Bisquick Favorites...see side panels



Easy Drop Danish

Heat oven to 450°.

- | | |
|-------------------------------------|---|
| 2 cups Bisquick baking mix | ¾ cup milk |
| ¼ cup margarine or butter, softened | ¼ cup raspberry (or any flavor) preserves |
| 2 tbsp. sugar | Glaze (below) |

MIX baking mix, margarine and sugar until crumbly. Stir in milk until dough forms; beat 15 strokes. Drop by rounded tablespoonfuls about 2" apart onto lightly greased cookie sheet.

MAKE a shallow well in center of each with back of spoon; fill with 1 tsp. preserves.

BAKE until golden, 10 to 15 min. While warm, drizzle with glaze. 1 doz. danish.

Glaze: Beat ¾ cup powdered sugar, 1 tbsp. warm water and ¼ tsp. vanilla until smooth.

High Altitude: Heat oven to 475°. Stir 2 tbsp. Gold Medal® flour into baking mix. Decrease sugar to 1 tbsp. Cool 2 min. before removing from cookie sheet.

Butter Biscuits

Heat oven to 450°.

- | | |
|--------------------------------|-----------------------------|
| ½ cup cold butter or margarine | ¾ cup milk |
| 2½ cups Bisquick baking mix | Butter or margarine, melted |

CUT cold butter into ¼" pieces. Toss baking mix and butter pieces with fork until coated. Add milk; stir just until milk is absorbed (do not overstir).

TURN dough onto cloth-covered board generously dusted with baking mix; roll to coat. Fold and knead dough 5 times; pat lightly to ½" thickness. Cut with floured 3" cutter; place on ungreased cookie sheet with sides touching.

BAKE until golden brown, about 9 min. Brush with melted butter. 8 biscuits.

Drop Butter Biscuits: Decrease baking mix to 2¼ cups. After stirring, drop dough by spoonfuls onto ungreased cookie sheet. Bake about 10 min. 10 biscuits.

High Altitude: For butter or drop biscuits, heat oven to 475°. Stir ¼ cup Gold Medal® all-purpose flour into baking mix. Bake about 11 min.

Easy Egg and Sausage Puff

- | | |
|--|-------------------------------|
| 6 eggs, slightly beaten | 1 cup shredded Cheddar cheese |
| 1 lb. bulk pork sausage, browned and drained | 2 cups milk |
| 1 cup Bisquick baking mix | 1 tsp. dry mustard |
| | ½ tsp. dried oregano leaves |

MIX all ingredients. Cover and refrigerate.

HEAT oven to 350°. Grease 2-qt. casserole; pour mixture into casserole.

BAKE until knife inserted in center comes out clean, about 1 hr. 6 servings.

High Altitude: Decrease baking mix to ¾ cup. Bake about 1¼ hr.

NOTE: Easy Egg and Sausage Puff can be baked immediately.

Bisquick

VARIETY BAKING MIX WITH BUTTERMILK

Pancakes

2 cups *Bisquick*
baking mix

2 eggs
1 cup milk

■ **BEAT** ingredients with wire whisk or hand beater until smooth.

■ **POUR** by scant $\frac{1}{4}$ cupfuls onto hot griddle (grease if necessary).

■ **COOK** until edges are dry. Turn; cook until golden. About 13 pancakes.

Thinner Pancakes: Use 1 egg and $1\frac{1}{2}$ cups milk.

High Altitude: No adjustments.

Drop Biscuits

Heat oven to 450° .

2 $\frac{1}{4}$ cups *Bisquick*
baking mix

$\frac{2}{3}$ cup milk

■ **MIX** ingredients until dough forms; beat 30 sec.

■ **DROP** by spoonfuls onto ungreased cookie sheet.

■ **BAKE** until golden brown, 8 to 10 min. 10 biscuits.

Water Recipe: Mix 2 $\frac{1}{3}$ cups baking mix and $\frac{2}{3}$ cup cold water until dough forms; beat 30 sec. Continue as directed.

Rolled Biscuits: After beating, if dough is too sticky, gradually mix in enough baking mix (up to $\frac{1}{4}$ cup) to make dough easy to handle. Turn onto surface well dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times. Roll $\frac{1}{2}$ " thick. Cut with 2" cutter dipped in baking mix. Bake as directed. 10 to 12 biscuits.

High Altitude: Heat oven to 475° . For Water Recipe, increase baking mix to 2 $\frac{1}{2}$ cups.

Dumplings

2 cups *Bisquick*
baking mix

$\frac{2}{3}$ cup milk

■ **MIX** ingredients until soft dough forms.

■ **DROP** by spoonfuls onto boiling stew.

■ **COOK** uncovered over low heat 10 min.; cover and cook 10 min. 10 to 12 dumplings.

High Altitude: No adjustments.

REPO: 4BR/2BTH DOUBLE
Call 501-368-8602 (TFN) S

BOSTON BAKED BEANS

2 CUPS NAVY BEANS

1/2 POUND BACON

1 ONION, FINELY DICED

3 TABLESPOONS MOLASSES

2 TEASPOONS SALT

1/4 TEASPOON GROUND

BLACK PEPPER

1/4 TEASPOON DRY MUS-

TARD

1/2 CUP KETCHUP

1 TABLESPOON

WORCESTERSHIRE SAUCE

1/4 CUP BROWN SUGAR

SOAK BEANS OVERNIGHT IN

COLD WATER. SIMMER THE

BEANS IN THE SAME WATER

UNTIL TENDER, APPROXI-

MATELY 1 TO 2 HOURS

DRAIN AND RESERVE THE

LIQUID.

PREHEAT OVEN TO 325

DEGREES F (165 DEGREES

C).

ARRANGE THE BEANS IN A 2

QUART BEAN POT OR CASSE-

ROLE DISH BY PLACING A

PORTION OF THE BEANS IN

THE BOTTOM OF DISH, AND

LAYERING THEM WITH

BACON AND ONION.

IN A SAUCEPAN, COMBINE

MOLASSES, SALT, PEPPER,

DRY MUSTARD, KETCHUP,

WORCESTERSHIRE SAUCE

AND BROWN SUGAR. BRING

THE MIXTURE TO A BOIL AND

POUR OVER BEANS. POUR IN

JUST ENOUGH OF THE

RESERVED BEAN WATER TO

COVER THE BEANS. COVER

THE DISH WITH A LID OR

ALUMINUM FOIL.

BAKE FOR 3 TO 4 HOURS IN

THE PREHEATED OVEN,

UNTIL BEANS ARE TENDER.

REMOVE THE LID ABOUT

HALFWAY THROUGH COOK-

ING, AND ADD MORE LIQUID

IF NECESSARY TO PREVENT

THE BEANS FROM GETTING

TOO DRY.

BUTTER CAKE WITH CHOCOLATE GLAZE

This impressive cake's secret weapon is cooling and a tangy sour cream that balances out the sugar. Serve with a side of freshly sliced strawberries if you really want to impress.

SERVES: 8-10

TOTAL TIME: 2 HOURS

CAKE:

Cooking spray

3 cups cake flour

¼ teaspoon baking soda

¼ teaspoon salt

1 cup unsalted butter, room temperature

2½ cups sugar

1 cup sour cream, room temperature

2 teaspoons vanilla extract

6 large eggs, whites and yolks divided

¼ teaspoon cream of tartar

1. Preheat oven to 325°F. Grease a Bundt pan with cooking spray; dust with flour to coat.
2. In a large bowl, sift together cake flour, baking soda and salt; set aside. In the bowl of a stand mixer (or bowl fitted with a hand mixer), beat butter on high until creamy (about 3 minutes). Add 2 cups sugar gradually until pale and fluffy (about 5 minutes), scraping sides down with a rubber spatula, as needed.
3. Add sour cream, vanilla and egg yolks until completely incorporated. Pour mixture into bowl with the flour mixture; fold until batter just comes together. Set aside.
4. Clean mixing bowl well, making sure no grease spots remain; add egg whites and cream of tartar. Whip on high speed until soft peaks just form (about 4 to 6 minutes). Fold 1 cup of the whipped egg whites into the rest of the batter; gently fold in the rest.
5. Spoon batter evenly into the prepared pan; bake 80 to 90 minutes or until a toothpick comes out clean. Allow to cool about 15 minutes on a cooling rack. Run a knife along the edges of the cake; invert onto the rack. (If the cake doesn't come out cleanly at first, allow to cool another 10 minutes and try again.)
6. Allow to cool completely before glazing (about 45 minutes).

GLAZE:

8 ounces semi-sweet chocolate, chopped into small pieces

¾ cup heavy cream

Flaky sea salt (optional)

1. Add chopped chocolate to a bowl.
2. Bring ¾ cup heavy whipping cream to a simmer; immediately pour over chopped chocolate.
3. Whisk until smooth. Allow to cool slightly (about 10 minutes); pour evenly over cooled cake to coat on all sides.
4. Garnish with flaky sea salt, if desired.

Recipes and photos by Rachel Johnson
www.stupidgoodrachel.com



CHELSEA FRANCIS



CHICKEN TORTILLA SOUP

**2 SKINLESS, BONELESS
CHICKEN BREASTS, CUT INTO
CUBES**

1/2 TEASPOON OLIVE OIL

**1/2 TEASPOON MINCED
GARLIC**

**1/4 TEASPOON GROUND
CUMIN**

**2 (14.5 OUNCE) CANS
CHICKEN BROTH**

**1 CUP FROZEN CORN KER-
NELS**

1 CUP CHOPPED ONION

**1/2 TEASPOON CHILI POW-
DER**

1 TABLESPOON LEMON JUICE

1 CUP CHUNKY SALSA

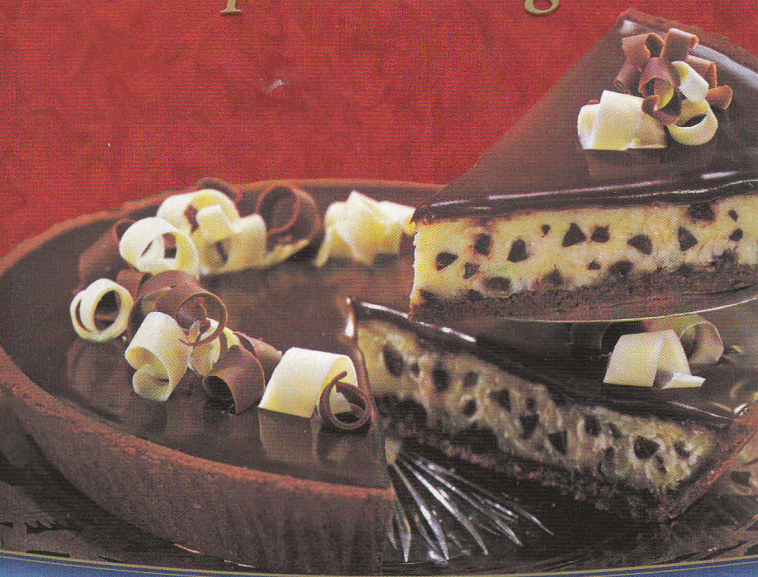
**8 OUNCES CORN TORTILLA
CHIPS**

**1/2 CUP SHREDDED
MONTEREY JACK CHEESE**

**IN A LARGE POT OVER MEDI-
UM HEAT, COOK AND STIR
CHICKEN IN THE OIL FOR 5
MINUTES. ADD THE GARLIC
AND CUMIN AND MIX WELL.
THEN ADD THE BROTH,
CORN, ONION, CHILI POW-
DER, LEMON JUICE, AND
SALSA. REDUCE HEAT TO
LOW AND SIMMER FOR
ABOUT 20 TO 30 MINUTES.
BREAK UP SOME TORTILLA
CHIPS INTO INDIVIDUAL
BOWLS AND POUR SOUP
OVER CHIPS. TOP WITH THE
MONTEREY JACK CHEESE
A LITTLE SOUR CREAM.**



Simple Indulgence



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Try these easy to make recipes
Enjoy!

Chocolate Chip Cheesecake

PREP TIME: 15 minutes

COOKING TIME: 35 minutes

MAKES: one (8-or 9-inch) cheesecake

- 2 (3-ounce) packages cream cheese, softened
 - 1 (14-ounce) can EAGLE BRAND® Sweetened Condensed Milk (NOT evaporated milk)
 - 1 egg
 - 1 teaspoon vanilla extract
 - 1 cup (6 ounces) mini chocolate chips
 - 1 teaspoon flour
 - 1 (8-or 9-inch) prepared chocolate graham cracker crust
- Chocolate Glaze (recipe follows)
Chocolate Curls (optional)



- 1. Preheat oven to 350° F. With mixer, beat cream cheese until fluffy; gradually beat in EAGLE BRAND® until smooth. Add egg and vanilla; mix well.
- 2. Toss chocolate chips with flour; stir into cream cheese mixture. Pour into crust.
- 3. Bake 35 minutes or until center springs back when lightly touched. Cool and top with glaze and chocolate curls (optional). Serve chilled. Store leftovers covered in refrigerator.

