

Cooking Weekly

April 2013 Edition

HOW TO FIND GOOD EGGS

The Magical Cook-Off

The History of Coconuts

The Origin of the Banana

The History of the Tomato

Super Seeds

A Discovery of a New Fruit



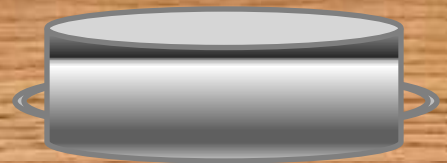
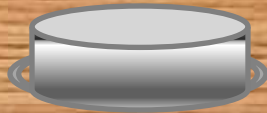
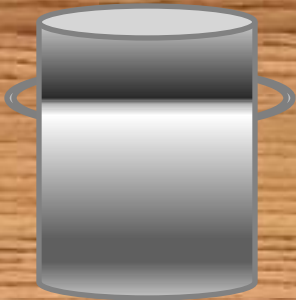
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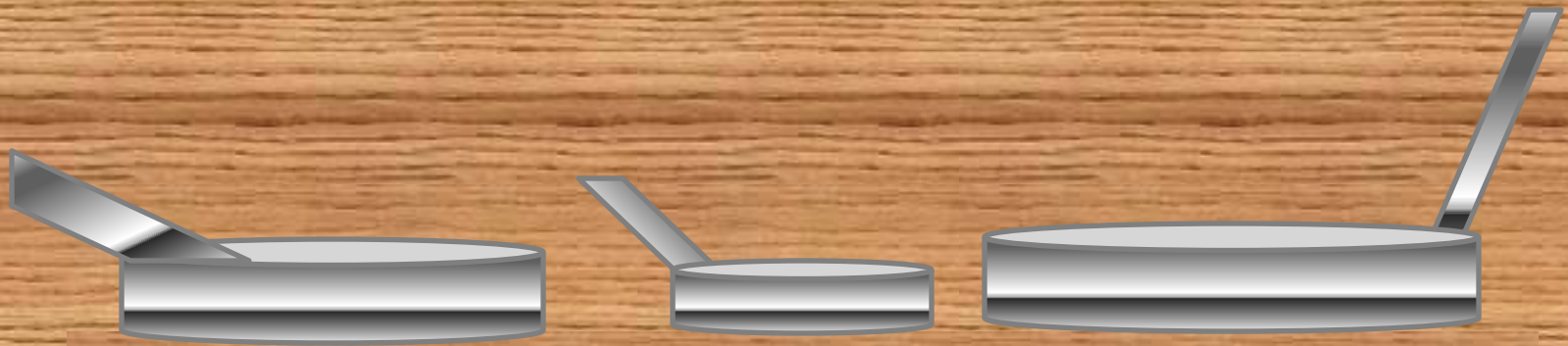
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By: Tucker De Guelle



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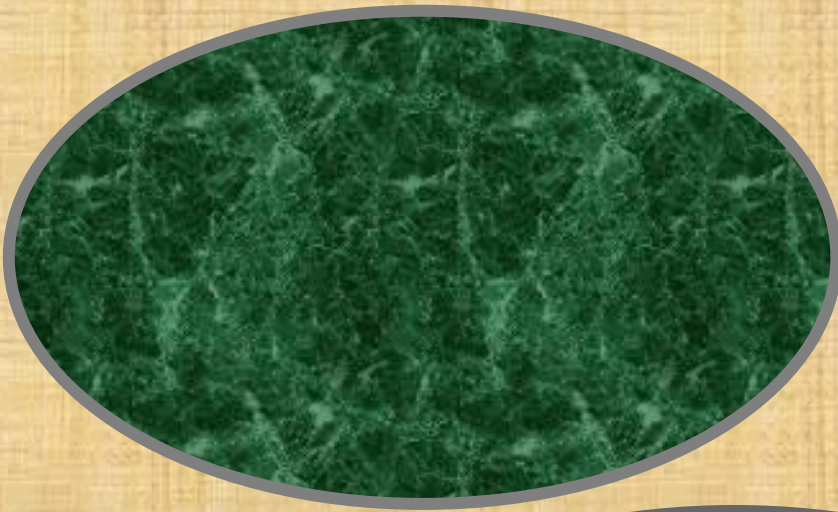


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LETTER FROM THE EDITOR

Dear Readers,

Before I created *Cooking Weekly*, I was planning to have the magazine all about science, after my favorite class. I then realized how silly it was, so I changed the topic to cooking, one of my favorite past times. I loved that many people had lots of imagination, which helped me. They are all so awesome, I can't even think of the best!

