

MICROWAVE MINUTES

(Continued from Page B14)

Each serving: 280 calories, 25g protein, 18g fat, 5g carbohydrate, 682mg sodium, 86mg cholesterol.

Here's a special gift for special people on your list —

If you need a gift for a special person on your list — perhaps someone with a new microwave — it's not too late to send a gift subscription to my newsletter, *A Batch of Ideas*. *A Batch of Ideas* contains more of the same kind of down-to-earth recipes — but rarely the same recipes — that you find in "Microwave Minutes." This bi-monthly newsletter also includes helpful hints and practical basics — not only for microwave — but also for food processor and quick conventional cooking. The newsletter is eight notebook-size pages, geared for quick reading and includes nutritional analysis of recipes.

Your gift comes six times a year, with a reminder of your thoughtfulness in each issue. "A gift from (your name)" is printed

on each gift issue. Send your personal message and we'll include it on the gift card that's sent with the first issue.

To order, send a check or money order for \$6.95 for 1 year (6 issues) or \$11.95 for 2 years (12 issues) to: *A Batch of Ideas*, R.R. 2, Box 162, Gaylord, MN 55334.

Questions for Joyce?

Do you have a question about microwave cooking? Send it to Microwave Minutes, % Extra Newspaper Features, P.O. Box 6118, Rochester, MN 55903. Please include a self-addressed, stamped, business-size envelope.

Recipes in this column are tested in 600- and 650-watt microwave ovens. With an oven of different wattage output, timings may need slight adjustment.

Joyce Battcher is an independent home economist microwave specialist. She is author of "Microwave Family Favorites" and editor of "A Batch of Ideas" newsletter.

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Goat Quads Enliven Milton Grove Farm



MILTON GROVE — Darlene Eckert, right, and her neighbor Fonda Cannon have their hands full with quadruple goat kids born this past week. The kids, part Nubian and part Alpine, are doing fine at Engle's Goat Farm that boasts a 50-head goat herd in Milton Grove. Owner Eckert said that quads of the same sex are extremely rare for goats.



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Jake, at Binkley & Hurst Bros., Inc.
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it's like putting money in the bank with what I've saved in \$\$\$!

Don't tell me, Luke. I was there when the doors opened on Dec. 7th. Boy, did I get bargains!

I tell you, Jake, you're never too much trouble for those fellas, even though they're busy as all get-out!

I know, Luke, that's why I'm going back for more good buys and they keep saying "Help yourself" to more refreshments!

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