Chocolate Glaze: In small saucepan, over low heat, melt ½ cup mini chocolate chips with ¼ cup whipping cream; cook and stir until thickened and smooth. Immediately spread over cheesecake.

To make chocolate shavings, you need a good quality of chocolate in block form. Using a vegetable or potato peeler, hold the chocolate with a paper towel and pass the vegetable peeler over the narrowest side of the chocolate block. The chocolate will curl up like wood shavings. Keep the shavings in a covered container in the refrigerator until needed.

Chocolate Caramel Raspberry Sauce

PREP TIME: 5 minutes COOKING TIME: 15 minutes MAKES: Approx. 4 to 5 cups



- 1 (14-ounce) package of caramels, unwrapped
- 8 (1-ounce) squares unsweetened chocolate
- 1 (14-ounce) can EAGLE BRAND® Sweetened Condensed Milk (NOT evaporated milk)
- ½ cup (1 stick) butter or margarine
- ½ cup seedless raspberry jam
- ½ cup whipping cream
- 1 pound cake, sliced

In heavy saucepan or double broiler, over low heat, melt caramels and chocolate. Gradually add EAGLE BRAND®, butter, jam and whipping cream. Melt together and stir until smooth. Serve warm over the pound cake. Store leftovers covered in refrigerator.

Creamy Banana Pudding

PREP TIME: 15 minutes MAKES: 8 to 10 servings

- 1 (14-ounce) can EAGLE BRAND® Sweetened Condensed Milk (NOT evaporated milk)
- 1½ cups cold water
- 1 (4-serving) package instant vanilla pudding mix
- 2 cups (1 pint) whipping cream, whipped
- 36 vanilla wafers
- 3 medium bananas, sliced and dipped in lemon juice



Tip: For festive individual pudding desserts for your holiday guests, prepare mixture and layers in individual serving dessert dishes or cups with stems. Serve chilled.

1. In large bowl, combine EAGLE BRAND® and water. Add pudding mix; beat until well blended. Chill 5 minutes.
2. Fold in whipped cream. Spoon 1 cup of pudding mixture into 2 ½-quart glass serving bowl.
3. Top with one-third each of the vanilla wafers, bananas and remaining pudding. Repeat layering twice, ending with pudding mixture. Chill thoroughly. Garnish as desired. Store leftovers covered in refrigerator.

Chocolate Mint Cheesecake Bars

PREP TIME: 15 minutes COOKING TIME: 30 minutes MAKES: 1½ to 2 dozen bars



- 2 cups finely crushed crème-filled chocolate sandwich cookie crumbs (about 24 cookies)
- ½ cup (1 stick) butter or margarine, melted
- 1 (8-ounce) package cream cheese, softened
- 1 (14-ounce) can EAGLE BRAND® Sweetened Condensed Milk (NOT evaporated Milk)
- 2 eggs
- 1 tablespoon peppermint extract
- 1 cup (6 ounces) semi-sweet chocolate chips
- 1 package chocolate mint candies, chopped

1. Preheat oven to 325° F. In medium bowl, combine cookie crumbs and butter; mix well. Press crumb mixture firmly on bottom of 13x9-inch baking pan. Bake 6 minutes. Cool.
2. In medium bowl, beat cream cheese until fluffy. Gradually beat in EAGLE BRAND®, eggs and peppermint extract until smooth. Pour over cooled cookie base and bake for 25 to 30 minutes. Cool completely.
3. In heavy saucepan, melt chocolate chips and drizzle over the top of the bars. Sprinkle chopped chocolate mint candies over the top. Cut into bars. Store leftovers covered in refrigerator.

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EAGLE BRAND®



MAGIC



MAKE MAGIC WITH EAGLE BRAND®

Eagle Brand® believes delicious, irresistible treats are part of what makes life more enjoyable!

With the help of Eagle Brand® sweetened condensed milk, the “magic ingredient” that has been a trusted, key element of baking and dessert-making more than 145 years, you’ll be pleasantly surprised at how easy it is to make time for these homemade treats. Since 1856 Eagle Brand® has been America’s #1 trusted brand of sweetened condensed milk.

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Eagle Brand® is a unique blend of milk and sugar condensed by a special vacuum process. Since sugar is added during the manufacturing process, most recipes do not require additional sugar.

Now that you know the story behind Eagle Brand, it’s time to open a can and let the magic begin.

brownie raspberry bars

Prep Time: 15 minutes

Bake Time: 20 minutes

Chill Time: 1 hour

Makes: 36 to 48 bars

- 1 cup (6 ounces) semi-sweet chocolate chips
- $\frac{1}{4}$ cup margarine or butter
- 2 cups biscuit baking mix
- 1 (14-ounce) can Eagle Brand® Sweetened Condensed Milk (NOT evaporated milk)
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup chopped nuts
- 1 (8-ounce) package cream cheese, softened
- $\frac{1}{2}$ cup confectioner’s sugar
- $\frac{1}{2}$ cup red raspberry preserves
- Red food coloring, optional
- Chocolate Drizzle



1. Preheat oven 350°. In small saucepan, over low heat, melt chips with margarine.
2. In large mixer bowl, combine melted chips, biscuit mix, Eagle Brand® sweetened condensed milk, egg and vanilla; mix well. Stir in nuts. Turn into well-greased 15x10-inch baking pan.
3. Bake 20 minutes or until center is set. Cool thoroughly. In small mixer bowl, beat cream cheese, sugar, preserves and food coloring if desired until smooth; spread over brownies. Garnish with Chocolate Drizzle. Chill. Cut into bars. Store covered in refrigerator.

Chocolate Drizzle: Melt $\frac{1}{2}$ cup semi-sweet chocolate chips with 1 tablespoon shortening. Immediately drizzle over bars.





lemon ice box pie

Prep Time: 30 minutes

Chill Time: 3 hours

Makes: one 9-inch pie

1½ cups vanilla wafer crumbs
(about 40 wafers)

¼ cup margarine or butter, melted

1 envelope unflavored gelatin

1¾ cups water

1 (14-ounce) can Eagle Brand® Sweetened Condensed Milk
(NOT evaporated milk)

1 (3-ounce) package or 6 tablespoons presweetened lemonade
flavor drink crystals

Combine crumbs and margarine; press firmly on bottom and up side of 9-inch pie plate. Chill. Meanwhile, in small saucepan, sprinkle gelatin over ¼ cup water; let stand 1 minute. Over low heat, stir until gelatin dissolves; set aside. In medium mixing bowl, combine Eagle Brand®, remaining 1½ cup water and lemonade crystals; mix well. Stir in gelatin mixture. Pour into prepared crust. Chill at least 3 hours or until set. Garnish as desired. Refrigerate leftovers.



EAGLE BRAND® MAGIC



peach & raspberry ice cream

Prep Time: 15 minutes

Makes: about 1½ quart

- 3 medium peaches, pared, seeded and mashed (about 1½ cups)**
- 1 cup fresh or thawed frozen red raspberries, pureed (about ½ cup)**
- 2 cups (1 pint) coffee cream or whipping cream**
- 1 (14-ounce) can Eagle Brand® Sweetened Condensed Milk (NOT evaporated milk)**
- 2 teaspoons vanilla extract**
- 1 teaspoons almond extract**
- Few drops red and yellow food coloring, optional**

In 1½ quart or larger ice cream freezer container, combine all ingredients; mix well. Freeze according to manufacturer's instructions. Return leftovers to freezer.

Tip: For larger ice cream makers, recipe can be doubled.





maple pumpkin cheesecake

Prep Time: 40 minutes

Baking Time: 1 and 15 minutes

Cooling Time: 1 hour

Chilling Time: 4 hours

Makes: one 9-inch cheesecake

1 $\frac{1}{4}$ cups graham cracker crumbs

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup margarine or butter, melted

3 (8-ounce) packages cream cheese, softened

**1 (14-ounce) can Eagle Brand® Sweetened Condensed Milk
(NOT evaporated milk)**

1 (15-ounce) can pumpkin (1 $\frac{3}{4}$ cups)

3 eggs

$\frac{1}{4}$ cup Pure Maple Syrup

1 $\frac{1}{2}$ teaspoons ground cinnamon

1 teaspoon ground nutmeg

$\frac{1}{2}$ teaspoon salt

Maple Pecan Glaze (recipe, below)

1. Preheat oven to 325°. Combine crumbs, sugar and butter; press firmly on bottom of 9-inch springform pan.

2. With mixer, beat cream cheese until fluffy. Gradually beat in Eagle Brand® until smooth. Add pumpkin, eggs, $\frac{1}{4}$ cup maple syrup, cinnamon, nutmeg and salt; mix well.

3. Pour into prepared pan. Bake 1 $\frac{1}{4}$ hour or until center appears nearly set when shaken. Cool 1 hour. Cover and chill at least 4 hours.

4. To serve, spoon some Maple Pecan Sauce over cheesecake. Pass remaining sauce. Store leftovers covered in refrigerator.

Maple Pecan Sauce: In medium-sized saucepan, combine 1 cup ($\frac{1}{2}$ pint) whipping cream and $\frac{3}{4}$ cup pure maple syrup; bring to a boil. Boil rapidly 15 to 20 minutes or until slightly thickened; stir occasionally. Stir in $\frac{1}{2}$ cup chopped pecans. Cover and chill until served. Stir before serving.

***Note:** To use 13x9- inch baking pan, press crumb mixture firmly on bottom of pan. Proceed as above, except bake 50 to 60 minutes or until center appears nearly set when shaken.



EAGLE BRAND® MAGIC



peach cream cake

Prep Time: 30 minutes

Chill Time: 4 hours

Makes: one 13x9-inch cake

- 1 (10 $\frac{3}{4}$ ounce) prepared loaf angel food cake, frozen
- 1 (14-ounce) can Eagle Brand® Sweetened Condensed Milk (NOT evaporated milk)
- 1 cup cold water
- 1 teaspoon almond extract
- 1 (4-serving size) package instant vanilla flavor pudding mix
- 2 cups (1 pint) Whipping Cream, whipped
- 4 cup peeled, sliced fresh peaches (about 2 pounds)

Cut cake into $\frac{1}{4}$ inch slices; arrange half the slices on bottom of 13x9-inch baking dish. In large bowl, combine Eagle Brand® sweetened condensed milk, water and extract. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spread half the cream mixture over cake slices; arrange half the peach slices on the top. Repeat layering, ending with peach slices. Chill 4 hours or until set. Cut into squares to serve. Refrigerate leftovers.





creamy caramel flans

Prep Time: 15 minutes

Baking Time: 30 to 35 minutes

Chilling Time: 2 hours

Makes: 8 Servings

$\frac{3}{4}$ cup sugar

4 eggs

$1\frac{3}{4}$ cups water

1 (14-ounce) can Eagle Brand® Sweetened Condensed Milk
(NOT evaporated milk)

1 teaspoon vanilla extract

$\frac{1}{8}$ teaspoon salt

Sugar Garnish, optional (recipe follows)

1. Preheat oven to 350°. In heavy skillet, over medium heat, cook and stir sugar until melted and caramel-colored. Pour into 8 ungreased 6-ounce custard cups, tilting to coat bottoms.
2. With mixer or wire whisk, beat eggs in large bowl; stir in water, Eagle Brand®, vanilla and salt. Pour into prepared custard cups. Set cups in large shallow pan. Fill pan with 1 inch hot water.
3. Bake 30 to 35 minutes or until knife inserted near centers comes out clean. Cool. Chill at least 2 hours. To serve, invert flans onto individual serving plates. Top with sugar garnish or garnish as desired. Store leftovers covered in refrigerator.

Sugar Garnish: Fill a medium-sized metal bowl half-full of ice. In medium-sized saucepan, combine 1 cup sugar with $\frac{1}{4}$ cup water. Stir; cover and bring to a boil. Cook over high heat 5 to 6 minutes or until light brown in color. Immediately put pan in ice for 1 minute. Using spoon, carefully frizzle sugar decoratively over foil. Cool. To serve, peel from foil.



EAGLE BRAND® MAGIC

chocolate almond torte

Prep Time: 30 minutes

Bake Time: 18 to 20 minutes

Makes: 1 (4-layer) cake

- 4 eggs, separated
- $\frac{1}{2}$ cup (1 stick) butter or margarine, softened
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 1 cup finely chopped toasted almonds
- $\frac{3}{4}$ cup all purpose flour
- $\frac{1}{2}$ cup unsweetened cocoa
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{2}{3}$ cup milk

Chocolate Almond Frosting

1. Line 2 (8-or 9-inch) round cake pans with waxed paper. Preheat oven to 350° F. In small bowl, beat egg whites until soft peaks form; set aside.
2. In large bowl, beat butter and sugar until fluffy. Add egg yolks and extracts; mix well.
3. In medium bowl, combine almonds, flour, cocoa, baking powder and baking soda; alternately with milk to butter mixture, beating well after each addition.
4. Fold in beaten egg whites. Pour into prepared pans. Bake 18 to 20 minutes or until wooden pick inserted near center comes out clean. Cool 10 minutes; remove from pans. Cool completely.
5. Prepare Chocolate Almond Frosting. Split each cake layer; fill and frost with frosting. Garnish as desired. Store covered in refrigerator.

chocolate almond frosting

Prep Time: 20 minutes

Makes: about $1\frac{1}{2}$ cups

- 2 (1-ounce) squares semi-sweet chocolate, chopped
 - 1 (14-ounce) can Eagle Brand® Sweetened Condensed Milk (NOT evaporated milk)
 - 1 teaspoon almond extract
1. In heavy saucepan over medium heat, melt chocolate with Eagle Brand®. Cook and stir until mixture thickens, about 10 minutes.
 2. Remove from heat; cool 10 minutes. Stir in almond extract; cool.



orange dream pops

Prep Time: 5 minutes

Freezing Time: Overnight

Makes: 10 pops

These frosty orange pops will be the highlight of a hot summer day. All the kids in the neighborhood will want to join in the fun.