I have been cooking for over three years now and I have been known for many dishes. One dish many people enjoy is my scrambled eggs. I learned the recipe from my grandmother who also loves to cook. I get the eggs just nice and fluffy, compared to my dad's scrambled eggs which aren't terrible, but he himself said they were better than his. Another dish I like to make is homemade macaroni and cheese. Every time I get a craving for macaroni and cheese, I see if I can make them by scratch. I like to experiment with different kinds of cheeses, from parmesan to mozzarella and even to cheddar. I note what flavors I like and don't like for future reference. Altogether, it is a really fun process!

One of my challenges in creating this magazine was trusting people to write a good article. But they all did a great job as well as the ads. Another challenge was the shortage of money some people had. I couldn't get money to pay for additional people, which was very frustrating.

Just like in my magazine, I have troubles with cooking. As I am still learning, I tend to make feeble mistakes. For example over pouring, under pouring, forgetting ingredients, and some more. But as I always say, "Nobody is perfect. Nobody is better than you. You are who you are."

During this project, I learned a few lessons. One lesson was to get things done on time and never after it was done. I learned it the hard way for the deadline

along the way. Another lesson is to speak up. If the deadline is coming up, talk to your workers to see how they are coming along. An additional lesson is to be organized. If you are not organized in this project, you are most likely going to fail. Also, if you aren't organized, your chances to lose money are going to increase. You need to be organized because when you acquire someone's article or ad, you will need to put it somewhere so you don't lose it. There are many lessons, but these are the most important.

During this year, I was debating on what job I was going to take in the future. I narrowed it down to either a chef or a pharmacist. I love cooking, but I also love science. I took my mom and dad's advice to be a chef in my kitchen, like my dad.

I remember going to France and Germany when I was little. I recall ordering chocolate crepes, which were kind of like, quesadillas, but instead of the tortillas, there were thin pancakes. They were so delicious, I wanted seconds! I also recall ordering chocolate milk at a McDonalds, only to get a hot chocolate (which wasn't much of a difference.)

When most people hear the word, "chef", they most likely think that they must like all types of foods. That is incorrect. I dislike the taste of seafood, a trait shared by my sister after she had an encounter with shrimp at a seafood restaurant. I may eat shrimp here and there, but I cannot eat fish. I just can't stand the taste and the smell of fish. I wonder if I will ever go back to fish.

I remember my first cooking experience. I was around ten at the time. My family was at my grandma's house for brunch. My grandma asked me if I could help with the scrambled eggs. I explained to her that I didn't know how to make scrambled eggs. She then showed me how to crack, beat, and cook eggs. Since then, I

have been using that technique every time I make scrambled eggs. I am currently trying to master other types of eggs, such as sunny-side up, over easy, poach, and so forth. I have to thank my grandma every time I help her cook because without her, I wouldn't even be Editor in Chief of this magazine!

Before I go, I would like to thank all of my teachers and classmates who helped me create this magazine. If it wasn't for them, you would not be holding this right now. Remember to always follow your dreams and never stop dreaming! As they say in Ratatouille, "Anyone can cook!"

Sincerely,

Tucker De Guelle

Tucker De Guelle
Editor in Chief, *Cooking Weekly*



LETTERS TO THE EDITOR

Dear Editor:

I would like to thank you for such an amazing magazine. All the recipes turned out to be not bad after all. I made a few and they tasted extraordinary! This magazine is wonderful at only 4.95 dollars. I like how you offer an amazing amount of different types of gourmet meals. I would want to see a Chuck Norris gourmet meal. We know that Chuck Norris eats meat so rare that he eats unicorn meat. Overall this is a great magazine and I hope it stays here all the way to past my death. You helped me get a great job at a gourmet restaurant in Chicago. I now have a large house with a big pool thanks to the help of your magazine. I like your magazine, but, it is only a four out of five in my mind. Even though it gave me lots of money, your magazine should have more meals. Thanks for the great magazine!

