

# The Urban Homemaker

Homemaking Help For Busy Moms

Catalog #39



**FREE! Continuing Education  
for Moms p.6**

***New! Bosch Universal PLUS p.2***

**Breakfasts for Busy Moms p.13**

***Sensational Summer Salads p.59***

**Book Discount returns p. 46**

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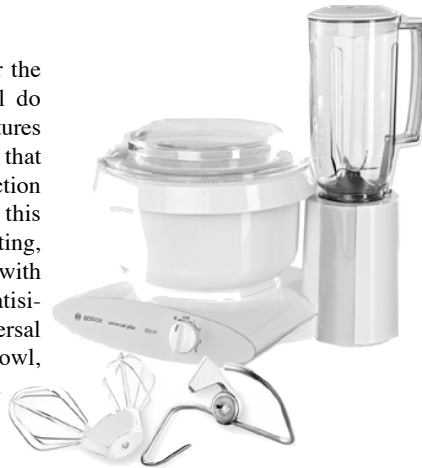
[www.urbanhomemaker.com](http://www.urbanhomemaker.com)

**Choose Your Free Gift - see pg. 6**

# New! Bosch Universal PLUS

## Love Is Spelled "Homemade Bread"

For the chef who desires quality as well as quantity, consider the **NEW 4-speed, 800 watt Bosch Universal PLUS** that will do MUCH more than knead bread! Some of the new improved features of the Universal PLUS include a larger 6 1/2 qt. capacity bowl that kneads up to 12 pounds of dough (6-7 loaves) 4-speeds, and suction feet which eliminate the risk of the machine "walking". Use this machine is chopping, whipping, kneading, slicing, grinding, grating, shredding, blending, mixing and processing (when accessorized with optional equipment). Read below how many different ways satisfied customers have found to use their Bosch! All current Universal attachments fit this mixer. **Standard equipment:** 6 1/2 qt. bowl, dough hook, French whisks, and bowl lid. 3-year motor and transmission warranty.



**New!!**

**Bosch Universal PLUS Kitchen System**  
**Authorized Bosch Dealer for 17 years**

- Bosch without blender** Item #1051 **\$399.99**
- Bosch with blender** Item #1050 **\$459.98**
- Bosch with NutriMill\*** Item #1004 **\$669.98**
- Bosch with Kitchen Mill\*** Item #1015 **\$579.94**
- Bosch with Wonder Mill\*** Item #1016 **\$639.94**

\*(Bosch and mill combos are without blender)

### Optional Bosch Universal Attachments:

- Heavy Batter Whips** Item #1155 **\$17.95**
- Cookie Paddles** Item #1157 **\$23.95**
- Slicer/Shredder** - 7-8 cup capacity. No chopping blade, 3 slicing/shredding disks  
Item #1110 **\$119.95**
- Stainless Steel Bowl** Item #1170 **\$149.95**

- Meat Grinder** Item #1130 **\$109.95**
- Replacement Blender** Item #1180 **\$59.95**
- Food Processor** - 3-4 cup capacity. Includes chopping blade, 3 slicing/shredding blades  
Item #1115 **\$104.95**
- Citrus Juicer** Item #1140 **\$29.95**
- Grain Mill (steel cone)** Item #1111 **\$109.95**
- Flaker Mill** Item #1112 **\$110.95**

## A high quality mixer w/blender does much more than knead bread dough.

- Make your own healthy salad dressings
- Puree tomatoes
- Make cookies ( use batter whips, cookie paddles, or dough hook)
- Mash potatoes
- Puree cooked beans, lentils and split peas for soups, sauces, and dips.
- Make bread crumbs
- Crack Grain for breads and hot cereals
- Chop up nuts
- Mix meat loaves (use batter whips or cookie paddles)
- Prepare pesto
- Prepare hummus
- Prepare salsa
- Mix cakes and quick breads
- Whip cream fast and easy
- Beat egg whites to the stiff peaks stage for meringues, etc. (Quick and easy)
- Mix up pie fillings
- Puree baby food
- Mix homemade dog treats
- Grind flax seeds
- Make green smoothies
- Puree fruits, etc to make healthy popsicles

- Make cookie crumbs
- Make bread crumbs
- Mix pie dough
- Mix up homemade pasta dough
- Mix up homemade frostings
- Make puddings
- Mix up homemade quick baking mixes from *Make-a-Mix* cookbook
- Make butter in blender
- Mix up pancakes, muffins, cakes and cookies
- Mix Indian Fry Bread
- Blend food scraps to go into the compost pile
- Shred cooked chicken
- Whirl oatmeal into oat flour
- Puree banana peels to spread around garden
- Eggnog shakes
- Make peanut butter
- Make large batches of playdough, salt dough, for young children to play with
- Mix up cinnamon dough for making ornaments.

**See pg. 9 for**  
**Marilyn's Famous**  
**Whole Wheat Bread Recipe**

Read more ideas at [www.marilynmoll.com](http://www.marilynmoll.com)



# Kitchen Mixers

## The Mix 'N Blend II Kitchen System



Blend-Tec's Auto-Knead feature has a sensing device that automatically determines when the gluten for the whole grain bread is sufficiently developed! No need to babysit the machine or endure long tedious kneading sessions by hand when the Mix 'N Blend is doing the work for you. In fact the Mix 'N Blend is designed to use up to 15% less flour which results in moister, better textured whole grain breads, rolls, bread sticks, pizzas and more.

If you dream of making whole food smoothies and soups the Mix 'N Blend's 2 quart capacity blender offers additional capacity and power and has been known to take the place of a Vita Mix™ and even makes sherberts and sorbets.

**This powerful 1000 watt machine comes with:**

- \* 4-qt mixing bowl
- \* 2 - qt blender
- \* French whips (pourable batters)
- \* Dough hook
- \* Cookie whips for heavier batters

Item #1205 **\$359.95 Best Value!**

**Optional Attachment: Pasta Maker/Meat Grinder** Includes 12 pasta dies and meat grinder blade and die. Item #1212 **\$79.95**

### Mix 'N Blend II and Kitchen Mill Combo



Order the Kitchen Mill and the Mix 'N Blend together and save on shipping!

Item # 1206

**Free Shipping \$539.90**

### Secrets Of The Masters Made Easy

*Whole Wheat Bread Making*

If you want to bake whole wheat bread like master bread makers, who do you go to? - to the masters! This is what Diana

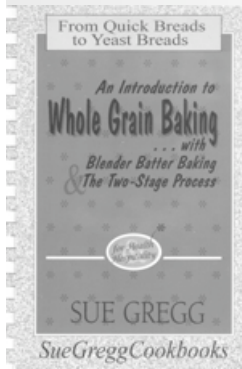


Ballard has done in preparing Whole Wheat Bread Making. This book will answer the how's, why's, and when's of whole wheat bread making, provides detailed, step-by-step instructions and answers to your questions. Recipes are designed for both mixer and auto-bakery owners! 97 pages.

Item #5500

**\$9.95**

### A thorough demonstration of the of the Two-Stage Process from Sue Gregg.



**Introduction To Baking With Whole Grains w/CD** ...with Blender Batter Baking & The Two Stage Process by Sue Gregg

This is the updated and revised version of the popular **Yeast Breads** by Sue Gregg. Intended to provide the basics for whole grain baking with the two-stage process for both quick breads and yeast breads, key recipes for both types are included in this new book. An accompanying Power-Point CD provides over 30 step-by-step demonstrations with close-up color photos.

This book is also designed to be the new accompaniment for those who purchase Sue's course, **Baking With Whole Grains**, and replaces **Breakfasts** for the course.

Item #5069.1

**\$23.00**

## Start Baking Bread in 3 Easy Steps Today!

### Step One: Assemble Equipment

- \* Mixer or mixing bowl
- \* Bread Pans

### Step Two: Assemble Ingredients

- \* Freshly Milled Flour
- \* SAF Yeast
- \* Salt
- \* Dough Enhancer (opt.)
- \* Vital Gluten (opt.)
- \* Honey

**Step Three:** Read *Marilyn's Famous Whole Wheat Bread Recipe* on page 9. It's that easy!



## Family Grain Mill

If you want the best of both worlds consider the versatile and quiet **Family Grain Mill**, available with both a power base or a hand crank base. The hardened stainless steel milling heads will give a lifetime of service. The power base incorporates a powerful **Bosch** electric motor. Using **interchangeable components**, you can use the **Mill attachment** to mill a range of fine flours for breads to coarse flours for cornmeal, or even crack grains. Mills wheat, oats, Kamut™, barley, spelt, beans buckwheat, millet, field corn, rice, spices, dried

herbs, etc. (For field corn, crack it first on the coarse setting and mill again on the finer settings. Does not mill popcorn).

Or, flake your softer grains such as barley, oats, pastry wheat, etc. with the **Flaker attachment** for fresh tasting hot cereals. **This is the quietest electric mill we sell! Limited Lifetime Warranty!**

<b>Motor Base w/ Grain Mill</b>	Item #2177	<b>\$249.95</b>
<b>Motor Base w/ Flaker</b>	Item #2185	<b>\$251.95</b>
<b>Motor Base w/ Grain Mill &amp; Flaker</b>	Item #2176	<b>\$351.95</b>

**Free Hand Base w/ any motorized order**

### Bosch Universal Grain Attachments:

<b>Bosch Grain Mill Attachment</b>	Item #1111	<b>\$109.95</b>
<b>Bosch Flaker Attachment</b>	Item #1112	<b>\$110.95</b>

## Cooking & Baking With Fresh Ground Flour

by Christine Downs

If you are new to the freshness and goodness of real breads made with fresh flours this basic book will get you started on the road to delicious and nutritious whole grain



baked goods. Sections cover tips on using grains, equipment and ingredients, yeast bread recipes, rolls and buns, breakfast foods, entrees, side dishes, cookies and snacks and much more.

Item #5267 **\$13.95**

## The Best Bagels Are Made At Home

by Dona Z. Meilach

Here's a bagel book that really gets into bagel making. With more than 60 recipes, the author shows a variety of ways to make bagels by hand, mixer, or bread machine. Bagel recipes use a variety of grains and include bagels flavored with fruit, nuts, veggies, and more.



Item #5265 **\$8.95**

## Bread Basket Cookbook For Large Kitchen Mixers

by Martha Greene

This beautifully done spiral bound cookbook is the bread cookbook for owners of a large capacity mixer. With a plastic protective cover, it has a wide assortment of recipes and getting started instructions for beginners. 65pp.



Item #5507 **\$8.95**

## Chocolate Zucchini Bread

Reprinted from

**Breakfasts For Busy Moms** by Marilyn Moll

*We have enjoyed this simple, bread-like cake, a lot.*

*The original recipe comes from Penzey's, a spice company.*

- 3 eggs**
- 2 cups sugar**
- 1 cup oil**
- 1 tsp vanilla**
- 2 Tbsp butter**
- 6 Tbsp cocoa powder**
- 2 cups grated zucchini**
- 2 cups whole wheat pastry flour** (packed)
- 1 tsp baking soda**
- 1 tsp salt**
- 1 1/2 tsp cinnamon**
- 2/3 cup chocolate chips**

Preheat oven to 350°F. In mixing bowl combine eggs, sugar, oil, vanilla. In saucepan, melt butter and add cocoa powder. Set aside to cool. Grate zucchini and mix with cocoa powder/butter mixture. When cooled combine with egg mixture. Add flour, baking soda, salt, cinnamon. Mix only enough to blend. Coat chocolate chips in some flour to keep them from sinking. Add to batter. Pour into 2 greased 8" loaf pans. Bake at 350°F for 60-70 minutes. Eat!

**For more bread recipes go to pg. 12 for  
A Beginners Guide to Baking Bread**

# Grain Mills



## Kitchen Aid Mill

These **Kitchen Aid-compatible attachments** are only for use with Kitchen Aid stand mixers **with a minimum 325 watts of power.** This is the same mill and flaker as the Family Grain Mill on the previous page, designed to attach to your Kitchen Aid. **Five-year warranty.**

**Grain Mill** Item #2140 **\$109.95**  
**Flaker** Item #2141 **\$110.95**

## The Kitchen Mill

I began my journey into whole grain baking with the K-Tec "stoneless" flour mill more than 20 years ago. Embark into a traditional, nutrient dense diet, with freshly milled whole grain flours including rye, spelt, corn, rice, bean flours and much more. The flour canister can hold up to **21 cups of flour**, enough for 5-6 loaves. Stores compactly. The storage dimensions are 10" X 8" X 6". **USA manufactured, with a six year limited warranty and a Life Time warranty** on the milling chamber, The Kitchen mill by BlendTec/Fine Living Products is the best consumer value! **Duane's personal favorite.**

Item #2000 **\$179.95**  
 (suggested retail \$199)



## NutriMill

Whole food enthusiasts interested in a traditional nutrient dense diets will appreciate the newest micronizing grain mill called the **NutriMill.** It's the first grain mill large enough to hold both enough grain and flour for **5 large loaves of bread.** With two speeds, you can produce a range of consistency from coarser flour (not cracked) to pastry-fine flour. Mills most grains and dried beans. Lifetime Warranty. Made in Korea.

Item #2065 **\$269.99**  
 (suggested retail \$279)



*What a difference fresh milled flour makes!!  
 The taste... OH MY!  
 Lauren B.*

**See pg. 9 for Marilyn's Famous Whole Wheat Bread Recipe**

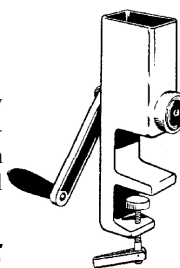


## Back-To-Basics

### Grain Mill

This hand mill is the perfect way to crack grains for breakfast cereals or produce fine flours in emergencies. Stainless steel milling burr. Two year warranty.

Item #2100 **\$79.95**



## Wonder Mill

For whole grain enthusiasts wanting a slightly **quieter** grain mill the Wonder Mill also can mill a **wide variety of grains and dried beans** into high quality, fine to coarse consistency flours, a bit more quickly and more quietly than the Kitchen Mill. Since the grain mill separates from the **12 Cup capacity** flour canister you can store the flour canister directly into the freezer or on a shelf. **Six year limited warranty and Lifetime warranty** on the milling mechanism. Adjusts from pastry-fine to cornmeal texture. Size: Milling unit 8"d X 12"h; Flour canister - 8"d X 7.5" h. Formerly known as the Whisper Mill. Made in Korea. **Marilyn's personal favorite.**

Item #2050 (suggested retail \$259) **\$239.95**



## Choose Your Free Gift!

**For orders of \$50 to \$100:**  
Choose 1 free ebook of your choice

**For orders of \$100 to \$600:**  
Choose 1 free Enviro Cloth  
**OR** 1 Treasury of Vintage  
Homekeeping Skills book

**For orders of \$600 or more:**  
Free shipping **PLUS**

1 Continuing Ed. For Moms CD

**OR** 1 Treasury of Vintage  
Homekeeping Skills book  
(while supplies last)

Expires 6/30/2008

**Free gift must be requested at time of order**  
(see pgs. 7, 12, 13, 18, 29, 56, 59  
for product descriptions)



**Marilyn Moll**, passionate lover of old fashioned skills, together with her husband Duane, and home schooled children, have operated **The Urban Homemaker**, their family business specializing in bread baking equipment and products for health, for 17 years.

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## The Laptop Lunch System



### Spend Less, Waste Less, and Eat Well

A lunch kit perfect for toddlers, school-age children and adults at school, at work, on business or even for a picnic or hike. **Laptop Lunches** are **American-style boxes** with 5 colorful inner containers designed to help families pack nutritious, environment-friendly lunches for school, work, and travel. These sustainable lunch containers are sized to hold sandwiches, veggies, salads, condiments, dips, and an assortment of other foods, and are reusable, recyclable, and dishwasher safe, and each kit includes the Laptop Lunch Users Guide with great lunch ideas. You get the lunchbox that contains five dishwasher and microwave-safe containers, a re-sealable lid and a stainless steel fork and spoon. The smallest container is perfect for holding dips or condiments.

### The Laptop Lunch Complete System



Black insulated carrying case, and water bottle plus Laptop Lunch Box with all inner containers and utensils and Laptop Lunch User's guide. Black insulated carrying case with color coordinated neoprene front panel.

Item # 8450

**\$33.99**

### The Laptop Lunch Basic Set

Includes the Laptop Lunch Box with all inner containers and utensils, and the **Laptop Lunch User's Guide**. Carry in a backpack or tote bag.

Item #8451

**\$19.99**

### Insulated Carrying Case w/ Water Bottle

Item #8455 **\$14.99**



## Neuro Fuzzy Rice Cooker and Warmer

This is a multi-purpose computerized cooker capable of cooking all kinds of rice and more! Call for more info.

Item #3660

**\$219.95**

**Order Form is on pg. 61**

# Join Our Free Continuing Education for Moms

## Spring 2008 Continuing Education for Moms Seminars

All Seminars begin at 7:00 MT.

Adjust for your time zone.

**Mark your calendars now!**

All seminars are also recorded and available at [www.urbanhomemaker.com](http://www.urbanhomemaker.com) for instant download.

**January 24, 2008 – A More Excellent Way** Homeschooling Mom, Helena Mixon shares how she was healed of Chronic Fatigue, Depression, Multiple Chemical Sensitivities and 17 other diagnosed illnesses after learning about the spiritual causes of these illnesses.

**February 7, 2008 – Get into Gardening** Lisa Vitello, Homesteading expert, and New Harvest Homestead editor, says it's time to start planning your garden, ordering seeds, preparing the soil, learn the basics, and get started.

**February 21, 2008 – Complete Guide to Getting and Staying Organized** Author Karen Ehman will get you started with organizing your home, getting rid of clutter, planning menus, avoiding overcommitment, and tailoring a system that works for your personality.

**March 6, 2008 – Cook Your Way to Wellness II** – Maria Atwood and Blair McMorran are back to talk about traditional healthy foods. Many updates!

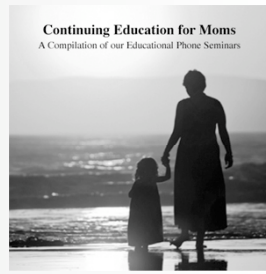
**March 20, 2008 - Dr Denmark Said it!** Madia Bowman, mother of eleven children, has written a highly practical, common sense book for mothers of babies and young children based on the legendary wisdom and advice of Dr Denmark, a pediatrician for over seventy years.

**April 10, 2008- Drink Water For Life** Deanna DeLong is a safe drinking water expert explains the fundamentals of water for better health.

**April 24, 2008- Menu Planning and Meal Preparation** – Sue Gregg, cookbook and nutrition expert, will be talking about her newest books and answering your cooking and nutrition questions.

**May 1, 2008 – Catch the Sewing Bug** Joann Gannon, homeschool mom and sewing expert, will inspire us to have fun teaching sewing skills to our children while developing their character.

**June 5, 2008 – Simply in Season** Mary Beth Lind will inspire us to make the best of seasonal foods, in the spirit of More-with-Less.



## Listen to Continuing Education for Moms on your Ipod or Computer.

Our most popular phone seminars are now available on one low-priced MP3. Gain a wealth of information at your convenience from well-known authors, experts, and other moms just like you.

**1. Preparing A Hope Chest** - A Legacy of Love.

**2. Cook Your Way to Wellness** - basic principles of *Nourishing Traditions*.

**3. Organize your holidays** using the stress-free 12-Week Holiday Planner for Christian Families.

**4. Reb Bradley** discusses proven biblical child training principles

**5. Shonda Parker** provides insight for the Naturally Healthy Woman.

**6. Sue Gregg**, answers your questions about The 2-Stage Process and good nutrition.

**7. How to Clean without Chemicals!**

**8. The importance of filtered tap water** and how to select a reliable drinking water system.

**9. Marilyn Moll** outlines how *Health Begins in the Kitchen*.

**10. Lisa Vitello** discusses how to get started with canning and dehydrating.

**11. Lorrie Flem** of TEACH magazine provides encouragement for homemakers and homeschoolers.

**12. Kick the cold cereal habit** for good, and more.

Over 12 hours of listening and learning pleasure and encouragement. Available either as a download or on MP3-CD.

*"I joined the Sue Gregg Seminar last night for the first time ever. I really enjoyed it!! Thank-You so much for helping all of us to learn to eat healthier."*

J. Spangler

*"Thank you so much! Mr. Bradley is so interesting and insightful; I was blessed by his wisdom. I look forward to more of these phone seminars."*

Tracy S.

Item #6525 Download \$15.95

Item #6526 MP3-CD \$19.95

## Listen to Continuing Education for Moms on your Ipod or Computer.

Our most popular phone seminars are now available on one low-priced MP3. Gain a wealth of information at your convenience from well-known authors, experts, and other moms just like you.

Go to [www.urbanhomemaker.com](http://www.urbanhomemaker.com) and click on "Phone Seminars" for complete listings.

Contact information to access our free phone seminars is by subscription to our free e-mailed newsletter: [www.urbanhomemaker.com/subscriptions](http://www.urbanhomemaker.com/subscriptions)

# Baking Essentials

## Montana Milling Wheat

Premium, **high quality** whole wheat berries (high in protein), **and triple cleaned** Don't be fooled by imitations! Preferred by many families including husbands and kids who may be averse to whole grains. **Quality bread starts with quality wheat!** The White Wheat has a milder flavor than the Red Wheat. 45 lb. bucket See below for bucket opener.

### Hard Spring White Wheat

Item #9450 **\$41.00**

### Hard Spring Red Wheat

Item #9550 **\$41.00**

(Call for shipping cost)

## 7-Grain Mix

I use this high quality nutritious mix for making 7-Grain bread, cracked hot cereals, and makes great pancakes or muffins. Contains white wheat, red wheat, triticale, rye, oats, soft white wheat, spelt, and barley. 45 lb. bucket

Item #9755 **\$33.00**

(Call for shipping cost)

## Pastry Wheat

This high quality whole grain Pastry Wheat is used for muffins, quick breads, pancakes, cookies, and biscuits.

45 lb. bucket

Item #9656 **\$41.00**

(Call for shipping cost)

## Bucket Opener

This combination bucket lid opener/bung wrench/gas shut-off tool is just the thing for opening up buckets of wheat.

Item #8250 **\$15.95**

## Vitamin C Powder

1# - A Frontier Herbs product. Use 1/4 tsp. per 4-loaf batch of bread as a dough enhancer. Use to prevent browning of fruits when canning.

Item #9339 **\$21.79**

## SAF-Yeast

A 16 oz vacuum-packed package of commercial, heat tolerant, concentrated yeast. Works better for whole wheat breads. Many home bakers prefer this brand over others because it has more live yeast organisms which means they can use less and yet achieve superior rising over other commercial yeasts. 2-1/2 tsp is equivalent to 1 packet of yeast for recipes.

Item #9000 **\$5.95 or 3 for \$16.08**



## Dough Enhancer

A 21 oz. can of 100% natural ingredients which includes whey, soy lecithin, tofu powder, Citric Acid, yeast, sea salt, corn starch, Vitamin C, enriched wheat flour, dry yeast. These ingredients increase dough strength and tolerance, promote lightness in bread, extend shelf life, and may be used in all baked goods for both home and commercial use. Mothers Best brand.

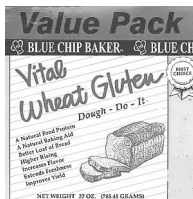
Item #9100 **\$8.99 or 3 for \$24.27  
6 for \$45.85**



## Vital Gluten

27 oz. This is a natural protein derived from wheat. It increases dough strength and the shelf life of baked goods. I use it often when using a variety of grains other than 100% whole wheat. Invaluable addition to improving bread texture in whole grain bread. Indispensable when using automatic bread makers.

Item #9200 **\$7.79 or 3 for \$20.99  
6 for \$39.73**



## Bread and Bakery Bags

Rectangular shaped bags designed to fit breads. Made of thick (.0015" thick) polyethylene. 6" X 4" X 15" for standard size bread and auto-bakeries. 100 reusable bags per package. All purpose bags (.001" thick) will hold a recipe of rolls, several small loaves, complete recipes of cookies, muffins, baguettes; anything you choose to bake.

Item #4050 - 6" X 4" X 15" **\$10.95**

Item #4055 - All Purpose - 8" X 4" X 21" **\$14.95**

## Bread Pans

I just love these top-quality bread pans! These deeper bread pans produce the highest rising whole wheat bread you've ever seen. Dark finish, coated, heavy gauge tinware bakes in up to 5-10 minutes less oven time than others I have used. These are great! So popular I have trouble keeping them in stock! Order with a friend.

(Bread Pans in general should be wiped out with a paper towel, not washed in soap and water). These pans are approx.. 3" deep, and 4.25" wide (top measurement).

8" length Item #4700 **7.95 ea. or 5 for \$35.75**

10" length Item #4750 **\$8.49 ea.. or 5 for \$38.20**

12" length Item #4751 **\$8.95 ea.. or 5 for \$40.27**



See pg. 12 for A Beginner's Guide to Baking Bread



# Get Started Baking Combos

## Add Baker's Combo and Save

### **Kitchen Mill Combo**

Kitchen Mill + Bread Baker  
Combo #1  
Item #2010 **\$219.95**  
(free shipping)

### **Wonder Mill Combo**

Wonder Mill + Bread Baker  
Combo #1  
Item #2051 **\$277.95**  
(free shipping)

### **NutriMill Combo**

NutriMill + Bread Baker Combo #1  
Item #2066 **\$297.95** (free shipping)

## **Bread Baker Combo's**

### **Bread Bakers Combo #1**

1-Dough Enhancer  
1-Vital Gluten  
1-Saf Yeast  
1-Bread Bags (6x4x15)  
Item #7000 **\$30.95**



### **Bread Bakers Combo #2**

2 - Dough Enhancer  
2 - Saf Yeast  
1 - Bread Bags (6x4x15)  
Item #7075 **\$37.19**



## **A Recipe From The Urban Homemaker**

### **Marilyn's Famous Whole Wheat Bread**

#### Hand Method (yields 2 loaves)

1/3 cup honey  
1/3 cup oil  
2-1/2 cup warm water  
1-1/2 Tbsp. SAF Yeast  
2-1/2 tsp. salt  
6-7 cups whole wheat flour  
1-1/2 Tbsp. dough enhancer  
3 Tbsp. Vital Gluten (opt.)

Combine the warm water, yeast, and 2 cups of fresh whole wheat flour in a large mixing bowl. Allow to sponge for 15 minutes. Add the honey, oil, dough enhancer, salt and 4-5 cups additional flour until the dough begins to clean the sides of the mixing bowl. This is true whether you are mixing by hand with a wooden spoon or using a dough hook attachment with an electric mixer.

Knead the bread by hand 7-10 minutes or until it is very smooth, elastic, and small bubbles or blisters appear beneath the surface of the dough. It is a common mistake of beginners to add too much flour. When hand kneading, if you will oil your kneading surface and your hands with 1-2 tsp of oil, this will help reduce stickiness and help you avoid adding too much flour. **See (\*) in next column for next step.**

#### Large Mixer Method

(yields 5 -6 loaves)

2/3 cup honey  
2/3 cup oil  
6 cup warm water  
3 Tbsp. SAF Instant Yeast  
1-1/2 - 2 Tbsp. salt  
14-18 cups whole wheat flour  
3 Tbsp. dough enhancer  
1/2 to 1 cup Vital Gluten (opt.)

Combine warm water, yeast, and 2 cups of fresh whole wheat flour in a large mixing bowl. Allow to sponge for 15 minutes. Add the honey, oil, dough enhancer, Vital Gluten, salt and 12-16 cups additional flour until the dough begins to clean the sides of the mixing bowl. Be careful to not add too much flour.

Knead the dough with mixer 6-10 minutes on speed one or until it is very smooth, elastic, and small bubbles or blisters appear beneath the surface of the dough.

\* **Form the dough into loaves.** Allow to rise in a slightly warmed oven or other warm place until doubled in size (about 30-60 minutes).

Bake loaves for 25-30 minutes in a 350°F oven. Bread is cooked through when it sounds hollow when tapped on the bottom, and when the top and sides are a golden brown color.

This versatile dough can also be used to make pizza crusts, cinnamon rolls, bread sticks, and many other variations. Detailed instructions at: <http://articles.urbanhomemaker.com>

#### Variations

##### **Breakfast Bread**

Add 1/3 cup sunflower seeds, 1 TB Cinnamon, 1/3 cup currants.  
Double amounts for large mixer method.

##### **Cracked Wheat**

Substitute 1 cup cracked wheat or seven grain mix for 1 cup of whole wheat flour  
Double amounts for large mixer method.

# Baking Accessories

## Bread Pans



I just love these top-quality bread pans! These deeper bread pans produce the highest rising whole wheat bread you've ever seen. Dark finish, coated, heavy gauge tinware bakes in up to 5-10 minutes less oven time than others I have used. These are great! So popular I have trouble keeping them in stock! Order with a friend. (Bread Pans in general should be wiped out with a paper towel, not washed in soap and water). These pans are approx.. 3" deep, and 4.25" wide (top measurement).

8" length (most popular!) Item #4700

**7.95 ea. or 5 for \$35.75**

10" length Item #4750

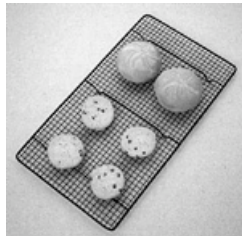
**\$8.49 ea.  
or 5 for \$38.20**

12" length Item #4751

**\$8.95 ea.  
or 5 for \$40.27**

## Professional Cooling Rack

Stainless Steel. 10" X 18"  
(holds 4 large loaves)  
Item #3580 **\$10.99**



## Bread/Loaf Pan

Heavy duty stainless steel for yeast breads and quick breads.  
8-1/2"X4-1/2"X 2-1/4"  
Item #3578 **\$9.95  
5 for \$44.75**



## Bread Knife



This bow-type bread knife allows you to cut even bread slices. The sharp-toothed, serrated blade easily slices clean-through the crispiest crust and softest bread without crushing. It's handle is made of Canadian hardwood maple to give you years of trouble free service. For right-handed use.  
Item #4107 **\$13.49**

## Electronic Thermometer/Timer

This is what I use to reliably determine if my bread is baked through. Automatic alarm sounds when inner temperature is reached with stainless steel probe. Ideal for bread bakers, ovens, stoves, BBQ, and deep fryers. Instant digital readout, pre-settable alarm, magnet on back. Complete instructions, temperature guide, and battery included.