- 3 cups orange juice or refrigerated orange juice blend
- 1 (14-ounce) can Eagle Brand® Sweetened Condensed Milk (NOT evaporated milk)
- $\frac{1}{4}$ cup lemon juice from concentrate
- 10 (5-ounce) paper cups (see tip below)
- 10 wooden sticks

In large bowl, stir together orange juice, Eagle Brand® and lemon juice. Pour into paper cups. Cover each cup with foil. Make small hole with knife. Insert wooden stick or plastic spoon into each cup through hole. Freeze overnight or until firm. To serve, remove foil; tear off paper.

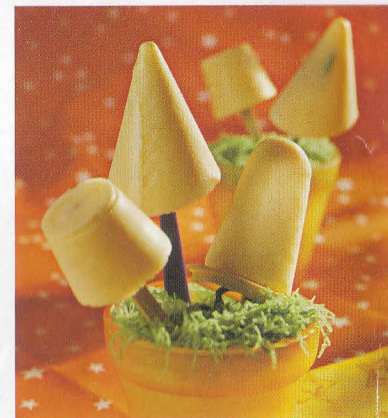
Eagle Brand® Tips:

Surprise your gang with yummy Orange Dream Pops, frozen in awesome shapes (like those shown above). You're sure to win the award for the coolest treats on the block.

For flat-bottomed pops, use small paper cups.

To make cone shapes, use paper cups with pointed bottoms (set each cup in a foam cup or juice glass to keep it upright while freezing).

For special decorative shapes, purchase an assortment of whimsical pop molds.



THE MAGIC OF EAGLE BRAND®

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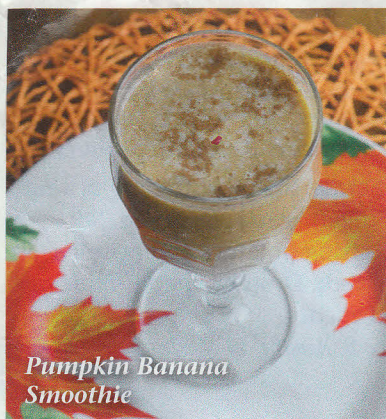
Heat oven to 375.

Leave cream cheese out for about two hours. In a large bowl, stir together cream cheese, taco seasoning, cumin and chilies. Stir in salsa, chicken, beans, corn and half of the cheese. Once mixture is well combined, spread it in a cast iron skillet or baking dish. Top with remaining cheese.

Bake for 22-26 minutes, until cheese has melted and mixture is bubbling.

Top with green onions and cilantro. Serve with tortilla chips.

Note: If you are tailgating, assemble dip in advance in a cast iron skillet, cover with foil, and put it on the grill when you start to tailgate.



Pumpkin Banana Smoothie

Pumpkin Banana Smoothie

Makes 1 serving.

- 1/2 cup canned pumpkin
- 1/2 very ripe banana
- 1 cup vanilla-flavored almond milk (60- or 80-calorie version)
- 1 teaspoon cinnamon
- 1 teaspoon brown sugar
- 1/2 teaspoon vanilla extract
- 2 ice cubes



Peanut Butter Dessert Dip with Cookies & Apples

Place all ingredients in a blender, and blend for about 45 seconds. Serve.

Notes: Use the 60- or 80-calorie vanilla almond milk because the 30-calorie version is unsweetened, and pumpkin needs some sweetening!

You can use regular milk. Just add more sugar, and double the vanilla extract.

Peanut Butter Dessert Dip with Cookies & Apples

Makes 15 or more servings.

For dip:

- 2/3 cup smooth peanut butter
- 1 14-ounce can sweetened condensed milk
- Red or black icing gel
- 1 fake plastic spider

For cookies:

- 1 pound white almond bark
- 1 package Nutter Butter cookies
- Mini chocolate chips
- 1 package Oreo cookies
- White cookie icing
- Green apples, sliced
- Pretzels (optional)

In a medium bowl, whisk together peanut

butter and sweetened condensed milk. Refrigerate until time to serve.

Line a baking sheet with wax paper. Melt the almond bark according to package directions. Dip Nutter Butter cookies completely in the almond bark, working as quickly as possible. Allow cookies to dry on wax paper. When almond bark is beginning to harden, add mini chocolate chips to create eyes and mouths.

Make scary faces on Oreo cookies with white cookie icing.

Before serving dip, use red or black icing gel to create a spider web. (Draw a circle in the middle of the dip. Draw lines from center extending to the edge. Then connect those lines with horizontal lines.) Add a fake spider to the web, and serve dip with cookies, apple slices and pretzels.



Juliana Goodwin is a food columnist, cookbook author and avid traveler. If you have a question, email julianalovesfood23@gmail.com.



From our readers

Black Bean Salsa

- 1 15-ounce can seasoned black beans, drained
- 1 15-ounce can white shoepeg corn or sweet corn, drained
- 1 14.5-ounce can diced tomatoes, basil, garlic and oregano flavor
- 1/2 cup Italian dressing
- 1 small red or white onion, chopped

Mix all ingredients together and refrigerate for at least 1 1/2 hours.

Serve with tortilla chips.

Karen A. Barnes, Farmington

Adult Mac 'n' Cheese

- 1 14.75-ounce can cream-style corn with liquid
- 1 15.25-ounce can whole kernel corn with liquid
- 1 stick butter, melted
- 1 cup uncooked macaroni
- 1 cup cheese, cubed or shredded
- Sliced Polish sausage (optional)

Heat oven to 350.

In a large casserole dish, mix all ingredients together. Cover and bake for 30 minutes. Remove lid and bake for an additional 30 minutes or until macaroni is tender.

Coetia Batarseh, Norfork

Cheesy Chili Hashbrown Bake

Makes 8 servings.

- 1 1/2 pounds lean ground beef
- 1 cup carrots, shredded
- 1 15.5-ounce can Sloppy Joe sauce
- 1 15-ounce can chili beans (do not drain)
- 1 20-ounce package refrigerated hashbrown potatoes (I use Simply Potatoes)
- Cooking spray
- 2 cups cheddar cheese, shredded

Heat oven to 425.

In large skillet, cook beef and carrots until beef is no longer pink and carrots are tender. Stir in Sloppy Joe sauce and

beans. Spoon mixture into greased 9x13-inch dish. Spread potatoes evenly over beef mixture. Cover with foil; bake 30 minutes. Remove foil and coat potatoes with cooking spray. Bake 15 more minutes or until browned. Sprinkle with cheese, and bake 5 more minutes.

Mary Jane Vaughn, Fayetteville

Mama's Custard Banana Pudding

Makes 12 servings.

- 1 1/2 cups sugar
- Dash of salt
- 2/3 cup plus 1 tablespoon flour
- 4 cups milk
- 6 egg yolks
- 1 tablespoon vanilla extract
- 4-6 extra-ripe bananas, sliced
- 11 ounces vanilla wafers (I use Jackson's)

In a medium bowl, mix together sugar, salt and flour.

In a separate medium bowl, whisk together milk and egg yolks until combined. Pour milk-and-egg mixture into saucepan/double boiler and heat on medium-high.

Sift in dry ingredients (or mix in 1/2 cup at a time if not using sifter), stirring mixture with a wooden spoon continuously until desired pudding consistency is met (usually 35-45 minutes; the longer you stir, the thicker it will become. It will

also thicken a smidge when cooled.) Remove from heat, and add vanilla extract.

Fill serving bowl by alternating layers of bananas, custard and wafers, reserving 1/4 of wafers for garnish. Finish with a smooth custard layer on top. Crush remaining wafers to garnish.

Serve hot or chilled.

**Notes: My Grandma Scudder always made us the best homemade banana pudding. She passed away and never wrote down her recipe. It took nearly five years of many taste tests and complete fails, but I finally figured her recipe out and hit the nail on the head! Family approved.*

I have noticed this custard absorbs flavor, which is why I suggest stirring it with a wooden spoon. I do not recommend putting this in a metal serving dish due to a metallic taste. Glass or ceramic works best.

Kristin M. King, Forrest City

Haystacks

- 11 ounces butterscotch baking chips
- 1 1/4 cup of peanut butter
- 1 4-ounce can fried shoestring potatoes
- 1 12-ounce can cocktail peanuts

Melt butterscotch chips and peanut butter together in a saucepan. Stir in shoestring potatoes and peanuts, mixing well. Drop by spoonful on wax paper. Let cool.

Janice E. Austin, Lockesburg

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FARMER'S CASSEROLE

**3 CUPS FROZEN HASH
BROWN POTATOES**

**3/4 CUP SHREDDED PEP-
PERJACK CHEESE**

1 CUP COOKED HAM, DICED

**1/4 CUP CHOPPED GREEN
ONIONS**

4 EGGS, BEATEN

**1 (12 FLUID OUNCE) CAN
EVAPORATED MILK**

**1/4 TEASPOON GROUND
BLACK PEPPER**

1/8 TEASPOON SALT

PREHEAT OVEN TO 350

DEGREES F (175 DEGREES

C). GREASE A 2 QUART

BAKING DISH.

ARRANGE HASH BROWN

POTATOES EVENLY IN THE

BOTTOM OF THE PREPARED

DISH. SPRINKLE WITH PEP-

PERJACK CHEESE, HAM, AND

GREEN ONIONS.

IN A MEDIUM BOWL, MIX

THE EGGS, EVAPORATED

MILK, PEPPER, AND SALT.

POUR THE EGG MIXTURE

OVER THE POTATO MIXTURE

IN THE DISH. THE DISH MAY

BE COVERED AND REFRIGER-

ATED AT THIS POINT FOR

SEVERAL HOURS OR

OVERNIGHT.

BAKE FOR 40 TO 45 MIN-

UTES (OR 55 TO 60 MIN-

UTES IF MADE AHEAD AND

CHILLED) IN THE PREHEATED

OVEN, OR UNTIL A KNIFE

INSERTED IN THE CENTER

COMES OUT CLEAN. LET

STAND 5 MINUTES BEFORE

SERVING.

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KENT'S F

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Cool Whip

Fluffy Fruit Pie

Prep Time: 10 min. plus refrigerating | **Makes:** 12 servings.

What You Need

- 1 can (21 oz.) cherry pie filling
- 1 ready-to-use graham cracker crumb crust
- 1 pkg. (8oz.) PHILADELPHIA Cream Cheese
- 1 cup cold milk

- 1 pkg. (3.4 oz.) JELL-O® Vanilla Flavor Instant Pudding
- 1 tub (8 oz.) COOL WHIP Extra Creamy Whipped Topping, thawed, divided

Make It

SPREAD half of the cherry pie filling onto bottom of crust.

BEAT cream cheese in large bowl with wire whisk until creamy. Gradually add milk, beating until well blended. Stir in dry pudding mix. Gently stir in half of the whipped topping; spread over cherry layer in crust. Cover with layer of remaining whipped topping and remaining cherry pie filling.

REFRIGERATE 3 hours or until set. Store leftover pie in refrigerator.



Mile-High Fudge Brownie Pie

Prep Time: 25 min. | **Total Time:** 3 hours 55 min. (incl. refrigerating) | **Makes:** 10 servings.

What You Need

- 1 pkg. (4 oz.) BAKER'S Semi-Sweet Chocolate
- 1/2 cup butter or margarine
- 3/4 cup sugar
- 2 eggs

1 tsp. vanilla

1/2 cup flour

2 pkg. (3.9 oz.) JELL-O® Chocolate Flavor Instant Pudding

2 cups cold milk

1 tub (8 oz.) COOL WHIP Extra Creamy Whipped Topping, thawed, divided

Make It

HEAT oven to 350°F.

MICROWAVE chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted; stir until chocolate is completely melted. Add sugar; mix well. Blend in eggs and vanilla. Stir in flour until well blended. Spread onto bottom of 9-inch pie plate sprayed with cooking spray.

BAKE 30 min. or until toothpick inserted in center comes out clean. Cool completely. Scoop out center of brownie with spoon, leaving thin layer on bottom and 1/2-inch-thick rim around edge. Reserve removed brownie pieces for later use.

BEAT pudding mixes and milk in large bowl with whisk 2 min. (Pudding will be thick.) Stir in half the COOL WHIP and all but 1/2 cup of the reserved brownie pieces. Spoon into brownie crust; top with remaining COOL WHIP and reserved brownie pieces. Refrigerate 2 hours.