Logan Westphal
Hortonville, WI

LETTERS TO THE EDITOR

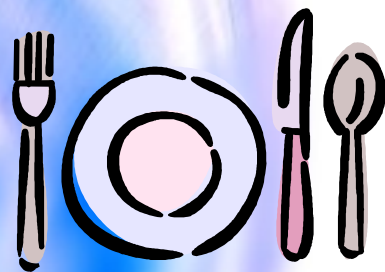
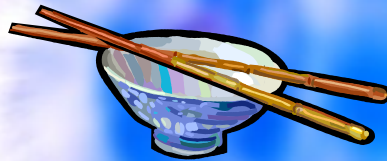
Dear Editor,

I love reading your magazines. Each month, I enjoy learning a new cooking tip, using a recipe, or reading an exciting article. Last issue in particular was very interesting. An article regarding a pie recipe caught my eye. In it, an apple pie was created. Afterwards, it was cooked in a pizza oven. This article included many happy customers that had attempted to create and cook the desert; however, it did not include how long to cook the pie. Nevertheless, the recipe was very descriptive. Even though I struggle when creating deserts, I was able to make the pie in fifteen minutes. Next I faced a formidable foe. How long to I cook the pie in the pizza oven? My first attempt, not surprisingly, was a disaster. Within five minutes, the pie started on fire. After eight tries, I finally decided to place an apple pie in a regular oven. Astoundingly, the pie turned out perfectly. I suggest that in the next issue of your magazine, you should include the same recipe, however, also include instructions regarding how to cook the pie.

Parker Schroeder
Hortonville, WI

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By: Haley Graves Co.

The History of Coconuts

By Jacob Ahles

You may not know this but coconuts have had a long history with mankind. Since the beginning of time coconuts have stood behind us molding our lives. If it wasn't for coconuts we probably wouldn't have made it this far. In fact, we would probably still be cave men if it wasn't for our round furry friend.

One thing you might want to thank coconuts for is the fact that they inspired the original design for the wheel. Willy Williams, the first person to make a wheel, was hit on the head by a coconut and observed as it just rolled down a hill. He then copied this brilliant idea and used it in many simple machines to make life easier. Imagine if we had never discovered the wheel. That would have made our lives today much harder. In addition, if we had never discovered the wheel, what else wouldn't we discover?

Another part of history that they have not been recognized for is when Sir Isaac Newton was hit on the head with an apple and "discovered" gravity. This is not true! A large part of this story was changed due to the fact that it would be unbelievable since coconut trees do not grow in England even though there was one. So, not only did coconuts help create the first wheel but also they helped discover gravity.

Over the years scientists have observed these major parts to our history and discovered something amazing. After hundreds of tests they had come to the conclusion that being hit on the head with a coconut releases its special magic powers that make you smarter. This new discovery has baffled scientists around the globe and has made coconuts one of the most studied plants.

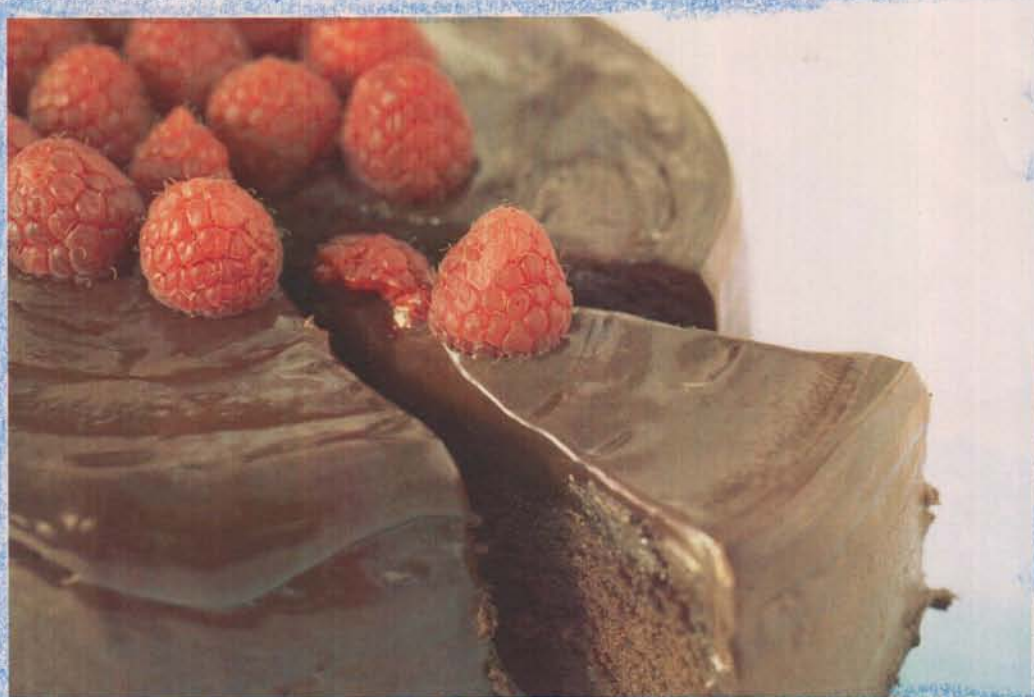
As you can see coconuts have helped us become what we are today. If it wasn't for coconuts we wouldn't have discovered

the wheel or gravity. So next time you see a coconut hit yourself on the head with it and thank it for helping mankind come so far.



