



Nutrition, Family, Consumer

Fruit & Nuts Friendship Cake

1-1/2 teaspoons baking soda
 1 cup sugar
 2 cups all purpose flour
 2/3 cup vegetable oil
 2 teaspoons baking powder
 1-1/2 teaspoons vanilla
 1/4 teaspoon salt
 1 cup chopped apples
 3 cups starter (SEE PAGE 3)
 1 cup raisins or chopped nuts
 1 egg plus 2 egg whites

1. Combine dry ingredients in a large bowl, set aside.
2. In another large bowl mix starter, egg and whites, sugar, oil and vanilla.
3. Add flour mixture, apples and raisins or nuts.
4. Pour into a greased and floured tube pan or 9 x 11 loaf pan.
5. Bake at 350°F for 50 to 60 minutes.

Cool, dust with powdered sugar.

Note: Any combination of fruit and nuts can be used as long as the total equals 2 cups. Try crushed, drained pineapple, dates, pecans, or almonds.

**See Page 3
 for some history and
 the basic recipe!**

Maximizing Kitchen Appliances: Slow Cookers



Learn the answers to a variety of questions about using slow cookers October 20 from 1 to 3 p.m. at the Extension Auditorium, 402 N. Hershey Rd., Bloomington. Call (309) 663-8306 to reserve a spot and program materials.

Q: I left a roast in my slow cooker and forgot to turn it on. It is now 6 hours later. Is it safe to cook now?

Q: What is the difference between a crock pot and slow cooker? One recipe may say to use a crock pot and another may say to use the slow cooker. Are they interchangeable? Is one better for a certain type of meal than another?

Q: What should I look for when shopping for a slow cooker?

Q: I'm taking my food to a potluck in my slow cooker. When I get there I can just plug it in right?

Q: Can I heat up leftovers in my slow cooker?

Q: Can I just store my leftovers in the crock of the slow cooker?

Q: How much food should I put in my slow cooker?

Q: Can roasts be cooked in a slow cooker.

Q: What heat setting should I use on my slow cooker?

Love and Limits: A Powerful Combination

There are a lot of different ways to raise children. What works for one child may not work for another -- and some days, it seems like nothing works.

Most of us fall into one of four basic parenting styles, although none of them are always consistent. **Dictator parents** set clear expectations for children and enforce the rules. They tend to be harsh in their methods and often use punishment. **Permissive parents** are child-centered and nurturing, but have trouble saying no.

Uninvolved parents don't set limits or have high expectations, but they aren't warm and affectionate either. **Authoritative parents** set clear expectations for their children and follow through on rules. Yet, while they set firm rules and consequences for disobedience, they are clearly warm and affectionate toward their children. As a result, children raised by authoritative parents are usually happy, self-controlled, and have good self-esteem. This combination of love

and limits seems to produce more cooperative children who do better in school.

Setting appropriate limits and enforcing consequences are important parts of authoritative parenting. Here are some tips to follow when setting limits for your grandchildren:

- Set as few limits as possible, and enforce the limits set.
- Set clear rules the children will understand.
- Effective ways to correct a child's bad behavior are:
- Get at eye level with your grandchildren and touch them firmly on the shoulder or arm to get their attention.
- Use a quiet, firm voice.
- Give your grandchildren a hug.

(From Parenting Again: Grandparents Raising Grandchildren newsletter from UI Extension)

To view the complete article, see:
<http://www.urbanext.uiuc.edu/grandparents/0272c.html>