CWEC-8

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From Debbie's kitchen to yours

Debbie Coleman lives in Salem with her husband Mel, who is CEO of North Arkansas Electric, and her dog Sadie. Their oldest son Nicholas and his wife Leah, live in Little Rock. The other son Tanner is a sophomore at William Woods University in Missouri. Debbie loves children and has been involved in child care for the past 23 years. Her favorite sports are water skiing and snow skiing. Her favorite food is anything chocolate, Um!

DO AHEAD EGG AND SAUSAGE BAKE

- | | |
|---------------------------------------|--------------------------|
| 1 lb. pork sausage | 2 cups milk |
| 1 cup original Bisquick | 1 teaspoon dried oregano |
| 1 cup shredded cheddar cheese (4 oz.) | 6 eggs, slightly beaten |

Grease 2 quart casserole. Cook sausage in skillet over medium heat, stirring occasionally, until no longer pink. Drain. Mix sausage and remaining ingredients. Pour into casserole. Cover and refrigerate at least 4 hours but no longer than 24 hours. Heat oven to 350 degrees. Bake uncovered about 1 hour or until knife inserted in center comes out clean. This is a perfect make ahead dish for a crowd. Serve with crispy hash brown potatoes and a platter of fruit.

BREAKFAST CASSEROLE

- | | |
|--------------------------------|-----------------------|
| 1 can Pillsbury crescent rolls | Grated cheddar cheese |
| 1 lb. sausage | 5-6 eggs |
| 1/2 lb. frozen hash browns | 1/4 cup milk |

Press crescent rolls into a pizza pan, top with cooked sausage, hash browns and cheese. Pour egg and milk mixture over the top. Salt and pepper to taste. Bake at 350 degrees for 20 minutes. Great for Christmas morning.

PENNE PASTA WITH CHICKEN, MUSHROOMS AND ARTICHOKE HEARTS

- | | |
|--|--------------------------------------|
| 1 tablespoon olive oil | 1 can (14 oz.) diced tomatoes |
| 1/2 lb. boneless skinless chicken breasts cut crosswise into 1/4 inch slices | 1/2 cup canned chicken broth |
| 1 med. onion, thinly sliced and separated into rings | 1 clove garlic, pressed |
| 2 cups about (14 oz.) artichoke hearts, drained, rinsed and quartered | 1 teaspoon Italian seasoning |
| | Salt and pepper to taste |
| | 1/2 lb. penne pasta |
| | 1/2 cup finely chopped fresh parsley |

In a large pot bring to boil 3 quarts water for the pasta. In a large nonstick skillet, heat the oil over high heat; add chicken and sauté until cooked well and beginning to brown, about 3 minutes. Transfer to plate. Turn heat to medium, add onion and mushrooms to skillet and sauté until onion is soft and mushrooms are lightly browned about 5 minutes. Add artichoke hearts, undrained tomatoes, broth, garlic, Italian seasonings and salt and pepper; mix gently. Cover and bring to a simmer, reduce heat and simmer 10 minutes, stir occasionally. Return chicken to skillet and mix gently. Cover and simmer until chicken is hot, about 2 minutes. Meanwhile, cook penne pasta according to package directions until tender but still firm. Drain and return to pot or to a large bowl, add chicken mixture and parsley and toss.

WHITE ENCHILADAS

- | | |
|--------------------------------|------------------------------|
| 2 lbs. ground beef | 1 can cream of mushroom soup |
| 10 oz. picante sauce | 1 can cheddar cheese soup |
| 8-10 flour tortillas | 16 oz. sour cream |
| 2 cups shredded cheddar cheese | |

Brown ground beef, add picante sauce and let simmer. Fill flour tortillas with meat and shredded cheddar cheese. Roll them and place in pan. Mix together soups and sour cream in a saucepan. Heat on medium until it starts to bubble. Pour mixture over the tortillas. Sprinkle remaining shredded cheese on top. Place in oven and bake for 30 minutes at 300 degrees.

GOOEY BUTTER CAKE

Mix 1 box yellow cake mix, 1 egg, and 1 stick melted butter, pat in greased 10x13 inch pan. Mix 1 (8 oz.) softened cream cheese, 1 lb. powdered sugar and 2 eggs and pour over cake mixture. Bake at 350 degrees for 30 minutes. Sprinkle with 2 tablespoons powdered sugar.

PUMPKIN ROLL

- | | |
|------------------------------|--------------------------|
| 3 eggs, beaten for 5 minutes | 3/4 cup of flour |
| 1 cup sugar | 1/2 teaspoon of salt |
| 2/3 cup pumpkin | 2 teaspoons cinnamon |
| 1 teaspoon lemon juice | 1 teaspoon baking powder |

Mix sugar, pumpkin and lemon juice into beaten eggs until blended. Mix remaining ingredients together then fold into egg and pumpkin mixture. Bake in cookie sheet covered with greased wax paper at 375 degrees for 15 minutes. Flip onto dishtowel covered with powdered sugar, roll and fold in edge of towel. Cool. Unroll and spread with icing.

ICING

Blend 8 oz. cream cheese with 1 cup powdered sugar, 1/2 teaspoon vanilla and 4 tablespoons butter. Chill for 3 hours slice and serve. Fall favorite.

ITALIAN CREAM CAKE

- | | |
|-----------------------|----------------------|
| 1 box yellow cake mix | 1 cup chopped pecans |
| 1 cup coconut | 1 cup buttermilk |

Mix cake ingredients as directed then add coconut, pecans and buttermilk before baking. Makes two 8-inch round cakes.

ICING

- | | |
|---------------------------|------------------------|
| 1 8 oz. pkg. cream cheese | 1 tablespoon vanilla |
| 1 stick butter | 1/2 cup chopped pecans |
| 1 box powdered sugar | |

Mix above ingredients and spread evenly over cake.

DING-DONG CAKE

1 chocolate cake mix, prepared according to directions. Let cool.

FILLING

- | | |
|---------------------|---------------------|
| 4 tablespoons flour | 1 cup sugar |
| 1 cup milk | 2 teaspoons vanilla |
| 1/2 cup butter | Pinch of salt |
| 1/2 cup Crisco | |

Mix and cook flour and milk until thick. Let cool. Beat butter, Crisco and sugar 4 minutes, add the cooled filling mixture and beat another 4 minutes. Add vanilla and salt, blend until well mixed. Slice cake with a piece of thread through the middle to make 4 layers. Layer the cake and filling mixture. Frost cake with chocolate fudge frosting. *Frosting will spread easily if placed in microwave for a moment before spreading. Favorite birthday cake.

LOW CARB FAVORITES

CHEESECAKE

- | | |
|------------------------------------|--------------------------------------|
| 1 envelope Knox unflavored gelatin | 2 8 oz. pkgs. cream cheese, softened |
| 1/2 cup Splenda sweetener | 1/2 stick butter |
| 1 cup boiling water | 2 cups chopped pecans |

CRUST

Melt 1/2 stick butter, toss with chopped pecans and press into bottom of pan for crust. Mix gelatin with Splenda in small bowl, add boiling water and stir until dissolves. Beat cream cheese and vanilla in large bowl with mixer until smooth, slowly beat in gelatin mixture. Pour into prepared crust. Refrigerate until firm about 3 hours. Garnish with fresh strawberries.

THREE LAYER DESERT

First layer: melt 1 stick butter, add 2 cups chopped pecans and press into 10x13 inch pan. Second layer: mix 2 pkgs. sugar-free chocolate instant pudding with half and half instead of milk. Third layer: mix one 8 oz. pkg. cream cheese and 2 cups cool whip; spread on pudding mixture. Top with Cool Whip and chopped pecans.

reacts badly to sunscreen, try one with different chemicals. Not all sunscreens contain the same ingredients.

Those containing zinc oxide or titanium dioxide tend to be the more effective at blocking UV rays.

How to apply

To maximize protection:

- **Prepare in advance** – Apply sunscreen about 30 minutes before going out. Use it even on cloudy or hazy days. UV rays can penetrate cloud cover.

- **Cover all exposed areas** – Don't forget your nose, lips, ears, feet, hands, bald spots, the back of your neck and the part in your hair. Also apply to areas under bathing suit straps, necklaces, bracelets and sunglasses. Be careful when applying sunscreen around eyes.

- **Apply thickly and thoroughly** – Most people use sunscreen too sparingly. A liberal application is 1 ounce – the amount in a shot glass – to cover all exposed skin.

- **Reapply regularly** – To maximize protection, reapply your sunscreen every two hours. Heavy perspiration, water and towel drying can remove the protective layer, even from waterproof sunscreens.

- **Use with other protective measures** – Limit your time in the sun between 10 a.m. and 4 p.m. Seek shade whenever possible. Wear a wide-brimmed hat and clothing made of tightly woven fabrics.

Sunscreen and DEET

If you're outdoors for long periods, you may wish to use both sunscreen and an insect repellent. Many repellents contain DEET, a chemical that provides added protection against mosquitoes, which can carry encephalitis and West Nile virus.

The best strategy is to apply sunscreen 30 minutes before going outside, then apply insect repellent immediately before heading outside. Apply sunscreen liberally, but apply DEET products sparingly. For this reason, it's better to use separate products rather than a combination product.

Read and follow all directions and precautions on the insect repellent label.

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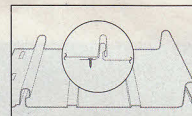
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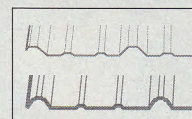
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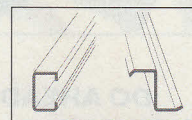
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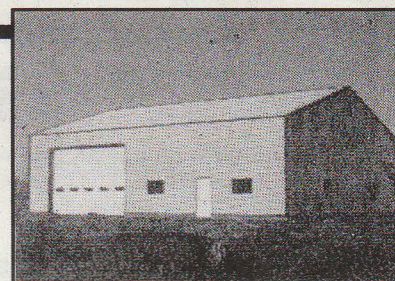
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Recipe of the Week

Glazed Pork Chops

- 1 cup apricot OR peach preserves
- 1 (8 ounce) bottle Russian salad dressing
- 1 (1 1/4 ounce) package onion soup mix
- 1 1/2 pounds pork chops
- Flour
- Salt and Pepper

Preheat oven to 300°. In medium saucepan, combine preserves, dressing and soup mix. Cook and stir until well blended; simmer uncovered 15 minutes. Sprinkle chops lightly with salt and pepper; coat with flour. Fry in small amount of oil until tender. Drain. Arrange in shallow baking dish; spoon sauce evenly over chops. Bake 20 minutes or until hot. Refrigerate leftovers. Makes 4 to 6 servings.

HAM, EGG, & CHEESE ROLLUPS

10 EGGS

2 TSP. GARLIC POWDER

KOSHER SALT

**FRESHLY GROUND BLACK
PEPPER**

2 TBSP. BUTTER

**1 1/2 C. SHREDDED
CHEDDAR**

1 C. BABY SPINACH

1 C. CHOPPED TOMATOES

20 SLICES HAM

HEAT BROILER.

**IN A LARGE BOWL, CRACK
EGGS.**

**WHISK TOGETHER WITH
GARLIC POWDER AND SEA-
SON WITH SALT AND PEP-
PER.**

**IN A LARGE NONSTICK
SKILLET OVER MEDIUM
HEAT, MELT BUTTER.**

**ADD EGGS AND SCRAMBLE,
STIRRING OCCASIONALLY,
3 MINUTES.**

**STIR IN CHEDDAR UNTIL
MELTED, THEN STIR IN
BABY SPINACH AND TOMA-
TOES UNTIL COMBINED.**

**ON A CUTTING BOARD,
PLACE TWO SLICES OF HAM.
TOP WITH A BIG SPOONFUL
OF SCRAMBLED EGGS AND
ROLL UP.**

**REPEAT WITH REMAINING
HAM AND SCRAMBLED
EGGS.**

**PLACE ROLL-UPS IN A
SHALLOW BAKING DISH
AND BROIL UNTIL HAM IS
CRISPY, 5 MINUTES.**

Hong Kong Orange Chicken

Do not crowd the chicken pieces in the roasting pan. Baste the chicken frequently for lacquered skin. Boiling down the sauce enriches and thickens it.

Grated zest from 4 oranges
2/3 cup orange juice
4 tablespoons honey
3 tablespoons soy sauce

2 tablespoons toasted sesame oil
1 tablespoon minced fresh ginger
1/4 teaspoon crushed red-pepper flakes

2 teaspoons finely minced garlic
2 chickens (2½ to 3 pounds each),
cut into 8 pieces and trimmed
of excess fat

Salt and freshly ground black
pepper, to taste
4 scallions, thinly sliced on
the diagonal

1. For the marinade: A day before serving, combine the first 8 ingredients. Toss them together with the chicken in a large bowl. Cover and refrigerate overnight.

