

MICROWAVE

MINUTES

(Continued from Page B12)

amic dishes, glass dishes and some "permanent" plastic cookware. For microwave ovens only there are the "permanent" plastic dishes, reusable plastic or paperboard

cookware, freezer-to-oven storage/cooking containers and "active" cookware.

Active cookware is more than a container. It modifies the micro-

Lancaster Farming, Saturday, April 23, 1988-B13

wave process by redirecting or shielding microwave energy for better cooking results. Sometimes it combines the microwave process with another, such as steaming or browning. Examples of active cookware are turntables, browning dishes, micro pressure cookers and some steamers.

Read through the use and care book that came with your microwave for information (and sometimes photos) that will give you more specifics. And, when shopping for cookware, be sure to read labels: Microwave cookware varies greatly in quality and how it can be used.

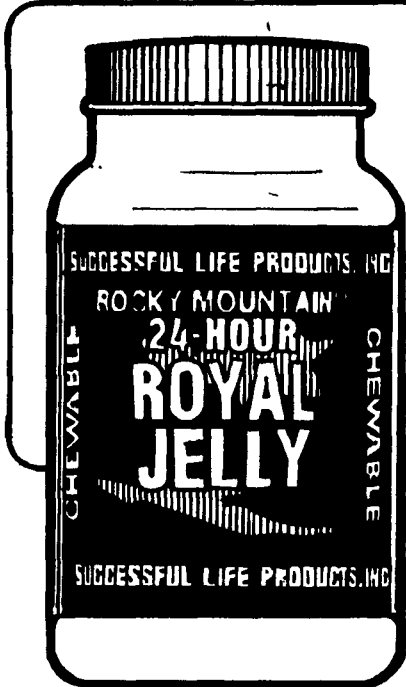
Old or new Pyrex dishes can be safely used with equally good results. A styrofoam plate is fine for heating food that does not contain fat, such as a sandwich or roll or even unbattered vegetables. It should not be used for heating fat-containing food (where fat will touch the plate) or for actual cooking because it will melt.

Questions for Joyce?

Do you have a question about microwave cooking? Send it to Microwave Minutes c/o 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.



- What is the most exciting substance overseas today?
- What do millions of Chinese insist on using daily?
- What did ABC's Ripley's Believe It Or Not feature on prime time television?
- What substance did researchers from the New York Medical College discover contains a sex hormone?

It's royal jelly . . . and one brand stands above all others:

Rocky Mountain™ Royal Jelly

It's America's favorite!

What is Royal Jelly?

Royal jelly is a substance made by worker bees for the queen bee. It has scientists baffled, for royal jelly, through a special metamorphosis, can transform an ordinary female bee into a queen bee and will increase her normal lifespan of 3 months to over 5 years. The queen will become incredibly fertile on this diet and will lay up to 2½ times her own body weight in eggs in a single day.

What Does It Contain?

It's a storehouse of B vitamins and contains one of the world's richest natural sources of pantothenic acid, known as the stress vitamin. It contains all the eight essential amino acids, including high concentrations of lysine and tryptophan. It also contains numerous minerals including calcium, iron, potassium, silicon, and sulfur.

What Are Some Of Its Benefits?

"It is in a category all its own," reports Joe Parkhill, author of eight books on bee products and one of the world's foremost authorities on royal jelly. "Royal jelly may indeed possess extraordinary properties. It is one of the world's richest sources of pantothenic acid, which is thought to stimulate the adrenal glands and increase the production of cortisone and other adrenal hormones important for healthy skin and nerves."

Parkhill, who bases his statements on personal testimonials gathered from around the world, believes "the beautifying effects on the skin, hair, and nails, are only some of the youth restoring properties of royal jelly." Parkhill feels that after several weeks' use it induces a mild state of euphoria and feels it provides vital nutrition believed necessary for:

- Energy
- Vitality
- Insomnia
- Arthritis
- Anti-Aging
- Mental Alertness
- Complexion, hair nails
- Proper digestion
- Enhancing immunity to diseases
- Fighting infection
- Stress-related problems
- Sexual enhancement

Rocky Mountain™ Users Tell Us . . .