Cooking for a Reason

Are you bored and sitting at home with nothing to do? Well I have just the right thing for you to do in your kitchen. This will also get rid of your hunger. Get a few things together to make some kind of food and cook it. It will not take long at all this will also improve your cooking skills. If you go to the store and want to buy a cake...I have a coupon for you to use on that cake you want to bake. This coupon is good for one free cake! You will have to buy the ingredients yourself though if you want to make this cake. ENJOY!



This coupon is good for one free cake.

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ISBN 0-918894-28-X



By: Tristin Fahrenkrug



The Real History behind the Banana

By: Kaitlyn Schlueter

Believe what you want people! However listen up if you want to know the TRUTH about the fruit you call the banana. You may think that the banana grows on a tree some place tropical, but then you would be believing one of the many blasphemous lies that the press tells you. Nobody knows anything that's actually the truth about this fruit. The press tells you a whole lot of facts about the banana, but not a single word is true! What has become of this world we live in where people just lie to cover their butts!

The first people to discover the banana would be the cave people. AHHHH big scary cavemen discovered the banana!!!! Now the cave people discovered the banana around 100 B.C. It happened sort of like this; big scary cave man went outside of his cave to walk his pet gorilla (YES GORILLA), now this cave man's name was Pete. So Pete went a walkin' his little pet gorilla (Fred) and he was a talkin' to himself that one day he would be recognized for the brilliant cave man he was. All of a sudden he tripped because he was kind of clumsy and hit his head, but when he got up he saw this bright light.

Athena the Greek goddess of war and wisdom was standing before him. Now she was drop dead gorgeous! Pete could not believe what he saw out of his own two eyes! He fumbled for words but his mouth just could not obey his thoughts. So instead of saying anything he just bowed down. Now Athena said "Oh cave man Pete would you be the kindest lad and discover the banana for me and I promise that your name will always be known by every cave man on this earth", now he just simply said yes. Athena then disappeared and left Pete as excited as a cave man ever could be!

He looked at the ground and there was a map to find the banana. He then

grabbed his pet gorilla and ran as fast as he could to tell his brethren who lived with him about what he saw! Everybody thought he was telling a bunch of lies and that he was going crazy. Now Pete thought to himself it doesn't matter if anyone believes me I'm going to discover the banana no matter what stands in my way!

So he started his journey to find the banana that was in the land of Banana Narnia. The map sent him through a forest of mad T-Rex's that he fought off with the aid of his bare hands and trusty stone club. However his gorilla got eaten by a T-Rex and that was an unfortunate accident that made Pete very depressed. So Pete put up a grave stone up in remembrance of his loyal gorilla Fred.

When he made it out of the forest he followed the directions on the maps which lead him to a chocolate river that seemed to flow on forever and ever. He used his cave man experience to build a bridge to cross the endless chocolate river. When he crossed the bridge he found a purple unicorn waiting for him.

He jumped on the back of that unicorn and flew off into the sunset. The unicorn took him on a dangerous journey over mountain tops and frozen magical lakes. When the unicorn finally landed Pete ended up on the shore of the Pacific Ocean.

A little ways up the beach he spotted a yellow brick road that leads him to a portal. He jumped through the portal and ended up in a huge castle with a Giant as King called Arnold. Now Arnold was a wise old giant and he advised that Pete should follow the trail of chocolate chips from the magical bunny to find the land of Banana Narnia. So Pete went off and followed the trail and he ended up in Banana Narnia.

Now just imagine a place that is full of delicious bananas that would please anyone's appetite. Pete finally felt like he did something useful for the world and his name was forever known by every cave man on earth. So the truth is that bananas grow in Banana Narnia a place no one knows about except for the people Pete chose to take the bananas from Banana Narnia regularly and give them to the lowly people of the earth.

This is the real history of the banana. This is very truthful do not doubt a single word and you shall have plenty of bananas for as long as you live. However if you doubt even a single word of this you will never be able to eat a banana again because you will be cursed by the goddess Athena, and if you don't like bananas than you better wise up because bananas are a delicious fruit with a truthful story behind them.



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By: James Draeger

CAKE RECIPE

You will need 15 inch by 19 inch pan, bowl, 2 eggs, $\frac{1}{2}$ cup oil, 1 cup water, 2 $\frac{1}{2}$ cups flour, 1 cup sugar, $\frac{1}{2}$ tsp. baking powder, 1 tsp. salt, $\frac{1}{2}$ tsp. baking soda and 1 tsp. vanilla.

