



Here's a collection of free microwave booklets and leaflets that I've enjoyed using. Also included are the names of two inexpensive microwave newsletters that are my favorites.

First the newsletters: These two newsletters are both worth getting and do not duplicate each other. They're published every other month. The recipes are good tasting and reliable. Both are printed in booklet format, on 8 1/2 x 11 paper and punched with three holes (will fit standard ring binders) to save your copies. Neither carries any advertising.

THE MICROWAVE TIMES, by Janet Sadlack of Recipes Unlimited, is 16 pages of microwave (only) recipes, articles, hints and tips. Cost is \$8.95 per year (6 issues). Make checks payable to Recipes Unlimited and order from: The Microwave Times, Box 1271, Burnsville, MN 55337.

A BATCH OF IDEAS, by Joyce Batcher is 8 pages of short articles featuring quick country-style cooking. There are microwave, conventional, and food processor recipes, plus hints, tips, etc. Cost is \$6.95 per year (6 issues). Make checks payable and mail orders to: "A Batch of Ideas" R.R.2 Box 162, Gaylord, MN 55334.

Write for single copies of the following free leaflets and booklets. If you want extra copies, write and ask for prices on quantities:

-- **TAKE THE CAKE WITH PILLSBURY CAKE MIX** is a leaflet with a 25 cents-off coupon, three recipes, and other tips for Pillsbury's new Microwave Cake Mix. (The pineapple upside down cake is great!) Send your name, address and zip code to: Pillsbury Microwave Cake Mix Recipes, Pillsbury Company, Pillsbury Center--M.S. 2891, Minneapolis, MN 55402.

-- **GREAT RECIPES FOR THE MICROWAVE** is a booklet from

Pillsbury, with recipes for using their refrigerated dough in microwave recipes. Their Caramel Coffee Ring takes 6 minutes to make! Write to "Great Recipes for the Microwave" Pillsbury, P.O. Box 5886, Minneapolis, MN 55460.

-- **MICROWAVE WRAP-UP: COOKING BASICS FROM SARAN WRAP** is a leaflet telling you how to choose which covering to use for microwaving food. There are also hints on freezer-to-microwave cooking. Send your name, address and zip code to: "Microwave Wrap-Up" Dow Consumer Products, Inc. P.O. Box 68511, Indianapolis, IN 46268.

Reynolds Metal Company has four free leaflets, be sure to specify which title you want when writing:

-- **COVER UP TIPS FOR THE MICROWAVE** has tips on using their Cut Rite waxed paper for microwaving. Tells when you should use this covering and has timing tips.

-- **HOW TO USE REYNOLDS WRAP WITH YOUR MICROWAVE OVEN** explains using foil for shielding during cooking, and as a covering during standing time. Has tips for defrosting and keeping food warm.

-- **FREEZE IT RIGHT** is a booklet with 6 recipes for make-ahead meals and casseroles. Includes freezing, thawing and reheating directions.

-- **RESTAURANT IN YOUR REFRIGERATOR** gives make ahead tips for 12 recipes for sandwiches, no-cook dinners, meat marinades and salads.

Specify the title(s) you want and send name address and zip code to: Reynolds Metal Company, P.O. Box 68125B, Schaumburg, IL 60168-0125.

The National Live Stock and Meat Board has produced two good booklets on microwaving meats.

-- **BEEF THAT SATIS-**

German Paper Cutting Workshop

Learn the old German art of paper cutting. You will have a chance to develop some skills on a tradi-

tional design. This workshop will be offered twice and is sponsored by the Delaware County Coopera-

tive Extension Service on Thursday, September 24, at 1:00 to 3:00 in the Hunt Club Building, Rose Tree Park, 1521 N. Providence Road, Media, Pa. 19063.

Registration fee of \$3.50 is due by September 21. This includes paper. Bring small sharp scissors. Make your check payable to Home Economics Workshops and send it to the above address.

FIES...THE MICROWAVE WAY is a 16 page booklet with charts and recipes for microwaving beef.

-- **EASY STEPS: MICROWAVE COOKING WITH PORK** contains proper techniques for microwaving pork for best results. Single copies of each of these are free if you send a stamped, self addressed #10 size envelope for each to: Meat Board Test Kitchens, 444 N. Michigan Ave. Chicago, IL 60611.

-- **MICROWAVE DIRECTIONS FOR PACKAGE MIXES AND PRODUCTS** is a guide to

using General Mills products in your microwave. Single copies are free, send your name, address and zip code to: Microwave Recipes, P.O. Box 1113, Minneapolis, MN 55440.

Look for the address or toll-free phone number of the companies that make your favorite products. Contact them and ask if they have microwave directions, recipes or tips for using their products. You'll be surprised at how many good microwave recipes you can get this way!

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- Deadline For Entry -
September 30, 1987