



FEED BAG

RECIPE and HELPS

by Pauline Murphy

Immune Deficiency: What you can do.

Many factors play a role in strengthening the immune system. A balanced diet, rich in vitamins and minerals, provides the building blocks for healthy cells.

Deep breathing and fresh air replenish vital oxygen. Regular exercise boosts oxygen intake and helps build cardiovascular and immune system health. Gain fresh energy with oxygen.

Engage in moderate exercise for an hour a day to insure plentiful intake of fresh air. This promotes oxygen exchange between blood and air and speeds metabolism. Vitamins C and E, known as antioxidants stimulate immunity cells.

Best Vidalia Onion Rings

- Several large sized onions
- 1 cup all-purpose flour
- 1 tsp. salt
- 1 1/2 tsp. baking powder
- 3/4 cup milk
- 1 tbs. salad oil
- 1 egg separated

Slice onions into rings. In bowl mix dry ingredients. In another bowl beat egg yolk, stir in milk and oil. Pour into dry ingredients, stir till smooth. Beat egg white until peaks form, fold into mixture. Dip rings into batter, deep fry until brown, drain on paper towel and serve warm.

Apple Custard Pie

- 2 cups peeled and thinly sliced tart apples
- 1 unbaked pie shell
- 4 eggs
- 1/4 to 1/3 cup brown sugar or honey
- 1 cup plain yogurt
- 1 tsp. vanilla

- 1/4 tsp. salt
- 1/2 tsp. cinnamon

Preheat oven 375 D. Spread apple slices evenly over pie crust. Combine ingredients in food processor, pour over apples. Bake 45 min. Cool 1 hour before slicing.

Cream Puffs

- 1 cup water
- 1/2 cup butter (1 stick)
- 1 cup all-purpose flour
- 1/4 tsp. salt
- 4 eggs
- 2 tbs. milk
- 1 egg yolk, lightly beaten
- 2 cups whipping cream
- 1/4 cup confectioners sugar
- 1/2 tsp. vanilla

In a saucepan over medium heat bring water and butter to a boil. Add flour and salt all at once; stir into a smooth ball. Let stand 5 minutes.

Add eggs one at a time. Drop 1/4 cupfuls 3 inches apart onto greased baking sheets. Combine milk and egg yolk, brush over puffs.

Bake 400 D for 35 minutes or until golden brown.

Remove to wire rack. Cut a slit to let steam escape. Whip cream, gradually add conf. sugar and vanilla, beat until almost stiff.

Cut tops off of puffs, remove soft dough, add filling and replace tops. Dust with confectioner sugar.

Refrigerate until serving time. Yield 10.

1 Timothy 1 :14 And the grace of our Lord was exceeding abundant with faith and love which is in Christ Jesus.

ANYTIME ROYAL LIMO SERVICE ANYWHERE
Elegance For Every Occassion

Anniversaries Engagements 423-715-4869
Weddings Proms
Birthdays Business
AIRPORT SERVICE



VISA, Discover, American Express

R & M YARNS
and Georgetown Weaving Studio
WEAVING, KNITTING, CROCHETING
 Yarn offered on CONES for greater Savings!

Now Closed on Mondays
 Cotton ♦ Rug Wool ♦ Bamboo ♦ Rayon ♦ Acrylic ♦ Sock Yarn ♦ Novelties

LEARN TO WEAVE—IT'S FUN!
 Saturday & Week-day Classes

Showroom Hours:
 Tuesday—Friday 10:00 am to 5:30 pm
 Saturday 10:00 am to 1:00 pm

3338 Georgetown Rd, NW, Cleveland, TN
 (Hwy. 60 North just through Hopewell Light on right)

423.472.2600 **www.rmyarns.com**

New Yarns arriving constantly. Check website for specials!