Cream the first 3 ingredients together. Combine the dry ingredients and sift together. Add sifted dry ingredients with the creamed mixture. Pour into cake pan and bake at 350 degrees for 35 minutes. Check to see if center is done with a tooth pick. If it comes out clean, cake is done.



By: Caleb Burr

A New Fruit for the World

By: Brooke Pernsteiner

Last week in Silmaril, Mongolia, Steven Stark, a student from Dale College, discovered a new type of fruit while hiking in the forests just below snow level of the Himalayan Mountains. This new discovery will impact science as well as dining in a way no fruit has before.

Discovery

Afro headed college student, Steven Starks was visiting Arabel, Mongolia with a friend who was going to climb Mt. Revere. Stark was only there for moral support so during the time his friend Doug Attleski was actually climbing, he became bored and decided to sign up for one of the tourist hikes in the foothills of the Malayan Mountain Range. Upon seeing the hiking group scaling a small cliff, Steven promptly decided to go around and meet the group at the top, however, he got a little off track and ended up a few miles away after being forced to detour a large chasm. "Well, I was separated from the group, but being me, I was still thoroughly convinced I could find my way back down if I wanted, so I went exploring." Steven explained. "I went wandering around for a couple hours then suddenly I see this bush thing with huge balloon things hanging on so I go, Huh, that's not normal and walk up to it."

Turns out Steven had discovered a new species of fruit. He reportedly discovered it was an edible fruit by eating one, and he was later found by his hiking group leader wandering around the foothills gorging him on one of the watermelon sized fruits.

When Attleski returned from climbing the mountain he took one of the four fruits Steven had brought back to an expert, Dr. Maria Clements, who confirmed its status of a fruit distantly related to the pineapple and

gave it the scientific name of *fruitacus arorious* and the common name aurora fruit.

Characteristics

The aurora fruit ranges from one foot to two feet in length, and less in diameter. Its shape resembles that of an American football. The fruits color varies and almost all the fruit found has been a different color including: blue, purple, orange, pink, and white. The exception is two red ones. The fruit contains seed in the form of long pointed structures that resemble needles sticking out of the top where the fruit connects to the branch. The aurora fruit is formed like many other fruits, by the pollination of flowers, which in this case are pale green and the size of Ping-Pong balls. It grows on a tree that resembles a bush because of its twisted orange branches that sweep near the ground. Ninety-nine out of the one hundred people who tried the fruit say that the aurora is the best thing they have ever tasted, and the hundredth said it tied with her favorite food deep fried Oreo cookies. What that tells us is that this extremely rare fruit is one of the best tasting items around. That says the demand and therefore the price will be very high. So consider looking at the list below for good prices.

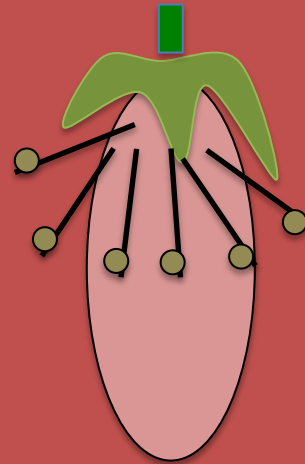
Where It Came From

Scientists have pondered why this fruit has never been seen before and reached the conclusion by reading ancient texts, that the ancients living in the area had discovered them and that they could sell them, in fact they took so many that the trees had begun to die off because none of the seeds had a chance to mature. They seemingly disappeared around four hundred years ago and were never seen until Steven found his. Scientists believe that the seed that grew this tree was frozen in the ice on the mountains, perhaps dropped by an ancient trader, and with the increase of melting ice the seed was

released and washed down the mountain to the valley where it finally blossomed.

Cooking Uses

This fruit can be used as a healthy substitute for sugar; it can be boiled, baked, grilled, fried, candied, preserved, and just eaten plain. It tastes good every way and can be added into almost any meal. It is also full of nutritional value. It is bursting with vitamins needed to live that one could potentially live off the fruit, its bark, and leaves and be perfectly healthy except for a little protein deficiency. In short, the aurora fruit will have a huge impact on cooking all across the globe, it can be used as a substitute for sugar, provide essential minerals, and taste good alongside it. Everyone should try this amazing fruit.



