

THE MICRO WAY LANI BLOOMER



1986 Index

"I'm going to get organized!" That's one of your New Year's resolutions, right? Well, if so, clip today's index for the 1986 Micro Way columns. File your clippings by date and you'll be able to find them in an instant.

The easiest way to file your clippings is to glue them to a piece of looseleaf paper and keep them in a ring binder. Write the date along the right hand side of the paper so you can see it easily when flipping through.

If the column doesn't all fit on one page, you can cut and paste to reshape it. Or, a faster way is to glue the main part down, and just fold up the extra. It can be opened up to use when needed.

Once you have a notebook set up, it only takes a minute or two to clip and glue the column in place each week. (This sure beats digging behind the freezer or in a shoebox!)

The Micro Way 1986 Index

- January 4: Using a browning grill
- January 11: Browning grill recipes: eggs, liver'n onions, cheese sticks
- January 18: Superbowl bash: pizza fondue, bacon sticks
- January 29: Microwaving candy: fudge, peanut brittle
- February 1: Sausage suppers
- February 8: Quick breakfast treats: cherry coffee cake, oatmeal muffins, jammed up muffins
- February 15: Microwaving seafood and fish
- February 22: Hot sandwiches
- March 8: Winter vegetables: glazed carrots, red cabbage and apples
- March 15: Candy Easter eggs
- March 22: Microwaving ham
- March 29: Tips for frozen convenience food
- April 5: Macaroni and cheese, lasagna
- April 12: Microwaving pud-

dings: tapioca, rice, mixes

April 19: Kids cook dinner: hot dog casserole, crunchy champ cookies

April 26: Quiches: ham and potato, mushroom

May 3: Cookbook reviews

May 10: Drying flowers

May 17: Microwaving scratch cakes: snickerdoodle cake

May 24: Stuffed potatoes

May 31: Cookies: peanut kisses; chocolate crackles

June 7: Pineapple upside down cake

June 14: Microwave know-how quiz!

June 21: Remedial microwave class (knowing what went wrong!)

June 28: Basic Microwave Techniques

July 5: Blanching vegetables

July 12: Picnic shortcake

July 19: Pizza roll (meatloaf)

July 26: Cold salads: ham and potato; barley pilaff

August 2: 1985 Micro Way favorites: cheese manicotti, pizza cookies

August 9: Nutritious snacks: peanut longs, marble bars, cereal crunch

August 16: Peach streusel cake, peach cobbler

August 23: Picnic salads: Italian chicken, copper pennies

August 30: Reheating tips

September 6: Eggs: poached, egg sandwiches

September 13: Mashed potatoes

September 20: Microwaving gravy

September 27: Apple crumb pie,

quick apple coffee cake, ap-
plesauce

October 4: Quick casseroles:
pizza, goulash

October 11: Microwave Times
magazine favorites: Mexican
manicotti, chicken and broccoli
supreme

October 18: Microwaving Roasts

November 1: Pudding cakes:
brownie; pineapple orange

November 8: Sweet potatoes and
apricots, stuffed squash

November 15: Buying a
microwave

November 22: Turkey tetrazzini,
sweet and sour turkey

November 29: Curried fruit,
baked apples

December 6: Holiday
cheesecake

December 13: Microwave
utensils and gifts

December 20: Cranberry Nut
Bread

December 27: Pork and
Sauerkraut

Are you missing a column you'd like? If your local library subscribes to *Lancaster Farming*, you should be able to get copies there. If not, I can send you a reprint of the column(s) you're missing, but I must charge \$2 per copy to cover my costs.

To order reprints:

1. On a piece of paper clearly print your name and address along with the date and title of the column(s) you'd like.

2. Send a check or money order payable to: The Micro Way. (no cash or stamps, please) for \$2 for each column desired.

3. Mail request to: The Micro Way, R.D. #3 Box 338, Altoona, Pa. 16601. Allow 4 weeks for delivery.

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Sugar Intake Increasing

MEDIA - Americans are eating more sugar than ever. Since 1960 our yearly intake of sugar has jumped 22 pounds. According to Delaware County Extension home economist, Maryetta Dorricott, one reason for the increase is the use of sugar in processed foods. Another reason is simply that our sweet tooth has gotten bigger.

Americans are consuming more soft drinks, more desserts, more sweet snacks. This increase has many people concerned because sugar is not very nutritious. It's

high in calories...but it provides almost nothing in the way of vitamins, minerals or protein. Sugar is also thought to contribute to the development of cavities.

If you want to cut the amount of sugar you eat, the first step is to learn the many names it goes by. Sucrose, dextrose, fructose, corn syrup, corn sweetener and natural sweeteners are all sugar by another name. Once you know these, you can read labels and avoid products with a lot of added sugar.

Some other ways to cut down on sugar are...to drink fruit juices or water instead of soft drinks...buy fruits packed in their own unsweetened juice instead of heavy syrup...and substitute fresh fruits, nuts or raw vegetables for sweet snacks.

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