2. Preheat the oven to 375°F.

3. Remove the chicken from the marinade and place it skin-side

up in a shallow roasting pan. Season with salt and pepper. Pour 2/3 cup of the marinade into the pan. Bake for 1 hour.

4. Remove the chicken to a serving platter. Strain the marinade into a small saucepan; boil for 10 minutes to thicken. Drizzle this sauce over the chicken. Garnish with scallions and serve.

Serves 6 to 8. Per serving (based on 8): 410 calories, 13g carbohydrates, 36g protein, 23g fat, 110mg cholesterol.

LEMON ROUNDS

3 dozen cookies

- 1/2 cup Crisco**
- 3/4 cup sugar**
- 1 egg**
- 1 tablespoon lemon juice**
- 1/4 teaspoon lemon rind,
grated**
- 1 1/2 cups all-purpose flour,
sifted**
- 1 teaspoon baking
powder**
- 1/2 teaspoon salt**
- 1/2 cup lemon drops, finely
crushed**

Preheat oven to 350°. Cream Crisco and sugar; add egg, lemon juice, and rind. Combine flour with baking powder, salt, and crushed candy. Add to creamed mixture. Mix at high speed until well blended. Drop by teaspoonfuls onto ungreased baking sheets. Bake at 350° for about 10 minutes or until edges just begin to brown. Cool slightly. Remove from baking sheets to cooling racks. Frost if desired.

Loretta Lynn

MAKE-AHEAD BREAKFAST ENCHILADAS

2 CUPS DELI HAM, CHOPPED
SMALL

1/2 CUP DICED GREEN
ONIONS

2 1/2 CUPS SHREDDED
CHEDDAR CHEESE, DIVIDED
10 (7-8 INCH) FLOUR TOR-
TILLAS

1 1/4 CUPS HALF-AND-HALF

4 LARGE EGGS

1/2 TEASPOON SALT

1 TABLESPOON FLOUR
SALSA, SOUR CREAM, AND
EXTRA GREEN ONIONS OR
CILANTRO FOR SERVING.

COAT A 9×13 INCH BAKING
DISH WITH NONSTICK COOK-
ING SPRAY.

MIX TOGETHER THE HAM,
GREEN ONIONS AND 2 CUPS
OF THE CHEESE IN A MEDI-
UM BOWL.

SCOOP 1/3 CUP OF THE
CHEESE MIXTURE ONTO
EACH TORTILLA;

ROLL UP AND PLACE SEAM
SIDE DOWN IN THE BAKING
DISH.

WHISK TOGETHER THE
HALF-AND-HALF, EGGS,
SALT, AND FLOUR.

POUR LIQUID OVER TOR-
TILLAS.

COVER AND REFRIGERATE
OVERNIGHT. IN THE MORN-
ING, PREHEAT OVEN TO
350° F. BAKE, COVERED,
FOR 35 MINUTES.

REMOVE FOIL AND SPRIN-
KLE REMAINING 1/2 CUP OF
CHEESE OVER ENCHILADAS.
BAKE FOR 10 MORE MIN-
UTES OR UNTIL TOPS ARE
GOLDEN BROWN AND THE
EGG MIXTURE IS SET.

SERVE WITH SALSA, SOUR
CREAM, AND ADDITIONAL
GREEN ONIONS OR
CILANTRO.

MARINATED PORK TENDERLOIN

- 1/4 CUP SOY SAUCE**
- 1/4 CUP PACKED BROWN SUGAR**
- 2 TABLESPOONS SHERRY**
- 1 1/2 TEASPOONS DRIED MINCED ONION**
- 1 TEASPOON GROUND CINNAMON**
- 2 TABLESPOONS OLIVE OIL**
- 1 PINCH GARLIC POWDER**
- 2 (3/4 POUND) PORK TENDERLOINS**

PLACE SOY SAUCE, BROWN SUGAR, SHERRY, DRIED ONION, CINNAMON, OLIVE OIL, AND A TOUCH OF GARLIC POWDER IN A LARGE RESEALABLE PLASTIC BAG. SEAL, AND SHAKE TO MIX. PLACE PORK IN BAG WITH MARINADE, SEAL, AND REFRIGERATE FOR 6 TO 12 HOURS.

PREHEAT GRILL FOR HIGH HEAT.

LIGHTLY OIL GRATE. PLACE TENDERLOINS ON GRILL, AND DISCARD MARINADE. COOK 20 MINUTES, OR TO DESIRED DONENESS. SLICE INTO MEDALLIONS, AND SERVE.

MISSISSIPPI MUD CAKE*

- 1 cup butter or margarine
- 4 eggs
- 1 cup flaked coconut
- 2 cups sugar
- 1 1/2 cups sifted all-purpose flour
- 1/3 cup cocoa
- 1 teaspoon pure vanilla extract
- 1 cup coarsely chopped walnuts
- 1 jar (13 ozs.) marshmallow crème

Frosting:

- 1/2 cup butter or margarine, softened
- 6 tablespoons milk
- 1/3 cup cocoa
- 1 box (1 lb.) confectioners' sugar

1 cup coarsely chopped walnuts

1. In large bowl with electric mixer at medium high speed, beat butter until creamy. Add eggs one at a time, beating well after each addition.
2. Add coconut, sugar, flour, cocoa, vanilla and walnuts. Stir with large spoon until well mixed. This is a heavy batter. Don't beat.
3. Spread batter in greased 9 x 13 x 2-inch pan. Bake in preheated 350°F. oven for 45 minutes.
4. As soon as cake is taken from oven, spread marshmallow crème over hot cake. Let cool 20 minutes.
5. Meanwhile, make frosting: In large bowl, mix together all frosting ingredients except walnuts. Blend at low speed of electric mixer; gradually increase speed and blend together until smooth. Stir in half of walnuts.
6. With large spoon, spread frosting on top of cake; swirl through marshmallow crème. Sprinkle with nuts.

ets munching fiesta

Original Crispix Mix

3 tablespoons butter or
margarine
¼ teaspoon garlic salt
¼ teaspoon onion salt
2 teaspoons lemon juice

4 teaspoons Worcestershire
sauce
7 cups **Kellogg's® Crispix™**
cereal
1 cup salted mixed nuts
1 cup pretzels

1. Melt butter in 13 x 9 x 2-inch pan in oven at 250°F. Remove from oven. Stir in garlic salt, onion salt, lemon juice and Worcestershire sauce.
2. Add **Kellogg's® Crispix™** cereal, nuts and pretzels, stirring until coated.
3. Bake at 250°F for 45 minutes, stirring every 15 minutes. Spread on absorbent paper to cool.

Yield: about 9 cups

See side panel for Microwave instructions.

Crispix Mix Mexicano

7 cups **Kellogg's® Crispix**

SHRIMP SCAMPI WITH PASTA

1 (16 OUNCE) PACKAGE LINGUINE PASTA

2 TABLESPOONS BUTTER

2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL

2 SHALLOTS, FINELY DICED 2 CLOVES GARLIC, MINCED 1 PINCH RED PEPPER FLAKES (OPTIONAL)

1 POUND SHRIMP, PEELED AND DEVEINED

1 PINCH KOSHER SALT AND FRESHLY GROUND PEPPER 1/2

CUP DRY WHITE WINE 1 LEMON, JUICED

2 TABLESPOONS BUTTER

2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL

1/4 CUP FINELY CHOPPED FRESH PARSLEY LEAVES

1 TEASPOON EXTRA-VIRGIN OLIVE OIL, OR TO TASTE

BRING A LARGE POT OF SALTED WATER TO A BOIL; COOK LINGUINE IN BOILING WATER UNTIL NEARLY TENDER, 6 TO 8 MINUTES. DRAIN.

MELT 2 TABLESPOONS BUTTER WITH 2 TABLESPOONS OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HEAT. COOK AND STIR SHALLOTS, GARLIC, AND RED PEPPER FLAKES IN THE HOT BUTTER AND OIL UNTIL SHALLOTS ARE TRANSLUCENT, 3 TO 4 MINUTES. SEASON SHRIMP WITH KOSHER SALT AND BLACK PEPPER; ADD TO THE SKILLET AND COOK UNTIL PINK, STIRRING OCCASIONALLY, 2 TO 3 MINUTES. REMOVE SHRIMP FROM SKILLET AND KEEP WARM.

POUR WHITE WINE AND LEMON JUICE INTO SKILLET AND BRING TO A BOIL WHILE SCRAPING THE BROWNEED BITS OF FOOD OFF OF THE BOTTOM OF THE SKILLET WITH A WOOD-EN SPOON. MELT 2 TABLESPOONS BUTTER IN SKILLET, STIR 2 TABLESPOONS OLIVE OIL INTO BUTTER MIXTURE, AND BRING TO A SIMMER. TOSS LINGUINE, SHRIMP, AND PARSLEY IN THE BUTTER MIXTURE UNTIL COATED; SEASON WITH SALT AND BLACK PEPPER. DRIZZLE WITH 1 TEASPOON OLIVE OIL TO SERVE.

SLOW COOKER BBQ RIBS

**4 POUNDS PORK BABY BACK
RIBS**

SALT AND PEPPER TO TASTE

2 CUPS KETCHUP

1 CUP CHILI SAUCE

**1/2 CUP PACKED BROWN
SUGAR**

4 TABLESPOONS VINEGAR

**2 TEASPOONS DRIED
OREGANO**

**2 TEASPOONS
WORCESTERSHIRE SAUCE**

1 DASH HOT SAUCE

**PREHEAT OVEN TO 400
DEGREES F (200 DEGREES
C).**

**SEASON RIBS WITH SALT
AND PEPPER. PLACE IN A
SHALLOW BAKING PAN.
BROWN IN OVEN 15 MIN-
UTES. TURN OVER, AND
BROWN ANOTHER 15 MIN-
UTES; DRAIN FAT.**

**IN A MEDIUM BOWL, MIX
TOGETHER THE KETCHUP,
CHILI SAUCE, BROWN
SUGAR, VINEGAR, OREGANO,
WORCESTERSHIRE SAUCE,
HOT SAUCE, AND SALT AND
PEPPER. PLACE RIBS IN
SLOW COOKER. POUR SAUCE
OVER RIBS, AND TURN TO
COAT.**

**COVER, AND COOK ON LOW
6 TO 8 HOURS, OR UNTIL
RIBS ARE TENDER.**

SOCK-IT-TO-ME CAKE

(Makes 12 to 16 servings of delicious sour cream pound cake)

1 package Duncan Hines Butter Recipe Golden Cake Mix
1 cup (8 ounces) dairy sour cream
1/2 cup Crisco Oil*

1/4 cup sugar
1/4 cup water
4 eggs

Filling: 1 cup chopped pecans • 2 tablespoons brown sugar • 2 teaspoons cinnamon
Preheat oven to 375°. In a large bowl blend cake mix, sour cream, oil, 1/4 cup sugar, water and eggs. Beat at high speed for 2 min. Pour 2/3 of the batter in a greased and floured 10-inch tube pan. Combine filling ingredients and sprinkle over batter in pan. Spread remaining batter evenly over filling mixture. Bake at 375° for 45-55 min., until cake springs back when touched lightly. Cool right side up for about 25 min., then remove from pan. **GLAZE:** Blend 1 cup confectioners sugar and 2 tablespoons milk. Drizzle over cake.
WHEN BAKING AT HIGH ALTITUDES: Stir 1/2 cup flour into mix. Mix as directed above using the sour cream, 1/3 cup Crisco Oil*, 2 tablespoons sugar, 2/3 cup water and 4 eggs. Bake at 400° until done (40-50 min.).

***Be sure to use Crisco Oil as some other oil may cause the cake to fall.**

CHOCOLATE BUTTER CREAM FROSTING

(Frosts two 8- or 9-inch layers or a 13 x 9-inch cake)

1/3 cup soft butter or margarine
1/8 teaspoon salt

3 squares (1 ounce each) unsweetened chocolate, melted
1/4 cup milk
1-1/2 teaspoons vanilla

3 cups confectioners sugar (sift if lumpy)

Beat butter or margarine, salt and 1 cup confectioners sugar until light and fluffy. Blend in melted chocolate. Then add rest of sugar alternately with milk and vanilla. Mix until smooth and creamy. Add more sugar to thicken or milk to thin frosting if needed for good spreading consistency.

STRIPE-IT-RICH CAKE

"Just fill, frost and stripe for an eye-catching delight!"

1 package (2-layer size) cake mix or pudding-Included cake mix

2 packages (4-serving size) JELL-O® Brand Pudding and Pie Filling, any complementary flavor except lemon

1 cup confectioners sugar

4 cups milk

2 tablespoons butter or margarine

1. Prepare cake mix as directed on package, baking in 13 x 9-inch pan.
2. Remove from oven. Poke holes at once down through the cake to the pan with the round handle of a wooden spoon (or poke holes with a plastic drinking straw, using a turning motion to make large holes). Holes should be at 1-inch intervals.
3. Only after poking holes, combine pudding mix with sugar in saucepan. Gradually stir in milk; add butter. Cook and stir over medium heat until mixture comes to a full boil.
4. Quickly pour hot pudding evenly over warm cake, into the holes to make the stripes and over the top to "frost" the cake. Chill at least 2 hours. Store cake in refrigerator.