Restaurants in the U.S. With Aurora Fruit

Ingo, Darboy, TN
Ellefrel, New York, NY
Monet Café, St. Paul, MN
The Octagon, Little Rock, AK

Grocers in the U.S. With Aurora Fruit

Dalia's Organic Grocers
Treemens
Exotic Cuisine Supplies
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Smoked Beans and Vegetables

By: *Emily Woodzicka*

Serves 4

Less than 30 minutes prep time



Ingredients:

2 cups of Black Beans

1 cup of diced red peppers

1 cup of chopped zucchini

1 cup of chopped carrots

1/2 cup of cubed red potatoes

1 cup of noodles

Oregano

Basil

Olive oil

Rosemary

First, dice all vegetables into bite sized pieces. Also, boil the noodles so that they are a suitable consistency. Then, place all vegetables, black beans, and noodles into a foil container. To season, lightly cover the dish with olive oil and sprinkle rosemary, basil and oregano sparingly. Next, cover the container with tinfoil and grill covered on medium. After about thirty minutes, check the dish and grill until desired crispness. When serving, sprinkle parmesan cheese over entire serving.

Vegetarian and Vegan friendly



The Magical Cook-Off

By: Michelle Edwards

What is a Cook-Off?

A cook-off is a competitive cooking show, where chefs and bakers make their finest dishes, and give them to a judge to decide who had the best dish. All chefs and bakers are required to make one plate for the judge, a few meals to sell, and several samples for any citizens attending the cook-off. The judges must be former participants of the cook-off, and cannot be biased towards or against any of the contestants. There are six judges.

Participants must be nominated by citizens that attended earlier cooking shows, or the previous annual national cook-off. There can only be 20 participants in the National Cook-Off, and citizens can only vote once. The 20 nominees are the participants of the National Cook-Off, and have a chance to win 5,000 duanchos (wizard currency) if all the judges agree that one contestant's dish is the best. Second place receives 2,500 duanchos, and third is rewarded with a certificate of free admission the next year.

The Cook-Off is held every year on March 19th, in Washington DC.

Amy Williams

Amy was a student at Mugworts School of Witchcraft and Wizardry, and was attending the National Cook-Off with her mother, Ann Williams. She was in her fourth year at Mugworts, and was fourteen years old. She had long red hair, a few freckles, and blue eyes, and looked much like her mother, who had gone to help her cousin, Eldor, prepare one of his dishes. Eldor was a contestant, and had sent them a message asking for help recalling a spell to summon spices he had forgotten. Amy was enjoying wandering around by herself, occasionally taste-testing

dishes that looked appetizing. Most people here weren't her age, but she didn't mind. She wasn't much of a talker, and liked keeping to herself if she had the chance. It was about twelve thirty, and she was anticipating the start of the competition.

It was a wonderful day for a Cook-Off, bright and sunny with a light breeze, but nothing that would disturb the contestants. It was reasonably warm, but not too hot. Amy decided to try a homemade pie, and was about to find her mother to share it with when she noticed smoke rising into the clear azure sky. Abandoning her pie, leaving it unguarded on a picnic table near one of the chef's stands, she pushed her way through the crowd toward the smoke.

Eldor's stand was on fire. His dark eyes were reflecting the light of the blaze, and his black hair was tousled. He glanced at Amy.

"Don't worry," he called. "It's just some technical difficulties. I'm making a flaming dish."

Amy raised her eyebrows skeptically, watching him fuss with his wand, throwing more sparks in explosions of red, blue and green. He finally got the fire under control, revealing Amy's mother behind a cloud of air-borne ashes, her face smeared with soot. Despite the chaotic appearance of Eldor's dish, it tasted marvelous. And he had finished the plate for the judges as well. He flashed a grin at Amy, then sauntered away, his plate a candle weaving through visitors and contestants alike.

Amy and her mother went to see the judges, and watched them taste the dishes, whispering among the two of them which ones would be better.

"The chocolate swan looks amazing," Amy hissed.

Ann Williams shook her head. "No, no, did you see the carrot cake?"

"What about Eldor's flaming nachos," Amy protested. "The judges seemed shocked."

Soon the results would be posted, and Eldor joined them, pacing restlessly.

Amy tried to calm him, but he refused to listen.

“You’re going to wear down the grass!” she scolded.

He was about to reply when the results were posted on the massive bulletin in the middle of the field, rising above the hundreds of people.

Eldor had won second place, the chocolate swan had gotten first, and the carrot cake third.



