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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Caramel Corn

By Joyce Moseley Pierce

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Microwave Caramel Corn

by: Joyce Moseley Pierce – 437 words

Part of the hesitation in making caramel corn is the sticky, gooey mess that remains once you've finished making it. You almost need a blow torch to remove the hardened sugary stuff from your pans.

Help is on the way! This recipe can be made in your microwave, and when you're finished, you can just throw the paper sack away.

This doesn't mean that it doesn't take a little preparation time, but at least you can relax and enjoy the finished product without having to worry about a lot of cleanup.

Next time you go to the grocery store, ask for your groceries in paper bags. You'll need one bag per batch.

Here's what you'll need:

3–4 quarts popped corn

1 stick of butter (no substitutes!)

3/4 cup brown sugar

1/2 tsp salt

1/4 cup Karo Syrup

Caramel Corn

1 tsp baking soda – add last

Pop the corn and discard the unpopped kernels. Put the popped corn in the paper sack. While the corn is popping, put the butter, sugar, salt and syrup in a glass bowl and bring it to a boil in your microwave. Stir after one minute, and let it boil for an additional minute. Add one tsp of baking soda and stir well, until thickened. It will turn light in color and look like taffy. Pour this mixture over the popped corn in the

paper bag and shake well. Put the paper bag back in the microwave and cook an additional 1–1/2 minutes (90 seconds). Remove and shake well again. Return to the microwave and cook another 1–1/2 minutes. Shake again. Open the bag and let it cool. You can even tear the bag down the side and speed up the process.

Plan to make more than one batch because you'll want to eat the first one! Great for Christmas or birthday gifts. I gave this as a Christmas gift to my co-workers one year and the next year they started hinting for it again in September.

Once completely cooled, break up the chunks, put it in a plastic holiday bag and tie with a festive ribbon. If you eat a lot of ice cream the containers with lids make a great receptacle for packing the caramel corn. Save your ice cream containers throughout the year, wash them out, line with plastic wrap and stick a bow on the top. Include the recipe and directions unless you want to tell them it's an old family secret, but let me warn you that if you don't share the recipe, they will come back next year begging for more.

Joyce is a freelance writer and owner of Emerson Publications. She is the creator of "All They'll Need to Know," a workbook to help families record personal and financial information. <http://www.emersonpublications.com/pages/843554/index.htm> She is also the editor of The Family First Newsletter, an ezine for families with young children. To subscribe: <http://www.emersonpublications.com/pages/848640/index.htm>

Just a Touch of Autumn

By Arleen M. Kaptur

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The calendar pages drop so quickly and Summer is over – the fun, get-togethers, vacations, outings, family, etc.

Absolutely not – the most colorful, exhilarating and exciting season is about ready to arrive.

Autumn–Fall–Harvest Time – whatever name you attach to this time of year – it is a tribute to the world around you as the Holiday Season is fast approaching and great times are just ahead.

Fall gets the "baking" instinct in you up and about – whether you do the baking or a quick trip to a neighborhood bakery. Warm, fresh and succulent apple offerings–pie, doughnuts with cinnamon and sugar, and caramel iced sticky buns, to name a few.

Hay stacks, wagon rides, Indian corn, corn stalks, colorful mums (yellow, white, burnt orange, vibrant purple), and pumpkins – tiny orange globes and even white ghostly ones to the biggest, brightest Jack–o–Lantern you can find on a cool Autumn afternoon.

There are gourds and straw bales and garden decorating and soon assorted night–time creatures will be lurking around corners and doorways.

Fall is Fun – Autumn is absolutely tantalizing.

Whether you are sipping on a warm glass of apple cider or working your way through a corn maze – just make sure that you and your family or friends venture out and take advantage of each and every Fall day – and don't forget that true sign of Autumn – a campfire or bonfire in your back yard or in a woodsy campground. The scents of Fall fill the air and the breezes bring adventure anew.

Jump in that leave pile like you were a kid again, and toast those marshmallows. You are never too old or young to enjoy Fall – so

ENJOY!

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Arleen M. Kaptur – author of books and articles on living a simple/rustic lifestyle
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