McCormick®

Taco Layered Dip



Prep Time:
15 MIN

All
you
need

- 1 can (16 oz.) refried beans
- 1 container (16 oz.) sour cream
- 1 pkg. (1.25 oz.) **McCormick® Original Taco Seasoning**
- 1 cup shredded Cheddar cheese
- 1 cup chopped tomato
- 1/3 cup sliced green onion
- Tortilla chips
- Optional:* 1 cup chopped avocado
- 1/4 cup sliced pitted black olives



Directions

1. Spread refried beans even onto bottom of a large shallow serving dish.
2. Mix sour cream with Taco Seasoning; spread over beans.
3. Top with layers of remaining ingredients. Serve with tortilla chips.

Serves 12



The taste you trust™



LUSCIOUS DESSERTS FROM ACROSS THE USA



Come the holidays, each part of the country celebrates with its own delicious desserts. Here, best-loved recipes, from New York Cranberry Nut Cheesecake to California Oranges Jubilee! BY JOANNE BORKOSKI

Just some of our desserts from around the country: (top) Southern Fresh Coconut Layer Cake with tangy Lemon Filling; Texas Pecan Candy Cake—goes together in a flash, keeps for weeks! (Bottom) So incredibly rich, one New York Cranberry Nut Cheesecake feeds 16! Folks in the Plains States love traditional Christmas Stollen.

TEXAS PECAN CANDY CAKE

Serve this rich, fruitcake-like confection sparingly. Make at least 2 weeks ahead so flavors can mellow.

Bake at 250° for 1½ hours. Makes one 9-inch cake (32 thin slices) at 43¢ per slice.

Nutrient Value Per Slice:
218 calories, 2 gm. protein,
12 gm. fat, 28 gm. carbohydrate,
26 mg. sodium,
4 mg. cholesterol.

- ½ pound candied red cherries, cut in quarters (1⅓ cups)
 - ½ pound candied pineapple, coarsely chopped (1 cup)
 - ½ pound pitted dates, coarsely snipped (1½ cups)
 - 1 tablespoon all-purpose flour
 - 4⅓ cups coarsely chopped pecans (1 pound, shelled)
 - 4 ounces flaked coconut (about 1¼ cups)
 - 1 can (14 ounces) sweetened condensed milk
1. Preheat oven to slow (250°). Grease and flour 9x3-inch tube pan with removable bottom; set pan aside.
 2. Combine cherries, pineapple and dates in very large bowl. Sprinkle with flour; toss to coat well. Add pecans and coconut; toss to mix. Add sweetened condensed milk; stir to mix well. Spoon evenly into prepared pan, smoothing top.
 3. Bake in preheated slow oven (250°) for 1½ hours. Cool in pan on rack. Remove from pan. Wrap tightly in foil. Refrigerate at least 2 weeks. Cake cuts best when cold. Slice very thin with serrated knife. (More recipes on page 86)

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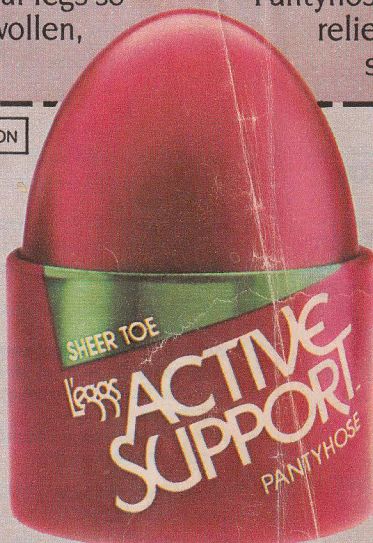
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**SAVE
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VELVEETA® FAMOUS QUESO DIP

Prep Time: 10 min. | **Total Time:** 10 min. | **Makes:** 24 servings, 2 Tbsp. each

WHAT YOU NEED

- 1 lb. (16 oz.) VELVEETA, cut into ½-inch cubes
- 1 can (10 oz.) RO*TEL Diced Tomatoes & Green Chilies, undrained

MAKE IT

COMBINE ingredients in microwaveable bowl.

MICROWAVE on HIGH 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 3 min.

Ro*Tel is a product of Conagra Brands, Inc.



SPICY SAUSAGE QUESO DIP

Prep Time: 10 min. | **Total Time:** 10 min. | **Makes:** 32 servings, 2 Tbsp. each

WHAT YOU NEED

- 1 lb. (16 oz.) VELVEETA®, cut into ½-inch cubes
- ½ lb. breakfast pork sausage, cooked, drained
- 1 can (10 oz.) RO*TEL Diced Tomatoes & Green Chilies, undrained

MAKE IT

MIX ingredients in microwaveable bowl.

MICROWAVE on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min.

Ro*Tel is a product of Conagra Brands, Inc.



ULTIMATE NACHOS

Prep Time: 20 min. | **Total Time:** 20 min. | **Makes:** 6 servings

WHAT YOU NEED

- ½ lb. extra-lean ground beef
- ½ lb. (8 oz.) VELVEETA® cut into ½-inch cubes
- 7 cups tortilla chips (6 oz.)
- 1 cup shredded lettuce
- ¼ cup sliced black olives
- 1 can (10 oz.) RO*TEL® Diced Tomatoes & Green Chilies, well drained

MAKE IT

BROWN meat in skillet; drain.

MICROWAVE VELVEETA® in small microwaveable bowl on **HIGH** 1 min. or until completely melted, stirring after 30 sec.

PLACE chips on large platter; top with VELVEETA, meat and remaining ingredients.

Ro*Tel is a product of Conagra Brands, Inc.

SPICY CHEESY MINI MEATLOAVES

Prep Time: 10 min. | **Total Time:** 35 min. | **Makes:** 6 servings

WHAT YOU NEED

- 1 lb. lean ground beef
- ½ lb. (8 oz.) VELVEETA®, cut into ½-inch cubes
- ½ cup crushed tortilla chips
- 1 can (10 oz.) RO*TEL Diced Tomatoes & Green Chilies, undrained
- 1 egg

MAKE IT

HEAT oven to 400°F.

MIX ingredients just until blended.

PRESS into 12 muffin pan cups sprayed with cooking spray. Use back of spoon to make indentation in center of each. Place muffin pan on foil-covered rimmed baking sheet.

BAKE 20 to 25 min. or until meatloaves are done (160°F).



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WHISKEY MARINATED STEAKS

2/3 CUP WATER

1/2 CUP WHISKEY

1/2 CUP PINEAPPLE JUICE

1/2 CUP BROWN SUGAR

1/2 CUP DICED ONION

1/3 CUP TERIYAKI SAUCE

1/3 CUP SOY SAUCE

1/4 CUP LIQUID SMOKE

**1 TEASPOON MINCED GAR-
LIC**

**4 (8 OUNCE) RIB-EYE
STEAKS**

**WHISK TOGETHER THE
WATER, WHISKEY, PINEAP-
PLE JUICE, BROWN SUGAR,
DICED ONION, TERIYAKI
SAUCE, SOY SAUCE, LIQUID
SMOKE, AND MINCED GARLIC
IN A BOWL.**

**LIE THE STEAKS IN THE BOT-
TOM OF A BAKING DISH.
POUR THE MARINADE OVER
THE STEAKS; REFRIGERATE
OVERNIGHT.**

**PREHEAT AN OUTDOOR
GRILL FOR HIGH HEAT, AND
LIGHTLY OIL GRATE.**

**GRILL STEAKS TO DESIRED
DONENESS, 3 TO 5 MINUTES
PER SIDE FOR MEDIUM-
RARE. ALLOW STEAKS TO
REST FOR 5 TO 10 MINUTES
BEFORE SERVING.**

Mix in spray bottle
for even

2oz Dawn

4oz Lemon juice

8oz White Vinegar

100oz Water

also for bathroom
Tubs, Etc

Bugs

• Continued from Page 1E

be emptied and refilled daily and sinks and bathtubs should be kept free of standing water.

■ Clogging is not the only pitfall of having gutters on your home. Gutters that aren't cleaned out can foster all sorts of insect activity since most insects thrive in wet eco-debris such as leaves, mud and twigs.

■ Perhaps the most important thing that you can do to prevent infestations is to clean your home regularly. Insects are attracted to food crumbs, sugar, salt and drink that might be left on your counter or tables. Food for humans and pets should be kept in sealed containers. Fruit shouldn't be left out on counters. Take out trash regularly, especially from the kitchen.

SUGAR AND SPICE

If you have thoroughly cleaned your home and you still find bugs, you may find relief by using some common things found in many home pantries.

■ Spices such as cinnamon, red chile powder and paprika, as well as apple cider vinegar, have been known to stop ants in their tracks. Simply sprinkle a line near your doors, and the ants will not cross.

■ Garlic is a deterrent for cockroaches and ants. Cockroach remedies should be placed on top of, not inside, cabinets. (It's a lesser known fact that roaches like high places.)

■ Placing cucumbers by ants' point of entry into your home will deter most species. Ants have a natural aversion to cucumbers, especially the bitter ones.

■ Basil is a good fruit fly repellent. Keeping a basil plant in your kitchen will keep the flies away.

■ Citrus is a good ant, spider and flea repellent. For ants, squeeze lemon or lime juice across the ants' path to reroute them. Spiders can be kept out through much the same method.

Simply squeeze lemon juice on your window or door seals. Fleas can be kept at bay by treating your dog or cat with an oil made by pouring boiling water over a lemon. When the potion has cooled off, scrub down your dog or cat's hair with the oil to keep fleas away. Be sure to check

with your vet to make sure this treatment is safe for your pet.

■ Coffee grounds also can keep ants and spiders out of your home.

OILS ARE ESSENTIAL

Essential oils made from trees and plants are a somewhat more expensive method of keeping out insects.

But before using essential oils it's important to check with your doctor if you are pregnant, breast-feeding or have an infant.

Likewise, if you have pets, check with your vet.

Simply use the essential oil of your choice diluted with water. Generally, use a half-ounce to an ounce of essential oil with 16 ounces of water in a spray bottle. The best thing about essential oils is that they are safe for children without allergies and can replace store-bought bug repellents that contain DEET.

■ Lemon eucalyptus oil is recommended as an insecticide. It can repel a majority of insects.

Other oils recommended for spiders, ants, fleas and mosquitoes are rosemary, citronella, lavender, pennyroyal and tea tree.

■ Cedar chips placed in a small satchel and spritzed with cedar oil will deter most moths. Simply place the tiny bag on a closet shelf. Lavender and rosemary are also indicated for keeping moths at bay. Cedar oil is also a known mosquito repellent.

■ Mint oils are known to keep ants and spiders out. Peppermint



Arkansas Democrat-Gazette/DUSTY HIGGINS

Coming next week:

The widely advertised DirectBuy buying club offers moneysaving benefits on products for the home, but it's not for everyone.

is the most commonly used oil for this. It can be quite potent, however. If your allergies can't take it, try diluting it further or using spearmint essential oil.

■ Citronella, geranium and juniper oils prevent houseflies, easily the most common and bothersome pest during the summer.

■ Eucalyptus oil is suggested to eradicate dust mites, which are a common cause of allergies and asthma in children and adults. Eucalyptus has the added effect of clearing out your sinuses. Be sure to keep this and all other oils away from your eyes, especially if you have allergies, because irritation is common.

NEW USE FOR TOBACCO AND SOAP

Remarkably, even items like tobacco and soap can be used to cut down on infestations. Pipe tobacco juice, diluted with half a cup of lemon dish soap, can be sprayed around the house as a spider deterrent. Just be careful not to spray anything that might stain.

Soap and water is a much less messy alternative. This mixture can serve as an immediate fix for any problem bugs. Simply fill a spray bottle with soapy water and shoot any bug you see. The soap will dry out bugs from cockroaches to ants.

Regardless of what bug you find invading your home, there is usually an easy remedy that will not only save you money but also offer an alternative to chemical repellents.

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~~Cinnamon~~

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for pain.

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together & put on heat
instant of jelly.

Put Cinnamon & Honey
in warm water & Drink
1 tablespoon & 2 Honey



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For Dry feet
 $\frac{1}{4}$ Cup Listerine
 $\frac{1}{4}$ Cup Vinegar
 $\frac{1}{2}$ Cup of warm
water soak feet
for 10 minutes.

156813

or go against

for weight

1 cup Orange or Pineapple

2 tsp apple cider vinegar

1 tsp Honey

Breaks down fat cells

Shower Cleaner

$\frac{1}{2}$ part white vinegar
 $\frac{1}{2}$ part original blue
down

De-Icer
 $\frac{2}{3}$ Cup vinegar
 $\frac{1}{3}$ Cup water

Mix together spray on
window

Cookie Sheet Cleaner

Sprinkle pan with
baking soda, spray with
Hydrogen peroxide, the sprinkle
another layer of baking soda on
let set, then wipe off + wash

4 Tbsp vinegar
to 3 cups water
in spray bottle will
clean floors, counter
tops and all.

Furniture polish

1 cup olive oil
 $\frac{1}{2}$ cup lemon juice

An Ounce of Hydrogen Peroxide is Worth a Pound of Cure

(SPECIAL) - Hydrogen peroxide is trusted by many hospital and emergency room in the country for its remarkable ability to kill deadly germs like E. coli and salmonella. In fact, it has attracted so much interest from doctors that over 6000 articles about it have appeared in scientific publications around the world.