Item #3572

**\$25.95**

## Muffin Pan

These steel 12 hole standard size non-stick cupcake/muffin pans have a darker finish for faster baking times. Muffin size measures: top 2-3/4", bottom 2", depth 1-1/4". Item #3563 **\$11.95**



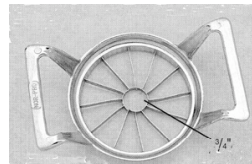
## Scrubby Brush



Rounded wooden knob handle is a great answer to cleaning hard to clean crevices such as the Bosch center cone. I found it better than those nylon scrubbers for general cleanup, and can be used for cleaning vegetables. So handy you'll wonder how you cleaned without it.  
Item #4105 **\$4.99**

## Fruit Wedger/Corer

Stainless steel blades, generous sized handles, and heavy duty construction make this hand held gadget perfect for adults (and children) preparing fruit snacks. I compared this one with other wedger/corers on the market and was impressed with the construction on this one that's designed to last a long time. Great for apples, pears, etc. My son loves this gadget for preparing his own snack. Makes 12 wedges.



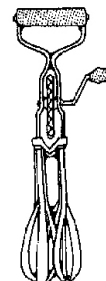
Item #4115

**\$9.95**

## Rotary Egg Beater

Heavy Duty  
Non-Electric

This is that old-fashioned non-electric egg beater your mom used to use. Stainless steel blades, heavy duty nylon drive gears, ideal for whipping cream, beating eggs, or mixing pancake batter. Perfect for when you don't want to wash up the mixer or when power is out. Item #4103 **\$13.95**



## The Home Bakery Supreme X20

by ZOJIRUSHI

*Bake wonderful whole grain breads simply, easily, automatically, even when using the 2-Stage Process!!*

### Best auto-bakery for whole grain breads!

What sets the “Zo” auto-bakery apart from the competition? Simply put, results! If you’ve used other auto-bakeries to bake whole grain breads and have been less than satisfied with the results, I guarantee you’ll love this machine. The “Zo” will make 100% whole grain bread consistently without muss or fuss, and will require just a few minutes of your time. In a hurry? Just a few minutes of preparation will enable you and your family to enjoy that rich whole grain goodness of freshly baked bread. Just follow **Marilyn’s Famous Whole Wheat Bread**, a blue-ribbon winning recipe and you will easily master this labor-saving machine quickly and easily.

Item #3606

**\$199.50**



### Marilyn’s Famous Bread Recipe for the “Zo”

2 TB honey  
2 TB oil  
1 1/2 C. warm water  
1-1/2 tsp salt  
3 1/2 C. fresh whole wheat flour  
2 tsp dough enhancer  
3 TB Vital Gluten  
1-1/2 tsp. SAF Instant Yeast

# Whole Grain Baking

## Grand Wrap Flatbread Maker

by VillaWare

Now you can have delicious, nutritious tortillas in just minutes with this sturdy, economical electric tortilla maker. Make wholesome whole-grain tortillas with ease. Great for yeast-free alternatives to breads. Features include a Ready Light, Professional top handle press, 1000 watts of cooking power, Cool-touch handles, Stand-up storage, and Non-stick easy to clean cooking surface. Makes up to a 10” tortilla.



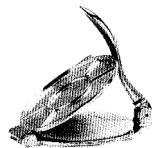
Item #3671

**\$64.95**

## Tortilla Press

Non-electric. Leveraged handle quickly flattens dough into thin 6” diameter tortillas all ready for cooking. Use wax paper for easy removal. Cast aluminum.

Item #4120



**\$19.95**

## Wraps And Rollups

Wraps and roll-ups are popular ways to prepare a full “upscale” meal quickly and easily with delicious, ethnic ingredients while incorporating your choice of vegetables, salads, salsa, sauces, cheeses, etc. Make your own “gourmet” wraps in quantity and store extras individually wrapped in the freezer at a fraction of the cost of commercial versions PLUS you control the quality of the ingredients! Wrap up some nourishing convenience today.

Item #5502

**\$8.95**



## Uno Classic Waffler

By VillaWare

Serve your family and guests 4 large (4-1/2”x4-1/2”) hot and delicious whole grain waffles at a time! Features 7-setting browning control, 1200 watts, on/off ready light, commercial hinge. Stands upright for storage with cord wrap. Great for large families!

Item #3690

**\$89.95**



# A Beginner's Guide to Baking

## A Beginner's Guide To Baking Bread e-book

by Marilyn Moll

### \* How to Select

#### Ingredients

### \* Selecting a

#### Grain Mill

### \* Selecting A

#### Mixer

### \* Step-by-Step

#### Mixing

#### Instructions

### \* How to Develop the Gluten

### \* Tips for the Best Bread

### \* Lots of Bread and Roll Recipes

### \* Troubleshooting Guide

### \* The Two-Stage Process

Item #6059 ebook

**\$9.95**



## A Fool-Proof Way to Knead Your Bread

(excerpted from Chapter 5: Tips For The Best Bread)

An older, wiser woman told me how she determined if her bread was adequately kneaded. She said, "Say the Lord's Prayer as you knead, making one kneading stroke per word and then repeating the prayer at least twice." Many ladies have told me that this method alone solved their dilemma of determining how long to knead the dough.

With experience you will eventually master the kneading process and learn to "feel" and recognize when the gluten is developed.

## FANTASTIC WHOLE WHEAT ROLLS

*These wonderful rolls will be a hit for everyday or special occasions. Halve the recipe for a small batch. This dough can also be used for cinnamon rolls.*

2 1/2 cups warm water  
1/2 cup honey  
1/2 cup dry powdered milk, opt.  
2 Tbsp yeast  
2 eggs  
6-8 cups whole wheat flour\*  
2 1/2 tsp salt  
1/2 cup oil  
1/2 cup vital gluten  
2 tbsp. Dough Enhancer, optional  
melted butter

Combine warm water, honey, powdered milk, and yeast in mixing bowl. Allow yeast to sponge. Add eggs and 3 cups flour. Stir until thoroughly mixed; dough will resemble cake batter. Let rest until bubbly, about 30 minutes. Add salt, oil, and remaining flour. Knead for six to ten minutes or until gluten is developed or dough is soft and pliable. Pour out onto a lightly greased surface. Grease baking sheets. Pinch off 2-inch round portions, and roll out to an 8-inch rope. Tie rope in a single knot. Place in rows on baking sheets, cover, and let rise until doubled. Bake in a 350°F oven for 20 to 25 minutes or until lightly browned. Brush with melted butter if desired, and remove to a cooling rack. Makes 2-3 dozen.

Multi-grain variation: Substitute 1 cup of cracked 7-Grain Mix OR 1 cup cracked wheat for one cup of the whole wheat flour.

### Testimonial:

*This comprehensive book is exactly what I have been looking for! I have been researching the process of making whole grain breads at home for my family of 6, but have felt somewhat overwhelmed. I just simply did not know where to begin! But this book lined things out for me in an organized manner and now I can see a starting point in front of me. That is all I needed. "Thank you, Marilyn", for helping me out!*

Kimberly Hazlett  
homeschooling mom of 4

The following is reprinted from  
*A Beginner's Guide To Baking Bread*

## FRENCH or ITALIAN BREAD

*This recipe is very basic, simple and delicious main meal accompaniment. Double this recipe for large families!*

2 1/2 cup warm water  
2 Tbsp SAF Instant Yeast  
1 Tbsp honey  
2 tsp salt  
2 Tbsp oil  
3 cups whole wheat flour  
3 cups bread flour or unbleached flour

Mix all the ingredients except the bread flour for one minute. Then add 2-3 cups of the bread flour (this is a higher protein refined flour; all-purpose flour may be substituted for the bread flour) until the mixture cleans the sides of the bowl. Knead for six to ten minutes or until the gluten is fully developed. Allow the dough to rise 15-30 minutes in a covered bowl.

**To shape the loaves:** Divide the dough into two and roll each portion into a 12"x15" rectangle. Roll up tightly along the long side. Pinch the edges to seal. Place on a greased cookie sheet or French bread pans sprinkled with cornmeal. When dough doubles in size, slash the top with a serrated knife 1/4 inch deep every two to three inches. Beat one egg white with water until foamy. Use a pastry brush to coat top and sides of loaves with egg mix. Sprinkle with sesame seeds. Bake at 375°F about 25-30 minutes or until brown.

# Breakfasts For Busy Moms

Reprinted from *Breakfasts For Busy Moms*

## KICK START THOSE BORING BREAKFASTS!

Planning a menu ahead means streamlined preparation time!

Here is a suggested rotating breakfast menu:

- Sunday:** Pancakes and sausage or breakfast casserole.  
**Monday:** Fried eggs with buttered toast  
**Tuesday:** Hot oatmeal with yogurt, chopped nuts and dried fruit  
**Wednesday:** Poached eggs with biscuit or muffins  
**Thursday:** Smoothie containing fresh fruit with or without muffin or toast  
**Friday:** Scrambled eggs and fried leftover potatoes or toast  
**Saturday:** French toast or Breakfast Burritos

To get started with this new lifestyle, you might try planning a nutritious breakfast one or two days a week. When that habit is established, expand it to three days a week and so on. New habits are best established slowly and gradually so they will become permanent changes in your life.

## RASPBERRY SMOOTHIE

- 2 cups milk, yogurt or kefir  
1 tsp vanilla  
1/2 cup Raspberry Juice Concentrate  
1 cup frozen raspberries, optional  
1 frozen banana, broken into 1" pieces  
1 1/2 Tbsp flaxseed oil or coconut oil optional  
6-10 ice cubes

Blend until smooth and creamy. Avoid over blending for thickest drink. Makes 4 Servings

### Testimonials:

*Marilyn's ebooks are a great help. ...I feel much better as a mother when my kids are eating healthy! The ideas in Marilyn's book have inspired me to create a breakfast menu Thanks, Marilyn, for giving me some great ideas for keeping breakfast interesting, tasty, and healthy!*  
Jenifer Fournier

*Thanks for Breakfast for Busy Mom. It is filled with recipes that look wonderful and are do-able. I made the Baked-Oatmeal for breakfast the other day and my children all agree that it is one of their new favorite breakfasts.*

Christine Richardson

**For more recipes and information in the spirit of Titus Two, subscribe to:** On my Heart newsletter: (It's FREE!)

<http://www.urbanhomemaker.com/subscriptions>

## Breakfasts For Busy Moms **NEW!** ebook

### Kicking The Breakfast Cereal Habit by Marilyn Moll

Learn how a busy mom like me, cooks a wide variety of nutritious breakfasts quickly and easily.

This 60 page ebook includes:

- \* Egg Breakfast Recipes
- \* Whole Grain Hot Cereal Recipes
- \* Smoothie Recipes
- \* Pancake and Waffle Recipes
- \* Company Casseroles
- \* Quick Breads

Item #6061 ebook **\$6.97**



## ZESTY BAKED EGGS

*Very yummy recipe from my mom*

- 1/3 cup mayonnaise  
1/4 tsp salt  
1/2 cup milk  
1/8 tsp pepper  
1/2 tsp paprika  
1/2 tsp Worcestershire Sauce  
1 cup grated sharp cheese  
8 eggs

Preheat oven to 400Combine mayonnaise and seasonings. Gradually and slowly add milk, stirring after each addition until smooth. Add cheese and cook over low heat until cheese is melted, about five minutes. Pour 2 Tbsp of the sauce into each of 4 individual greased custard cups or small sized ramekins (small custard-type dish). Break 2 eggs into each dish. Top with remaining sauce. Place in 9x13 casserole dish and add boiling water. Bake at 400°F for 15 minutes or until eggs are of desired consistency.

## Buy all four of Marilyn's ebooks for one low price:

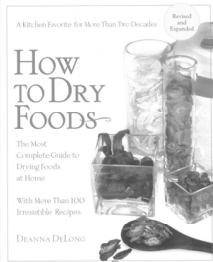
- \* Fast & Healthy Menus for Busy Moms
- \* Breakfasts for Busy Moms
- \* A Beginner's Guide to Baking Bread
- \* Sensational Summer Salads

A \$36.84 value for only

**\$18.47**

Item #6062

# Dehydrators Are Versatile



## How to Dry Foods

*The Most Complete Guide to Drying Foods at Home*  
Revised and Expanded  
by Deanna DeLong

Deanna's book has been the reference tool I have relied on for more than two decades. She will teach you everything you need to know about the most economical, simple, nutritious and flavorful method of preserving food. Deanna is considered a national expert in the field of dehydration having lectured to audiences around the world and consulting with manufacturers for years. This must-have book includes:

- \* Step-by-step instructions on how to dry fruits, vegetables, herbs, jerky, leathers, camp foods, nuts, flowers and more!
- \* Updated information about equipment and drying techniques.
- \* Helpful charts and tables for at-a-glance reference and food safety tips.
- \* Over 100 delicious recipes from main courses to desserts and more.

Item #5400 **\$15.95**

## Jerky Works

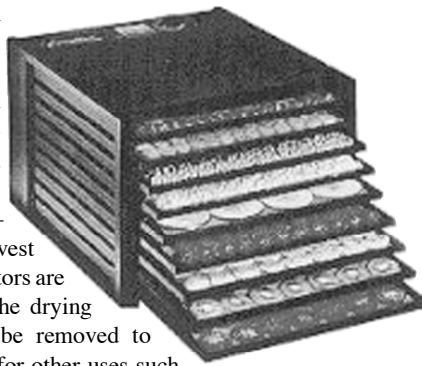
There's no need to fuss with trying to make uniform jerky strips or sticks by hand! Prepare thin, uniform jerky strips with ground meat that will give you crisp, delicious, mouth watering jerky slick and easy with this easy-to-use jerky gun. Great for snacks, hiking, camping, gifts, etc. Comes with a flat tip for strips and 2 round tip extruders for sticks, 5 jerky spice flavorings (original, cajun, fajita, pepperoni, and teriyaki); enough to make 2 1/2 lbs. of jerky!!

Item #2510 **\$16.95**

## The Excalibur® Dehydrator

**Efficient**                      **Easy**                      **Economical**

and fast Dehydrating with Excalibur's Paralex™ System. Home dehydrating is quick, easy, nutritious, and tasty. Make your own nutritious fruit rollups, beef jerky, soup mixes, and trail foods with ease. The Excalibur differs from the American Harvest System in that these dehydrators are square, thereby increasing the drying area by 25%. Trays can be removed to expand the drying chamber for other uses such as making cheeses, yogurt, dried flower arrangements, and drying whole herbs. The thermostatically controlled heat unit and fan are in the rear for fast, efficient drying. Versatile with large drying capacity.



as making cheeses, yogurt, dried flower arrangements, and drying whole herbs. The thermostatically controlled heat unit and fan are in the rear for fast, efficient drying. Versatile with large drying capacity.

**Model 2900**                      Item #2260                      **\$209.95**

Family-sized economy. 9 trays, 15 sq. ft. of drying area. Trays measure 14"x14". 600 watts, 7" fan, dimensions: 12-1/2"h x 17"w x 19"d.

**Model 2500**                      Item #2265                      **\$179.95**

Compact unit, great for year-round counter use. 5 trays for 8 sq. ft. of drying area. Trays measure 14"x14". 440 watts, 5" fan. Dimensions: 8-1/2"h x 17"w x 19"d.

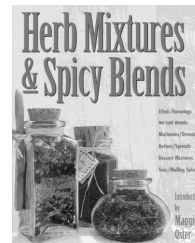
**ParaFlexx™ Sheets** for Models 2500 and 2900

14" square fruit leather sheets used to line trays for making fruit and vegetable leathers, soup mixes, etc.    Item #2270    **\$10.95 ea.**

## Herb Mixtures & Spicy Blends

Edited by Deborah Balmuth

Readers will learn how to make homemade, customized culinary blends and how to use them in vegetable dishes, soups, main courses, snacks, salads, teas, and desserts. All the blends are quick and easy to make, consisting of home-grown or store bought dried herbs and spices that can easily be found in super markets or health food stores. Includes instructions for drying and storing herbs as well as bottling, labeling mixtures, creating gift baskets, and even information on herb businesses and suppliers of bulk herbs.

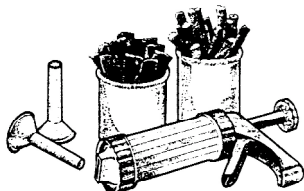


Item #5720 **\$14.95**

## Jerky Spice Mix

Spice up your beef jerky with a hickory flavored spice mix. Makes 1# jerky (from 2# ground meat).

Item #9300 **\$1.99**



## Dehydrators are Versatile!

Use a dehydrator to dry:

- fruits
- fruit leather
- vegetables
- vegetable leather
- flowers,
- herbs
- potpourri
- camp foods
- jerky
- crispy nuts
- nuts and seeds
- herbs and spices

## Gardenmaster

by American Harvest

I have been using my Gardenmaster for 15 years to make fruit leather, dried fruits such as apples, apricots, peaches and cherries, and beef jerky, and dried veggies. Energy efficient, dehydrating saves lots of time and preserves the highest percentage of nutrients. With 1000 watts, this American made product dries foods faster than any other non-commercial dehydrator. Model FD1000

### Features:

- \* **1000 Watts of drying power** - Quickly dries a wide variety of foods at the same time without an intermingling of tastes and smells.
- \* **No rotation needed!**
- \* **Thermostat control, fan,** and a real **heater element.**
- \* **Expandable to 30 trays** (up to 30 sq. ft.!). The 8-tray option is my personal favorite.



**8-Tray Package** - Includes 8 trays, 8 mesh inserts, 8 fruit leather inserts, instructional manual, **How To Dry Foods** book, and a jerky spice mix sample. **Best Value!**

Item #2205

**\$199.95**

**Extra Trays** Item #2210

**\$16.00** (set of 2)

**Extra Mesh Inserts** Item #2230

**\$5.00** (set of 2)

**Extra Fruit Leather Inserts** Item #2220

**\$5.00** (set of 2)

## Dried Food Advantages

- **Easily Stored** - Dried foods take far less storage space of canned foods.
- **Naturally Good and Nutritious** - Flavor and nutrition are kept in dried foods without adding preservatives, sugar, or salt.
- **Economical** - Canning supplies are not needed. Processing energy will also be lowered considerably.
- **Completely Safe** - Dried foods are completely safe when dried according to directions.
- **Versatile** - Dried foods are easily reconstituted for use in many recipes.
- **Easily Prepared** - Very little preparation time is needed.

# Dehydrating is Easy

## Snackmaster Encore

by American Harvest

This smaller cousin to the Gardenmaster featuring a top-mounted fan for maximum speed and even drying. The Encore includes a **thermostat control, four trays, one fruit leather insert, a 52 page care/use guide, and 2 jerky spice packets.** Expandable to 12 trays. 500 Watts, 13" diameter trays. This is an upgraded model of one commonly found in discount stores. Model FD61.



Item #2305

**\$59.95**

**Extra Trays** Item #2310

**\$14.00** (set of 2)

**Extra Mesh Inserts** Item #2330

**\$4.00** (set of 2)

**Extra Fruit Leather Inserts** Item #2320

**\$4.00** (set of 2)

## Simply In Season

*Recipes that celebrate fresh, local foods in the spirit of More-with-Less*

by Lind and Hockman-Wert.

This inspiring and timely book shows the importance of eating local, seasonal foods. The pages are color coded to the season; green for Spring, red for Summer and so on with a list of fresh fruits and vegetables that are plentiful in that particular season. Within each "Season" you will find salad recipes, soups, main dishes and desserts recipes, a **great way to find reliable recipes for whatever you have on hand.** This book is a rich collection of fabulous recipes, woven together with tidbits of information to reflect upon as the bread bakes, or the soup simmers. Highly recommended! 347 pp Spiral Bound.



Item #5407

**\$20.99**

"I discovered dehydrating as something other than an opportunity to make jerky and dried apples!! I now make our own gourmet condiments to include "sun dried" tomatoes, dried fruits, dried vegetables for soups and snacks. We love the "old fashioned" flavors of yesteryear..." Peggy Witter, AK

"I've had 3 different dehydrators. The very first one had a heat source, but no fan. It was alright, and I only used it to dry frozen veggies to use for camping. My second one is an American Harvest Gardenmaster. I still love it and use it. I find it works quickly and efficiently. This is the one I prefer." Lynne H., Minnesota

Testimonials reprinted from New Harvest Homestead Newsletter by permission.

# Stainless Steel Bakeware

It's all about quality. These 18/8 and 18/10 top quality stainless steel products will protect your health, and serve all your cooking needs for years to come. Invest in quality cookware at a reasonable price, NOW!

## Dough Divider



Ideal for gathering and cutting up bread dough and for scraping wooden work surfaces. Also chops and cuts vegetables and nuts.

Item #3540 **\$6.95**

## Lasagne/Roast Pan

11.5" x 16.5" x 2"



Item #3573 **\$29.95**

## Jelly Roll Pan

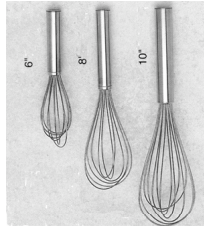
15"X10.5"X1"



Item #3568 **\$19.95 ea.**

## Stainless Steel Whisk Set

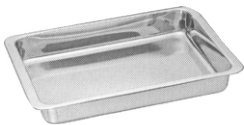
Professional gauge, heavy duty stainless steel wire whips. Dishwasher safe.



Includes 3 whips - 6", 8", 10" heavy duty whips. Stainless steel means no more rusty whips. Check these out - more wires than most whips for better whipping action. Great for beating egg whites, whipping cream, and mixing batters!

Item #4210 **\$14.95**

## Baking Pan 9 x 13



Comes with a stainless steel cover

Item #3550 **\$45.95**

## Pie Pan



9"X1.5" round  
Item #3567 **\$8.95**

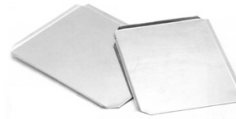
## Pizza Pans



14" Pizza Pan  
Item #3581 **\$11.95 ea.**

16" Pizza Pan  
Item #3582 **\$14.95 ea.**

## Cookie Sheets



12" X 14"  
Item #3565 **\$13.95 ea.**

12" X 16"  
Item #3570 **\$19.95 ea.**

## Cookie Scoop



The fast and easy way to scoop out cookie dough in even increments for baking.

Item #3542 **\$10.95**

## Whistling Tea Kettle

Heavy-duty 18/10 stainless steel with Tri-Ply base for even heating. 2.64 Qt. capacity. Features black handle with gold plated lid.



Item #3910 **\$29.95**

## Measuring Cup Set

Stainless steel 4-cup set that includes a 1/4, 1/3, 1/2, and 1 cup measure.



Item #3547 **\$7.95**

## Measuring Scoop Set



These exceptionally handy stainless steel measuring scoops have stable flat bottoms for efficient use. 1/8, 1/4, 1/2, and 1 cup measure. Item #3545 **\$18.95**



# Best Value In Stainless Steel Cookware

Also by Vapo-Seal

**12" Oil-Core  
Electric Skillet  
w/High Dome Cover**



304 Stainless Steel. The oil core enables even heat distribution. No teflon/non-stick finish to wear off into your food!

Item# 3527 **\$197.00**

**Hi-Dome Oval  
Roaster**

304  
Stainless  
Steel. 20" l.  
x 12" w. x  
8" h.



**Lifetime Warranty.**

Item# 3520 **\$117.00**

**11" Round Griddle**



5-Ply 304 Stainless Steel

**Lifetime Warranty**

Item# 3532 **\$97.00**

**5-Pc. Heavy Weight  
Bakeware Set**

304 Stainless Steel.

**Lifetime Warranty**



Set Includes:

1 - Pizza pan (11")

1 - Pie pan (9")

1 - Cookie Sheet

(11x15)

2 - 9" Round cake pans

Item# 3517

**\$79.00**



**Heavy-duty 17 pce. Stainless Steel 7 Ply  
Waterless "Vapo-Seal" Cookware**

**LIFE-TIME WARRANTY!**

Heavy-duty, surgical stainless steel cookware is the healthiest cookware to use because you can cook with very low temperatures without water and oil. Oil and water destroy flavor and nutrition.

**Consider:**

- \* Cook in 1/4 the time with 1/4 the heat.
- \* Foods are prepared with better color, taste, and nutrition than with conventional cookware.
- \* Cook with a tablespoon or less of water.
- \* Cook meats without any oil and preserve up to 60% more of the meat flavor.

**Vapor-sealed Lids**

The specially weighted cover and snug shoulder of the utensil are designed to create a moisture seal. When the vapor condenses, a thin layer of moisture is formed between the cover and the pan. A semi-vacuum is formed and nutrients are preserved.

The multiple layers of the pan conduct the heat evenly across the bottom and up the sides of the cooking utensil. Foods cook evenly, quickly, healthfully when surrounded by heat and when the moisture seal is complete.

**17-piece Vapo-seal Set includes:**

- \* 1.5 quart with cover.
- \* 2.5 quart with cover.
- \* 3.5 quart with cover.
- \* 11 inch skillet with cover.
- \* 7.5 quart dutch oven with high dome cover.
- \* 3.5 quart steamer plus rack with five egg cups.

**This is the same set sold in home parties for up to \$1600!**

Item #3510

**\$427.00**

Buy 2-17 pc.sets  
shipped to the same  
address for  
**\$697.00**  
and Save!

**3-pc. 7-Ply  
Completer Set**



Small Frying Pan (8-1/2" diam.)  
with Cover and Steamer. 7-ply  
304 Stainless Steel. **Lifetime  
Warranty.**

Item #3515

**\$97.00**

**12 Qt. Stockpot**



304 Stainless Steel.

**Lifetime Warranty**

Item# 3522

**\$97.00**

# NORWEX: Cleaning Without Chemicals

## What is Microfiber?

Microfiber is the perfect blend of polyester and polyamide fibers that are 1/100th the size of a strand of human hair. The knitting process creates an extremely effective cleaning material that acts like a bionic sponge removing dirt, grime and bacteria to leave a clean, highly polished surface, drastically reducing the need for cleaning chemicals by up to 90%.

Traditional cotton cloth pushes dirt and moisture around and requires chemical based products to work effectively. Microfiber is effective with just water, making a big difference to the chemically sensitive.

**Norwex Guarantee:** 100% 60-day Satisfaction Guarantee. We will replace or exchange to your complete satisfaction. In addition, Norwex microfibers come with a 2-year warranty.

## Norwex Microfiber Cloths Remove 99.9% of the Bacteria from surfaces.

Norwex microfiber products, unlike other microfibers, have a unique antibacterial agent that is actually embedded inside the tiny Microfibers so when the cloth is used to clean surfaces, it will remove 99.9% of the bacteria on that surface and destroy that bacteria after a few hours.

Lab results confirm that the antibacterial agent within the Microfiber demonstrates it's effectiveness against strains of pathogenic bacteria, yeast and viruses including:

- |                        |                       |
|------------------------|-----------------------|
| MRSA                   | E. Coli               |
| Klebsiella pneumoniae  | Proteus vulgaris      |
| Salmonella typhi       | Staphylococcus aureus |
| Streptococcus faecalis | Candida albicans      |
| SARS coronavirus       |                       |

### Norwex Enviro Cloth



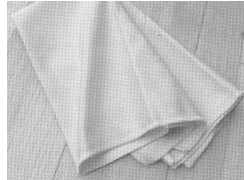
New **antibacterial** enviro cloth is a multipurpose cleaning cloth which can be used dry or damp for cleaning walls, tiles, bathtubs, counters, metal surfaces, car interiors and more. The unique anti-bacterial cloth prevents cross contamination, traps germs inside the cloth and destroys them within a few hours. Clean these cloths by simply wringing it out and hanging to dry. Keep one in the bath, one in the kitchen, and one in the car or laundry.

Item #8150 13"x13" **\$14.50 ea.**

**3 for \$39.15**

Item #8159 13"x23" **\$24.99 ea.**

### Window Cloth

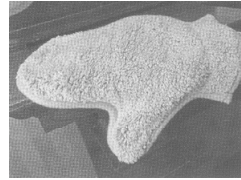


The anti-bacterial window cloth allows you to clean your windows, mirrors, and shiny surfaces with water alone. Clean dirty surface first with a moist Enviro Cloth then **polish with the Window cloth for a guaranteed streak-free surface.** We tried this on a window with the sun shining on it. With substantially less effort the windows had **no streaks.** If you dislike window washing like I do, you will be delighted to obtain an effective cleaning cloth requiring less work. 17"x17" size. Use with the **Mop System** for high windows.

Item #8151

**\$16.99**

### Microfiber Dust Mitt



The anti-bacterial Microfiber Dust Mitt has a thick, terrycloth-like texture and is used for quick and easy dusting. This dust mitt is the perfect way to involve your children in "helping dust", they feel so special and want to help when equipped with a Dust Mitt. Especially useful for dusting mini-blinds. To clean, brush off outside or launder. 10"x5" size.