The Celebration

Amy watched Eldor receive his award, and wished she could tell him that he looked like a fool with his enormous trophy. Amy wondered if he was going to somehow plaster his expression on his face so he had to walk around with a giant smile for the rest of the week. She assumed that he would, regardless of whether or not it got stuck. However, when he finally returned to her and her mother, she congratulated him enthusiastically. Ann tried to invite him to dinner, but he kindly declined, saying that he had to visit his brother.

After about fifteen minutes of idle chatter, the Williams decided to depart; Amy for Mugworts, and her mother for home. Amy got on the train, knowing the Cook-Off next year would bring back pleasant memories. Who knew, maybe Eldor would get first next time?



The Tomato

By: Bethany Jennerjohn

Ever since the tomato has been discovered, people have always debated between the tomato being a fruit and the tomato being a vegetable. On the fruit side, people say because it has seeds it is a considered a fruit. Just like an apple or a pear have seeds. Others proclaim that because the tomato grows in the ground rather than off of a tree, they state that it is a vegetable like a pepper. Gardeners have also shared their secret tips on what to do and what not to do when growing tomatoes.

Some people decide that the tomato is a vegetable because it grows from a garden. Compared to an apple, a fruit, it grows off a tree. When people refer to the tomato being a vegetable, they also say it's the only vegetable that seeds. This brings up the other side of this debate.

Other people like to agree that the tomato is considered a fruit because of the unique way it is produced. Tomatoes are planted in a garden; just like you would plant pumpkins, and grow like any other plant and vegetable would. The only issue is that inside of the tomato, in the "fruit part", contains seeds.

The seeds have the role of reproducing the vegetable, (or fruit), by letting the seed be germinated like the first time. The seed also holds all of the valuable parts to the tomato. Such as our brain would in our body. Another one of the jobs of the seeds, are to distribute water and other needed materials into the tomato as they are need. In the case of the tomato being dry or parched, the seeds would then release water and moisture throughout the area of the tomato.

Now you ask how do the seeds earn their water? The answer is simple. Many gardeners are hopefully in the habit of watering the crops and flowers accordingly

to the weather and the condition of the soil. Another example would be when it rains outside, the roots of the tomato plant capture the moisture in the soil and transfer it to the holding cells, also known as the seeds. From there on, the seed will release water throughout the tomato when it is needed.

Like a pumpkin seed or a pepper seed, a tomato is planted the same way. Like any other vegetable it goes through the germination process, or the growing process. The tomato plant first starts out as a seed like any other plant, and with water and some TLC, it will fully grow. Within the first week, the tomato seed will open up and the roots will slowly be starting to appear. In the next week, the roots inside of the seed will continue to grow longer as the roots remain catching water. Eventually, the seed will break the surface of the soil and continually grow to the acquired length of a tomato plant. After the plant has fully grown, it will begin to produce fruit from the stem and leaves of the plant. The fruit will start out small and will appear green in color at the beginning. While the plant and the fruit remain growing, the fruit will become larger in size and start turning light pink in color. Most gardeners know that as the plant continues to grow, the fruit will overweigh the weight of the leaves and will become top heavy. As a resort, gardeners will use chicken wire to contain the plant within the area of the wire. The chicken wire keeps the plant standing straight up in the air and not toppling over and snapping the plant into pieces. Once the fruit on the plant become bright red, the fruit is ready to be prepared and eaten.

The tomato can be used in different types of food and display different textures that the tomato can have. One of the many favorites is to put the tomato in a sandwich and top it off with lettuce and mayo. Many people also dice fresh tomatoes and put them into their salads. The one and only

item that tops this favorites list is ketchup!
All ages around the world use ketchup for
their French fries or even in desserts.
Although, fresh ketchup is always better
than processed ketchup.



How to Find Good Eggs.

By: Patrick Saifkani.

I will tell you how to find good eggs. To find good eggs it takes long amounts of time to do, and also a huge amount of time to master. First off, this tactic requires extreme speed. You will have to first purchase some chickens. You will then have to wait until the first time they produce eggs. After they have produced, you will have to go in after the eggs. Now here is the hard part. If you don't follow these steps correctly you will fail.

The Mission

Here comes the mission. First you have to wait until the very late hours of the night, you then have to stealthily make your way to the chicken coop. Then once there you have to quietly open the door and make your way inside. Once in there turn on the light very fast and yell CHICKENS WAKE UP AND FLY! All the chickens should get up and fly around. While the chickens are flying around quickly gather your eggs and put them in your pockets. After collecting your eggs, successfully, come back inside put your eggs in an empty egg carton and put them in the fridge and go to sleep. After waking up, your eggs should be chilled enough to make some food for breakfast.