Research has discovered that hydrogen peroxide enables your immune system to function properly and fight infection and disease. Doctors have found it can shrink tumors and treat **allergies, Alzheimer's, asthma, clogged arteries, diabetes, digestive problems and migraine headaches.**

Smart consumers nationwide are also discovering there are hundreds of health cures and home remedy uses for hydrogen peroxide. A new book called *The Magic of Hydrogen Peroxide* is now available that tells you exactly how to use hydrogen peroxide by itself... and mixed with simple everyday kitchen items... to make liniments, rubs, lotions, soaks and tonics that treat a wide variety of ailments.

It contains tested and proven health cures that do everything from helping to relieve **chronic pain** to making **age spots** go away. You'll be amazed to see how a little hydrogen peroxide mixed with a pinch of this or that from your cupboard can:

- Help relieve the pain of arthritis, rheumatism and fibromyalgia
- Treat athlete's foot
- Help clear up allergies and sinus problems
- Soothe sore throats
- Fight colds and flu
- Help heal boils and skin infections
- Whiten teeth without spending a fortune
- Destroy harmful dental bacteria and heal gingivitis
- Help heal cold sores and canker sores
- Clear up foot and nail fungus
- Relieve the sting and pain of insect bites
- Soothe sore feet
- Relieve ear aches
- Soothe muscle aches
- Enable minor wounds, cuts and scrapes to heal faster
- Refresh and tone your skin

- Clear up acne, rashes and age spots
- Help heal yeast infections
- And much more

Besides killing E. coli, hydrogen peroxide also destroys botulism, salmonella and other harmful organisms. It works by making viruses and bacteria self-destruct on the cellular level. Amazingly, for something so powerful, hydrogen peroxide is safe. That's because after it makes germs self-destruct, hydrogen peroxide breaks down into harmless water.

The Magic of Hydrogen Peroxide book is a valuable health improvement treasure that also shows you how to make tons of household cleaners that work better and more economically than expensive store-bought products. It's a safe powerful alternative to harsh chemical cleaners. Discover easy-to-make formulas that:

- Kill germs on kitchen counters and surfaces
- Sterilize dishes, cups and kitchen utensils
- Make a powerful scouring powder that works wonders on kitchen sinks, refrigerators and ovens
- Disinfect and deodorize coffee makers, tea pots, blenders and food processors
- Sanitize wood cutting boards and wooden spoons
- Clean out and disinfect clogged drains
- Make hardwood floors, tile floors, grout and linoleum gleam
- Get rid of harmful bacteria on fruits, vegetables and meats with this safe and effective food rinse
- Eliminate nastiness from toilet bowls, bath tubs, showers and shower curtains
- Sterilize and purify toothbrushes and dentures
- Clean and disinfect pet stains
- Remove mold and mildew from basement walls, roofs and other surfaces
- Disinfect diapers, pacifiers and baby toys
- Remove wine, chocolate, ink and blood stains from clothing, carpets and furniture
- Boost laundry detergent power and

restore brightness and color to fabrics

- Streak-free-clean your windows and mirrors
- Clean and deodorize your car
- Eliminate skunk stench on pets and foul odors from litter boxes, old tennis shoes, etc.
- Rid pets of parasites and bacteria
- Make indoor and outdoor plants flourish with a surefire fertilizer and insecticide all rolled-into-one
- Keep hands germ-free without expensive hand sanitizers
- And much more

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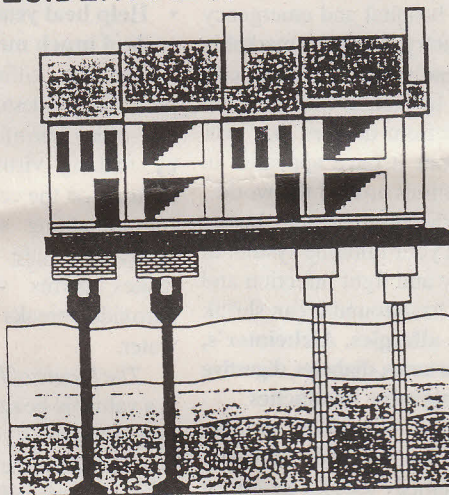
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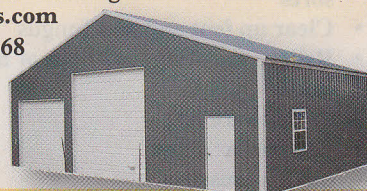
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Mice.



I love you!

&

Merry Christmas!

- dy ♥

Do Remove Stain

1 tsp Dawn

3-4 Tablespoons of hydrogen
peroxide

Couple tablespoons Baking Soda
mix together in small bowl
Brush on stain

Hydrogen Peroxide

$\frac{1}{2}$ cup and warm water for floors.

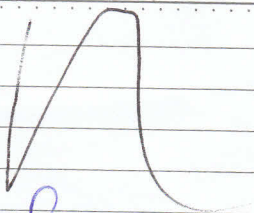
Clean Refrigerator + Dish Washers with Peroxide

Clean Counter top + Cutting Board. Let

bubble for a few minutes

Add 2 tablespoons to dishwasher.

Baking Soda + Peroxide for cleaning teeth



1 gal
1 ~~gal~~ gal Water
2 cups Epson
3/4 Fractional Dist Sep
for Pension

Vinegar Can Be Used For WHAT?

1001 All New Vinegar Home Health Secrets

ST. LOUIS (Special) - Thousands of years ago ancient healers trusted apple cider vinegar, and modern research shows - *vinegar truly is a wonder cure!*

In fact, apple cider vinegar's biggest fans believe this golden liquid can help solve the most troublesome of human afflictions.

Since even the earliest of times a daily vinegar cocktail was used to help control appetite to lose weight and continue good health.

And now after years of continued research all across the globe, over 1000 new vinegar super-remedies and tonics are available in the brand new 232-page *Vinegar Anniversary Book* by famed natural health author, Emily Thacker.

Author of the very first book of its kind since the 1950's, Ms. Thacker brings her unique wisdom, experience and down-home flavor to this complete collection.

From the Bible to Cleopatra to the fierce Samurai warriors of Japan, vinegar has been documented as a powerful tonic to ensure strength, power and long life.

In China, the health system that has been in place for thousands of years recognizes the value of vinegar. Traditional Chinese Medicine (TCM) oversees the health of millions of Chinese - not with modern drugs - but with proven remedies that include vinegar.

Today's research studies and scientific reports continue to praise the healing powers of vinegar to maintain good health and well being.

Even grandma knew that her old remedies worked even if she wasn't able to explain why. And scientific research confirms this.

For instance, grandma said putting diluted vinegar in the ears would ward off infections. The American Academy of Otolaryngology's doctors - who specialize in treating infections like swimmer's ear - now recommend using a vinegar mixture as a preventative.

The Yale-New Haven hospital uses vinegar as a hospital disinfectant. When after-surgery eye infections became a problem, their Department of Bacteriology solved it with vinegar.

Food poisoning? Some doctors suggest that regular vinegar use can prevent it!

The 232-page *Vinegar Anniversary Book* will amaze you with its over 1000 natural remedies, secrets, tonics and cure-alls for a healthier, happier life. You'll get easy recipes that mix vinegar with other common household items to help:

- Calm an upset stomach
- Ease leg cramps
- Soothe sprained muscles
- Control appetite to lose weight
- Relieve coughs
- Banish nausea
- Arthritis pain
- Make hiccups disappear
- Cool a sunburn
- Boost memory
- Reduce sore throat pain
- Relieve itchy skin
- Lower blood pressure & cholesterol
- Eliminate bladder infections
- Chase away a cold
- Treat burns
- Reduce infection
- Aid digestion
- Improve memory
- Soothe sore feet
- Treat blemishes & age spots
- Remove corns & calluses
- Replace many household cleaners

And that's just the beginning of the over 1000 new and improved hints and tips that you'll get.

50 years ago a daily dose of an apple cider vinegar and honey tonic was used to ease arthritis. During the last 30 years or so, many wonder drugs have replaced this time-tested home remedy. Now vinegar, along with countless other old-time tonics, have new supporters including many medical professionals. *The reason?* Almost everybody has experienced the negative side of some of the powerful new drugs.

Strep and Staph infections? Vinegar is a powerful antiseptic and kills even these dangerous bacteria on contact.

Headaches will fade away with this simple vinegar concoction.

Feel good and look good with these hair and skin-friendly vinegar remedies.

You'll learn when you should *and should not* use vinegar.

Can apple cider vinegar really do all this? The answer is yes because it is such a marvelous combination of tart good taste, germ-killing acid and an assortment

of important vitamins and nutrients.

Join readers like L.S. of Monroe, N.C. who says "*Thanks, this book is wonderful. A real life saver for me!*"

Find different ways to combine vinegar with common foods like lemon juice, blueberries, onion, strawberries, garlic, honey, ginger and more to create recipes to help improve health and quality of life.

All new ideas to put vinegar to work around the home to clean, disinfect and eliminate mold and mildew. Great for those with allergies or asthma!

Save money as you put Emily's latest discoveries to the test!

There's even 365 additional tidbits to take you through the year beginning with January's winter snows through the dog-days of summer and into the golden leaves of autumn.

Yes that's over 1000 tried-and-true remedies and recipes in this handsome collector's edition and it's yours to enjoy for 90-risk free days. That's right, you can read and benefit from all 232-pages without obligation to keep it.

To get your copy of the *Vinegar Anniversary Book* direct from the publisher at the special introductory price of \$19.95 plus 3.98 shipping and handling (total of \$23.93, OH residents please add 6% sales tax) simply do this:

Write "Vinegar Anniversary" on a piece of paper and mail it along with your check or money order payable to: James Direct Inc., Dept. VA777, 1459 S. Main St., Box 3093, N. Canton, Ohio 44720.

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SPECIAL BONUS - Act promptly and you'll also receive The Very Best Old-Time Remedies booklet absolutely FREE. It's yours to keep just for previewing "*The Vinegar Anniversary Book.*" Supplies are limited. Order today.

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Securing the promise of renewables

By Jennifer Taylor

Since the 1970s, electric co-ops have been actively engaged in promoting renewable energy resources like wind, solar, hydropower, and, biomass (including landfill gas, livestock waste, timber byproducts, and crop residue). Today, nearly 90 percent of the nation's 900-plus electric co-ops provide electricity produced by renewable sources, all playing a key role in powering rural America while increasing our nation's energy independence.

"Renewable energy makes up approximately 11 percent of

all co-op kilowatt-hour use (10 percent hydro and 1 percent non-hydro), as compared to 9 percent for the nation's entire electric utility sector," says Kirk Johnson, vice president of environmental policy at the National Rural Electric Cooperative Association (NRECA), the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

The Electric Power Research Institute (EPRI), a non-profit, utility-sponsored organization whose members include electric co-ops, released a study in 2007 outlining a seven-step plan for how U.S. electric utilities could reduce carbon dioxide emissions to 1990 levels by 2030, while still meeting a 40 percent boost in electricity consumption. One of these measures includes increasing non-hydro renewable energy sources, primarily wind and solar, from 24,000 MW to 94,000 MW by 2030.

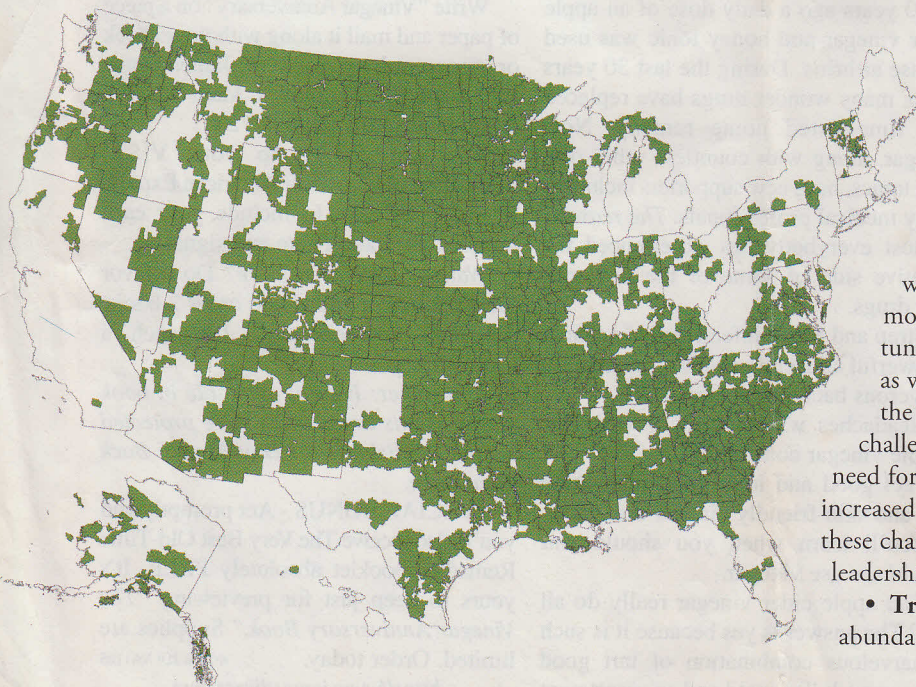
So, what needs to be done to enable a far greater use of renewable energy?