Item #8152

**\$13.99**

### Testimonials:

**I just recently** bought the chemical free cloths and absolutely love them. I am thrilled with the window cloth...

Andrea S. in Michigan

**I received my cloths** and ... I am sooo excited... I cannot contain myself... about these miracle cloths.

Sharline in New Jersey

Basic Cleaning Package	Mother's Helper Package	Rainbow Package
1 - Antibac Enviro Cloth (13'x13') 1 - Window Cloth Save! Item #8173 <b>\$28.99</b>	1 - Window cloth 1 - Antibac Enviro Cloth (13x13) 1 - Dust Mitt Save! Item #8153 <b>\$39.99</b>	1 - Red Antibac Enviro Cloth 1 - Blue Antibac Enviro Cloth 1 - Green Antibac Enviro Cloth 1 - Yellow Antibac Enviro Cloth (13x13 size) Save! Item #8172 <b>\$53.99</b>

## Norwex Mop Systems Keep Floors Looking Great!

Norwex wet and dry mops are a tremendously effective solution to keeping tile, hard wood, marble, laminate and other flooring surfaces looking fabulous with a minimum of work. Dry mop, then wet mop with water only if needed, or spray water and spot clean. Also effective for cleaning hard to reach windows and walls.

### Mop Base with Telescopic Handle

The durable aluminum mop base has velcro strips on the bottom to secure mop pads and rubber edging to protect walls. Very effective for washing walls and even high windows. The telescopic handle is light-weight and adjusts from 38" to 63" to fit most heights. For window washing, purchase the optional mop brackets.



### Dry Mop - Regular



The mop pad is statically charged to attract dirt, dust, pet hair, crumbs, and microparticles like a silent vacuum cleaner. Use **Rubber Brush** to clean.

Item #8155 small **\$15.99**  
Item #8162 large **\$21.99**

### Superior Mop

Thicker micro-fiber dry mop holds more dirt, dust, pet hair. Suggested if you have children, pets, or large surfaces to clean.

Item #8167 small **\$23.99**  
Item #8168 large **\$32.00**

### Wet Mop



Sweep surface with the Dry or Superior Mop first and then clean the surface with the anti-bacterial Wet Mop made of microfiber ideally suited for washing floors and walls.

Item #8156 small **\$22.99**  
Item #8163 large **\$31.00**

### Mop Packages

#### Mini Mop Package

1 - 5x12 Dry Mop pad  
1 - 5x12 Antibac Wet Mop pad  
1 - Telescopic Handle and Base  
Item #8158 **\$77.99**

#### Mop Starter Package

1 - 6x19 Dry Mop Pad  
1 - 6x19 Antibac Wet Mop pad  
1 - Telescopic Handle and Base  
Item #8165 **\$87.99**

#### Superior Mini Mop Package

1 - 5x12 Superior Dry Mop pad  
1 - 5x12 Antibac Wet Mop pad  
1 - Telescopic Handle and Base  
Item #8169 **\$86.99**

#### Superior Mop Starter Package

1 - 6x19 Superior Dry Mop pad  
1 - 6x19 Antibac Wet Mop pad  
1 - Telescopic Handle and Base  
Item #8171 **\$107.99**

### Testimonials

"This mop is so wonderful! It is absolutely marvelous. I am quite amazed at how well it works and how shiny and beautiful my floors are with minimal effort."

Leanna Gronas

"I never felt my floors were really clean until I used the Norwex Mop System. I have found it is faster, and my floors stay cleaner, for longer times. Honestly, mopping is more fun and a lot easier and I have four little boys and a husband and clay soil surrounding my home!"

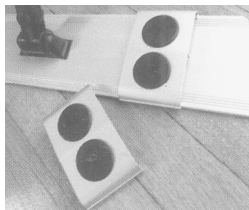
Sammye Wright

### Accessories

#### Mop Base Brackets

Two brackets to fasten the Window Cloth onto the mop base for window washing and hard-to-reach windows.

Item #8157 **\$10.99**



#### Rubber Brush

Removes hair, lint, crumbs, and dust from textiles, pets, and furniture. Works wonderfully for removing debris from the Dry Mop.

Item #8166 **\$13.99**

#### Clean Without Chemicals DVD

View a complete Norwex product demonstration. Perfect for hosting a Norwex catalog party or for new consultants.

Item #6013 **\$9.99**



#### Norwex Product Catalog

Norwex catalog with additional items.

Item #8170 **\$1.00**

**Norwex info and hostess benefits are available at:**

**<http://articles.urbanhomemaker.com>**

and click on the Norwex link.

## Norwex Hair Turban



Highly absorbent, hooded anti-bacterial microfiber towel designed to be wrapped around wet hair. Absorbs about 70% of the moisture in about 10 minutes, resulting in less time to blow dry your hair. (One size fits most.)

Item #8180 **\$23.99**

## Norwex Body Pack



Package of 3 soft anti-bacterial microfiber wash/face cloths. Perfect for washing your body, with just water to remove makeup, regular facial cleansing, and exfoliating.

Face Cloth Item #8181 **\$16.99**  
Baby Cloth Item #8182 **\$14.99**

## Deodorant Stone

We've been using these for years and they really do work. The minerals in this clear crystallized stone inhibit the bacterial growth that causes underarm odor. Not an anti-perspirant, the stone will last for many many uses (ours typically last over a year). Now you can avoid aluminum and chemical deodorants entirely! To use, just wet the stone and rub on. 3.5 oz. size.



Item #8020 **\$7.95**

## Liquid Crystal Deodorant

Spray-on mineral salts 8 oz.

Item #8020.1 **\$11.99**

## Ultra Power Plus Laundry Detergent



Norwex **Ultra Power Plus** is a highly concentrated, superior stain removing powder that is biodegradable and **contains no fillers**. (Fillers cause skin irritation and wear out fabrics.) It cuts through grease and grime leaving clothes soft and fluffy, whites are whiter and colors are brighter. Use 1 tsp per load for High Efficiency washers (up to 400 loads), 1 TB per load for top loaders washes up to 140 loads with the **Norwex Magnet Ball** (below), or 2 TB per load washes up to 80 loads. Low suds, leaves no residue, cleans better! 4.4 lbs. in a re-sealable bag.

Item #8183 **\$23.99**

## Ultra Power Plus and Static Eliminator Combo

Norwex Detergent and Static Eliminator set of 2 (see next page for Static Eliminator description)

Item #8042 **\$34.95**

## Norwex Magnet Ball

The Magnet Ball prevents calcium molecules from building up in dishwashers and washing machines, resulting in softer water. When using the Magnet Ball, use 50-70% less soap. **Not for front load washing machines.**

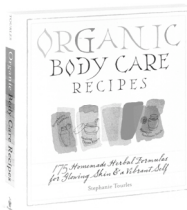


Item #8184 **\$27.99**

## Organic Body Care Recipes

*175 Homemade Herbal Formulas for Glowing Skin & a Vibrant Self* by Stephanie Tourles

This is the updated and revised version of **The Herbal Body Book**. This best seller tells how to transform common herbs, fruits, and grains into safe, economical and natural personal care items. Contains over 100 recipes to make facial scrubs, hair rinses, shampoos, soaps, cleansing lotions, moisturizers, lip balm, toothpaste, powders, insect repellent and more. Includes preparation times, yield, storage, and usage tips. There are dozens of ideas on how to personalize each product to give as a gift. 256 pp.



Item #5772 **\$16.95**

# Personal Care

**A Better, Healthier Bath!**

**Crystal Bath Experience**



Chlorine can leave your skin dry, brittle, itchy, and flaky. **The Multi-Pure Crystal Bath Ball** is used to de-chlorinate the water using KDF, along with crystalline quartz that enhances the sudsing and lathering of soap.

- \* **Requires no plumbing attachment.**
- \* **Approximate life span: 200 baths or 1 year.**
- \* **Uses replaceable media pouches.**
- \* **Relief from dry skin.**
- \* **Safe for infants, children, & adults.**
- \* **Improves lathering and sudsing.**

In addition, Multi-Pure Crystal Bath salts are included separately to moisturize dry skin. Simply swirl the Bath Ball in the tub water for a few minutes prior to getting in. Great for baby's and children's bath.

Item #8019 **\$59.95**

## Chemical-Free Baby Wipes

- 2 cups distilled water**
- 3 drops lavender essential oil**
- 3 drops tea tree oil**
- 1/2 tsp Dr. Bronner's baby soap (optional)**

Combine the ingredients in a small resealable plastic container and keep clean washcloths soaking in it. Dirty wipes go into diaper pail. Use microfiber Norwex baby cloths or recycled receiving blankets. Toss wipes in with diaper laundry.

*Recipe courtesy of [www.HomesteadOriginals.com](http://www.HomesteadOriginals.com)*

## How Do They Work?

Scientists explain that water would be the perfect solvent for cleaning clothes except that the surface tension (the electrical attraction between molecules) prevents it from penetrating the fibers of the fabric. (The primary way that soap works is by breaking down that surface tension.) The **T-WAVE ACTIVATED CLEANING CAPSULE** solves the problem by using

activated ceramics to release electrons to reduce water's surface tension **without chemicals**. Electrons and far-infrared electromagnetic waves greatly increase the power of the ionized water to penetrate into the cloth fabric, lift out the dirt particles, and give you clean, fresh clothes without damaging the clothing fibers. **The results are easily seen: clean, soft, static-free clothes that eliminate allergic skin reactions and a cleaner environment.**

# T-WAVE Activated Cleaning Capsules

## A Laundry Breakthrough!

### The Original Chemical-Free Ceramic Capsules

- \* Wash clothes clean without detergents.
- \* Hypo-allergenic.
- \* Cost effective.
- \* Gentle on fabrics. Colors will remain brighter longer and clothes will last longer.

### Additional Benefits:

The **T-WAVE ACTIVATED CLEANING CAPSULE** eliminate irritants that cause allergic skin reactions from chemical additives. The capsules will last for **up to 700 wash loads**. Their life expectancy is dependent on the quality of your water.

WE DON'T PROMISE WHITER OR CLEANER CLOTHES, BUT EQUAL RESULTS AT SOMETIMES TREMENDOUS SAVINGS!

What Do You Have To Lose Except Your Soap?



### 30-day Money Back Guarantee .

The **T-WAVE CAPSULES** come packaged 2 per order. Load clothes in washer, put both capsules on top of clothes, and start washing machine. Comes with a container of Natural Cleaning Booster (assorted natural enzyme base), a natural brightener, for giving whites a boost and for pre-treatment of certain stains.

Item #8000 **\$49.95**

### Additional Natural Cleaning Booster

Item #8010 32 oz. **\$14.95**  
or 3 for **\$39.95**

## Static Eliminator ReUseable Dryer Sheets

This innovative product has all the advantages of a regular dryer sheet, without all the chemicals.

- \* **100% hypoallergenic**
- \* **Completely chemical free**
- \* **Safe for allergy, asthma, and eczema sufferers**
- \* **Re-useable for over 500 loads of laundry**

Typical dryer sheets from the store contain chemicals that are classified as carcinogenic, narcot-

ic, neurotoxic, and more.

The Static Eliminator removes static and softens fabrics while remaining chemical free and maintaining your dryer warranty. Simply put the set in your dryer with your wash and they eliminate static buildup on your clothes. Re-use with the next load. Box of 2. Use 2 sets for even better results or with larger loads.

Item #8040 set of 2 **\$14.95**

Item #8041 set of 4 **\$24.95**



*I bought the T-Wave from you a couple months ago. Was a little skeptical but am thoroughly delighted with the results of my laundry. My 20 year old son, who is a welder and gets really dirty, is thrilled also.*

Carol S., Apple Valley, CA

### Sound too good to be true?

*Not really. I too was skeptical at first but they really do work. I love them because I like having clean clothes without soap residue. When I first started using them I was amazed by how much soap was still in my clothes - it took two washings of my clothes to get the soap residues out! (One customer said it took 7 washings to get the soap residues out of her sheets.) I especially like how the capsule cleans without damaging or fading the fabric like detergents do. Pre-treatment of certain stains may be necessary, just as you would normally do with detergents. Depending on how hard your water is and how particular you are about whites, you may need to add some whitening such as bleach, borax, vinegar, or a few tablespoons of detergent to give them a boost. I've had customers use them on grimy dirt and even diapers and be very satisfied.*

Marilyn

### T-Wave/Static Eliminator Combo

1 set of T-Wave Capsules and  
a 2-pack of Static Eliminator

Item #8000.1 **\$57.95**

# FAMILY COOKING AT IT'S BEST

## Family Meal Table and Hospitality

by Nancy Campbell

Nancy Campbell, mother of six, grandmother of 34, and editor of **Above Rubies Magazine**, has as her main point that God is interested in tables as a central seat of family learning and family activity. The Family Meal Table is filled with ideas, inspiration, a bible study guide and more.



204pp  
Item #5923 **\$20.00**

## The Family Meal Table DVD

with Nancy Campbell

Nancy Campbell (Above Rubies) imparts a triumphant vision for families by focusing on the wonderful opportunities for family enrichment that occur around the family meal table. This DVD also features three families from around the country who share their personal experiences of making the meal table a priority in their home.



Item #6031 DVD **\$18.95**

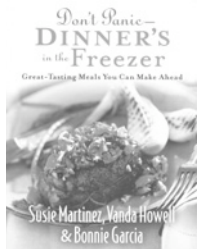
## Family Meal Table and DVD Combo

Item #6033 **\$34.95**

## Don't Panic -Dinner's In The Freezer

*Great-Tasting Meals You can Make Ahead*

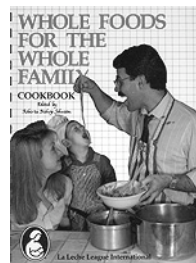
Don't Panic... offers a simple and economical alternative to take-out and prepackaged foods. Featuring dozens of quick and easy home-tested recipes. Designed to be prepared in quantity and frozen ahead. Whether you cook for one or a large family, this unique method will simplify your life with healthy, money-and time-saving recipes. Once you try the Don't Panic method you may never again go back to your old ways of cooking. 237pp. by Susie Martinez, Vanda Howell, and Bonnie Garcia



Item #5083 **\$14.99**

## Whole Foods For The Whole Family

Edited by Roberta Bishop Johnson  
In this classic there are a variety of over 900 time-saving, kitchen tested recipes created by the women of La Leche League. Packed with flavorful nutrition conscious recipes and menus, complete with protein and calorie counts, serving suggestions, and tips on how to make each meal a family favorite. Includes breakfasts, lunches, dinners, snacks, desserts (with minimal sweetening), soups, special diet and allergy recipes, and more. 338 pages. (Spiral Bound!)

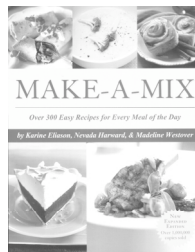


Item #5610 **\$18.95**

## Make a Mix Cookbook

306 Recipes to save time and money.

Revised in 2006, this classic cookbook will be the perfect solution to your busy lifestyle! It's an all-new updated and expanded book from the original. There are over 60 easy-to-make mixes for making 306 great tasting, kitchen-tested recipes. Dozens of easy, step-by step color photos. Far more than a baking book, From Oriental stir-fry, and Italian and Mexican meat mixes, cookie recipes, breakfast, brunch, main dishes, baked good, rolls, pies, etc. You control the ingredients and hence the quality and there are no preservatives. A great time and money saver.



Item #5390 **\$19.95**

## Saving Dinner

*The Menus, Recipes, and Shopping Lists to Bring Your Family Back to the Table*

by Leanne Ely, Certified Nutrition Counselor



Leanne has a simple philosophy: "Make it and they will come." Dinner, that is. With that philosophy in mind and a very busy schedule, she practices what she preaches. **Saving Dinner** is full of hands-on tips for simple, healthy meal planning, and the ideal solution for today's busy parents who would love to have their family sitting around the dinner table once again. Our family has really enjoyed Leanne's straight-forward, easy-to-make, yet tasty recipes and some of them have become our newest family favorites. 301 pp.

Item #5322 **\$14.95**

## Martha's Family Cookery

by Martha Greene

A wonderful family cookbook, written by a mom of 11, that is designed to encourage and provide solid healthy meals for the homemaker and her family. Spiral bound with a clear plastic cover, this cookbook is handy to use and kitchen friendly. Containing a compilation of menus for a month, this treasure has a recipe for every menu item along with a variety of tips for healthy breakfasts and dinners while avoiding preservatives and ingredients you've never heard of. 115pp.



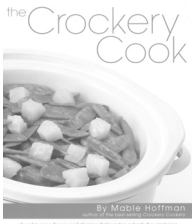
Item #5506 **\$17.50**

### 30-Day Money-Back Guarantee

I am so confident you will like any of the books I am offering a full refund for books returned in new condition within 30 days.

## The Crockery Cook

by Mable Hoffman



Reviewed by Lori Vidal

The only feature I didn't like about this book was that it wasn't long enough! Every recipe I tried with my family was a winner. The best part was my kitchen stayed cool for the summer because I did not have to turn on the oven. Out of over 120 recipes, half are meat-based. The rest are meatless main meals with a few desserts, appetizers, and beverages.

The author gives nutritional information for each recipe! The first half of the book is broken down into subheadings involving cooking times. The rest of the book has recipes for entertaining, international cuisine, and quick and easy recipes. Very user-friendly! 149 pages.

Item #5360

**\$14.95**

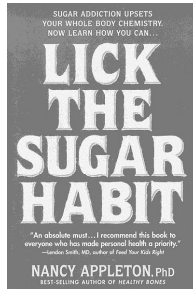
## Lick The Sugar Habit

by Nancy Appleton, Ph.D.

The author shows how sugar upsets body chemistry and devastates the immune system, leading to a host of diseases such as osteoporosis, arthritis, asthma, hypoglycemia, allergies, and many others. Provides three detailed low sugar food plans that ease you into change. 256 pp.

Item #5755

**\$12.95**



## Simply In Season Children's Cookbook

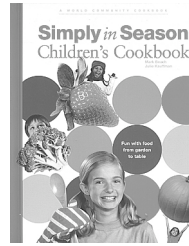
*Fun with food from garden to table*

by Mark Beach & Julie Kauffman

This new book offers fun with food from garden to table for children. Each season will take you out to the garden, into the kitchen, and around the table to enjoy fresh food. The well laid out, step-by-step recipes are beautifully and colorfully photographed. Children will be more than delighted to jump into the kitchen and get started with the seasonal recipes. This hardcover book is spiral bound inside for easy layout and durability. I love the table graces offered for enjoying food around the table. Highly recommended.

Item #5621

**\$21.99**



## The Pasta Machine Cookbook

by Donna R. German

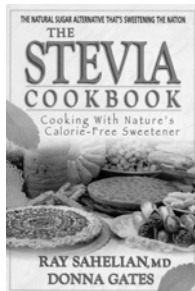
Make delicious, nutritious pastas at home - quickly, easily and economically! With more than 100 pasta



recipes, the author has done it again - provided a good hands-on book designed to show you the many ways of making pastas. Each recipe is adapted to both hand crank and electric pasta machines. Recipes focus on whole grains, vegetable, fruit, herb, and spice flavorings, gluten-free pastas, sauces, toppings to complement pastas, and nutritional information. 171 pages.

Item #5260

**\$8.95**



## The Stevia Cookbook

by Ray Sahelian, MD & Donna Gates  
Stevia is an all-natural sweetener that is 300 times sweeter than regular sugar. It is suitable for diabetics, safe for children, and does not cause cavities. It easily blends with other sweeteners and can be used for cooking and baking. The Stevia Cookbook will guide you into using this marvelous sugar alternative and includes a history on stevia, documented studies on stevia's safety and over 100 tasty recipes - from breakfast to dessert.

Item #5376

**\$13.95**

## Flax! Fabulous Flax!

*Nature's best Source of Omega-3 Fatty Acids & Lignan Fiber*

by Beth M. Ley PhD

Did you know that flax seeds are power packed with nutrients that help alleviate the following conditions: Eczema, Acne, constipation, menopause, diabetes, Rheumatoid Arthritis, ADD/ADHD and More???

Flax seeds are nature's best source of two essential dietary components that most diets lack. Learn about hormone balancing benefits of flax and how to use flax seeds on a daily basis with suggestions for using freshly ground flax seeds along with other recipes. 55 pp.

Item #5605

**\$4.95**



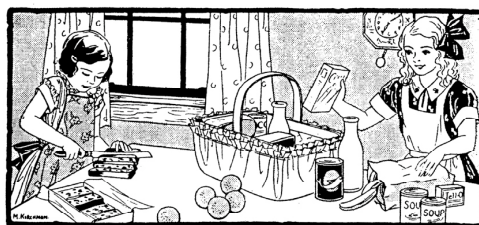
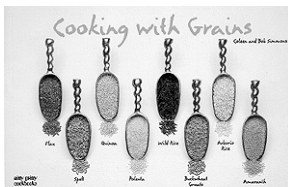
## Cooking with Grains

by Coleen and Bob Simmons

If you want to learn to use a wide variety of whole grains this book will stir excitement and create an obsession for cooking with staples through dozens of impressive recipes. Extensive descriptions capturing the essence of each grain are included. Includes recipes for amaranth, buckwheat, barley, quinoa, teff, Kamut™, spelt, millet, and many more vitally nutritious and delicious whole grains. 176pp.

Item #5271

**\$8.95**



## Main Dishes

Includes over 270 family favorite ways to feed the family tasty meals. One of the best features of this book is there are over 140 menus including low cost menus, vegetarian menus, holiday menus, and others which makes menu planning easy for busy moms. Loads of side dishes, salads, and even bread recipes as well. Nutritional data included. An amazingly helpful resource for busy moms wanting to learn healthier habits. 292 pp. Third Edition  
Item #5060 **\$20.00**



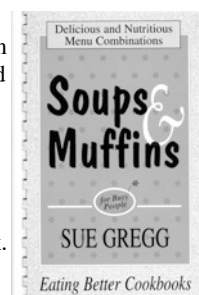
## Breakfasts

**New!** Revised 4th Edition. This classic, indispensible book is filled with incredibly easy blender batter recipes enabling you to enjoy whole grain pancakes and waffles, in 5 minutes or less. Recipes also cover whole grain cereals, egg breakfasts, smoothies, company meals plus extensive information on ingredients and menus for weight management. Over 300 pages. I can't recommend this book too highly as a great way to get started with a lifestyle of health.. My favorite. 312 pp.  
Item #5065 **\$23.00**



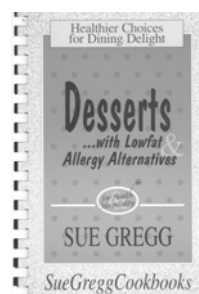
## Soups & Muffins

Some of my favorite recipes are in this book including "old fashioned chicken and rice soup" which I use when we are sick, along with many muffin recipes and bread recipes using 12 different whole grains for allergy alternatives. I try to serve one soup meal a week.  
102 pp  
Item #5062 **\$8.00**



## Desserts

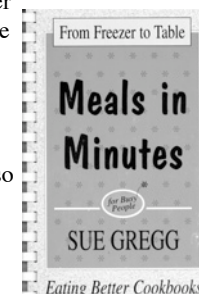
Learn to make desserts without white sugar or white flour or other undesirable ingredients. Sue explains how to use healthy sweetener s Family favorites include Apple Crisp, Kamut™ - Oat Chocolate Chip Cookies, Poppy Seed Cake, and others.  
Item #5063 **\$13.00**



## Meals In Minutes

Meals in Minutes: Fill your freezer with "use me" dishes waiting to be used when you are too busy, too tired, or too late to get a dinner started. Recipes can be prepared once a week or once a month, or doubled, tripled, and quadrupled so meal sized portions can be frozen for future use. Convenient, economical, Delicious.  
90pp.

Item #5061 **\$9.00**



## Lunches & Snacks

Includes a special **75 paged insert that guides young cooks in preparing beverages, breads, crackers, chips, goodies, sandwiches, soups, spreads and dips from set up to clean up.** Nutrition quizzes for discussion. Children learn to master basic food preparation skills along with the nutritional why's by their teens. 168 pp.

Item #5064 **\$14.00**

## Sue Gregg Cooking With Children and Baking With Whole Grains CD-ROM

Over 70 step-by-step photo demonstrations that facilitate teaching beginning cooks on this companion CD.

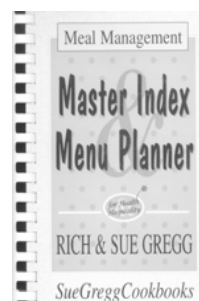
Item #5074 **\$10.00**



## Master Index and Menu Planner

This book helps you find answers to cooking questions by referencing the resources of all the Eating Better Cookbooks with an ingredient index, a subject index, and a recipe index. Shows you how to better incorporate your family favorite recipes along with Sue Gregg's recipes into monthly menu plans. Sue addresses questions such as "Why can't I find the perfect diet? Does the Bible advocate vegetarianism? How can I make the best use of leftovers? Where do I get started with menu planning? Where can I find a curriculum for teaching healthy cooking? and much, much more. Also includes an excellent section on feeding babies and children whole foods and recommends many of the books we carry in this catalog.

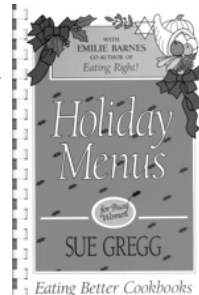
Item #5068 **\$20.00**



## Holiday Menus For Busy Women

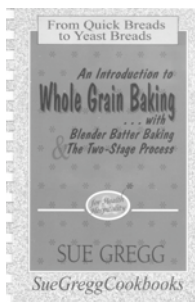
Revised! Transform special occasions with lighter, healthier dining alternatives. Now you can retain aromas and tastes of familiar holiday fare without the use of white sugar, white flour, or hydrogenated vegetable shortening. Serve healthier holiday foods without calling attention to the "healthy". Contents include Thanksgiving and Christmas menus, Holiday Waffle Bar, Passover Seder, Crowd Pleasing Menus, holiday company menus and more. 71 pp.

Item #5067 **\$9.00**





# Sue Gregg Cookbooks



## An Introduction To Whole Grain Baking

...with Blender Batter Baking  
& The Two Stage Process

This is the updated and revised version of the popular Yeast Breads by Sue Gregg. Intended to provide the basics for whole grain baking with the two-stage process for both quick breads

and yeast breads, key recipes for both types are included in this new book. Two-stage process techniques are introduced to enable the reader to adapt whole grain recipes from any of your favorites. Recipes for using a variety of grains are presented. Delight yourself in waffles, pancakes, muffins, cornbread, coffee cake, and biscuits, as well as an array of rolls, and yeast breads including sprouted grain bread. An accompanying Power-Point CD provides over 30 step-by-step demonstrations with close-up color photos. This book replaces **Breakfasts** for the Baking With Whole Grains course.

Item #5069.1 **\$23.00**

## Sue Gregg 7-Book Cookbook Set w/ Whole Grain Baking

### Includes:

Main Dishes  
Breakfasts  
Meals In Minutes  
Lunches & Snacks  
Desserts  
Soups & Muffins  
Introduction To Whole Grain Baking  
Item #5057 **\$94.00**  
(an \$18 savings)



*Invest in a Sue Gregg Cookbook Set for best value. These popular books are the most comprehensive, family-friendly, whole foods cookbooks.*

## Sue Gregg Basic 6-Book Cookbook Set

### Includes:

Main Dishes  
Breakfasts  
Meals In Minutes  
Lunches & Snacks  
Desserts  
Soups & Muffins

Item #5070 **\$74.00**  
(a \$13 savings)



## Sue Gregg 7-Book Cookbook Set w/ Master Index

### Includes:

Main Dishes  
Breakfasts  
Meals In Minutes  
Lunches & Snacks  
Desserts  
Soups & Muffins  
Master Index and

Menu Planner  
Item #5071 **\$90.00**  
(an \$18 savings)



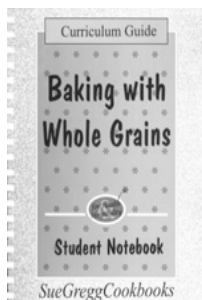
## Baking With Whole Grains

An 18 Week Curriculum for High School Students

This is an activity-filled semester course of 18-5 day lessons (90 days) for high school to adult. Master basic whole grain recipes for waffles & pancakes, coffee cakes, crepes, cornbread, muffins, scones, biscuits, tortillas, quick loaf breads, cinnamon rolls & sour dough. Introduces blender batter baking, fresh flour quick breads, and whole grain yeast breads. Lessons are structured and sequential, but there are also opportunities for creative activities, bonus projects, and serving others. Curriculum requires Sue Gregg's **An Introduction To Whole Grain Baking** as the textbook. Over 270pp.

Item #6025 **\$40.00**

Curriculum plus text Item #6023 **\$59.95**



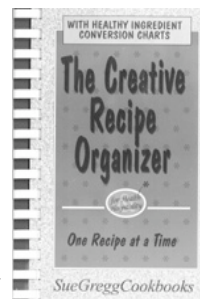
## The Creative Recipe Organizer

With Healthy Ingredient Conversion Charts

**Spiral Bound.** End the frustration of misplaced recipes and give your loose recipes a home! Here is a system to put clipped and borrowed recipes into a finger-tip resource. With a set of organized recipes you'll be ready for those occasions when the inspiration to try something new comes. Also includes a variety of kitchen helps for making conversions, measuring, storage, food and cooking terms, etc.

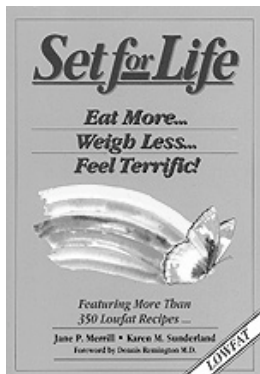
Item #5059

**\$7.95**



# Eat Healthy for Less

I have relied on *Set for Life* and *More-with-Less* cookbooks for over twenty years. These classics contain easy, delicious and nutritious meals in minutes.