Recipes

Some good recipes to make for your freshly collected eggs, fresh egg and cranberry bread. In your fresh egg and cranberry bread, you will need the following ingredients: fresh eggs, milk, flour, cranberries, sugar, and water. You will first have to beat your eggs in a bowl with milk and water. After blended together you will have to put your cranberries in a pan and cook them in boiling water to make them soft. After doing that take your cranberries and put them in your bowl of eggs, milk,

and water. Take your flour and mix it into your egg and cranberry mixture. Add 4 cups of sugar to your bowl and mix together. Put in a bread shaped pan and bake at 415 degrees for about 30 minutes. After that step take your pan out of the oven and let it cool off. That being said you can now enjoy your cranberry bread with any meal you want!





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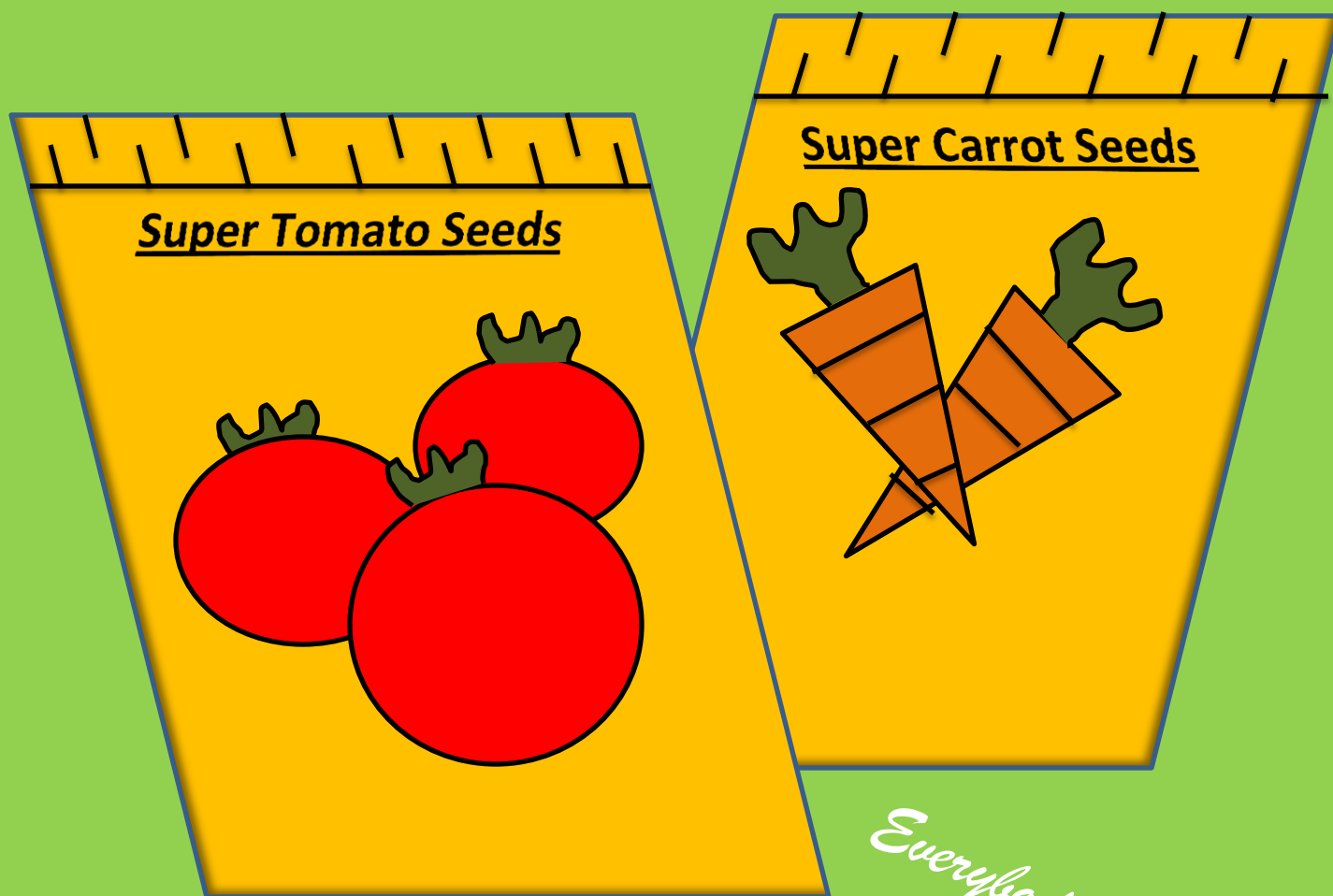
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