"Hair is growing on my bald spot on my head and have more energy. My temper is stable and I have more love for people, more patience, and don't care to drink beer and more things." Dr FM

"I was getting up every two hours to relieve my kidneys and had chronic constipation and fatigue. After about 8 months taking pollen, my friends marvel at my ability to do so many things. At 71, I am more capable than I was 15 years ago. I feel good!" LK

"Please send Rocky Mountain pollen, as prescribed for us by Dr EG. We need this for my husband who has major and critical health problems, as well as for myself." MCR

Dealerships Available

© Successful Life Products, Inc. 1988

88 Year Old Marathoner



Noel Johnson

Noel Johnson, 88 year old marathon runner, and World's Senior Boxing Champion obviously knows the secret of good health and a long life. The international celebrity, author of the book "A Dud at 70 A Stud at 80," is delighted to talk about it. "How did I do it? Its no secret," says Noel. In the chapter "Everyone's Entitled To My Opinion," Noel tells what worked for him. He credits a natural diet, a daily exercise regimen and Rocky Mountain™ Pollen, his favorite brand of bee pollen, for transforming him from a worn out old man with a life-threatening heart condition into a superbly conditioned racing machine.

Successful Life Products

President's Lunch Bar	\$1 00
Bee Pollen/130mg/30 Tabs/	\$6 00
Bee Pollen/130mg/90 Tabs/	\$11 00
Bee Energy/520mg/90 Tabs/	\$11 00
Bee Energy/1500mg/60 Tabs/	\$13 00
Bee Propolis/200mg/60 Tabs/	\$11 00
Bee Propolis/500mg/60 Tabs/	\$13 00
24 Hour Royal Jelly/30 Tabs/	\$10 00
No Pain/30 Tabs/	\$20 00
Bee Thin/90 Tabs/	\$10 00
Pet Power/100 Tabs/	\$10 00
Bee Pollen Granules/1 Lb/	\$16 00
Bee Pollen Granules/½ Lb/	\$9 00
Bee Perfect Skin Cream/6oz Jar/	\$40 00

Area Dealers

Terry & Sherry Donkel	717-933-5758
Harold & Florence Krissinger	717-273-5096
Howard & Diann Brandt, Jr	717-865-5380
E Mervin Hursh	717-733-6642
Ernest & Betty Wessner	215-589-4211
Glenn & Linda Moyer	717-933-4216
Mervin Sensenig	717-933-5366
Milton Frantz	717-272-3549
Gary & Carolyn Knick	215-756-6463
Richard Dunkelberger	215-756-6804
Robert & Gladys Gutshall	717-933-4616
Vivian Reed	814-623-6002
David & Donna O'Neal	814-928-4793

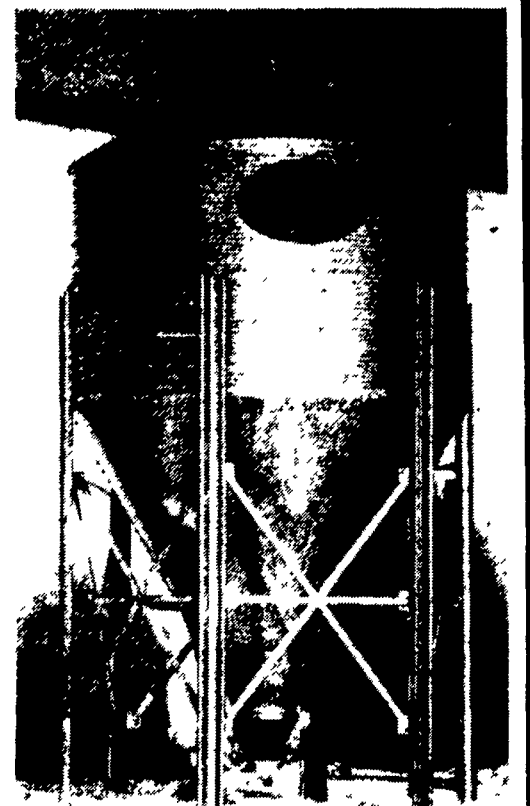
- Yes, Please send me a free copy of "World's Only Perfect Food" Booklet
- Yes, Please send me an introductory package, 1 jar/130mg/30 Tab Bee Pollen, 1 jar Bee Propolis/200mg, 1 jar Royal Jelly for \$25.00.
- I would like to become a Dealer and Purchase SLP Products at a 30% discount. Enclosed is my check for \$25.00 for the Dealer Kit.

Name _____ Phone () _____
Address _____
City _____ State _____ Zip _____

Successful Life Products, 3961 Ridge Pike, Collegeville, PA 19426 (215) 489-1155



FLEX BOOT LADDERS
AGITATORS **GSI** AUGERS
PNEUMATIC SLIDE VALVES
FILL KITS
FEED BINS



We Carry The Largest Stock Of GSI Feed Bins In The Area



automatic farm systems

608 Evergreen Rd.
Lebanon, PA 17042
(717) 274-5333