## Set For Life

by Jane P. Merrill and Karen M. Sunderland

Having used this book for over 20 years, it is still one of my favorites; an excellent cookbook that I heartily recommend to bread bakers and cooks interested in a healthy lifestyle. Instead of suggesting radical eating changes, the authors show how gradual changes will enable you to "Eat More, Weigh Less, And Feel Terrific." Recipes are our family favorites and easy to prepare from basic ingredients. This is the one cookbook I wouldn't be without. You'll love it! 326 pages.

Item #5600

**\$19.95**

## Hawaiian Haystacks

*This meal is really easy and perfect for potlucks if you select only the ingredients that appeal to you.* from Set for Life - used by permission.

- 4 cups chicken broth
- 1/4 cup cornstarch
- 2-3 cups cooked, cubed chicken or turkey
- 4 cups hot cooked brown rice
- 4 medium tomatoes, chopped
- 1 10 ounce pkg. frozen petite peas, thawed
- 5 stalks celery, finely diced
- 1-2 green peppers, chopped
- 6-8 green onions, sliced
- 1 8-ounce can crushed pineapple or tidbits

1/2 cups slivered almonds or sunflower seeds

### Optional:

- 1/2 cup shredded coconut
- 1/2 cup sliced water chestnuts
- 1-2 cups Chinese noodles
- 1 cup finely grated cheddar cheese

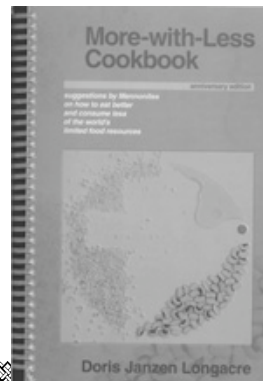
Combine broth and cornstarch. Cook until thick and clear. Add chicken. Place remaining ingredients in individual bowls. Have guests build their own stack starting with rice and then chicken and gravy and then according to the above list as desired.

## More-With-Less Cookbook

Doris Janzen Longacre gathered 500 recipes along with information and suggestions from Mennonite kitchens on how to eat better and consume less of our limited resources. This is a classic that describes ways to conserve on protein and improve the nutritional value of meals at lower cost than you are probably now spending. Many of my family's favorite recipes are from this book. Very popular and comes highly recommended. Spiral Bound. Anniversary Edition.

Item #5370

**\$20.99**



## Pakistani Kima

*A quick and easy hamburger curry the whole family will love. Great use for leftover potatoes.*

Used by permission from **More-With-Less** published by Herald Press.

Saute in skillet:

- 3 Tbsp butter
- 1 cup onion, chopped
- 1 clove garlic, minced

Add:

- 1 lb ground beef

Brown well. Stir in:

- 1 Tbsp curry powder
- 1 1/2 tsp salt
- dash pepper
- dash each: cinnamon, ginger, turmeric
- 2 cups cooked tomatoes
- 2 potatoes, diced
- 2 cups frozen peas or green beans

Cover and simmer 25 minutes. Serve with rice.

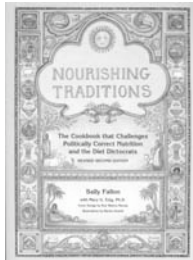
# Nourish Your Family With Nutrient-Dense Food

## Nourishing Traditions

*The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats* Revised Second Edition

by Sally Fallon with Mary G. Enig

This book is an encyclopedia of sound, well documented nutritional information with hundreds of recipes. Filled with information on how to soak, ferment or sprout grains for maximum nutrition with a scientific explanation and much more. Don't miss the section on the health merits of cultured dairy products and naturally fermented veggies and fruits. **Nourishing Traditions** offers modern families an amazing guide to maximizing nutritional value of whole foods. Fascinating! 675 pp.



Item #5310

**\$25.00**

## Cook Your Way To Wellness DVD

by Maria Atwood, CNHP/WAPF leader

Watching this DVD is like having a Titus 2 older experienced woman, right in your kitchen. Sally Fallon recommends this 90 minute class for beginners because Maria demonstrates and teaches some of the basics of traditional lacto-fermented foods as discussed in **Nourishing Traditions**. Demonstrations include making Sauerkraut, Salsa, Kefir, Whey, Kvass, Crispy Nuts, and Kombucha, as well as how to make a highly nutritious real bone broth, and more. The friendly/beneficial microbes used in these methods will significantly improve your digestion and, ultimately, your overall health. (Does not work in International DVD players.)



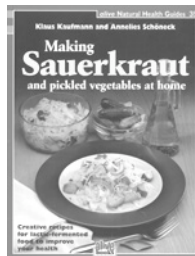
Item #5313

**\$39.95**

## Making Sauerkraut

And Pickled Vegetables at Home  
by Klaus Kaufmann and Annelies Schoneck

Discover the beneficial health properties of lactic acid-fermented foods and experience creative recipes to improve your health. We know that a diet of fresh organically grown fruits and veggies eaten in season is a foundation for good health, but did you also know that some foods preserved through the "old-fashioned or traditional" methods are superior to the store-bought equivalents both in flavor and healing properties? Discover the simple remedies and healthy agents found in these types of foods with step-by-step recipes to guide you. 60 colorful pages.



Item #5320

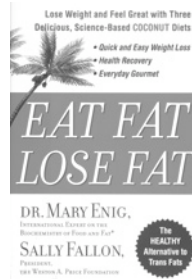
**\$9.95**

## Eat Fat Lose Fat

*Finally, A Weight Management Book That Makes Sense!*

by Sally Fallon and Dr. Mary Enig

If you liked **Nourishing Traditions**, you will love **Eat Fat Lose Fat**. This is the first book we have offered on "dieting", although it's not a diet book. Instead, timeless principles emphasizing traditional-nutrient dense foods are explained and made practical. The main dish recipes are wonderful, the research behind this book is compelling. Packed with practical resources and delicious recipes. 295pp.



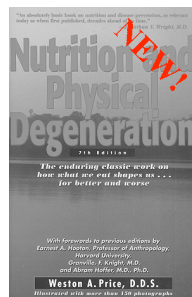
Item #5314

**\$15.00**

## Nutrition And Physical Degeneration

by Dr. Weston A. Price

First published in 1939, this monumental but highly readable book is designed to preserve the classic study of Dr. Price's worldwide investigation of the deleterious effects of processed foods and synthetic farming methods on human health, and the promise of regeneration through sound nutrition. Contains guidelines for approaching optimum health and reproduction, now and through future generations. Dr. Price has been universally accepted as one of the foremost authorities on the role of foods in their natural form in the overall health pattern and the development of degenerative illnesses as a result of the addition of processed foods to our diet. This classic book should be in the library of every family serious about sound nutritional information.



Item #5719

**\$27.95**

## Nourishing Traditions Combos

**Save with these combinations!**

- #1 Nourishing Traditions PLUS Cook Your Way To Wellness DVD Save \$10.00!**  
Item #5319 **\$54.95**
- #2 Nourishing Traditions PLUS Cook Your Way To Wellness DVD PLUS Eat Fat Lose Fat Save \$15.00! Item #5318 **\$64.95****
- #3 Nourishing Traditions PLUS Nutrition and Physical Degeneration Save \$5.00!**  
Item #5318 **\$47.95**

## Traditional Diet Guidelines

(Adapted from www.westonaprice.org)

1. Eat basic, whole, natural foods. Avoid any processed or packaged foods.
2. Use naturally-raised or pasture-fed meats and fish.
3. Use whole, raw milk products and fermented milk products such as whole yogurt, butter, and cheeses.
4. Use healthy, traditional fats and oils such as but-

ter, extra virgin olive oil, coconut and palm oil expeller pressed sesame and flax oil.

5. Generously use fresh fruits and vegetables.
6. Use whole grains and nuts that have been prepared by soaking, sprouting, or fermentation.
7. Consume lacto-fermented vegetables, fruits, beverages on a daily basis.
8. Use homemade bone broths made from bones of chicken, beef, lamb or fish in soups and sauces.

# The Mission of Motherhood

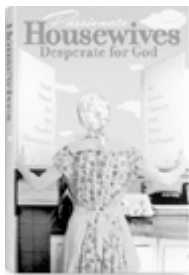
**NEW!**

## Passionate Housewives

### Desperate For God

By Stacie McDonald and Jennie Chauncey

Have you struggled to reconcile God's vision of virtuous womanhood with worldly myths that marginalize, mock and minimize the role of the homemaker? Cultural messages often demean the high calling of homemaking and shout the message that a wife, woman, and mother has little worth. Modern media, culture, and the feminist agenda all lie to woman saying that you can have it all. Fortunately God gently delivered me from that bondage. At last, in a fresh and honest way, a book addressing these issues head-on which provides a fresh vision for the hopeful homemaker. In **Passionate Housewives**, a former "Christian" feminist shares how she went from a die-hard homemaker-in-training to a dedicated career woman and then back again - after God gripped her heart. You will read a beautiful and captivating picture painted through Scripture of what the truly fulfilled homemaker who glories in the hopeful calling God has created for her. Discover what it means to be a passionate housewife "desperate" for God alone!



Item #5957

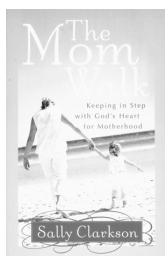
**\$16.00**

## The Mom Walk

*Keeping In Step with God's Heart for Motherhood*

by Sally Clarkson

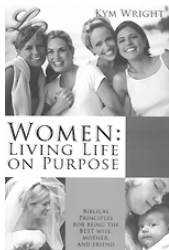
Sally Clarkson affirms the role of mothering and encourages the reader to wholeheartedly raise them to love God and grow up to be men and women of character, integrity, and faith. Sally helps you cultivate a heart for the Word in you and your children, embrace your very own home-based ministry, set spiritual goals for yourself and your children and nurture fellowship and support with other moms. Be encouraged to lean on God's strength to prepare your children for whole, fulfilling, and Christ-centered lives. Become an amazing mom as you keep in step with God's heart for motherhood. 219 pp.



Item #5926

**\$12.99**

## Women: Living Life on Purpose



The author approaches life as something to be lived on purpose instead of by chance; to have goals in life that provide a foundation upon which to build a God-honoring life. Kym's insights will show you how she learned new disciplines, a good attitude full of hope, and practical living skills. I particularly like her section on Practical Living Skills which is made up of 16 pages of charts listing the skills she wishes to instill in her children and the age at which she will begin and complete the instruction. **Living Life on Purpose** covers all areas of a women's life, from chore charts, discipline, life on schedule, to honoring your husband, overcoming fears and tearing down strongholds, wardrobe, and plenty more. What makes this book unique is the very practical workbook section which enables you to take the concepts and begin to apply them to your situation, step-by-step. By Kym Wright.

Item # 5932

**\$19.95**

## Created To Be His Help Meet

*Discover How God Can Make Your Marriage Glorious*

This new book by Debi Pearl, over 10 years in the writing, promises to be timely, fascinating, and practical. Wise women learn to adapt to their husbands, according to Debi Pearl. Debi says "I want you to know that it is possible today to have a marriage so good and so fulfilling that it can only be explained as a miracle." This book has 27 chapters, 280 pages, including nearly half the book on being the Help Meet, and another part called Titus 2 with chapters on being discreet, chaste, a keeper of the home, obedient to your husband, and, with Michael's help, they tackle the thorny issue of "when not to obey". I think every woman, regardless of how happy her marriage is, will come away from this book with a greater understanding of God's design for marriage! 295pp.



Item #5913

**\$11.95**

**The HelpMeet's Journey** (Study Guide for Created To Be His Help Meet)

Item #5954

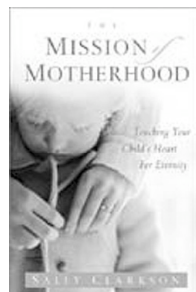
**\$10.00**

## The Mission Of Motherhood

*Touching Your Child's Heart for Eternity*

By Sally Clarkson

This book captured my heart more than just about any book on motherhood, so I hope you don't miss what Sally has to say. No calling for women is greater, nobler, or more fulfilling than that of motherhood. But if you long for your home to be life giving and peaceful, and you desire to pass on a legacy of righteousness to your children, but struggle to balance the duties of motherhood with a loving relationship with your children, and you need creative ideas and direction for keeping your child's heart open to you and to the Lord, you have found just the book to encourage and inspire you in this highest calling of a woman's life. 241 pp

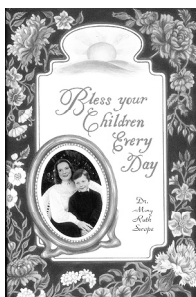


Item #5931

**\$13.99**

## Bless Your Children Every Day

by Mary Ruth Swope



When I started to tell two friends about this book by reading them a few paragraphs of testimonials to the power and effectiveness of blessings, they told me to order them each a copy right away. The Bible recounts case after case of blessings being given to children. Why should we not do the same? Mrs. Swope gives testimonies of people who have taken Scripture at it's word and seen the fruit of blessing their children. Seven weeks of daily blessings are provided to give to your children (or wife or husband) with such topics as courage, deliverance, favor, good health, happiness, joy, prosperity, strength, wisdom and much more. 110pp.

Softcover

Item # 5905

**\$9.95**

Hardcover

Item # 5905.1

**\$12.95**

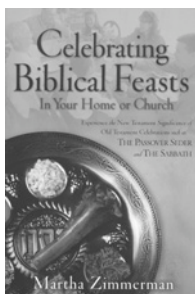
# Keep A Beautiful Home

## Celebrating Biblical Feasts

*In Your Home Or Church*

by Martha Zimmerman

A great way to build family memories is to observe the great religious feasts described in the Old Testament and by Jewish tradition which are full of spiritual truths fulfilled in the New Testament. When these festivals are re-enacted in the Christian home, children have a living picture of biblical principles that they won't soon forget. If you would like to celebrate a holiday without all the hectic rush and commercialism, consider looking at the Biblical feasts. The author explains how to celebrate each feast and lists the materials needed for the observance. 190pp.



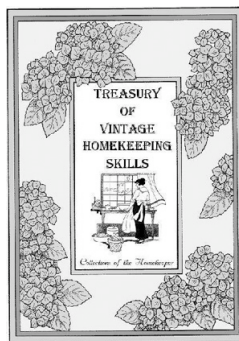
Item #5963

**\$12.99**

## Treasury of Vintage Homekeeping Skills

by Martha Greene

Reminiscent of the old-timey home journals kept by homekeepers of the past, this Treasury represents a remarkable union of practical and useful information, thought-provoking and timeless quotations, delightful vintage graphics, and a wide variety of delicious recipes for all occasions. Filled with inspiration for the homekeeper with plenty of room to paste snippets and clippings and to journal in your own handwriting. 200+ pages.



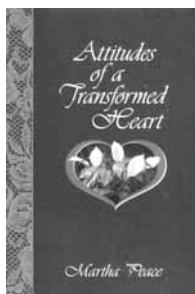
Item #6119

**\$29.95**

## Attitudes Of A Transformed Heart

by Martha Peace

This book is about being "transformed by the renewing of your mind" and not being "conformed to this world" (Romans 12:2). Your heart is who you are on the inside. It is what you think, your motives and desires. Martha guides us to the biblical truth about God's supremacy and our tendency to create other gods in His place, which are the breeding ground for sinful attitudes and their actions. 251 pp.



Item # 5946

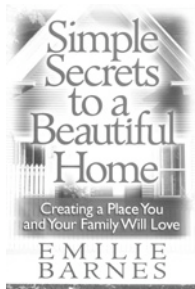
**\$12.95**

## Simple Secrets To A Beautiful Home

*Creating a Place You and Your Family Will Love*

By Emilie Barnes

Aren't the best kinds of homemaking secrets the simple ones? The good news is that a beautiful home doesn't require too much money, too much energy, or too much time. Emilie Barnes shows how you can easily weave beauty and happiness into the your daily life.



\* Turn your home into a haven of welcome and blessing

\* Build a lifestyle that reflects your unique personality

\* Make meal times feasts of thanksgiving

\* Establish traditions of celebration that allow joy to filter through to everyday life. A timeless classic from Emilie.

Item #5929

**\$8.99**

by Karey Swann

Karey has opened the door and invited us in to see how her family endeavors to live a God-honoring lifestyle. Written in a warm style mixing theology with child training, nutrition, whole grain bread baking, and practical home skills, this book appeals particularly to home school families. The author has designed her home around the kitchen, good books, good music, and hospitality, and centered on scripture. Packed with her family's favorite recipes and practical tips for life, you are sure to find recipes for your life and family as well. 239pp. Very popular.



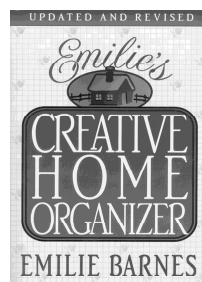
Item #5955

**\$22.95**

## Emilie's Creative Home Organizer

by Emilie Barnes

If you enjoyed **More Hours In My Day** or if you need more detailed information on organization in the home; kitchen, garage, etc., cleaning, laundry, moving, organizing sewing and crafts and much more, you will benefit from, and thoroughly enjoy, this updated and revised edition. Emilie, a nationally known home management expert and speaker, says it takes only 15 minutes a day to be on your way to becoming a creative home organizer. This book is loaded with hundreds of tips, hints, checklists, and wise counsel. 337 pp.



Item #5915

**\$11.99**

## The Complete Guide To Getting & Staying Organized

**NEW!**

*Balancing Homeschool and Family*

by Karen Ehman

Create your own plan to manage your time, eliminate clutter, experience order in your house, and keep your family first. Organization is the key, but all ideas for getting there have to be tailored to your lifestyle, priorities, and schedule. Here is a step-

by-step guide to create your own personal system. Manage your time more effectively, unclutter your home, plan menus, avoid overcommitment, grocery shop, and efficiently take care of the "have tos" so you have more time for the "want tos". 225 pp.

Item #6046

**\$12.99**

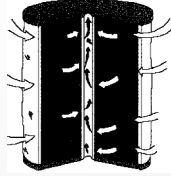


## Solid Carbon Block Filters

- Three-stage compressed activated solid carbon block filtering element.
- Positive molecular charge of some components attracts and holds microscopic particles.
- Combines electrokinetic adsorp-

tion with microstraining for the removal and retention of solid, semi-solid, and colloidal contaminants down to the sub-micron size.

- No channeling or tunneling as with other carbon systems



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Prepay for 10 filters and you will receive the stainless steel **Multi-Pure Drinking Water System** of your choice for **FREE** with one filter along with 9 coupons for future filter replacements.



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10  
Filters

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800-552-7323

## What Does Certification by NSF Mean?

- 1) The contaminant reduction claims the manufacturer makes are true.
- 2) The system adds nothing harmful to the water.
- 3) The system is structurally sound.
- 4) Advertising, literature, and labeling are not misleading.
- 5) The materials and manufacturing process do not change.

In addition, NSF conducts ongoing random testing of certified products to insure manufacturer compliance with standards.

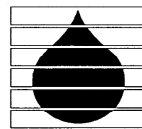
## Eliminate bottled water waste & expense!

7.2 billion water bottles wind up in landfills annually. The oil used to make these discarded bottles is enough to power 100,000 cars for a year.

### Multi-Pure™ vs Bottled Water

Stop carrying expensive bottled water!

Source	Cost/Gal.	750 gals (1 yr.)	750 gals/yr over 10 years
Vending Machine	.25	\$187.50	\$1,875.00
Store Water	.85	\$637.50	\$6,375.00
Home Delivery	\$1.65	\$1,237.50	\$12,375.00
<b>Multi-Pure</b> (after 1st year)	<b>.08</b>	<b>\$59.95</b>	<b>\$599.50</b>



**MULTI-PURE**

Independent Distributor

## The Best Consumer Value.

### Here's Why:

#### Effectiveness:

- \* Solid Carbon Block: the most effective filter. Removes scores of harmful pollutants.
- \* Removes a wide range of toxic contaminants and microscopic organisms (see pg. 32 for a partial listing).
- \* Allows beneficial and healthful minerals to pass through filter.

#### Convenience

- \* Filtered water conveniently at your fingertips. No need to store bottles of water.
- \* Needs no electricity; runs on water pressure.
- \* Countertop model diverter valve lets you use filtered water or unfiltered from the same tap.

#### Economy

- \* Low maintenance cost: requires simple filter replacement approx. once per year at a low price. Average filter life: 8-12 months.
- \* Low operating cost: Pure water for about 7¢ per gallon.
- \* **Multi-Pure™** offers a **0% Financing Program** for purchasing the units.

#### Warranty

- \* Built to last a lifetime - and backed by the **longest warranty in the industry:** 25 years on the housing (stainless steel) and 1 year on parts.
- \* **Multi-Pure™** has over 35 years of leadership in the industry: the leading manufacturer in the world of Solid Carbon Block filters.

#### Documented Product Performance

- \* Independent Laboratory testing - **NSF Certification** to ANSI/NSF Standards 42 and 53 to reduce one of the widest ranges of contaminants of health concern.
- \* Made of FDA approved materials.

# Drink Water For Life!

## Selecting a Drinking Water System

There are four main criteria to consider when evaluating a filter:

- 1. Who is the system certified by and what is the system certified to remove?** NSF, Int'l, is a 3rd party private lab using calibrated standards to evaluate systems and is the most reliable. Tested to NSF standards means the system was tested and failed the NSF test and is not certified by NSF.
- 2. What is the initial outlay for the system and what is the annual upkeep?** Multi-Pure's replacement filters are only \$59.95 for the most popular units.
- 3. How long has the company been in business?** Frequently companies will change models and you will no longer be able to obtain replacement filters. For example, Multi-Pure has been in business 37 years and current filters still fit 37 year old systems!
- 4. What is the warranty?** Multi-Pure™ stainless steel systems come with a 25 year warranty on the housing.

## H<sub>2</sub>O On The Go

### Reduce water bottle pollution!

Multi-Pure's stainless steel, 17 oz, reusable bottle is the convenient and cost-effective go-anywhere solution to the waste of bottled water. Fill up your **H<sub>2</sub>O On The Go** with clean, clear, delicious Multi-Pure water and send the message to everybody that you're doing your part to fight the environmental nightmare that is bottled water.

Ideal for both hot or cold beverages, **H<sub>2</sub>O On The Go's** double-walled design will insulate your beverage, keeping it the right temperature. And, **H<sub>2</sub>O On The Go** comes with a handy, and stylish carrying bag.

Item #4910 **\$19.95**



## The Multi-Pure™ Drinking Water Systems Remove the Most Contaminants of Health Concern!

### Model 750 Stainless Steel Models

The Model 750 **stainless steel** housing series are NSF certified to remove the widest range of contaminants of health concern and includes both countertop and below counter units. They are rated for up to 750 gallons of filter life (12-18 mos. average) and use the **CB6** replacement filter. **All Multi-Pure prices include shipping!**

### Model MP750SB

Below counter model that is easily installed by a handyman and may be connected to an icemaker with inexpensive optional "T".

Most popular unit! Item #8003 **\$399.95**



### Model MP1200EL

Below sink model that features a capacity-metered faucet that increases the filter life to approximately 1200 gallons. An easy to read light flashes at the faucet, indicating it is time to replace the filter.

Item #8006 **\$484.95**



### Model MP750SC

Counter-top model that may be converted to below sink with the purchase of an optional adapter. Item #8004 **\$379.95**

**Model MPCT** For counter-top only.  
Item #8004 **\$299.95**

### CB6 Replacement filter for Models "750" and "1200"

Item #8008 **\$59.95** (includes shipping)

### Aqua Dome Better Water More Convenient At a Better Price

The **Aqua Dome** represents an **affordable and attractive** plastic counter-top system designed for families of 4-6 people, rated for approximately 750 gallons of filter life **Reduces all the same contaminants** as the 750 Series units. And, the replacement filter is only \$59.95. Replaced once a year for average households, that's an incredible **8¢ per gallon** of pure water! **CBAD** Replacement filter. Item #8017 **\$224.95** (includes shipping)



**CB6AD** Repl. Filter for Aqua Dome Item #8018 **\$59.95**

**FREE Shipping**  
on all Multi-Pure™ products

## Multi-Pure 880 Series Removes Arsenic!

Years of research and development have led to the formulation of a carbon block filter that has been proven effective in reducing Arsenic V as well as the same broad spectrum of contaminants as the 750 model series.

### Model MP880SB

Stainless Steel for below sink installation rated for a p p r o x . 600 gallon filter life - about 1 year for average size families.  
Item #8023 **\$519.95**

### Model MP880SC

Stainless Steel for counter-top installation rated for a p p r o x . 600 gallon filter life - about 1 year for average size families.  
Item #8022 **\$499.95**

### CB11As Replacement filter for Models "880"

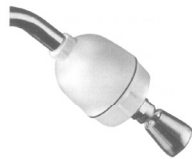
Item #8026 **\$109.95** (includes shipping)

## Shower Filters

### Avoid Chlorine Showers!

Chlorine, a known carcinogen, is harmful to hair, skin, eyes, nose, mouth, and even lungs. It is possible to absorb more chlorine in one fifteen minute shower than in eight chlorinated glasses of water! If you are tired of brittle hair, dry, flaky, itchy skin caused by chlorine, these shower filters are the answer! **(Dechlorinator Shower Filter is not a Multi-Pure product.**

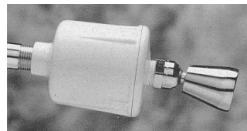
### Multi-Pure Shower Filter



Replace filter yearly.  
#8014 w/shower head **\$59.95**  
#8013 no shower head **\$49.95**  
#8016 Replacement filter **\$24.95**

### Dechlorinator Shower Filter

Can be backflushed to extend filter life to 2-3 years on average. Comes w/shower head.



Item #4900 **\$54.95**

## Crystal Bath Experience

### A Better, Healthier Bath!



The Multi-Pure Crystal Bath Ball is used to de-chlorinate the water using KDF, along with crystalline quartz that enhances the sudsing and lathering of soap.

\* Requires no plumbing attachment.

- \* Approximate life span: 200 baths or 1 year.
- \* Uses replaceable media pouches.
- \* Safe for infants, children, & adults.

Simply swirl the Bath Ball in the tub water for a few minutes prior to getting in. Great for baby's and children's bath.

Item #8019 **\$59.95**

### Replacement Bath Ball Filter

Item #8027 **\$39.95**

## Multi-Pure Drinking Water Systems

tested according to NSF/ANSI

Standards 42 and 53

for the reduction of:

Alachlor	Asbestos
Atrazine	Benzene
Bromoform	Carbofuran
Carbon Tetrachloride	
Chlordane	Chlorine
Chloroform	Chlorobenzene
Chloropicrin	Chloramines
Cryptosporidium	Cysts
2,4-D	DBCP
Dinoseb	EDB
Endrin	Entamoeba
Ethylbenzene	Furadan
Giardia	Haloacetonitriles
Haloketones	Heptachlor
Lead	Lindane
Mercury	Methoxychlor
Methylbenzene	M-Xylene
MTBE	Ortho-Xylene
Particulate Matter	PCB
Pentachlorophenol	PCE
Protozoan	P-Xylene
Simazine	Silvex
Styrene	Toluene
Toxaphene	Toxaplasma
Trihalomethanes	TCE
2,4,5-TP	Turbidity
Vinylbenzene	1,1-DCA
1,2-DCA	1,1-DCE

**Arsenic V** (880 Series filters only)

Volatile Organic Chemicals (VOC's)

Bromodichloromethane
Dibromochloromethane
Dibromochloropropane
1,2-Dichlorobenzene
o-Dichlorobenzene
Dibromochloropropane
p-Dichlorobenzene
para-Dichlorobenzene
1,1-Dichloroethane
1,2-Dichloroethane
trans-1,2-Dichloroethane
1,1-Dichloroethylene
cis-1,2-Dichloroethylene
1,2-Dichloropropane
cis-1,3-Dichloropropene
Hexachlorobutadiene
Monochlorobenzene
Pentachlorophenol
Perchlorobutadiene
Phenylethane
Propylene Dichloride
1,1,1-TCA
1,1,2,2-Tetrachloroethane
Tetrachloroethylene
1,2,4-Trichlorobenzene
1,1,1-Trichloroethane
1,1,2Trichloroethane
Trichloroethylene

**(This is a partial listing of certified contaminant reduction)**



## The High Performance HP3A Blender

The HP3A by Blend-Tec makes smoothies, fresh juice, ice cream, milkshakes, cappuccinos, soups, sauces, dressings, salsas and more. The high performance, 3 horsepower blender will replace many other appliances in your kitchen with one easy-to-use machine. HP3 comes with exclusive **Smart-Touch Technology™** which means when a cycle button is pushed the HP3 automatically speeds up and slows down and shuts off when the cycle is complete, so recipes turn out perfect every time.



- \* Fits under cabinets with shorter/wider jar
- \* The same jar can be used for wet and dry ingredients
- \* No tamper needed
- \* 64 oz. blender jar
- \* Automatic shut-off
- \* Microprocessor controlled
- \* Easy to clean
- \* More power (3 vs. 2 HP)
- \* 30 programmed cycles
- \* 10 speeds
- \* Three-year warranty

Item #1335

**\$399.95**

## Stainless Steel Stock Pots



Busy moms make dinner in bulk and freeze in meal-sized portions. You will need at least one or two large stock pots for bulk cooking. Krona Brand stock pots are high quality, heavy duty, 18/10 stainless steel, featuring Tri-Ply Encapsulated Base which consists of an aluminum core for even heat distribution surrounded by stainless steel so that no aluminum comes in contact with the food. Each pot is equipped with stay-cool handles. Ten welds secure each handle.