Currently, 150 electric co-ops either own wind turbines or buy output from wind farms, most of which are located in America's "wind tunnels"—the Upper Midwest and Great Plains, as well as down the spine of the Alleghenies in the East. However, wind and solar power face challenges: transmission; intermittency and the need for advancements in storage technology; and increased construction costs and delays. Overcoming these challenges is not impossible but will require strong leadership and investment from government.

- **Transmission** – Renewable resources are abundant in rural areas, but that also means they are

Co-op Green Power

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CONSERVES EN BOCAUX

Faire des conserves chez soi peut être une activité fort agréable et peu compliquée si vous utilisez cette marmite en grès. Prenez des ingrédients de qualité, suivez les instructions, choisissez des recettes éprouvées, et vous réussirez facilement vos conserves maison.

Les fruits et les légumes se conservent dans des bocaux de verre couronnés de couvercles autoscellants et chauffés à une température capable de détruire les organismes qui entraînent la détérioration des aliments. La stérilisation dans l'eau bouillante est possible seulement pour les fruits, les tomates, les marinades, les relishes, les confitures, les gelées et les marinades étant donné le haut taux d'acidité présent dans ces aliments. La plupart des légumes étant moins acides, il faut les stériliser dans un autoclave qui produit des températures beaucoup plus élevées.

Il importe d'utiliser l'équipement qui convient pour faire des conserves de qualité, notamment votre marmite en grès et le support pour les bocaux, une pince pour soulever les bocaux, un grand entonnoir, des bocaux en verre et des couvercles autoscellants. Employez uniquement des bocaux certifiés et inspectez-les attentivement à la recherche d'ébréchures et de fissures. Les couvercles sont conçus pour être utilisés une fois seulement. Les bagues de serrage peuvent toutefois être réutilisées si elles sont en bon état, ni tordues ni rouillées.

Lavez soigneusement les couvercles, les bagues et les bocaux dans de l'eau chaude savonneuse. Rincez-les. Essuyez-vous les mains. Faites chauffer les bocaux et les couvercles dans de l'eau très chaude (180 °F environ) avant de les remplir. Remplissez la marmite avec la quantité d'eau indiquée ci-dessous. Installez le support et faites chauffer.

FORMAT DE LA MARMITE

7 bocaux de une chopine	4 pouces d'eau
7 bocaux de une pinte	4 pouces et demi d'eau

QUANTITÉ D'EAU

Remplissez les bocaux en laissant l'espace libre recommandé dans la recette.

Essuyez le rebord des bocaux avec un linge humide propre. Posez les couvercles chauffés sur les bocaux puis les bagues de serrage, en suivant le mode d'emploi du fabricant.

Installez les bocaux sur le support avant que l'eau arrive à ébullition et immergez le support dans la marmite. Le niveau de l'eau devrait dépasser le haut des bocaux d'un à deux pouces. Rajoutez de l'eau chaude si nécessaire. Couvrez la marmite. Réglez la minuterie suivant la recette et faites-la démarrer au moment où l'eau commence à bouillir.

Quand la minuterie sonne, soulevez le support et accrochez-le sur les rebords de la marmite. Sortez les bocaux avec la pince. Ne vous servez jamais du support pour transporter les bocaux. Installez les bocaux sur une serviette et laissez-les refroidir de 12 à 24 heures.

Quand les bocaux sont refroidis, vérifiez s'ils sont bien scellés en appuyant au centre du couvercle. Si le centre ne bouge pas, c'est que le bocal est bien scellé. Enlevez les bagues de serrage, étiquetez les bocaux et rangez-les au frais, au sec et dans le noir.

Faire des conserves n'est pas difficile, mais il faut faire preuve de précision pour réussir. La durée et la température de stérilisation sont extrêmement importantes pour détruire les microorganismes qui gâtent les aliments.

Suivez la recette à la lettre et inspectez attentivement les bocaux avant de servir les conserves. Si le contenu a vilaine apparence ou sent mauvais, si vous voyez de moisissures ou de l'écume, si le liquide est trouble ou si le sceau est brisé, **jetez les conserves sans même y goûter.**

Pour de plus amples renseignements, reportez-vous au Guide Ball Blue sur la conservation, la congélation et la déshydratation des aliments.

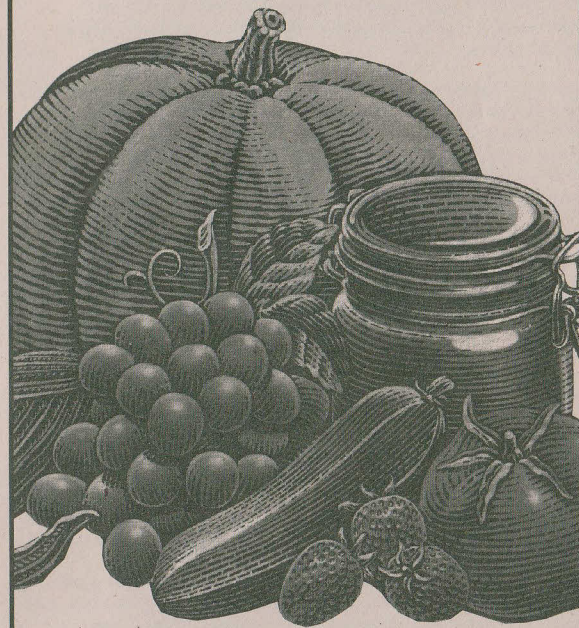
À NOTER: Cette marmite est conçue et fabriquée pour la stérilisation des conserves dans l'eau bouillante. Elle ne devrait pas servir à d'autres usages.

AVERTISSEMENT: Ne pas soulever la marmite lorsqu'elle est pleine d'eau et de conserves. Suivre les instructions.

**Columbian Home Products
1600 Beech Street
Terre Haute, IN 47804**

LF053

WATER BATH CANNING



Directions for Water Bath Canning

WATER BATH CANNING

Home canning can be fun and easy using your Granite Ware canner. Use quality ingredients, follow directions, use tested recipes and anyone can be a successful home canner.

Canning is simply fruits or vegetables packed into canning jars, which are fitted with self sealing lids and heated to a temperature that kills dangerous organisms that could cause food spoilage in the jars. A water bath canner's use is limited to fruits, tomatoes, pickles, relishes, jams, jellies and marmalades. The high acid levels in these foods make it safe to can them in boiling water, whereas most vegetables are low in acid and need to be processed in a pressure canner which produces much higher temperatures.

The right equipment is essential to ensure a quality product. This includes your Granite Ware canner and jar rack, a jar lifter, a wide mouth funnel, canning jars and lids. Use only standard canning jars and lids, and inspect carefully for chips or cracks. Lids are designed for one time use. Screw bands can be reused if they are in good condition, not bent or rusted.

Thoroughly wash lids, bands, and jars in hot sudsy water, rinse. Dry bands. Heat jars and lids in hot water, approximately 180 degrees, prior to filling. Fill canner with water as indicated below, position rack and begin to heat.

SIZE OF CANNER	AMOUNT OF WATER
7 pint jar canner	4 inches of water
7 quart jar canner	4 1/2 inches of water

Fill hot jars with prepared recipe. Leave recommended headspace according to recipe.

Wipe jar rims with a clean damp cloth. Position heated lid on jar with screw band, according to the manufacturer's directions.

Place each jar into canner rack, prior to water reaching a boil and lower rack. Water should be 1 to 2 inches over jar tops. Add additional hot water if needed. Cover canner. Process jars according to your recipe, start timing when water begins to boil. After processing, lift rack and hook over rim. Remove jars from canner with your jar lifter. Do not carry jars in canner rack. Set jars on a towel to cool for 12 to 24 hours.

When jars are cool, test for a seal by pressing down on center of lid. If lid center does not flex up and down the lid is sealed. Remove bands, label, and store in a cool, dry, dark place.

Canning is not difficult, but must be done precisely to ensure successful preservation and safety. Proper timing and

temperature are crucial for safe canning, assuring microorganisms that cause food to spoil are killed.

Follow the directions for each recipe exactly and inspect each jar carefully before serving. If the food doesn't look or smell right, appears moldy, foamy or murky or the seal is broken, don't use it. **Discard it without tasting.**

For further information refer to the Ball Blue Book Guide to Home Canning, Freezing & Dehydration.

NOTE: This canner is designed and manufactured for water bath canning. It is not recommended for other use.

WARNING: Do not pick up canner when full of water and jars. Follow above instructions.

ENVASADO EN BAÑO DE AGUA CALIENTE

Envasar en casa puede ser una tarea fácil y divertida cuando utiliza su envasador Granite Ware. Si utiliza ingredientes de calidad, sigue las instrucciones al pie de la letra, y usa recetas adecuadas... ¡Cualquiera puede envasar en casa con todo éxito!

Envasar es simplemente almacenar frutas y vegetales en frascos de vidrio, los cuales se tapan y sellan, y luego se calientan a una temperatura que destruye cualquier organismo que pudiese hacer que los alimentos se hechen a perder. El envasado en baño de agua caliente se limita a frutas, tomates, pepinillos, curtidos, jaleas, y mermeladas. Estos alimentos pueden envasarse en agua hirviendo con seguridad, debido a sus altos niveles de acidez. La mayoría de vegetales poseen un bajo nivel de acidez y, por lo tanto, deben ser envasados a presión, proceso que produce temperaturas mucho más altas.

Un equipo adecuado es clave para asegurar la calidad del producto. Esto incluye su envasador Granite Ware, parrilla para los frascos, gancho alzador, embudo con boca ancha, frascos para envasar, y tapaderas. Utilice únicamente frascos y tapaderas para envasar estándares, y asegúrese de inspeccionarlos cuidadosamente para ver si están astillados o rajados. Las tapaderas están diseñadas para ser utilizadas sólo una vez. Los sellos de rosca pueden volver a utilizarse únicamente si se encuentran en buenas condiciones, y si no están doblados u oxidados.

Lave bien las tapaderas, sellos de rosca, y frascos en agua caliente con jabón, luego desenuaje. Seque los sellos de rosca. Caliente los frascos y las tapaderas en agua caliente (aproximadamente 180 grados Fahrenheit) antes de llenarlos. Llene el envasador con agua como se indica adelante, y empiece a calentar.

TAMAÑO DE ENVASADOR	CANTIDAD DE AGUA
envasador de 7 pintas (3.7 litros)	4 pul. de agua
envasador de 7 cuartos de galón (7.4 litros)	4 1/2 pul. de agua

Llene los frascos calientes con los alimentos ya preparados. Deje el espacio vacío que se recomienda en la receta.

Limpie la orilla de los frascos con un trapo limpio y húmedo. Coloque la tapadera caliente y enrosque el sello en el frasco, siguiendo las instrucciones de fabricación.

Coloque cada frasco en la parrilla. Antes de que el agua llegue al punto de ebullición, inmersa la parrilla en el agua. El agua debe quedar a una dos pulgadas más arriba que los frascos. Agregue agua caliente si es necesario. Tape el envasador. Procese los frascos de acuerdo a la receta. Comience a tomar el tiempo cuando el agua empiece a hervir.

Terminado el proceso, eleve la parrilla y cuélguela en la orilla. Saque los frascos con el gancho alzador. Asegúrese de no sacar los frascos con la parrilla. Coloque los frascos en una toalla y deje enfriar durante 12 a 24 horas.

Cuando los frascos estén fríos, chequee si se hizo bien el sello, presionando en el centro de la tapadera. Si al hacer esto el centro no sube ni baja, la tapadera ha sellado correctamente. Desenrosque los sellos, etiquete y guarde los frascos en un lugar frío, seco y oscuro.

Envasar no es una tarea difícil, pero debe hacerse con precisión para asegurar que los alimentos se conserven bien. Tiempo y temperatura adecuados son elementos cruciales a la hora de envasar, pues aseguran que los microorganismos que hacen que los alimentos se hechen a perder sean eliminados.

Siga las instrucciones de cada receta al pie de la letra, e inspeccione cada frasco muy cuidadosamente antes de servir. Si los alimentos no lucen o huelen bien, parecen mohosos o espumosos, o si el sello se rompió, no los consuma. **Tírelos sin ni siquiera probarlos.**

Para mayor información, refiérase a la *Guía de Envasado, Congelado y Deshidratación de Alimentos en Casa Ball Blue Book*.

NOTA: Este envasador está diseñado y fabricado para envasado en baño de agua caliente. No se recomienda para ningún otro uso.

ADVERTENCIA: No recoger la envasadora cuando esté llena de agua y frascos. Seguir las instrucciones indicadas arriba.