<b>8 Qt.</b>	Item #3408	<b>\$64.95</b>
<b>10 Qt.</b>	Item #3410	<b>\$74.95</b>
<b>12 Qt.</b>	Item #3412	<b>\$84.95</b>
<b>16 Qt.</b>	Item #3416	<b>\$99.95</b>
<b>20 Qt.</b>	Item #3420	<b>\$119.95</b>

# Food Processor

## The Omega FoodPro **NEW!** Premier Food Processor



We know from experience that Omega's quality is top-notch. This unique, rugged food processor with its stylish stainless steel base features two food processing containers: an 11 cup container for regular food processing PLUS a 4 cup mini chopper for small jobs. In addition, it features an innovative feed tube that is wide for most items and a narrow plunger insert for slicing slender food items. Includes 2 - two-sided slicing/shredding discs, large and mini chopping blades, stainless steel dough blade and storage container for components. 5-year warranty.

Item #3225

**\$174.99**

## Stainless Steel Rice Cooker

This new 8-cup rice cooker yields a full 12 cups of white or brown rice. The inner bowl on this new rice cooker is a beautiful solid mirror finish stainless steel. The glass lid allows you to view the rice or vegetables while cooking and the easy view indicator lights identify cooking modes. Also comes with a vegetable steamer tray, measuring cup and rice paddle.



Item #3661

**\$99.95**

### Basic Smoothie Recipe

- 1 ripe frozen banana, broken in pieces**
- 1 cup coconut milk, or kefir, or plain yogurt**
- 1 cup orange juice**
- 1/2 cup fresh or frozen pineapple, frozen berries, or other fresh or frozen fruit**
- 1-2 egg yolks, optional**
- 1-2 TB honey or maple syrup, optional - taste first before adding sweetener.**
- 2-3 cubes ice, optional - for thicker smoothie**

Using chilled ingredients, blend ingredients in a blender until smooth. Optional ingredients include nuts, flax, sunflower seeds, Flavorings, etc.



## Water Bath Canner

A quality kettle designed for canning and all your big cooking jobs. Made of porcelain on heavy gauge steel. 21-1/2 qt. liquid capacity. Complete with 7 - qt. jar capacity canning rack.

Item #3430 **\$34.95**

## Corn Cutter



Strip kernels of corn off ear with one easy stroke. Great for preparing corn for freezing, canning, or serving fresh. For easy cutting, place ear on a nail that has been driven up through a board.

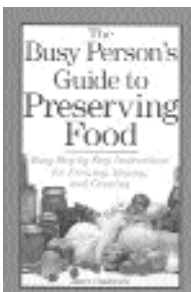
Item #2630 **\$4.95**

## The Busy Person's Guide to Preserving Food

*Easy Step-By-Step Instructions For Freezing, Drying, And Canning*

by Janet Chadwick

This preserving classic includes step-by step instructions and how-to illustrations for preserving fruits and vegetables quickly and easily, including: quick tips and shortcuts, instructions for alternative preserving methods, root cellaring, and charts for determining yield and blanching time. Needed equipment and appliances are reviewed and recipes for dinners, salsas, herbal vinegars, pestos, jellies, and teas are included. If you are a busy person who needs help, inspiration, or how-to's, this book should be part of any home preserver's library. 212pp.



Item #5404 **\$14.95**

## Cherry Stoner

This little gizmo automatically feeds and separates pits from fruit with no loss of juices. Just push the plunger and release. The



pit is ejected into a special container while the whole seedless cherry falls into a waiting bowl. Great for canning, pies, freezing, desserts, and gifts. This saves so much time you'll wonder why you didn't invest in one a long time ago.

Item #2600 **\$19.95**



## Canning Rack

Holds 7 quart or pint jars. 12-1/4" diameter. Stainless Steel

Item #3438 **\$6.95**

## Clear-Jel

**Great for canning & freezing!**

*A starch similar to cornstarch or flour to use as a thickener for canned or frozen pie fillings. Will not separate!*

**Clear Jel A** - hot foods - 8#  
Item #9182 **\$24.49**

**Clear Jel Instant** - cold foods 8#  
Item #9183 **\$24.49**

**Clear Jel Ultra** hot/cold foods 4#  
Item #9184 **\$17.49**

## Clear-Jel Pie Filling

Pie fillings are a snap with Clear-Jel, which is a starch similar to cornstarch or flour that you would normally use as a thickener. for pie filling. The difference is that it will not get runny or separate when canned. Here are some standard recipes for pie fillings:

1. Combine sugar, Clear-Jel, cold water, apple juice (if called for) and any spices,
2. Cook and stir until thick and bubbly. Add lemon juice and boil one minute. Stir vigorously.
3. Fold in hot fruit, fill jars, and process in water bath.

## Home Canning Kit



### Complete 5-Piece Kit

Lid Lifter	Jar Lifter
Canning Funnel	Kitchen Tongs
Jar Wrench	
Item #3436	<b>\$12.95</b>

## Stocking Up

by Hopping and The Rodale Food Center.

This book is the MOST comprehensive, up-to-date guide to harvesting, storing, preparing, and preserving



foods of all kinds. Information and recipes are for much more than canning, freezing, drying, and cold storage of fruits and vegetables. There are also step by step instructions for meats, fish, poultry, butters, cheeses, yogurt and other fermented milk products, homemade ice cream, sprouts, breads and even harvesting nuts, and seeds! With more than 300 recipes for preservable foods, this book **COVERS EVERYTHING** for the home cook. 626 pp.

Item #5410 **\$20.00**

### Cherry Filling

- 3 1/3 cups fresh or thawed sour cherries**
- 1 cup sugar**
- 5 Tbsp Clear-Jel**
- 1 1/3 cups cold water**
- 4 tsp lemon juice**
- 1/8 tsp cinnamon (opt.)**
- 1/4 tsp almond extract (opt.)**

### Apple Filling

- 3 1/2 cups apple slices, blanched**
- 1 cup sugar**
- 1/4 cup Clear-Jel**
- 1/2 cup cold water**
- 2 Tbsp lemon juice**
- 3/4 cup apple juice, unsweetened**
- 1/8 tsp nutmeg**

## NutriSteamer

Versatile Stainless Steel  
Juicer/Cooker

Extract the natural juice of grapes, berries, tomatoes, and other fruits with the power of steam. Simply boil water in the bottom pan and place fruit in the top container.



The concentrated fruit juice is then extracted through a surgical quality heat-resistant tube directly into jars. This versatile stainless steel, highly polished, six piece set is also ideal for steaming vegetables as well as making soups, stews, and roasts. Comes with an excellent recipe book. 14-1/2" diameter x 16" h.

Item #2440 **\$139.95**

## Pomona's Pectin

This pectin is the most versatile available. Contains no sugar or preservatives. You can feel free to double or



triple recipes given, or experiment and develop your own. Pomona's may be used as a vegetarian gelatin or to prepare cooked jam recipes using low sugar or honey or "all fruit" recipes with no added sweetener. Stock up now and start jamming!! When preparing jams, consider some unusual herb/fruit combinations. 1 oz. package. Concentrated - makes approximately 20 cups of jam. Compare with other pectins that make far less.

Item #9810 1 oz. **\$3.75**

Item #9811 16 oz. **\$42.50**



# Home Canning



## VillaWare Food Strainer

Take the strain out of home canning! Make creamy applesauce, smooth tomato sauce, and more with ease! Food is forced through a stainless steel screen while unwanted seeds and skins are separated from the pulp and discarded separately. Saves time and avoids waste. With optional accessories this versatile strainer will prepare fruits and vegetables for canning, freezing, jams, jellies, relishes, salsas, and even baby foods. 18" high.

Item #2610 **\$54.95**

## The Villa Ware Food Strainer makes:

**Tomato Sauce Puree**

**Applesauce**

**Berry and Fruit  
Jams**

**Pie fillings**

**Fruit leathers**

**Baby foods**

**Salsas**

**Pumpkin and squash  
purees**

**Vegetable purees**

**Tomato juice**

**Grape juice**

**Jellies**

## Accessories

(Stainless steel screens!)

**Grape Spiral** Shorter spiral to process grapes.

Item #2611 **\$9.95**

**Berry Screen** - For removing small seeds.

Item #2612 **\$15.95**

**Pumpkin/Squash Screen**

Item #2613 **\$15.95**

**Salsa Screen**

Item #2614 **\$15.95**

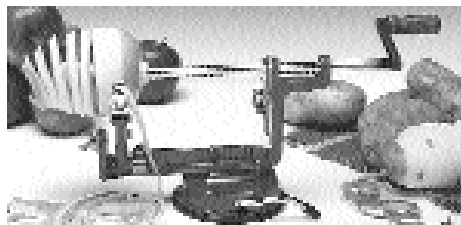
## VillaWare Food Strainer Complete Package

**Includes the food strainer and the four accessories.**

Item #2615 **\$106.95**

## Apple/Potato Master

This time-saving, hand operated kitchen tool peels, cores and slices - all in one easy operation with minimal waste. It peels apples and potatoes clean, and easy. It's so fast I can do a case of apples in about an hour!



Ideal for salads, pies, canning, and drying. It turns a tedious chore into a fun experience and is simple to operate - so simple that kids of all ages like to help. A must for everyday kitchen use. **Quality cast iron construction** (not aluminum!) with stainless steel blades provides years of trouble-free service. This really works! Everyone loves it. Makes a great gift!

Item #2400

**\$25.95**

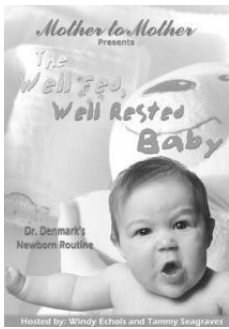
# A Mother's Guide To Home Health

**NEW!**

## The Well Fed, Well Rested Baby DVD

*Dr. Denmark's Newborn Routine*

hosted by Windy Echols and Tammy Seagraves



Do you want to gain confidence and encouragement in your role as a mother of a newborn? This DVD is full of specific and practical information based on Dr. Leila Denmark's book: *Every Child Should Have A Chance*. Dr. Denmark was one of the longest practicing and most experienced pediatricians in the United States (over 70 years and 250,000 patients). Her tried and true methods of caring for babies have brought greater health, peace and consistency to

thousands of mothers and their children.

### POINTS OF INTEREST

- \* How to get your baby to sleep through the night.
- \* How to make sure your baby is well fed.
- \* How to position your baby for healthy sleep.
- \* How and when to start baby food.
- \* How to train your baby to successful toddlerhood.

Item #5708

**\$19.95**

## Dr. Denmark Said It!

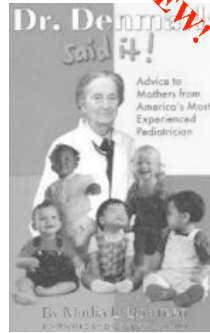
*A Mother's Guide to Health & Home Life*

by Madia Bowman

"Who in the world knows what's best for my baby?" "You do!" says Dr. Leila Denmark. In our fast changing culture moms can become thoroughly confused and frustrated by conflicting child care advice. Madia Bowman, mother of eleven, has written a book endorsed by pediatrician Dr Denmark to accurately reflect her philosophy and medical recommendations. This book condenses the legendary 110 year old pediatrician's advice into a practical, well-organized book filled with time-tested, common sense treatments for common infant ailments. Highly recommended. 177 pp.

Item #5703

**\$19.95**



**NEW!**

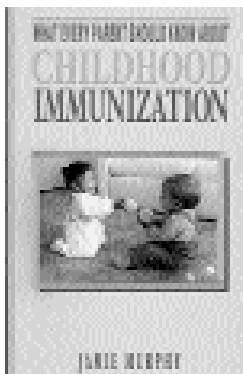
## What Every Parent Should Know About Childhood Immunization

by Jamie Murphy

Shonda Parker, author of several books on natural health recommends this resource highly. The book tells everything you need to know about immunizations that medical professionals often fail to tell. The author explains how the vaccines are made, what little-known toxic chemicals are used in their production, and how frequently the certain vaccines cause reactions, and deaths in infants and children. You will learn how our natural immunity protects us from disease. 192pp.

Item #5747

**\$14.95**



## The ABC Herbal

by Steven H. Horne

This is by far the most common sense, straight forward approach to natural health care for your kids that I have found. The author addresses the most common childhood ailments in an easy-to-read short book. He also addresses "tried and true" herbal home remedies he uses with his own children. You will learn simple methods to make homemade herbal preparations your family will enjoy taking. The ABC Herbal is an invaluable resource for all concerned about natural health and the well-being of children. 71pp.

Item #5723

**\$7.95**

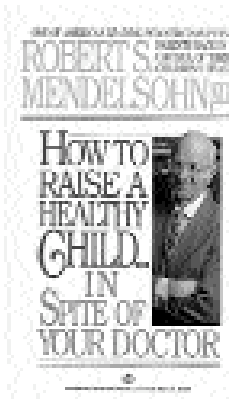
## How To Raise A Healthy Child In Spite Of Your Doctor

by Dr. Robert Mendelsohn M.D.

Learn home diagnosis and treatment of everyday colds, flu, strep throat, allergies, and more. Learn what you need to know about major symptoms and illnesses. A helpful section is included in how to choose the right doctor for your children, and step-by-step instructions for knowing when you should consult a doctor. Had I read this book sooner I would have saved thousands of dollars in unnecessary medical expenses. Highly Recommended! 283 pages.

Item #5730

**\$6.99**



# Mother's Guide

Use this guide to determine which Tri-Light remedies are needed on the pages 38-40.

**ALLERGIES - AL-R-G** - 1 tsp. 2-3x daily only when needed. OR **Yummy Yarrow with Elderberry** - 1/4 tsp. every 2 hrs. or 1/8 tsp. every 30 minutes during crisis. OR **LivCare** - 1/4 tsp. with meals to aid liver and digestive function AND **NR Glow** - 1/4 tsp. taken 2-3x daily for 10 days then rest for 3-5 days; repeat process OR **ViraMune** - 1/4 tsp. every 2-4 hours up to 2 wks. if mucous becomes colored.

**ARTHRITIS - Joint Care** - 1/2 tsp. 3-5x daily (Adults)

**bed wetting UriCare** - 1/4 tsp. 3-4x per day. **Licorice Root** - 1/2 tsp. before bedtime taken with **Original Herbal Minerals** - 1 tsp. at bedtime.

**BUG BITES Soothing Salve** - rub on bite often. **Black Cohosh** (for stings) - 1/4 tsp. every 15 minutes for 1 hr., then every hr. If headache occurs, discontinue.

**BURNS - White Willow & Feverfew** for pain - 1/2 tsp. every 3-4 hrs. PLUS **Soothing Salve** - apply liberally. For more serious burns, take **BactaMune** to prevent infection and aid wound healing PLUS **Original Herbal Minerals** for the calcium and zinc in addition to a medical burn treatment.

**CANKER SORES - Soothing Salve** and/or **Lympha Rub** - 2 drops 4 times daily.

**COLDS - Yummy Yarrow with Elderberry** - 1/4 tsp every 2 hrs. PLUS **Echinacea & Thyme with Elderberry** - 1/4 tsp every 2 hrs. OR **ViraMune** - 1/4 tsp every 2 hrs.

**COLIC - Tummy Plus** - 1/4 - 1/2 tsp. every 1-2 hrs. OR **Peppermint & Chamomile** - same as above.

**CONSTIPATION - LiquiLax** - 1/4 - 1/2 tsp. every 4 hours until bowel movement is regular.

**COUGHS** - Herbs for respiratory infections. **Wild Cherry Coffaway** - 1/2 tsp as needed for cough, especially for dry cough OR **Lungs Plus** - 1/2 tsp as needed for deeper congestion - wet coughs or coughing spasms.

**CRADLE CAP - Soothing Salve** - Rub on scalp.

**DIAPER RASH - Soothing Salve** - Apply to baby's bottom at each diaper change.

**EAR INFECTIONS** - **ViraMune** 1/4 tsp every 2 hrs. PLUS **Hear No Evil** (only use if you are certain eardrum is not perforated or does not have tubes) - 1 drop of oil warmed to baby bottle temperature in ear canal 2-3X daily. ADD **Scout Out** for resistant infections (contains goldenseal) - 1/4 to 1/2 tsp every 2-3 hours.

**ENERGY - N-R-G** - 1 tsp. morning and afternoon. (Adults)

**FEVER - Yummy Yarrow with Elderberry** - 1/4 tsp every 30 minutes or every 2 hrs. as needed. **White Willow & Feverfew** - 1/2 tsp every 1-2 hrs. (White Willow does convert in the body to salicin). Add Herbs for infection.

**FLU - Yummy Yarrow with Elderberry** - 1/4 tsp every 2 hrs. PLUS **ViraMune** - 1/4 tsp every 2 hrs. PLUS **Flew Away** - 1 TB in liquid at bedtime.

**FUNGAL INFECTIONS - Echinacea & Thyme** - 1/4 tsp. every 2 hrs. PLUS **Soothing Salve** - apply to affected areas.

**HEADACHE - White Willow & Feverfew** - 1/4 tsp. every 2-4 hrs.

**JOINT PAIN - White Willow & Feverfew** - 1/2 tsp. every 3-4 hrs.

**MENSTRUAL CRAMPS - Female Formula** - 1 TB 1-3x daily as needed.

**NAUSEA/VOMITING - Tummy Plus** - 1/4 - 1/2 tsp. every 2 hrs. as needed

**NERVOUSNESS - Peppermint & Chamomile** - 1/2 tsp. as needed OR **Peace Treaty** - 1/4 tsp. as needed.

**PARASITES - Worm Out** - 1/4 - 1/2 tsp. 3x daily for 2-4 wks..

**POISON IVY - Soothing Salve** - Apply to affected area.

**RESPIRATORY INFECTIONS - Echinacea & Thyme with Elderberry** - 1/4 tsp every 2 hrs. PLUS **Yummy Yarrow with Elderberry** - 1/4 tsp every 2 hrs. (or as often as every 30 minutes during crisis). **ViraMune** - 1/4 tsp every 2 hrs. instead of Echinacea & Thyme when lymph nodes are swollen.

**RING WORM - NR Glow** - 1/2 tsp. every 3-4 hrs. PLUS **Soothing Salve** - applied to affected area.

**SKIN PROBLEMS - LivCare** - 1/2 tsp. 3x daily. PLUS **Echinacea & Thyme** - 1/4 tsp. 3x daily.

**SORE THROAT** - Gargle with **Throat Coat** - 1 tsp. in water alone. **Lympha Rub** - Rub on throat (may put 1-2 drops in the back of child's throat or up to 5 drops in adult throat every 1-2 hrs) PLUS **ViraMune** OR **BactaMune** - 1/4 tsp every 2 hrs.

**TEETHING - Peppermint & Chamomile** - 1/4 tsp as needed OR **Peace Treaty** - 1/4 tsp 3-4 times daily. Not for daily use.

**TICK BITES - Soothing Salve** - Apply to bite several times daily. PLUS **NR Glow** - 3x daily for 1 month.

**URINARY TRACT INFECTION - UriCare** - 1/4 tsp. every 3-4 hrs. PLUS **BactaMune** OR **Scout Out** - 1/4 tsp every 2 hrs.

**WOUND INFECTION - Echinacea & Thyme with Elderberry** OR **NR Glow** - 1/4 tsp. every 3-4 hrs. PLUS **Soothing Salve** - Apply several times daily.

Dosages listed on this page correspond with those amounts the author gives her 2 and 4 year-old. She gives double these amounts to her 8 year-old and three times these amounts to herself.

**Disclaimer: The information contained in this catalog is not intended as medical advice. Please seek a professional health care provider for any condition that is not self-limiting. The FDA has not evaluated these claims.**

**Great taste without sugar...**

**..... and no alcohol!**

# Tri-Light Herbs

Consult the Mother's  
Guide on page 37.

## AL-R-G

Relieves the itching and watery eyes, dripping, sneezing, wheezing, and coughing associated with hay fever. Helps to open the lungs and helps to reduce the itching that goes with hay fever. May be used daily as a preventive during allergy season. Contains Rehmannia, Astragalus Root, Xanthium, Centipede Herb, Siler Root, Baiacal Skullcap Root, Capillaris, Angelica, Jujube, Licorice Root, and Spirodela.

Item #7828.2 8 oz. only

## Asma2 - For Asthma relief.

Contains Coltsfoot, Yerba Santa, Rosemary, Juniper Berries, Mullein and essential oils of thyme, tea tree and lavender.

8 oz. Item #7833.2

## BactaMune

Includes Licorice Root and Thyme. Another general echinacea product used also to support the liver and urinary system.

2 oz. Item #7825.1

8 oz. Item #7825.2

## Blue-Green Minerals

Blue-green algae contains more protein than any whole food. Blue-green algae provides all 8 essential amino acids, the highest plant source of B-12, and is rich in naturally chelated minerals. Magnesium and Potassium-rich herbs with an array of trace minerals and amino acids to strengthen the entire body.

Item #7847.2 8 oz. only

## Calcium Liquid Minerals

To the Original Herbal Minerals Base is added Calcite Super, a patented process for enhanced absorption that studies have shown to provide up to 200% greater calcium absorption over other brands.

Alfalfa Leaf, Oatstraw Tops, Red Raspberry Leaf, Shavegrass, Chamomile Flowers, Peppermint Leaf, Yarrow Flowers, Chickweed Herb and Dill Weed, with added Calcite Super (2 grams/8oz) in a base of Kosher vegetable glycerine and purified water.

Item #7877.2 8 oz. only

## Echinacea & Thyme with Elderberry

Includes Licorice Root and Whole Elder Berries. A simple echinacea formula which supports the lung, ear, immune and nervous system.

2 oz. Item #7810.1

8 oz. Item #7810.2

## Female Formula

Nutritionally supports female organs and the menstrual cycle. Effective with young girls experiencing symptoms due to early hormonal life changes.

2 oz. Item #7801.1

8 oz. Item #7801.2

## Flew Away

Includes Boneset, Osha Root, Shavegrass, Mullein, St. John's Wort, Peppermint, Capsicum, and Clove. Assists the body during colds and flu.

2 oz. Item #7815.1

8 oz. Item #7815.2

## Hear No Evil

Combines tinctures of Mullein, Scullcap, Goldenseal, Black Cohosh, Yarrow, and Rosemary with essential oils of Garlic, Tea Tree and Peppermint. A powerful combination used for the ears.

Item #7860 1/2 oz. **\$5.95**

## Joint Care

Contains herbs used for anti-inflammatory and blood and liver cleansing, removing deposits from the joints and aiding in the elimination of uric acid from the body. Contains Cat's Claw, Devil's Claw Tuber, Sassafras, Sarsaparilla, Celery Seed, Burdock, Wild Yam, Pipsissewa, Prickly Ash, and Cascara Sagrada.

Item #7853.2 8 oz. only

## Licorice Root

Licorice Root to use for bed wetting in conjunction with UriCare and Original herbal Minerals.

Item #7806.2 8 oz. only

## Liquilax

Cascara Sagrada, Butternut Bark, Sarsaparilla, Ginger, Licorice Root and Clove. A mild stimulant laxative, pleasant tasting and gentle enough for children or the elderly.

2 oz. Item #7808.1

8 oz. Item #7808.2

## LivCare

Provides for support of the liver and gallbladder. Also aids clear skin, detoxification and infection fighting. Sarsaparilla Root, Dandelion Root, Burdock Root, and Chamomile Flowers.

2 oz. Item #7836.1

8 oz. Item #7836.2

## Lungs Plus

Contains Mullein, Wild Cherry Bark, Chestnut, Astragalus Root, Peppermint, Coltsfoot, Plantain, Chickweed, Pleurisy Root, Elecampane Root, and Horehound. Use when a stronger formula is needed to support the lungs.

2 oz. Item #7820.1

8 oz. Item #7820.2

## Lung Tonic

A potent version of Lungs Plus (without coltsfoot) for use during pregnancy or for those who need the benefits of Lungs Plus use on a long-term basis such as for Asthma.

Item #7802.2 8 oz. only

## Lympha Rub

A soothing essential oil combination of lemon, cajeput, lavender, clove, myrrh, and chamomile. Use just a few drops on lymph and throat.

Item #7880 1/2 oz. **\$5.95**

## NR Glow

Contains Echinacea, Oregon Grape Root, Pau D'Arco, Red Root, Astragalus Root, Red Clover, Peppermint, Licorice, Thyme, Ginger and Capsicum. A specialty for immune support.

2 oz. Item #7890.1

8 oz. Item #7890.2

## N-R-G Feeling Tired or Worn out?

An invigorating and stimulating herbal formula that is used to strengthen the overall body systems and increase vitality. Contains Cornelian Asiatic Cherry, Rehmannia Root, White Peony Root, Ophiopogonis Tuber, Polygonum Root, Ginseng Root, Xi yang, Chinese Angelica Root, Hoelen, Hong Jin Tiang, Tangerine Peel, Licorice Root, and Chrysanthemum Flower.

Item #7822.2 8 oz. only

### Herbal Pricing

**2 oz. \$9.95 ea.**

**8 oz. \$24.95 ea.**

**Flip-Top Caps for 8 oz.  
bottles - 20¢ ea.**  
(Item #7800)

**Exceptions are noted**

**Please note that Tri-Light  
supplements are not  
returnable.**

Consult the Mother's  
Guide on page 37.

**Invest In These  
Best-Selling  
Combos and  
SAVE!**

**Cold & Flu Combo #1**

1 - Yummy Yarrow 8-oz.  
1 - ViraMune 8-oz.  
1 - Lungs Plus 8-oz.

Item #7896 **\$69.95**

**Cold & Flu Combo #2**

1 - Echinacea & Thyme 8-oz.  
1 - ViraMune 8-oz.  
1 - Lungs Plus 8-oz.

Item #7897 **\$69.95**

**Original Herbal  
Minerals**

Alfalfa, Oatstraw, Shavegrass, Red Raspberry, Peppermint, Chamomile, Yarrow, Chickweed, Borage, and Dill. This tasty herbal formula combines naturally Calcium- and Potassium-rich herbs to strengthen the entire body.  
Item #7895.2 8 oz. only

**P-M-S Relief**

Contains Chinese herbs used to reduce the symptomatic irritability, nervousness, emotional instability, sensitivity, swelling, and cramping associated with PMS. Also used to cause the menstrual flow to proceed and stop efficiently without spotting. Very helpful.  
Item #7837.2 8 oz. only

**Peace Treaty**

Valerian Root, White Willow Bark, Scullcap, Passion Flower, Hops, Catnip, Cloves and Chamomile. A calming combination used at night or when needed to support the nervous system.  
2 oz. #7830.1 8 oz. #7830.2

**Peppermint &  
Chamomile**

Includes Catnip and Passion flower. A soothing and delicious formula used to support the stomach and digestive system.  
2 oz. #7834.1 8 oz. I#7834.2

**Scout Out**

Combines Echinacea, Goldenseal, St. John's Wort, Mullein, Yellow Dock, Red Clover, Honeysuckle Flowers, Myrrh, Yucca Root, Rosemary and Cloves. A powerful herbal combination which supports Sinus, Ear, Respiratory and Immune systems.  
2 oz. #7845.1 8 oz. #7845.2

**Invest In A Home  
Health Chest**

**Sinus Minus**

Yerba Santa, Mullein, Green Stevia, fennel, Echinacea Angustifolia, Usnea, Goldenseal, and ginger root. A very strong and effective combination used in bronchial, sinus, asthma, and hay fever relief. Also helps to loosen and expel mucus from the body during sinus congestion.  
2 oz. #7842.1 8 oz. #7842.2

**Soothing Salve**

For skin problems such as cuts, mouth cankers, poison ivy. Contains Comfrey Leaf Powder, Golden Seal, essential oils of: Camphor, Tea Tree, Wintergreen, Peppermint, Myrrh.  
Item #7851 1/2 oz. **\$5.95**

**Throat Coat**

Contains, honey, lemon, wild cherry bark, lime, and molasses with essential oils of thyme, wintergreen, peppermint, and tea tree. 8oz. size comes in a pump spray bottle.  
2 oz. #7865.1 8 oz. #7865.2

**Tummy Plus**

Peppermint, Catnip, Fennel, Marshmallow, Oregon Grape Root, Licorice and Ginger. A stronger formula used for stomach and digestion.  
2 oz. #7870.1 8 oz. #7870.2

**Tri-Iron**

Nettle Leaf, yellow dock, red raspberry, and lemon balm. Formulated specifically to meet the special blood expanding needs of pregnant and nursing women. Combines herbs naturally high in iron and factors that increase iron absorption in the body without causing constipation.  
Item #7866.2 8 oz. only

**Triple Echinacea &  
Goldenseal**

Echinacea Angustifolia Leaf, Echinacea Purpurea Leaf, Echinacea Angustifolia Root, Goldenseal Root. Powerful combination of immune boosting and infection fighting herbs used for fighting colds & flu.  
2 oz. Item #7807.1  
8 oz. Item #7807.2

**(cont. on next page)**

**Consult the Mother's  
Guide on page 37.**

**The Superiority  
of Liquid Herbs**

**1. Quick Assimilation**

Liquids assimilate in 15-20 minutes.

**2. Fast acting**

Active ingredients are more bio-available with quicker results.

**3. Pleasing taste**

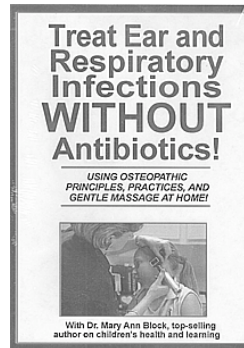
Glycerine based formulas have a more pleasing taste than dry herbs or alcohol-based formulas.

**4. Superior extraction method**

The low heat extraction process using glycerine produces a more effective product.

**5. Easily digested**

Active constituents are more efficiently absorbed.



**The Block System for  
Treating Ear and  
Respiratory Infections  
DVD**

A how-to DVD for parents based on *No More Antibiotics*. Dr. Block demonstrates techniques which help to drain the eustachian tubes and stimulate the immune system. The easy-to-follow DVD includes step-by-step instructions for treating infants and children, as well as adults with respiratory infections. Very Practical.

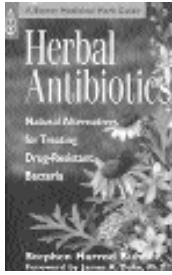
Item #5712.1 **\$24.95**

## Herbal Antibiotics

Natural Alternatives For Treating Drug-resistant Bacteria

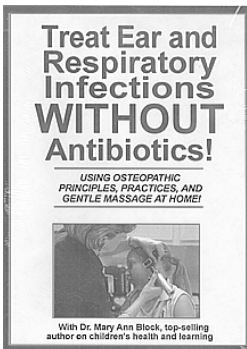
by Stephen Harrod Buhner

We've all heard that through the indiscriminate use of pharmaceutical antibiotics in hospitals and factory farms, humans have created "superbugs" which are developing resistance to antibiotic compounds at an alarming rate of speed. This book explains the problem and offers insight on how to remedy the situation, and in the process explains why herbal antibiotics are often superior to drugs and why they do not lend themselves easily to bacteria resistance. You will learn how antibiotic herbs represent our best defense against certain bacteria and how to use these botanicals effectively. 135 pp.



Item #5765 **\$12.95**

**Consult the Mother's Guide on page 33.**



## The Block System for Treating Ear and Respiratory Infections DVD

A how-to DVD for parents based on *No More Antibiotics*. Dr. Block demonstrates techniques which help to drain the eustachian tubes and stimulate the immune system. The easy-to-follow DVD includes step-by-step instructions for treating infants and children, as well as adults with respiratory infections. Very Practical.

Item #5712.1 **\$24.95**

## UriCare

Dandelion, Marshmallow Root, Cornsilk, and cleavers herb. A formula used for bed wetting and urinary tract infections.

2 oz. Item #7805.1

8 oz. Item #7805.2

## ViraMune

Yarrow, Myrrh, Red Clover and Oregon Grape Root. Supports the throat, ear, lymph and immune systems. An all around excellent cold and flu product which supports the Throat, Ear, Lymph and Immune systems.

2 oz. Item #7874.1

8 oz. Item #7874.2

## White Willow & Feverfew

An herbal TincTract™ of the finest White Willow and Feverfew. Used for headaches and aches and pains.

2 oz. Item #7855.1

8 oz. Item #7855.2

## Wild Cherry Coffaway -

Used by children in place of cough syrup. Also includes Spikenard Root, Whole Elder Berries, Cinnamon Chips and Licorice Root.

2 oz. Item #7850.1

8 oz. Item #7850.2

## Worm Out

Black Walnut, Wintergreen, Cinnamon, Pau d'Arco, Thyme, Chamomile, Burdock, Catnip, Wormwood and Cloves is a great tasting antiparasitic formula. (Eat light and use garlic, pumpkin seeds and figs as supplementary foods while using Worm Out.)

Item #7876.2 8 oz. only

## Yummy Yarrow with Elderberry

Includes Elder Flowers and Whole Elder Berries. An old pioneer tonic originally called "Children's Composition Formula" by herbalist Steven Home. This simple winter combination also benefits the Blood, Digestive, and respiratory systems.

2 oz. #7840.1 8 oz. #7840.2

## Herbal Pricing

2 oz. **\$9.95 ea.**

8 oz. **\$24.95 ea.**

**Flip-Top Caps for 8 oz. bottles - 20¢ ea.**

(Item #7800)

**Exceptions are noted**

**Please note that Tri-Light supplements are not returnable.**

## Pregnancy Formulas

by Shonda Parker

### Morning Soothe

For morning sickness. Ginger, Lemon Balm, German Chamomile, Red Raspberry, Peach Leaf. Contains many herbs used to settle the stomach. May be used every 2 hours.

Item #7809.2 8 oz. only

### B-Fruitful

For infertility. Squaw Vine, Black Haw, Ginger, Vitex, False Unicorn, True Unicorn Root. Designed to provide hormonal balance for women desiring regular menstrual cycles that provide a good healthy environment for fertility. To be taken the entire month of the menstrual cycle and stopped after pregnancy is confirmed by weaning off in three to five days.

Item #7811.2 8 oz. only

### Mastitix

For mastitis. Echinacea Herb, German Chamomile, Red Root, Baptisia Root, Boneset, Yarrow, Elderflower and Usnea.

Item #7812.2 8 oz. only

### Snooze - EZ

For insomnia. Skullcap, German Chamomile, Passion Flower, Valerian, Oatstraw, and Linden Flower. Designed to induce a restful sleep that will not cause morning "hangover".

Item #7813.2 8 oz. only

### Sinus Survival

*The Holistic Medical Treatment for Allergies, Asthma, Bronchitis, Colds, and Sinusitis*

by Robert S. Ivker, D.O.

This self-help guide offers the most current medical advice for healing not only sinuses but also many other common respiratory conditions. Recommendations



range from practical diagnostic tips to a variety of conventional, natural, and preventive measures. If you or anyone you love has suffered repeated colds, bronchitis, sinusitis, asthma, or allergy problems, this comprehensive guidebook is indispensable. Disclaimer: The technical/scientific part is very well done however there is some philosophical info we do not agree with. 342 pp.

Item #5717 **\$13.95**



NEW!

# Shonda Parker

NEW!

## The Naturally Healthy Woman

*The Essential Guide For Women Pursuing A Long, Naturally Healthy Life* by Shonda Parker

Finally, revised and expanded! Shonda's books are recommended for their gentle, common sense advice from a Christian perspective. Lifelong nutritional and lifestyle choices affect women from puberty through the child-bearing years. NHW offers both practical helps to conceiving and maintaining a healthy pregnancy. Women can learn to take charge of their own health and to make wise choices about health care.

Item #5724 **\$24.95**



## The Naturally Healthy Pregnancy

*The Essential Guide To Nutritional And Botanical Medicine For The Childbearing Years*

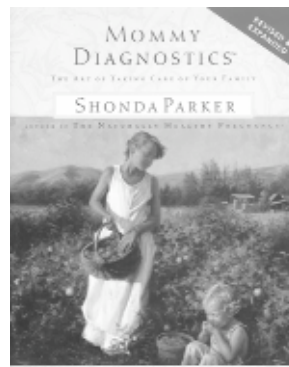
by Shonda Parker  
Revised and Expanded! A book for women that: \* details a healthy diet for pregnant women, \* clearly defines how the body changes during pregnancy, \* provides research documented recommendations for herbal medicine use during the childbearing years, \* encourages moms and dads to assume their God-given responsibility for their health and their baby. Learn how to administer herbs, figure exact dosages, and determine length of treatment for effective self-care, and much more. A warm and personal style coupled with a Biblical perspective.

Item #5933 **\$24.95**

## Mommy Diagnostics™

by Shonda Parker  
Revised and expanded! The Naturally Healthy Family moms can practice **Mommy Diagnostics** too, or so says the 100% revised and expanded edition. "Family health care is an art that mothers practice on a daily basis. We observe our children. We evaluate the need for intervention. We medicate as necessary. We seek other opinions when appropriate." **Mommy Diagnostics** encourages, educates, and equips mothers in the learning process of family health care. Shonda gives clear information from a Christian perspective. 404pp.

Item #5713 **\$19.99**



**Buy 2 or more and save!**

### Shonda Parker Combos!

**Naturally Healthy Woman** and **Naturally Healthy Pregnancy**

Item #5724.1 **\$44.95**

**Get all 3 titles for a \$10.50 savings**

Item #5724.2 **\$59.39**

**Naturally Healthy Pregnancy** and

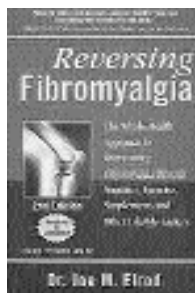
**Mommy Diagnostics** Item #5 713.1 **\$39.95**

## Reversing Fibromyalgia

*Treat and Overcome Fibromyalgia and Other Arthritis-Related Diseases*

by Dr. Joe M. Elrod  
Aches, Pain, Depression, and Fatigue can be telling signs of a recently emerging disorder, fibromyalgia, related to arthritis but also vastly different. Lack of information has produced only minimally effective treatments and often conventional medical treatment says that fibromyalgia is untreatable. It is treatable and this straight-forward, step-by-step book will bring hope to the millions of people battling this debilitating syndrome. 217pp

Item #5734 **\$16.95**



## A More Excellent Way

*The Spiritual Roots Of Disease* by The Ministry of Pastor Henry Wright.

**A Must Read!!** The medical profession claims that up to 80% of disease has no organic origin. We have been convinced that the roots to many degenerative diseases reaches beyond bad luck, genes and nutrition, and in this book, Pastor Wright gives fascinating insights into the spiritual roots of disease as well as many blocks to healing. Specific diseases are discussed such as chronic fatigue, heart disease, fibromyalgia, sleep disorders, cancer, allergies, plus many more. The insights are quite compelling. This book opens up a new dimension of health. 293pp.

Item #5783 **\$24.95**



# Building Health Knowledge

## Organic Body Care Recipes

175 Homemade Herbal Formulas for Glowing Skin & a Vibrant Self

by Stephanie Tourles

This is the updated and revised version of The Herbal Body Book. This best seller tells how to transform common herbs, fruits, and grains into safe, economical and natural personal care items. Contains over 100 recipes to make facial scrubs, hair rinses, shampoos, soaps, cleansing lotions, moisturizers, lip balm, toothpaste, powders, insect repellent and more. Includes preparation times, yield, storage, and usage tips. There are dozens of ideas on how to personalize each product to give as a gift. 256 pp.



Item #5772

**\$16.95**

## Cook Your Way To Wellness DVD

by Maria Atwood, CNHP/WAPF leader

Watching this DVD is like having a Titus 2 older experienced woman, right in your kitchen. Sally Fallon recommends this 90 minute class for beginners because Maria demonstrates and teaches some of the basics of traditional lacto-fermented foods as discussed in **Nourishing Traditions**. Demonstrations include making Sauerkraut, Salsa, Kefir, Whey, Kvass, Crispy Nuts, and Kombucha, as well as how to make a highly nutritious real bone broth, and more. The friendly/beneficial microbes used in these methods will significantly improve your digestion and, ultimately, your overall health. (Does not work in International DVD players.)



Item #5313

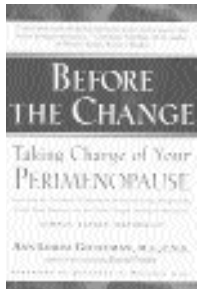
**\$39.95**

## Before The Change

*Taking Charge Of Your Perimenopause Simply, Safely, Naturally*

by Ann Louise Gittleman, M.S., C.N.S.

The author writes some of the clearest, most common sense better-health books available, and this new title is no exception. She explains the symptoms of perimenopause and offers a self-diagnosis quiz, details safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs, and natural hormones. I like the ways she uses nutritional information to address the many various symptoms associated with perimenopause. Highly recommended. 252 pp.



Item #5770

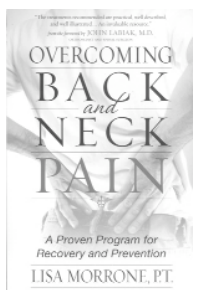
**\$14.95**

## Overcoming Back and Neck Pain

*A Proven Program for Recovery and Prevention*

by Lisa Morrone, PT

In the spirit of avoiding a treadmill of prescription drugs with no lasting cure, the author has written a well-ordered book with clinically proven effective exercises, plus guidelines for lifestyle adjustments for back and neck problems. She shows us how to strengthen and stretch key muscles as well as address the "inside issues" that affect healing. This book will help you gain freedom from pain and regain a fulfilling life. Item #5721



**\$12.99**

## A.D.D. The Natural Approach

by Anderson and Peiper

Natural solutions to A.D.D. and Hyperactivity work in most cases. In particular, proper nutrition, especially minerals, not drugs, are effective. This short book takes a look at the nutrient components of a good diet 40 pp.



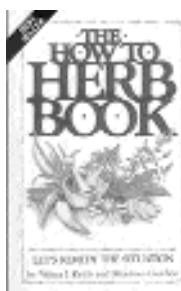
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**\$4.95**

## The How To Herb Book

*Let's Remedy The Situation*

by Velma Keith and Monteen Gordon



A best selling herb book that will give you practical, concise information in an easy reference form. **The How To Herb Book** stresses common and easily available herbs which have been selected for effectiveness, ease of use, and have been time-tested. This book is for those of you who wish to take responsibility for your health problems by preparing your own capsules and more.

Information on diets, juice fasts, exercise, pregnancy, babies, and much more is included. It is an indispensable book designed for quick reference and how to's. No theory here, just useful and practical information that you can implement at home. 256pp.

Item #5742

**\$13.95**

## Herbal Teas For Lifelong Health

by Kathleen Brown and Jeanine Pollak. This short book provides everything you need to know about brewing herbal teas; making tinctures, elixirs, and syrups; how to obtain, dry, and store herbs; and most importantly, wonderful tea blend recipes for better health. 32pp.

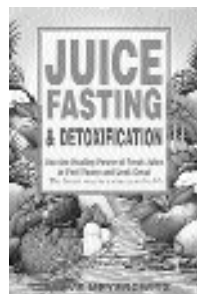


Item #5702

**\$3.95**

## Juice Fasting & Detoxification

by Steve Meyerowitz



Your body is designed to heal by allowing fasting and juice therapy to revamp your health from the inside out. Fasting and detoxification is considered a missing link in American nutrition and modern medical care. Includes info on fasting on raw fruit & vegetable juices, water, detoxification, weight loss techniques, fasting while working, exercises, and how to come off a fast safely. Good information however we do not subscribe to the author's spiritual views. 168 pp.

Item #5709

**\$10.95**

## Celebrate Simply

*Your Guide To Simpler, More Meaningful Holidays and Special Occasions*

by Nancy Twigg

Nancy has created an indispensable guide that should be on every family's book shelf! If you wish to avoid the stress and debt of celebrations and desire instead to focus on relationships instead of the "stuff" associated with celebrations you will want to add this book to your family library. Provides a simpler approach to Christmas, Easter, Thanksgiving, Valentine's Day, Mother's and Father's Day, Wedding celebrations, and other holidays. 182 pp.



Item #5086

**\$10.99**

## The Seasons of America Past

by Eric Sloane

How did our ancestors live? It's easy to think in our modern era that life wasn't too different except for the absence of technology. Author Eric Sloane paints a very interesting picture of how life was different, but more importantly, how the thinking and philosophy behind daily life of our ancestors was far apart from ours today. In our fast-paced, hurried lifestyles he relates how speeding up our lives, our "seasons", if you will, has been to our detriment, particularly in how it has negatively impacted our health, nutrition, families, and culture. Using the passage out of Ecclesiastes, "To every thing there is a season, and a time to every purpose under heaven," the author provides a fascinating insight into the world of yesterday that speaks volumes for our lives today. 150pp.



Item #6102

**\$11.95**

## Living More With Less

by Doris Longacre Jansen

A wealth of practical suggestions for simplifying come to us by way of the Mennonites. Filled with living testimonies of how real people learned to live with less in the areas of money, clothes, homes, transportation and travel, celebrations, eating together, and more. You will find this book thought provoking, inspiring, and practical; it helped our family transition from 2 incomes to one and to seriously address this topic without any frills or half-baked ideas. A classic! 295pp.

Item #5371

**\$12.99**

### 30-Day Money-Back Guarantee

I am so confident you will like any of the books I am offering a full refund for books returned in new condition within 30 days.

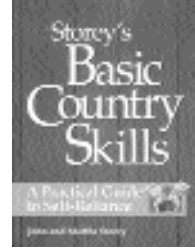
# Living Simply

## Storey's Basic Country Skills

*A Practical Guide to Self-Reliance*

by John and Martha Storey

This book is an encyclopedia of practical information on almost any and every topic relevant to country living and self-reliance. Everything from water supply and plumbing, country cooking and stocking up food, to small scale farming methods, to lawn, garden, birds, berries, and greenhouses and much more are covered in this thick, beautifully illustrated volume. Would you like to know how to make old-fashioned root beer, or ice cream? Or to make maple syrup, jams and jellies, herbal vinegars, or how to make yogurt, cheese, and butter? You'll learn how to do all of these and much more in this treasury of time-honored country wisdom. Step-by-step instructions feature a multitude of projects from how to milk a cow to rewiring a house. 556 pp.



Item # 5190

**\$24.95**

## Clean & Green

*The Complete Guide To Nontoxic and Environmentally Safe Housekeeping*

by Annie Berthold-Bond

If you are looking for alternatives to today's often hazardous cleaning products for use around the home you may want to consider the 485 Ways to clean, polish, disinfect, deodorize, launder, and remove stains that this book claims to do. If you are dealing with allergies to chemicals in your household or are simply concerned about the use of modern chemicals this is the book for you. Comprehensively covers all areas in the home and includes resources and suppliers. 159pp.



Item #5077

**\$9.95**

## The Naturally Clean Home

*101 Safe And Easy Herbal Formulas For Nontoxic Cleansers*



Did you know that the air in your home might have chemical contamination levels 70 times greater than outdoor air? And the culprits are lurking right under your kitchen sink. If you think it is time to learn how easy it is to make your own safe, nontoxic, effective alternatives to commercial cleaning products by combining the anti-bacterial and antiseptic properties of herbs and essential oils with other natural ingredients, The Naturally Clean Home will show you how. Learn to restore the rug with rosemary, soften fabrics with lemon, clean the oven with orange and much more. 169 pp. by Karyn Siegel-Maier.

Item #5025

**\$12.95**

**Meet me at my blog**

**[www.marilyn.moll.com](http://www.marilyn.moll.com)**

**for info, contests, and just plain fun!**

# Exciting Family Stories

## Choice Stories For Children

This book contains nearly forty stories written during the late 1800's and they all were designed to build good character. Perfect for read-aloud or fourth grade and up reading level. 144pp.

Item #6141

**\$6.95**



## Little Susy Stories

Written by Elizabeth Prentiss, author of *Stepping Heavenward*, you will discover "three books in one volume" of endearing and wonderful stories to be read to children six and up. Many lessons are presented to the young reader through Susy's Six Birthdays. Susy's Teachers (such as wisdom, love, sorrow, sickness, patience, and others), gently instruct adults and children in behavior and how God uses every detail of our lives. 260 pp.

Item #6147

**\$7.99**



## Tiger Tom And Other Stories For Boys

More memorable stories from the 1800's help build the character of boys. I find that if the stories are read aloud they are more appreciated than if given as assigned reading. 224pp.

Item #6144

**\$6.95**



## Sabbath Readings For The Home Circle

A Collection of nearly 60 stories and over 30 poems gathered from church papers in 1877. Nearly every phase of life's experiences is covered, illustrating lessons designed to build good character. Raymond Moore says, "This is one of the best selections of old fashioned 'character building' I know." 400pp.

Item #6151

**\$10.95**



## The Flower of the Family

by Elizabeth Prentiss

This is the touching story of Lucy, the second child of ten whose family is often threatened by poverty. See how the family finds a sanctuary in God despite the trials, tribulations, and cares of this world. 208pp.

Item #6148

**\$7.99**



## Studies In Character Building

A Book For Parents by Ella Easton Kellogg

*Studies In Character Building* was written nearly a century ago for training "mothers" in a home for children. It's pages are full of wise child training about obedience, self-control, spiritual and physical nurture, perseverance, dealing with common faults, truthfulness, employment for little fingers, and much more.

Item #6153

**\$10.99**



## Your Story Hour

### "Great New Stories" CD Series

Our kids have listened and re-listened to fascinating dramatized historical story CDs from the **Your Story Hour Series**. Each of these volume comes with **6 CDs** with 60 minutes on each CD. In addition to the accurate historical portrayals, the true life adventures teach honesty, obedience, and other character traits.

All albums are **\$22.50 ea.**

#### Great New Stories Vol. 1 - Item #6286

1. The Bravest One/The Emerald Violin
2. We Bixby's Stick Together/Betsy's Peanut Butter Manna
3. All Things For Andrew/A Sheaf Of Grain
4. The Raven & The Ring/Little Elm
5. Fanny Crosby Pt. 1/Fanny Crosby Pt. 2
6. The Gunner Wore Petticoats/Johann Bach

#### Great New Stories Vol. 2 Item #6287

1. George Washington Pt. 1/ G. Washington Pt. 2
2. G. Washington Pt. 3/ G. Washington Pt. 4
3. Henry Ford Pt. 1/Henry Ford Pt. 2
4. Honey Creek Heroine/The Autograph
5. Darcy's Fall/The Good Neighbor
6. Sandy's Singing/The Clock Struck Ten

#### Great New Stories Vol. 3 Item #6288

1. Robert E. Lee Pt. 1/Robert E. Lee Pt. 2
2. Robert E. Lee Pt. 3/Robert E. Lee Pt. 4
3. Johnny Appleseed Pt. 1/J. Appleseed Pt. 2
4. The Daring Locomotive Chase Pt. 1 and 2
5. Sacajawea Pt. 1/Sacajawea Pt. 2
6. The Girl Astronomer/Precious Burdens

#### Great New Stories Vol. 4 Item #6289

1. The Lady Of Longpoint/A Dog Named Bear
2. Elizabeth - Girl Dr./Elizabeth - Lady Dr.
3. Jamie - Where Are You/Gold Medal Twins
4. Grandma Miller's Farm/A New Little Kid
5. The Yellow Fever Fighter/Lost
6. The Brown Van/God Bless

#### Great New Stories Vol. 5 Item #6290

1. Sojourner Truth Pt. 1 & 2
2. Hudson Taylor Pt. 1 & 2
3. & 4. John Newton Pt. 1, 2, 3 & 4
5. & 6. Eleanor Roosevelt Pt. 1, 2, 3, & 4

#### Great New Stories Vol. 6 Item #6291

1. Mystery Of The Open Window/Mystery Of The Disappearing Hole
2. Lunch Money/A Lot Of Secrets
3. Christmas Angel/Angel Of The Harp
4. Celestina's Miracle/We're About To Kill You (story of God's intervention and protection)/God Is Alive
5. A Mother's Heart/Asleep On Duty
6. A Woman Of Small Importance/An American Army Of Two

#### Great New Stories Vol. 7 Item #6292

1. & 2. Paul Revere Pt. 1, 2, 3, & 4
3. Eli Whitney Pt. 1 & 2
4. Mary Jemson Pt. 1 & 2
5. Sybil Ludington/Lucretia Mott
6. Gold, Loneliness & Letters/Thundering Hoofbeats

## Henty Audio Series

**Unabridged!**

The Henty works of historical fiction have offered children a twaddle-free alternative to modern children's literature. A few years ago, I wanted to interest my son in the Henty Series of historical fiction and I purchased **With Lee in Virginia** audio tapes. He listened, re-listened, and listened again to that tape and asked for more Henty books on tape and continues to do so to this day.



The result has been gratifying. Not only does he speak intelligently about historical events, but he has been inspired by powerful and positive character qualities exhibited in these engaging, high adventure, high drama stories.

**If you would like to expose your children to history in a fun way, inspire your family with excellent role models, and expand your vocabulary, then LISTEN TO A HENTY!**

These **unabridged** audio editions are available in **MP3-CD** format and include a total of 13 hours of listening per album.



Every title is full of action, history, Godly role models, and new vocabulary. And they can be listened to almost anywhere, any time!

**MP3-CDs are \$18.95**

**Buy any 3 for \$50.00!**

### **True To The Old Flag**

A Tale of the American War of Independence

Item #6218

### **The Dragon and the Raven**

The Days of King Alfred and the Viking Invasion

Item #6220

### **Beric The Briton**

The Roman Invasion - 61 AD

Item #6210

### **With Lee In Virginia**

American Civil War - 1860 AD

Item #6211

### **In Freedom's Cause**

Wallace and Bruce - 1314 AD

Item #6212

### **Winning His Spurs**

The Crusades - 1190 AD

Item #6214

### **With Wolfe In Canada**

Winning Of The Continent - 1759 AD

Item #6216

### **The Cat of Bubastes**

A Story of Ancient Egypt

Item #6217

### **By Right of Conquest**

With Cortez in Mexico  
MP3 Item #6219

### **Under Drake's Flag**

The Spanish Main - 1580 AD

Item #6215

### **For The Temple**

The Fall Of Jerusalem - 40AD

Item #6213



## Audio Adventures

### **The Jonathan Park Audio Adventure Series**



*Radio Drama from Vision Forum!*

I was given a sample CD from the Jonathan Park Adventure Series to review. After the first two episodes, my kids were hooked and begging for the rest.

Each fast-paced, half-hour episode, developed by the Institute for Creation Research, gives families an example of how their Christian worldview plays itself out in everyday life. The stories are fictitious, but the creation data presented is based on real research gathered, and the settings for the stories are based on actual geographic locations. **Each album contains 12-28 minute episodes.**

**Each album is \$24.95**

**Buy all 5 albums for \$105.00!**

### **Volume I: The Adventures Begin**

Meet the Park and Brenan families along with the Eagle's Nest Gang as they uncover the secrets of the hidden cave and embark upon a journey of discovery that forever alters the course of their lives.

CD Item #6230

### **Volume II: No Looking Back**

The second album in this exciting audio series, features twelve new episodes. Building on the fossil-digging explorations of Volume I, Jonathan and his family pursue a new dream: opening a dinosaur graveyard, a giant cave, and a creation museum. Captivating!

CD Item #6231

### **Volume III: The Winds of Change**

The third album in this exciting audio series, features twelve new episodes. Join the Park family as they continue their adventures as they travel to the ancient city of Ur, research unfossilized dinosaur bones in Alaska, join a scientific mission into the eye of a hurricane, and more! Exciting!

CD Item #6232

### **Volume IV: The Hunt For Beowulf**

When a professional artifacts thief steals the original Beowulf manuscript, the Creation Response Team travels to far-flung places around the globe to get it back. Full of real scientific discoveries in harmony with the Word of God.

CD Item #6233

### **Volume V: The Explorer's Society**

On the heels of their worldwide hunt for the stolen Beowulf manuscript (Vol. IV), the Creation Response Team has been challenged to a "Battle of The Worldviews" on national TV

CD Item #6234

## Rejuvenate with Serene - DVD

by Serene Allison

Are you sick and tired of feeling sick and tired? Serene Allison, Nancy Campbell's daughter, teaches mothers and families the 1-2-3's of healthy eating with raw foods. Serene's goal is to show you how easy and delicious it is to restore vigor, vitality and health by using **whole, raw foods**. Without any legalism, Serene encourages everyone to take baby steps and gradually transition your diet to a higher percentage of delectably, delicious raw foods. She also recommends that you adopt new, delicious alternative recipes before removing some of the old, less healthy favorites. Serene successfully communicates her message with a unique, entertaining, and encouraging style with vital lifesaving information. I am sure both the DVD and her companion cookbook of recipes will change the way you think about food and nutrition and you will soon be on your way to better health. Very highly recommended!



Item #5321

**\$18.95**

## Rejuvenate Your Life Book



Recipes For Energy by Serene Allison

Plenty of raw food recipes for energy and vitality using your blender, food processor, and dehydrator. Contains lots of tips and ideas for using raw foods in your diet. 146 pp.

Item #6034

**\$20.00**

## Rejuvenate With Serene DVD and Book Combo

Item #6035

**\$34.95**

## Homemade Baby Food Pure And Simple

*Your Complete Guide to Preparing Easy, Nutritious, and Delicious Meals for Your Baby and Toddler*

by Connie Linardakis

You can provide your baby with the best foods, right from the start. Homemade baby food is tastier and nutritionally superior to processed, jarred foods --and making it is easier and more economical than you think! With simple ingredients and a few handy hints, you can be serving your baby delicious meals. Chapters include starting solids, preparing homemade baby food, beginner and intermediate recipes for baby, recipes for the toddler's family, Making Seasonal, Holiday and Birthday Foods Fun, recipes for Homemade Craft and baby supplies such as play dough and finger paints. Filled with practical hints and tips to save time, this book is the best resource I know of for starting baby off with nutritious whole foods. Don't forget to purchase a Food Mill & tote (see below) to assist you in preparing healthy fresh food wherever you are. 237 pp.



Item #5380

**\$16.95**

## Mommy Made

*Home Cooking For A Healthy Baby And Toddler*

by Martha and David Kemmel

If you can obtain just one book on introducing solid foods during baby's first year I recommend this one. Homemade baby food is the healthiest, most delicious food your child can have. By making it fresh you can avoid sugar, salt, artificial color, additives, and preservatives. It contains easy to prepare recipes and gives a summary chart of what foods to add each month from 6-12 months. This is one book I wish I had known about when my children were infants. Highly recommended for new moms.



Item #5620

**\$18.00**

## The Cloth Diapering Handbook

*Cloth Diapers Are Back - Are You Ready?*

Information on the benefits of diapering without chemicals and disposables abounds. Author Sarah Kostyu has done all the research on cloth diapering options for you. The book contains the most current and comprehensive information perfect for beginners and experienced cloth diaper users. Full color illustrations, step by step instructions, cover most diaper and diaper cover styles. Instructions on washing, storing, and caring for cloth diapers and all the information needed to get started. Spiral Bound. 138 pp.

Item #3351

**\$23.00**

Meet me at my blog  
[www.marilyn.moll.com](http://www.marilyn.moll.com)

for info, contests, and just plain fun!

## Baby Food Mill & Tote



This small baby food mill is the perfect way to prepare healthy and fresh foods for baby, from cooked meats, fruits, veggies, pastas, etc., where ever you are. It is simple to use, lightweight, strains and purees, and removes seeds. No batteries or electricity needed, dishwasher safe and easy to clean. The perfect gift for a new mom.

Item #3350

**\$14.95**

**Purchase any 6 books or more  
and receive a 10% book discount!**

**PLUS**

**A FREE downloadable Phone Seminar  
recording of your choice!**

Exceptions are noted on book descriptions

# Tips For Child Training

## You Can Raise A Well Mannered Child

At last, a book for training children that addresses how to meet and greet people, being the perfect guest or gracious host, telephone etiquette, table manners and much more! Teach your children courtesy and social graces. The author's book is based on hundreds of classes taught to children, teens, adults and Fortune 500 executives who also realize that in today's academic and business environments, good manners are the people skills which will give a valuable competitive edge. She even includes the biblical foundations for manners, do's and don't's, handling food, and more. 198 pp. by June Hines Moore



Item #6310

**\$12.99**

## To Train Up A Child



"The author says that training is a technique that always works on every child. To neglect training is to create misery for yourself and your child." Learn how Godly discipline combined with training can lead to total obedience. As you learn the difference between training and discipline you will have a renewed vision for your family. If you believe as I do that today's psychological methods have failed and you are ready to

study a book full of Biblical and time tested truths, and real-life illustrations drawn from the Amish community where the authors live you will appreciate their wisdom. 108pp. by Michael & Debi Pearl

Item #5967

**\$5.95**

## Child Training Tips

*What I Wish I Knew When My Children Were Young*  
by Reb Bradley

This is the best as well as the most practical book on parenting I know of. You will be challenged and encouraged. Some of the topics addressed include:

- \* Can children obey when spoken to calmly the first time?
- \* What is a "child-run" home and how can parental control be regained?
- \* Can different children be held to the same standard?

Richard Fugate says, "Reb Bradley has given Christian parents a wealth of good, practical advice in 'Child Training Tips'. I recommend his book to all parents." 160p.

Item #5964

**\$10.95**



## Shepherding A Child's Heart

This book came to me highly recommended by numerous homeschool moms. What I found was profoundly wise, simple, and Godly counsel on how to speak to the heart of my children. Luke 6:45 puts it this way: "out of the overflow of the heart the mouth speaks." This book will satisfy your hunger for fresh biblical approaches to child training. Dr. David Powlison of Westminster Theological Seminary says this: "Ted Tripp knows what he is talking about and he knows who he is talking to. He knows children, he knows parents and he knows the ways of God. This book teaches what your goals should be and how to pursue these ends practically." 237pp. by Ted Tripp



Item #5920

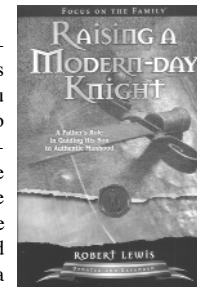
**\$13.95**

## Raising a Modern-Day Knight

*A Father's Role In Guiding His Son To Authentic Manhood*

by Robert Lewis

Using the medieval custom of knighthood as a metaphor for shaping boys into men, this book will show you how to confidently guide your son to authentic, biblical manhood. It provides a clear understanding of mature masculinity - a vision you can pursue together with your son! You'll be "armed" with tools, methods, and ideas to help you raise him into a chivalrous, godly man, plus the know-how to proactively guide and commemorate his growth. 168 pp Updated and expanded.



Item #5977

**\$13.99**

## The American Boy's Handy Book

*What To Do And How To Do It*

by D.C. Beard

Written in 1882. The author suggests, in particular, that money spent on boys is best spent upon tools and appliances rather than toys and other fancy sporting apparatus. My son Stephen's imagination was captured as he and Dad built a full size "ice boat" out of simple materials around the home. Other projects will have boys learning how to make and stock an aquarium, construct a water telescope, how to camp out without a tent, how to build 10 kinds of boats, do bird calls, make squirt guns, and so much more. If you're are looking for projects to make with your son, this book is filled with fascinating projects made with simple materials that are guaranteed to teach and amuse for hours. 441 pp.



Item #6026

**\$12.95**

## Homeschooling At The Speed of Life

*Balancing Homeschool and Family*

by Marilyn Rockett I'm excited that at last there is this book to offer some solutions to help restore and maintain a welcome order to your home and school. This friendly, all-in-one resource will help you focus on what is most important and show you step-by-step how to make wise choices about priorities, de-clutter your home, tame the paper mon-

ster, teach your children important life skills... and more! You'll also find here a healthy dose of encouragement, and useful tools including a bonus CD-Rom explaining Marilyn's easy and versatile File-a-Plan organizing system to enable you to keep organized records!

Item #6046

**\$17.99**



## Doorpost Books

### For Instruction In Righteousness

*A Topical Reference Guide for Biblical Child Training*  
by Pam Forster

A handbook to help you use the Bible as you train your children. Use as a reference during everyday discipline situations, as a manual for family Bible study and worship, and as a guide to personal Bible study. Pam Forster includes very practical ways to take the truths of scripture and use them as a pattern for practical discipline and reward ideas that you can use with your children. Well worth the cost, you will use this book for years. 300pp. Spiral Bound.



Item #5919

**\$30.00**

### Polished CornerStones

*Projects For Girls On The Road To Womanhood*  
by Pam Forster



This book is for daughters and contains hundreds of practical activities and Bible study ideas to help you and your daughters prepare for their future roles as helpers, wives, mothers, church members, and citizens. The emphasis in this book is what the Bible has to say regarding Godly character traits such as reliability,

loyalty, diligence, submission, organization, patience, and much more. Many of the projects cover Bible, research, composition, and vocabulary. Also includes a chapter on finances, gardening, and hospitality. 570pp

Item # 6076

**\$45.00**

### Memory Verses For Daughters On The Path To Womanhood

This book is an excellent supplement to, and compilation of, all the memory verses used in Polished Cornerstones all in one place, organized by topics. Because Polished Cornerstones grew to be such a large volume, Doorposts chose to print out all of its suggested memory verses in a separate companion book. Verses are fully quoted in the King James Version. Use this book to make your selection of memory verses easier, or as an individual memory book for each daughter. See our web site for a complete listing of the topics covered. 68pp

Item #6084

**\$5.50**

### Plants Grown Up

*Projects For Sons On The Road To Manhood*  
by Pam Forster

One copy of this book will provide enough material to keep a house full of boys busy from the time they can recite a memory verse until the day they get married! Contains hundreds of practical activities and Bible study ideas to help your sons prepare for their future roles as employees, employers, husbands, fathers, church and community leaders. Start with boys of any age. 532 pp.



Item #6075

**\$45.00**

### Plants Grown Up Memory Verse Book

This book is an excellent supplement to, and compilation of, all the memory verses used in the bigger text, all in one place, organized by topics. An excellent, organized source of scripture memory verses for our young men that includes little check-off boxes for each verse successfully memorized. 68 pp.

Item #6083

**\$4.50**

## Doorposts

### Charts Collection

*These charts are a great help for disciplining children Scripturally based, and economically priced.*

#### Checklist for Parents

A Doorposts booklet containing a series of 25 questions designed to help parents examine themselves in light of God's Word. Organized under 6 areas of responsibility (love, prayer, instruction, protection, provision, and example), each question is followed by Scripture verses which explain what God requires of us as parents. A very helpful tool for parents serious about self-examination.

Item #6079

**\$3.50**

#### Brother-Offended Checklist

A chart-and-book set that helps teach your children to follow Scriptural instructions when responding to those who have wronged or offended them.

Item #6082

**\$9.00**

#### The Blessing Chart

This chart is designed to help acknowledge and reward godly attitudes and behavior, in a way that is patterned after Scripture. Based on the ideas listed in For Instruction In Righteousness, this chart comes with a booklet of ideas for rewards that relate to God's rewards in our lives.

Item #6078

**\$6.00**

#### If Then Chart

This chart lists out what to do when your children disobey, so the children know what to expect when they are disobedient.

Item #6077

**\$5.50**

#### A Day of Delight

*Making Sunday The Best Day Of The Week*

Doorposts booklet with dozens of creative ideas to help make Sunday a unique and joyous day of rest and celebration for the whole family (even Mom!). Good source of ideas for family worship times, too! Kids love this!

Item #6080

**\$5.50**



# Training Your Daughters

## So Much More

*The Remarkable Influence of Visionary Daughters on the Kingdom of God*

by Anna Sofia and Elizabeth Botkin

Discover the practical, biblical solutions for the young woman who wants to do so much more than just “survive” in a savagely feministic, anti-Christian culture. This book exposes the feminist lies that have indoctrinated our western culture and, in some cases, have crept into the church. I was shocked, convicted, encouraged, challenged, and blessed by the authors. Appropriate for teen girls through adult. Hardcover. 352 pp.

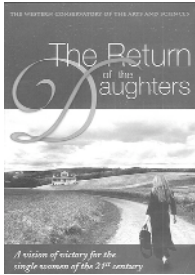


Item #6126 **\$17.99**

## The Return of The Daughters

**NEW!** *A Vision of Victory for the Single Women of the 21st Century*

This DVD documentary takes the viewer into the homes of several young women who have dared to defy today’s anti-family culture in pursuit of a biblical approach to daughterhood, using their years between childhood and marriage to pioneer a new culture of strength and dignity, starting with the culture at home.



Item #6124 **\$20.00**

## The Kings Daughter and Other Stories For Girls

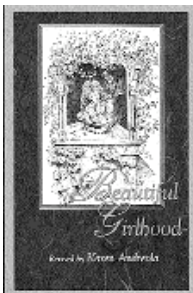
This character classic is recommended reading in Ann Ward’s **Training Your Daughters To Be Keepers At Home** curriculum. My daughter and I have greatly enjoyed reading through the stories together. Here is a quote from the first chapter: “But bear in mind that the woman is the most queenly, who uses her wisdom and her strength for the benefit of those around her, shrinking from no duty that she should perform, but does it cheerfully and well.” 224 pp.



Item #5941 **\$7.95**

## Beautiful Girlhood

A wonderful reprint of an old-fashioned classic. As a mother of a teenager I know that the transition from childhood to womanhood is filled with wonderful interest and promise. I also am aware that this transition is an unsteady, unsure, and sometimes awkward time. The author of this book offers guidance, a helping hand, and encourages young ladies to a nobler life and virtuous character. Written in the more delicate, flowery, yet articulate style of years gone by, this book will make an excellent gift or addition to your family library.



Item #5945 **\$8.99**

## Training Our Daughters To Be Keepers At Home - CD

By Mrs. Craig (Ann) Ward

The stated purpose of this C-ROM is “to glorify God by enabling girls, over a period of seven years’ work, to develop and practice Godly character and practical homemaking skills so they will be able to serve God as keepers at home, whether single or married.” This comprehensive curriculum guide covers godly womanhood, sewing, fiber arts such as knitting, crocheting, and embroidery, cooking/baking, flower arranging, gardening, home management, hospitality, and much more. Designed to last 36 weeks per year, one hour and a half per day, daily lesson plans, materials needed, and advance preparations are clearly laid out in a logical sequential manner. I find it so comprehensive that some may need to pick and choose from the multitude of study materials and projects, in order to cover each subject area (and still have accomplished a lot!). Designed to be printed out for notebooks with dividers for easy reference. CD-ROM Format.



Item #5940 **\$35.00**

## Christian Modesty and the Public Undressing of America

by Jeff Pollard

In the Church today, there are few “cows” quite as sacred as the right to dress however one pleases. In this groundbreaking work the author challenges us to understand the historical roots of the rise of immodesty in the modern culture. Importantly, he accomplishes this while avoiding both legalism and license. 76pp.



Item #6016 **\$7.00**

## Raising Maidens Of Virtue

*A Study of Feminine Loveliness for Mothers and Daughters*

by Stacy McDonald

Do you want your daughter to cherish her purity and honor God by the chaste and lovely way she presents herself? **Raising Maidens** is an engaging tool for mom to use in training daughters who are approaching womanhood to think biblically. Through stories, conversational teachings, illustrations, and memory-making projects, **Raising Maidens Of Virtue** covers topics such as guarding the tongue, idleness, honoring parents, contentment, modesty, purity, feminine biblical beauty and much more. Hardcover. 224 pp.



Item #6125 **\$17.99**

**Purchase any 6 books or more and receive a 10% book discount!**

**PLUS**

**A FREE downloadable Phone Seminar recording of your choice!**

*Exceptions are noted on book descriptions*

# Prepare A Hope Chest - A Legacy of Love

## Sewing Basket Basics

Every home and every daughter should have their own sewing basket or box stocked with the following supplies:

### Assortment of needles

**Spools of thread** - white, off-white, navy, and black, etc.

**Scissors** - Shears and small pair

**Dressmaker pins**

**Pincushion**

**Button Jar**

**Thimble**

**Tape Measure**

**Seam Ripper**

**Needle Threader**

**Safety pins**

**Seam gauge**



## The Hope Chest

*A legacy of Love* by Rebekah Wilson.

"A hope chest is much more than a wooden box and the treasures hidden within its depths... the hope chest contains the love, hopes and dreams parents have for their daughter. This is shown in a very special and physical way with each and every item the parent has searched for, considered, and either accepted or declined. It is not the money that goes into the acquisition of a hope chest that will make it special but the love, time and effort of parents for their child..."

"This inspiring book will motivate you in practical ways. You can begin creating a legacy of hope, keepsakes, and practical items for your children's hope chest without spending a lot of money. Very highly recommended! 274 pp

Item #6109

**\$14.95**



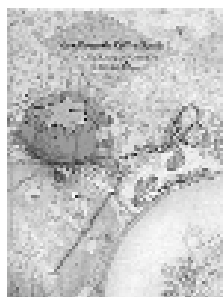
## Needlework Skills: Book 1

by Rebekah Wilson

Rebekah has taught many to hand sew through the years, including homeschooled children in her local area. She has taken her lessons and compiled them into a primer to help families learn and refine their hand sewing skills. A very gentle and easy introduction to hand sewing that will encourage even the most timid of beginners-and build a lifelong enjoyment of handwork skills. Every lesson creates a finished project that can be placed in a hope chest, given as a gift, or used in the home when finished. Full color illustrations with graphics and detailed directions. Hardcover. 8-1/2"x11" 160pp.

Item #6122

**\$39.95**



## Grandmother's Hope Chest Series

All the books in this series by Rebekah Wilson teach beginning needle art skills and may be used in any order. Appropriate for age 3 and up with adult help. Beautifully illustrated in color. Hardback.

### The Running Rooster

Following the story of Lucie and her Grandmother, the reader and listener will learn three simple stitches and complete the **Running Rooster**. When the project is completed the child will be rewarded with a pretty potholder to use today or keep for her hope chest. 52pp.

Item # 6111

**\$14.95**

**Sewing Kit**

Item #3921

**\$12.95**



### Lucie's Snowflake

Grandmother and Lucie go through the hope chest together and are inspired to learn learn the **very popular Gingham Embroidery Snowflake Stitch**. The finished project is a pretty cloth to use as a bread cloth, tea cloth or bowl cover. Appropriate for girls 3 and up or beginning sewers. 79pp.

Item #6112

**\$14.95**

**Sewing Kit**

Item # 3920

**\$12.95**



**Each Sewing Kit comes complete with everything you need to complete the project in the book except scissors.**

### The Button Jar

Lucie creates her very own button jar using cross stitch to make a design atop the jar lid. Rebekah's easy graphics and simple instructions walk you and your child through each and every step of the design. 65 pp.

Item # 6113

**\$14.95**

**Sewing Kit**

Item #3922

**\$12.95**



### Package pricing

**One book plus kit: \$27.00**

**Two books plus kits: \$53.00**

**Three books plus kits: \$75.00**

# Are Your Children Prepared For Life?

## Home Economics For Homeschoolers

by Pearables

### Quiet Arts Series: Level 1

(Ages six and up)

Weekly lessons starting out with nutrition, move into egg cooking, and teach skills such as how to crack an egg, the use of a pastry blender and what causes bread to rise. Simple sewing lessons teach the use of a pattern and how to sew on an applique. Children will learn about organizing a drawer and a bookshelf and then work on their own drawers and shelves. Hospitality lessons such as what hospitality is and how to cultivate being hospitable conclude this first book. All the lessons include recipes, simple sewing projects and tasks to complete. Recommended. Thirty Weekly Lessons. Item #6040



Very Highly  
\$17.95

### Quiet Arts Series: Level 2

(Ages eight and up)

Weekly lessons will teach about topics such as what causes biscuits to be fluffy, what causes muffins to have holes. They will learn to cook with cheese, make soups, and cook casseroles. In the sewing unit they will be making a simple sewing kit and sew with a real sewing machine. The organizing unit focuses on cleaning your room. Hospitality teaches how to host a party. Thirty weekly lessons. Item #6041

\$17.95



### Quiet Arts Series: Level 3

(Ages 10 and up)

Building on skills from the previous two books, the Level III book includes more simple lessons on nutrition. In the Cooking segment there are more advanced baking lessons including making sweet breads and desserts. Sewing lessons advance to using a basic pattern to make a skirt. Cleaning/Organizing lessons teach how to clean the bathroom and recipes for safe, home-made cleaning solutions. Thirty weekly lessons. Item #6042

\$17.95



### Preschool Activities in a Bag

This book describes how to make up 34 different activity bags for your preschoolers including specific instructions, materials lists, masters, and helpful hints to keep those precious preschoolers busy while mom works with older children. The activity bags, made by you and stored in zipper bags, cover such skills as matching, ordering, color recognition, left-right awareness, artistic creation, hand-eye coordination, and more. Includes information for a group of moms to make several of one bag activity for swapping with other moms. By Reetz and MacLean. Item #6045

Book 1

\$21.95

### Preschool Activities in a Bag Book 2

Featuring 34 all new activities

Item #6047

NEW!

\$21.95



### Teach Life Skills

Here is a simplified list of some skills your children should master

**Meal Management** - menu plan, make grocery list, comparison shop, execute basic recipe, start recipe collection.

**Baking Basics** - quick breads, yeast breads, cookies, cakes.

**Gardening** - starting seeds, weeding, harvesting, preserving, flower growing and arranging.

**Needle skills** such as sewing, knitting, crocheting, embroidery.

**Craft Skills** such as card making, scrapbooking.

**Home management** - clean and organize bedroom, kitchen, living room, school materials, etc.

**Laundry Basics** - washing, folding, putting away clothes, stain removal, ironing.

**Money Management** - saving, tithing, checkbook management.

**Hospitality** - plan and execute parties, prepare foods for sick or grieving friends.

**Home Decorating** - making a house homey.

**Work** - develop entrepreneurial ability, work for others.

**Mechanical Skills** - auto repair, wood working, home repair.

### LifeSkills For Kids

Equipping Your Child For The Real World

Think about it - the skills that your kids really need in everyday life are not taught in school. Keeping a checking account, how to make decisions, spiritual habits, organization, people skills, and more, are skills we take for granted everyday. But rarely are they taught. Many of us have fumbled through life, never having been taught time organization, home-making, creativity, money management and so on. This book, written by a mom who grappled with those very same issues is a great hands-on resource for teaching these critical aspects of adulthood. 332pp. by Christine M. Field



Item #6024

\$14.99

# Confidence For Kids To Cook

## Sensational Snacks

*Healthy Eats From The Premier Children's Cooking School* by Barbara Beery



A healthy snack book for children that we can all be excited about. This great new cookbook shows that it's a snap to create healthy snacks that are as fun to make as they are to eat. Creative recipes feature fresh fruit and veggies with easy-to-follow, step-by-step instructions and gorgeous four color photographs. Have fun with your kids making such appetizing recipes as Armadillo Potatoes, Fresh Fruit Stir Fry, and Paradise Fruitsicles. The book even comes with a kid-sized chef's apron! Item #5698

**\$19.95**

## Lunches & Snacks

by Sue Gregg

Includes a special 75 paged insert that guides young cooks in preparing beverages, breads, crackers, chips, goodies, sandwiches, soups, spreads and dips from set up to clean up. Nutrition quizzes for discussion. Children learn to master basic food preparation skills along with the nutritional why's by their teens. 168 pp.



Item #5064

**\$14.00**

## Cooking with Children

*With 100 Step-By-Step Recipe Photo Demonstrations from Sue Gregg Cookbooks*



Now recipes come alive as children can view 70 step-by-step recipe color photo demonstrations. **Cooking With Children** CD corresponds with the recipes in Sue Gregg's **Lunches & Snacks** Cookbook which includes a large section on teaching children nutrition as well as how to cook. *Computer requirements: PC with internet browser as Microsoft Internet Explorer. Not compatible with Mac OS.*

Item #5074

**\$10.00**

## Lunches & Snacks plus Cooking With Children CD Combination

Item #5076

**\$22.00**

## Whole Foods for Kids to Cook

by La Leche League Int'l.

If you want to teach your child to cook with whole foods, this spiral bound book has almost 100 recipes for snacks, side dishes, drinks, desserts, and main dishes which are divided into two categories. La Leche League members and their children contributed all the recipes in this book. The easiest ones are simple enough for a preschooler to prepare mostly on his own, with a parent reading the instructions, explaining terms, and helping him find ingredients and tools. Others are better suited for older children 96pp.



Item #5699

**\$9.95**

## Marmee's Kitchen Primer

*A First Textbook on the Subject of Cooking and the Keeping of a Proper Kitchen*



**Marmee's Kitchen Primer** has been written and designed by a mom of 11 blessings to be the first cookbook for daughters ages 7-17. The Cook's Primer chapter is filled with instructional pages on kitchen terms, how to read recipes, how to fill a pantry, how to measure ingredients, how to set a proper table and more. Other chapters include clever and fun breakfast, lunch, dinner, and snack

recipes to appeal to children. This 134 page book is a wonderful gift for any girl; great for getting children excited about helping momma in the kitchen! 8 1/2 X 11 Spiral Bound with Plastic Cover. By Martha Greene.

Item #5508

**\$21.95**

## A Young Man's Handybook

*Preparing Your Son on the Homefront*

A boy's handybook - designed to help teach young boys basic home skills while they grow into young men. In our computer-driven age, basic home skills such as planting a garden, home repair, and cooking and basic repair-sewing are often neglected. The goal of this book is to come alongside the parent and help build an interest in first aid, tools, manners, cooking, sewing, gardening, finances, hunting, camping, and more. Maybe you have a chef, carpenter, electrician, mechanic, or landscaper growing up in your family...and you don't even know it...! by Martha Greene & Gail Kappenan



Item #5992

**\$22.95**

## The American Girls Handy Book

*How to Amuse Yourself and Others*

by Lina and Adelia Beard



The Beard sisters wrote this book in the early 1900's, and filled it with a magical cornucopia of projects, devices, toys, gifts, dolls, recipes, decorations, perfumes, wax and clay modeling, oil and water-color painting and games, all with clear and practical directions for how to make and play with them from Spring through Winter. Suggestions for observing Easter, Fourth of July, Thanksgiving, Christmas, and other

holidays include entertaining yet informative historical sketches. This book will make a delightful gift for that precious young lady in your life. 471 pp.

Item #6027

**\$12.95**

**Purchase 6 books or more  
and receive a 10%  
book discount!**

**PLUS**

**A FREE downloadable Phone Seminar  
recording of your choice!**

Exceptions are noted on book descriptions

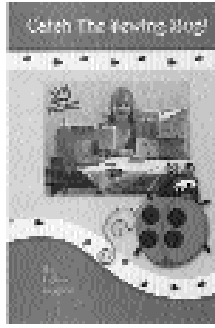


# Catch The Sewing Bug!

## Catch the Sewing Bug

Catch the Sewing Bug provides simple, do-able, fun projects for beginning sewing students. There is a great sense of satisfaction from being able to actually sew a project... especially one they can use themselves or give as a gift. This book is very basic, very easy and requires a very minimal amount of supplies. All patterns and directions are included for each of the 25 projects.

Item #6160 **\$8.95**



## Pins & Needles

*An Intermediate Sewing Book.*

Have fun sewing clothes! In this sewing book you will learn to sew more difficult techniques, like waistbands, zippers, and set-in sleeves. Like **Stitches & Pins**, techniques are introduced followed by sewing projects - from garment construction to quilting. There are over 30 projects in all. All the sewing patterns, Girls sizes 8 to 16 and Misses sizes 8 to 16, are included.

Item #6163 **\$24.95**



## Pintucks & Lace

You will delight to advanced heirloom sewing with your machine and incorporating it effectively into today's styles. Twenty-four projects, complete with sewing patterns, include items you will be proud to wear and use yourself, give as gifts, or display in your home. Create everything from a tiered skirt to an heirloom quilt to an entire baby ensemble.



Item #6164 **\$24.95**

## Buckles & Bobbins

*A Beginning Sewing Book for Boys.*

This sewing book teaches techniques in a step-by-step format, from pillowcases to backpacks and fishing and hunting vests. All patterns included, Boys sizes 8 - 16.

Item #6162 **\$24.95**



## Bunkhouse Sewing Books

*Sewing Made easy and fun!*

"At last, a sequential sewing course for beginners to advanced with many projects and including all patterns." Marilyn

## Stitches & Pins

*A Beginning Sewing Book for Girls.*



This book teaches beginning sewing with projects from pillow cases to pajamas to quilting. **Stitches and Pins** can be used with confidence by a non-sewing parent, and an older child could go through it independently. 14 projects are fun, practical items that any girl would be proud to use, wear, or give. All sewing patterns, are included. Girls sizes 8 - 16.

Item #6161 **\$24.95**

## Homespun Gifts From The Heart

*200 Creative Ideas, 250 Gift Tags, Easy Directions* by Ehman, Hovermale, Smith

If you want to give meaningful gifts that are quick and affordable, yet distinctive and not too labor intensive,

**Homespun Gifts** will show you how. Whether you're a craft queen or glue-gun challenged, these clear and easy directions will help you create more than 200 beautiful gifts. You will find inventive gift basket ideas, tasty edible gifts and most importantly, fun and simple presents kids can make on their own. 189 pp.



Item #5087 **\$14.95**

## Sewing & Growing with God's Word

Devotions for use with *Stitches & Pins*. Teach life lessons from the Bible. Sewing is a tool for developing character as you work together to create projects.

Item #6166 **\$8.95**

**NEW!**

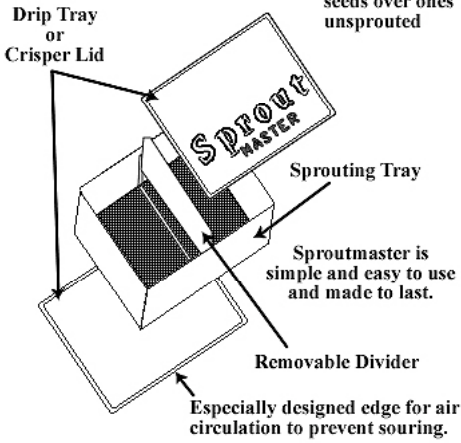
Up to 600%  
More Vitamins  
from sprouted  
seeds over ones  
unsprouted

## SproutMASTER

The SproutMASTER is the most reliable of sprouters and is designed to save you time and energy. The space-saving rectangular shape allows for much better shelf and kitchen cabinet storage than other round or multi-tray varieties. With this system I can grow delicious sprouts while keeping others fresh in the refrigerator. This means I have a constant supply. I use sprouts for just about everything - baking, soups, casseroles, salads, etc. An inexpensive way to keep your family pumped up with all sorts of vitamins, minerals, enzymes, and amino acids, etc.

These sprouters do not sour the sprouts like some sprouters will and several sprouters can be stacked with the

tray lid in place without losing necessary air circulation. You can use the lids to keep the sprouts crisp in the refrigerator.



Sproutmaster is simple and easy to use and made to last.

## Why Sprout?

- 1. Fresh is best!** It is highest in nutrients and live enzymes which aid in digestion and convert starches and fats into useable products for the body. Fresh food is especially hard to obtain in the winter.
- 2. Locally Grown.** Don't be dependent on produce that must be shipped hundreds or thousands of miles for precious green foods.
- 3. Fiber.** Sprouts contain fiber which stimulates the body's self-cleansing abilities.
- 4. 100% Organic.** No chemicals are used in growing your own indoor mini garden.
- 5. Superior Nutrition.** Sprouts are baby plants in their prime which contain a higher percentage of essential proteins, minerals and vitamins.
- 6. Digestibility.** Live enzymes make the nutrients available in sprouts easy for the body to assimilate.
- 7. Economics.** A great way to eat organic, nutritious food at an affordable price.
- 8. Source of Antioxidants** that slow the aging process.
- 9. Easy.** For minimal investment, a minimum of space, no lights, no bugs, and only a minute or two a day, you can't beat the great nutritional benefits.
- 10. Gourmet.** Casseroles, cookies, dips, breads, snacks, and more can incorporate sprouts. See **The Sprouting Book** by Ann Wigmore on this page.

### SproutMASTER - 1 - 8"X12" divided tray

Item #3300

**\$16.95**

### Mini Pack SproutMASTER

The Mini Pack SproutMASTER is just perfect for keeping sprouts in rotation.. Contains 3 - 4 3/4"X5 3/4" stackable trays with divider

Item #3325

**\$24.95**

### Double SproutMASTER

2 - 8x12 SproutMASTERS. Item #3305

**\$28.95**

### Triple SproutMASTER

3 - 8x12 SproutMASTERS. Item #3310

**\$40.95**

## Organic Sprouting Seeds

*Sprouts make a great alternative to supermarket greens. These combinations are a very nutritious and fresh option because you can have greens all year round without relying on super market produce!*

### Alfa Plus Sprouting Mix

This sprouting mix is my family's favorite and is composed of alfalfa, cabbage, clover, and radish. For those who like alfalfa sprouts with more taste, you'll love this mix. Even my hard-to-please 10-year old really likes it. Instead of lettuce, I combine these sprouts with chopped carrots, radish, celery, broccoli, & onion and top it with oil & vinegar dressing. **These sprouts are ready to eat in just 4-5 days** ("includes greening up" of sprouts).

**1 lb. 2.5 oz.**

Item #9610

**\$14.95**

**3.5 lb.**

Item #9611

**\$32.95**

### Pro-Vita Sprouting Mix

The ideal sprouting mix for the SproutMaster. This high quality mix contains Adzuki beans, fenugreek, lentils, Mung beans, peas, triticale, and wheat. Organically grown, it contains every vitamin & mineral known and sprouts in 2 days. Sprout length should equal the length of the seed for the tenderest and sweetest tasting sprout.

**1 lb. 2.5 oz.**

Item #9600

**\$8.95**

**3.5 lb.**

Item #9601

**\$16.95**

# Revitalize With Sprouting

## Sprouting Guide

Sprouting Seed	Qty. seed for 1 Qt. sprouts	Soak Time	Sprout Time	Sprout Length
Pro-Vita	1 C.	8-12 hrs.	2-3 days	seed length
Rinse 3-4X per day; shorter sprout = sweeter taste				
Alpha-Plus	1/2 C.	8 hrs.	3-5 days	1-2"
Rinse vigorously 3-4X per day.				

When using the SproutMASTER, fill the sink with 4-5" of pure water. Place the SproutMASTER in the water, lift and repeat several times to help remove hulls and rinse away toxins. Cover with a wet towel between rinsings to keep the sprouts moist and dark.

## Sprout Salad

I have used this salad when lettuce was cost prohibitive, especially in winter. Recommended ingredients are listed but use what you have.

- 2-3 cups alfalfa or AlphPlus sprouts
- 1/2 - 1 cup Pro-Vita or bean sprouts
- 1 tomato, wedged, or 6 cherry tomatoes, halved
- 1 stalk celery, diced diagonally
- 1 - carrot, sliced
- radish slices
- 2-3 sliced green onions
- 1/4 cup sunflower seeds (soak for 2-3 hours if possible)
- 1/3 cup mushroom slices
- 2-3 hard cooked eggs, sliced or chopped

Combine the above ingredients together (use whatever you have on hand) and toss with Vinaigrette or dressing of choice.

## Grains and Seeds To Sprout

- Adzuki Beans** - A good source of protein, vitamin C, and iron.
- Alfalfa** - One of the most nutritious foods you can eat.
- Almonds** - Excellent source of vitamins B and E, protein, calcium, potassium, magnesium, phosphorous, and fats.
- Cabbage** - A good source of vitamins A, C, iodine and sulfur.
- Chick Pea** - Rich in carbohydrates, fiber, calcium, and protein. Also provide magnesium, potassium, and vitamins A and C.
- Fenugreek** - A good source of phosphorous and iron.
- Lentils** - The single richest source of high-quality protein.
- Millet** - Rich in protein, and calcium.
- Mung Beans** - Good source of iron, protein, potassium, and vitamin C.
- Radish** - Spices up your sprouting mix!
- Rye** - Gives a slightly sweet flavor to a sprout mix.
- Sesame Seeds** - Rich in fats, protein, fiber, vitamins, B, E, minerals.
- Sunflower Seeds** - Rich in B vitamins.
- Wheat** - Soft wheat works best for sprouting.

## 5 Simple Steps to Sprouting Success:

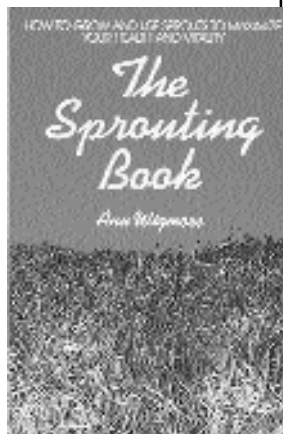
1. **Storage:** Store seeds cool, dry and dark.
2. **Soaking seeds:** Mix 3 parts water to 1 part seeds in a jar. Average soaking time should not exceed 8-12 hours.
3. **Rinsing:** Pure, filtered water is the best ingredient in sprouting. Use it liberally. By using the sprayer, seeds get some oxygen infusion and it keeps the seeds "loose" and better able to drain. Rinse at least two-three times daily.
4. **Draining:** Drain thoroughly after each rinsing. This is the beauty of the **SproutMASTER**, which ensures excellent drainage.
5. **Promote** good air circulation by storing sprouts outside of cupboards.

Consult **The Sprouting Book** for detailed instructions for specific sprouting seed varieties.

## Moldy Sprouts?

If you think your sprouts are moldy, 99.9% of the time, you are simply seeing "fuzz" which is the root hairs of the seeds as they sprout. When rinsed, they fall back against the main root. They won't appear again until your next rinse. Mold is usually associated with high humidity, lack of air-circulation or insufficient drainage. The **Sproutmaster** is the most reliable method of addressing mold concerns.

## The Sprouting Book



*How To Grow And Use Sprouts To Maximize Your Health And Vitality*

by Ann Wigmore

This book is chock full of good, basic information on sprouts; how they can prevent and be used to treat disease, their nutritional content, various recipes, and historical uses of sprouts. Includes recipes for breakfast, salads, main dishes, soups, and more.

Item #5852

**\$9.95**

# Fast & Healthy Menus

The following is reprinted from  
*Fast & Healthy Menus For Busy Moms*

## ROASTED HERBED CHICKEN WITH LEMON

*This easy, delicious crockpot recipe will  
make your whole house smell delightful!*

- 1 whole chicken (3 lb. or larger)
- 1 lemon, cut in wedges
- 2 tbsp. fresh rosemary or 1 1/2 tsp. dried
- 10 cloves garlic
- 1/4 cup cooking sherry, or chicken broth
- 1 small pat butter, melted
- Small red potatoes (as many as desired) cubed
- Fresh green beans (or whole frozen green beans),  
quantity as desired
- Salt and pepper to taste

Clean the chicken and pat dry. Add chicken to the crockpot. Drizzle the chicken with butter and then rub with garlic and sprinkle with salt and pepper as desired. Add to the crockpot, the remaining garlic, cooking sherry, and small red potatoes. Add the green beans on top of the potatoes and sprinkle the rosemary on top of the chicken and green beans. Garnish the top of the chicken with lemon wedges as desired. Cook on high 4 hours, or on low 7-8 hours.

## FRENCH DIP SANDWICHES

- 2 loaves whole grain French or Italian bread,  
sliced in half horizontally; can also use  
hoagie/sub rolls
- 1/4 cup butter, optional
- 1-2 lbs. thinly sliced cooked leftover roast beef (or  
deli roast beef slices)
- 8 oz. thinly sliced swiss or provolone cheese
- 1 envelope onion soup mix or 2 cans beef con-  
somme
- 2 cups water

Heat oven to 325°F. Spread butter evenly on top halves of bread, if desired. On bottom bread halves, layer the roast beef and top with cheese; complete the sandwich with top half of buttered French bread halves. Wrap each loaf securely in aluminum foil. Bake 25 minutes or until cheese is melted, then slice each loaf in quarters. Meanwhile, combine soup mix and water in a medium saucepan. Bring to a boil and simmer for 10 minutes. Pour the onion soup into 4 individual custard cups or small bowls and serve with sandwiches for dipping. Double and triple as needed for your family.

### Buy all four of Marilyn's ebooks for one low price:

- \* Fast & Healthy Menus for Busy Moms
  - \* Breakfasts for Busy Moms
  - \* A Beginner's Guide to Baking Bread
  - \* Sensational Summer Salads
- A \$36.84 value for only  
**\$18.47** Item #6062

## Fast & Healthy Menus For Busy Moms

by Marilyn Moll

\* **Spiral Bound  
w/Clear Splash  
Cover**

\* **10 Easy Steps To A  
Lifestyle For  
Health**

\* **Pantry Basics**

\* **Menu Planning  
Simplified**

\* **4 Weeks of Menus, Grocery Lists and  
Recipes**

\* **Bonus Section**

- **Whole Grain Bread Recipes!**

- **Tips For the Best Breads**

Item #6054 print book **\$12.95**

Item #6055 ebook **\$9.95**



### Testimonials

*"As a young mother who didn't grow up with much training in homemaking skills, your ebook Fast and Healthy Recipes for Busy Moms has been invaluable."*

*"By the way-I did get your book and I LOVE it!!!  
What a ton of wonderful information."* Pam K., MI

## Natural Soup Bases

by Frontier

### Beef Flavored Broth

1#: 3.5 cups per lb. Use 2 tsp. per cup. Makes 84 cups broth.

Item #9360 **\$9.95**

### Chicken Flavored Broth

1#: 3.75 cups per lb. Makes 180 cups broth.

Item #9365 **\$9.95**

### Buttermilk Powder

1#: 3 Cups per lb. Use 1-2 TB per cup water.

Item #9366 **\$9.95**

### Cream of Chickenless

1#: 3.5 Cups per lb. Use 2 TB per cup of soup.

Item #9342 **\$9.95**

### Cream of Mushroom Soup Mix

1#: 3 Cups per lb. Use 1 TB per cup of soup. A great value!

Item #9344 **\$9.95**



# Homemade Yogurt the Easy Way.

## Yogourmet Multi

**FREE BONUS**  
Includes Yogourmet Thermometer  
And Yogurt Cheese Strainer



A fool-proof way to make delicious yogurt every time for the health conscious gourmet. Makes 2 quarts of yogurt with any kind of milk in 4 1/2 hours. Yogurt comes out great because the Yogourmet Multi precisely controls the fermentation temperature. Makes delicious cheese spreads as well as pro-biotic yogurt. Easy to use, includes detailed instructions. 1 Yr. Warranty.

Item #3275 **\$79.95**

**Extra Batch Jar with lid** Unbreakable polycarbonate, dishwasher safe jar allows you to make extra yogurt while enjoying the current batch.

Item #3277 **\$19.95**

<p><b>Freeze Dried Yogurt Starter</b> Contains six 5-gram packs. Makes 6 quarts. Item #3276 <b>\$5.95 or 3 for \$14.95</b></p>	<p><b>Freeze Dried CBA Probiotic Yogurt Starter</b> A blend of active Casei, Bifidus, and Acidophilus cultures. Contains six 5-gram packs. Makes 6 quarts. Can only be used with the Yogourmet Multi. Item #3278 <b>\$9.95</b></p>
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### Compare CBA to Activa™ or Danactive™

<u>Active Cultures</u>	<u>CBA</u>	<u>Activa™</u>	<u>Danactive™</u>
Acidophilus	Yes	No	No
Bifidus	Yes	Yes	No
Bulgarius	Yes	Yes	Yes
Casei	Yes	No	Yes
Thermophilus	Yes	Yes	Yes

### Kefir Starter - Freeze-dried



Kefir is not only healthy, but delicious and easy to make. Kefir is a fermented milk mixture which far surpasses other cultured milk products in its nutritional benefits because the very fine curd is easily digested. What I particularly like is that **no appliance is needed!** Kefir helps to restore the intestinal flora. Also, use Kefir for soaking flour used in **breads, healthy smoothies, or blender batters.** Kefir is also appropriate for those people who are lactose intolerant. Each package contains six packets of culture, each of which makes one quart. Leftover kefir can also be used to start 4-5 more batches without using additional starter.

Item #9951 **\$7.95**

### Tips For Preparing Fresh Fruit and Vegetable Juice

1. Use organic herbs, fruits, and vegetables if at all possible.
2. Carrots, cabbage, apples, and grapes have a high moisture content and therefore make a good "base".
3. Vegetables with a strong flavor such as turnip,

rutabaga, broccoli, parsley, onions and celery should be juiced in small amounts.

4. Fresh juice should be consumed right away in order to receive maximum health benefits.
5. Limit green juices to control detox symptoms.
6. It is suggested that two glasses per day be consumed for health maintenance and four glasses per day to speed healing.

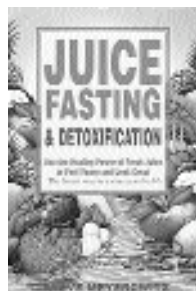


### Juicing For Life

Authors Cherie Calbom and Maureen Keane write a three part guide to the health benefits of fresh fruit and vegetable juicing. Part I covers the basics and benefits of juicing. Part II describes disorders A-Z; dietary recommendations with juices and juice recommendations that specifically relate. Part III covers special diets. This is the most complete and informative book I have found. 351 pp.

Item #5450 **\$13.95**

### Juice Fasting & Detoxification



by Steve Meyerowitz

Your body is designed to heal by allowing fasting and juice therapy to revamp your health from the inside out. Fasting and detoxification is considered a missing link in American nutrition and modern medical care. Includes info on fasting on raw fruit & vegetable juices, water, detoxification, weight loss techniques, fasting while working, exercises, and how to come off a fast safely. Good information however we do not subscribe to the author's spiritual views. 168 pp.

Item #5709 **\$10.95**

## Wheatgrass Juicer

Consider that chlorophyll from wheat sprouts has become recognized as one of the most powerful sources of nutrients for recapturing your health, and may offer an effective alternative to traditional medicine. Wheatgrass has been shown to be effective in eliminating toxins.

This quality stainless steel juicer unlocks the natural vitamins, minerals, chlorophyll, and live enzymes from wheatgrass.

Item #3260

**\$129.95**



## Wheatgrass Growing Kit

Includes 10"x20" growing trays, wheat berries, enriched soil, instructions, and **The Wheatgrass Book**.

Item #3261

**\$45.95**



## The Wheatgrass Book

*How To Grow And Use Wheatgrass To Maximize Your Health And Vitality*

by Ann Wigmore

Did you know that wheatgrass contains 92 of the 102 known minerals in the soil and contains all of the vitamins that science has isolated? Small wonder that wheatgrass is fast becoming one of the most widely used supplemental health foods.

It is loaded with life giving natural vitamins, minerals, chlorophyll and enzymes which feed your cells and help rid them of toxins. Wheatgrass has helped many recover their health from disorders ranging from chronic fatigue, sinusitis, and ulcers to degenerative disease such as cancer. Chapters explain how wheatgrass chlorophyll works nutritionally to cleanse, rejuvenate and heal the body. Contains much practical information on how to grow and juice wheatgrass and the many other uses of wheatgrass. 120 pp

Item #5452

**\$9.95**



# Juicing For Life

## The Omega Juicer 1000

Our personal favorite! Reward yourself with fresh enzymes and nutrients only found in fresh vegetable and fruit juices! This top-of-the-line juicer is designed for the serious juicer who desires to extract the **maximum amount of juice per pound** of vegetables and fruits.



\* **High Yield:** The Omega extracts 20-30 percent more juice than typical pulp-ejector juicers according to independent laboratory tests.

\* **10 Year Warrantee.**

\* **Pulp-free Juices:** Not a liquifier, this juicer separates the nutrients from the pulp to give you superior nutrition.

\* **Easy To Clean:** Cleans up in in about a minute!

\* **Stainless Steel Construction.**

\* **Ultra-Quiet:**

With a hefty **500 Watts of power** the Omega extracts the most juice of comparably priced juicers on the market. Will process up to 4 cups of juice between cleanings.

Item #3200

**\$199.50**

**Omega Filters** - Makes cleanup easier! Package of 200 filters.

Item #3210

**\$9.95**

## Citrus Juicer Attachment

Converts your Omega Juicer 1000 into a citrus juicer.

Item #3220

**\$39.95**



## Omega 8003/8005

Using a geared juice extraction method, the Omega 8003/8005 expands your horizons! The two stage juicing process is excellent for everything from carrots to wheatgrass. **AND** this pulp-ejector/continuous juicer will get the pulp every bit as dry as it's cousin, the Model 1000. Unlike most pulp-ejectors that result in much of that nutritious juice being thrown out, this model enables you to get every bit of those healthful enzymes, minerals, and vitamins out of your produce. Also, unlike many continuous juicers, there's no foaming. Make fruit and vegetable juices, nut butters, pasta, wheatgrass and leafy green juices, nut butters and baby foods, and functions as a mincer/chopper. 1/3 HP, 10 year warranty.

Item #3235

**\$257.95**

# Sensational Summer Recipes

The following is reprinted from  
*Sensational Summer Salads*

## CHINESE CHICKEN SALAD

This recipe is courtesy of my friend Sandy Tuin.

- 4-6 cups spinach/lettuce combination
- 2 cups thinly sliced grilled chicken breasts  
(enough for your family)
- 4 green onions chopped
- 2 Tbsp sesame seeds
- 2 Tbsp sunflower seeds
- 1 can mandarin oranges, large or small depending  
on preference, drained, reserve juice
- Dried chinese noodles

Arrange lettuce/spinach combination on a dinner plate. Top with chinese noodles, onions, chicken slices, sesame seeds, sunflower seeds and mandarin oranges.

Drizzle the Asian Dressing on top and enjoy!

## ASIAN SALAD DRESSING

- 4 Tbsp rice vinegar
- 2 Tbsp soy sauce (naturally fermented is best)
- 2 tsp. grated fresh ginger
- 2 tsp. toasted sesame oil
- 2 tsp. chopped green onion or chives (optional)
- 1 clove garlic, mashed
- 1 tsp. honey
- 2/3 cup good quality salad oil or blend of oils

Place the ingredients in a salad dressing carafe or small jar. Shake thoroughly and vigorously. Refrigerate.

**Testimonials:**

*Marilyn Moll has done it again with Sensational Summer Salads. Not only does she include dozens of salad recipes, she equips and inspires the reader to get creative in the kitchen! You have produced a very useful and yummy book!*

*I love this compilation! Such variety all in one place! Many of these recipes are perfect for year round either as accompaniments or as a meal, themselves, with the added bonus of quick bread recipes.*

### Buy all four of Marilyn's ebooks for one low price:

- \* Fast & Healthy Menus for Busy Moms
  - \* Breakfasts for Busy Moms
  - \* A Beginner's Guide to Baking Bread
  - \* Sensational Summer Salads
- A \$36.84 value for only

**\$18.47**

Item #6062



## Sensational Summer Salads ebook

by Marilyn Moll

Summer is simply an unsurpassed opportunity to eat seasonally and enjoy the bounty of locally produced fruits

and vegetables. *Sensational Summer Salads* includes a **wide assortment** of recipes including:

- \* Vegetable salads
- \* Fruit salads
- \* Pasta salads
- \* Grain and veggie salads
- \* Main dish salads
- \* Quickbreads.

Item #6053

**\$6.97**

## 10 Sensational Salad Making Suggestions:

- 1 Salads are naturally attractive and simple by definition and should taste as good as they look.
2. Cut ingredients so they are uniform in size - not too small, not too large.
3. Toss salad ingredients lightly, rather than stirring, to protect the ingredients from being mashed.
4. Make sure lettuce is washed, then pat lettuce dry with a soft dish towel or use a salad spinner, and then chill to make crisp.
5. Use a variety of lettuce greens such as leaf lettuce, watercress, endive, arugula, and spinach, keeping an eye for color and texture contrasts.
6. Lettuce can be used as a "bowl" or "cup" for holding salad ingredients. Leaf lettuce, if cut halfway thru stem end, can be lapped one side over the other to form a "cup".
7. Thoroughly drain fruits and vegetables before using or serving.
8. Garnish salads, especially main dish salads with radishes, celery slices, tomato wedges, pickles, and/or stuffed eggs around the outside edge of the salad serving platter or bowl.
9. Score an unpeeled cucumber by drawing a fork down lengthwise; slice thinly.
10. Garnish fruit salads with cherries, nut-coated cream cheese balls, soaked sunflower seeds or green grapes.

# How To Order

1. Before you fill out the order blank, pray about your order. Are the items you desire Godly desires and needs and do they fit with God's timing for purchasing? Did you check with your husband?
2. Please print all information including your phone number in case we need to contact you.
3. Add the shipping. Call us if you have any questions.
4. Most orders are shipped within 2 days of receipt of your order. We ship UPS or USPS.

**Premium services such as overnight or 2nd day delivery are available upon request. Actual costs apply.**

## Shipping & Handling

### Order Total

up to \$20.00  
\$20.01 to \$30.00  
\$30.01 to \$50.00  
\$50.01 to \$75.00  
\$75.01 to \$90.00  
\$90.01 to \$110.00  
\$110.01 to \$150.00  
\$150.01 to \$250.00  
\$250.00 to \$350.00  
\$350.01 to \$600.00

### Regular Shipping

\$6.95 shipping  
\$7.95 shipping  
\$8.95 shipping  
\$9.95 shipping  
\$10.95 shipping  
\$12.95 shipping  
\$14.95 shipping  
\$15.95 shipping  
\$16.95 shipping  
5% of total

**\* Orders to Alaska, Hawaii, US Territories actual shipping costs apply.**

**\* Overseas APO's, FPO's use these published shipping charges. Call or e-mail for all others outside the U.S.**

**Call for grain shipping cost.**

**Free shipping on orders of regular-priced catalog items over \$600 in the contiguous U.S. except grain and Food Storage orders.**

## The Urban Homemaker Customer Service/Policies

### How To Contact Us

#### Phone Orders:

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(552-7323)**

**Mon-Fri - 9 AM - 5 PM MST**

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**1-970-527-7543**

#### Customer Service:

**1-970-527-7540**

**Mon-Fri - 9 AM - 5 PM MST**

#### E-Mail:

**UrbanHome@tds.net**

### About Your Order

#### Prices

Prices and shipping charges are subject to change without notice. We try to keep our prices as reasonable as possible but occasionally an unexpected price increase, usually due to supplier wholesale price increases, must be passed on.

#### Back Orders

We attempt to keep an adequate supply of our products in stock but occasionally are out of certain items for extended periods of time due to factors beyond our control.

### Returns

Books returned within 30 days in resaleable condition are cheerfully refunded. All other products: we will accept defective products for return within 30 days for store credit only.

### Postage And Handling Rates

We try to keep our shipping rates as easy to figure and as low as possible. We have tried various methods and have arrived at the one we use to reduce difficulty in calculating as well as being as reasonable as possible. Unfortunately, shipping rates have increased yearly so our rates are adjusted to reflect our costs.

### We Thought You'd Like To Know...

...that **we do not, nor have we ever sold or rented our mailing list or customer phone numbers to anyone.** You will not receive unsolicited mailings or phone calls from other organizations by adding your name to our mailing list.

### Questions or Comments?

Write to us with your questions, comments and suggestions.

PO Box 72, Paonia, CO 81428

**urbanhome@tds.net**



## Customer Testimonial

*"The Duromatic is the greatest pan - I just love it. I bought one about a year ago and I do love that pan"*

Debbie N. (Michigan)

**"The Mercedes Benz of pressure cookers"**

The New York Times

**Best Value!**

## The Duromatic Duo!

This 6 piece set gives you the versatility of two Duromatic pressure cookers for little more than the price of one. Includes:

- \* 5-Liter with pressure lid
- \* 2-Liter fry pan with tempered glass lid (the lids are interchangeable).
- \* Stainless steel trivet that fits both units
- \* *Quick Cuisine* Cookbook.

Item #3120.1

**\$219.95**

A \$300 value for a great price!



## Pressure Cooking For Everyone

by Rick Rogers and Arlene Ward

Do you want to get a great meal on the table without spending a lot of time? Use fast, foolproof, extremely versatile pressure cooking which is the answer for every busy cook. *Pressure Cooking for Everyone* authors reveal dozens of techniques for getting the most out of your pressure cooker. Over 100 delicious recipes include soups, stocks, meats, main courses, poultry, seafood, beans, risotto and grains, quick pasta sauces, vegetables, desserts, and more. Get started to better meals, and better health now! 165pp.



Item #5097

**\$19.95**

## Pressure Perfect

by Lorna Sass

*Two Hour Taste in Twenty Minutes Using Your Pressure Cooker.* Written by America's leading authority on pressure cooking, this book has more than 200 innovative, flavor-packed recipes for preparing soups, stews, pasta, curries, meats, veggies, grains, beans, and desserts. And all this in one-third or less of the standard cooking time. Includes timing charts, detailed guides to cuts of meats, and tips and techniques on ensure great results every time. Hardcover. 354pp.



Item #5098

**\$19.95**

*Trivet and Quick Cuisine Cookbook included with Duromatics*

# Fast & Healthy Fresh Food

## Zippy Meatloaf

*Cook meatloaf fast and healthy in only 20-25 minutes!*

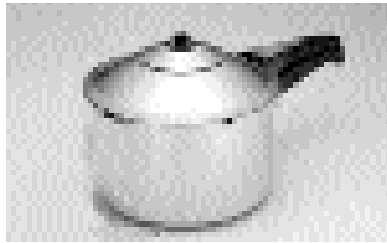
- 1 tsp salt
- 1 1/2 tsp pepper
- 3/4 cup oatmeal
- 1 Tbsp Worcestershire sauce
- 2 Tbsp parsley
- 1 onion, finely chopped
- 2 ribs celery, finely chopped
- 2 cloves garlic, minced
- 1/2 cup bell pepper, finely chopped, optional
- 1 pound ground sirloin or hamburger
- 1 Tbsp oil
- 3 Tbsp ketchup
- 1 - 8 oz. can tomato sauce

In a large bowl mix together salt, pepper, oatmeal and Worcestershire sauce. Mix in parsley, onion, celery, garlic and bell pepper. Add meat and mix well. Shape the meal mixture into a loaf on the counter. Wrap in wax paper and chill for up to 2 days if desired.

In a 2.5 qt. Pressure Frypan or larger Duromatic, heat oil over high heat. Brown the loaf on one side, then turn. Add the tomato sauce and spread ketchup over the top of the meat loaf. Close the lid, bring pressure to second red ring over high heat. Adjust heat to stabilize pressure at second red ring. Cook for 20-25 minutes. Remove from heat. Use Natural Release Method. Serve in slices with sauce over top with mashed or baked potatoes, green beans or carrots, and green salad.

Adapted from *Quick Cuisine Cookbook* that comes standard with all Duromatics from Kuhn Rikon.





**2.5 Qt. Frypan Pressure Cooker** (no trivet included)

Item #3130 9.5" dia. **\$169.95**

**3.5 Liter Anniversary Edition**

8" diameter For small families  
Item #3115 **\$129.95**

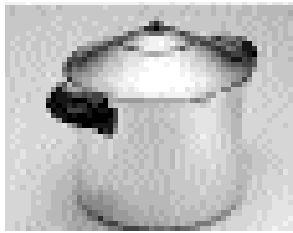


**5 Liter Duromatic**

8.75" diam. For a family of 4-6  
Item #3120 **\$179.95**

**7 Liter Duromatic**

8.75" diam. For a family of 4-6  
Item #3125 **\$189.95**

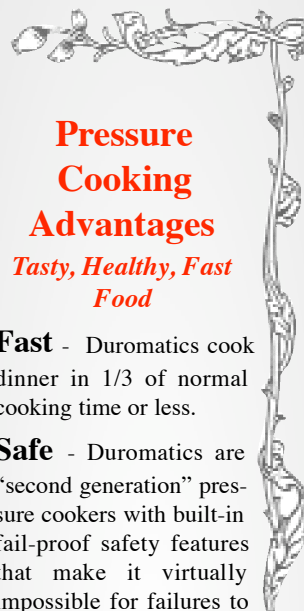


**6 Liter Duromatic**

8.75" diam. For a family of 4-6  
Item #3145 **\$189.95**

**8 Liter Duromatic**

8.75" diam. For large families  
Item #3150 **\$199.95**



**Pressure Cooking Advantages**

*Tasty, Healthy, Fast Food*

**Fast** - Duromatics cook dinner in 1/3 of normal cooking time or less.

**Safe** - Duromatics are "second generation" pressure cookers with built-in fail-proof safety features that make it virtually impossible for failures to occur. These gleaming, high quality stainless steel pans with thick bottoms eliminate scorching. Six built-in safety mechanisms provide an unparalleled degree of safety.

**Easy** - The spring-loaded valve ensures much greater accuracy in cooking time, guarantees superior cooking results, eliminates hiss and whistle of outdated pressure cookers. The design virtually eliminates clogging valves, and is much quieter than cooking with a out-dated weight valve system.

**Healthy** - Pressure cooking uses little water thereby retaining more of the vitamins, minerals, and natural taste of the food.

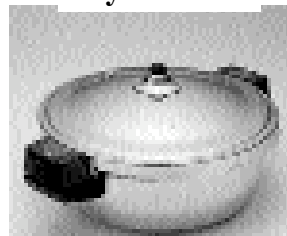
**Reliable** - Duromatics have a full 10 year warranty. (We've had ours for over 15 years!)

**Economical** - Save 70% of energy consumption.

**Compare Cooking Times!**

	<b>Traditional Cooking Time</b>	<b>Cooking Time with Duromatic</b>
Apple Sauce	15-20 minutes	3-5 minutes
Artichokes	45 minutes	10-12 minutes
Broccoli	10 minutes	2 minutes
Beef Stew	2 hours	15-20 minutes
Dry Beans (soaked)	1 1/2 - 2 hrs.	8-12 minutes
Cheese Cake	1 hour	25-30 minutes
Chicken, Whole	15 min. per lb.	5 min. per lb.
Kamut™	2 hours	40-45 minutes
Millet	25 minutes	12 minutes
Pasta Sauce	1 1/2 hours	20 minutes
Potatoes, New	25-30 minutes	6-10 minutes
Rice, white	20 minutes	5-7 minutes
Rice, brown	45 minutes	20-25 minutes
Stocks	1-3 hours	30-40 minutes

**"My Favorite"**



**5 Liter Hotel**

Waffle bottom composed of heavier gauge steel for fat-free frying.

(no trivet included)

Item #3100 **\$319.95**

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Promotion ends May 31, 2008

## Fast and Healthy Menus for Busy Moms

*Reliable Recipes for Busy Families*  
by Marilyn Moll

A month's worth of dinner menus with recipes, shopping lists, meal planning,

PLUS

Tips For The Best Bread

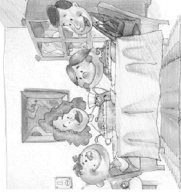
Spiral Bound with Plastic Splash Cover

**only \$12.95**

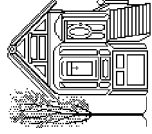
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