

A Dear Abby dinner party blends good food and fun

DEAR ABBY: I love cooking for my wife and friends. There are few things I find more pleasing than to put out a nice spread of food and watch people enjoy. I'm always on the lookout for more cookbooks, and you hold the key to my next big party.

I was reading through your archives and have seen many people asking about your cookbooklets. I'd love to get them. Can you print the ordering information again, so I can be sure I'm sending the right amount to the right place? Thanks! — **MAN IN THE KITCHEN IN NORTH LITTLE ROCK**

DEAR MAN IN THE KITCHEN: I'm glad to oblige. I have been a compulsive cookbook collector for many years, so I can relate. (I'm sure you will be pleased when you see that my cookbooklets, while wide-ranging in content, take up little space on your bookshelf.) Your idea of throwing a "Dear Abby Dinner Party" is a good one, and I have been told the recipes provide a fun, traditional eating adventure. All of them



DEAR ABBY

are simple, easy-to-read and delicious.

One reader described creating place cards for her guests decorated with hearts and flowers. The centerpiece was a "bouquet" of envelopes addressed to me. Another reader said she copied questions from my column, printed them out and, as a party game, asked her guests to supply the answers. (She said that after a few glasses of wine, some of the responses were hilarious, but couldn't be printed in a family newspaper.)

My cookbooklet set contains more than 100 tasty recipes, ranging from soups to salads, appetizers, main courses and desserts, that can be used when families get together to celebrate holidays and other special

occasions. My mother used many of them when she hosted parties, as have I. To order, send your name and mailing address, plus check or money order for \$14 (U.S. funds) to: Dear Abby - Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price. You will find tips on entertaining at the beginning of the first booklet. Anyone who hasn't entertained before should be sure to read them.

By following these suggestions, even the most nervous, first-time host can be confident. I know you will enjoy the recipes as much as we have and serve them with pride.

THOUGHT FOR THE DAY: It's not what you put on the table, but who you put in the chairs that makes a successful dinner party.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

su | do | ku

© Puzzles by Pappocom

	9		4			1		
		6	2		5			9
1							3	
	1			8			4	5
			9	3				
3	7			5			2	
	4							2
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		5			6		9	

Instructions for play: Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

That's all there is to it. There's no math involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive!

Solving time is typically from 10 to 30 minutes, depending on your skill and experience. The solution for today's puzzle will be published in Saturday's paper. Or you can go to www.sudoku.com to find the solution.

3	5	7	1	2	8	6	9	4
4	2	6	7	5	9	8	1	3
1	9	8	4	6	3	2	7	5
9	8	5	3	7	6	4	2	1
7	6	4	2	9	1	5	3	8
2	3	1	8	4	5	7	6	9
6	7	3	5	1	4	9	8	2
5	1	2	9	8	7	3	4	6
8	4	9	6	3	2	1	5	7

HELOISE'S KITCHENEERING BY HELOISE

Microwave Misinformation

Dear Heloise: I have been told by a friend that MICROWAVING FOOD depletes all the nutrients from it and makes food unhealthy. Can you please confirm if this information is accurate? — A Reader, via email

Well, it actually is not accurate. Any cooking will remove some of the nutrients from the food being cooked, but microwaving is considered one of the best cooking methods for retaining nutrients. Why? Because microwaving is fast and uses less heat and smaller amounts of liquid.

Here is an easy-to-understand example: cooking vegetables in water on the stovetop. We know, for example, that cooking broccoli in water will result in most antioxidants being pulled out of the broccoli and into the water during the time it takes to heat up and cook completely to the desired doneness.

In the microwave, cooking for less time and using less water means less chance of nutrient loss, making the microwave a much better cooking method, nutritionally. -- Heloise

P.S.: Visit my website, www.Heloise.com, for links to my Facebook and Twitter pages - hints, fun facts and more! Come see photos and check out what's happening!

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Email: [Heloise\(at\)Heloise.com](mailto:Heloise(at)Heloise.com)

Bitter Baking

Dear Heloise: I've been using the same cornbread recipe for years, but my last batch of cornbread had such a bitter taste that I couldn't eat it. The only thing I had done differently was use a new brand of baking powder.

I did some research and found that the culprit was sodium aluminum sulfate in the baking powder. While most people might not notice the flavor at all (my husband didn't), others are more sensitive to the taste of aluminum.

Some baking-powder brands contain sodium aluminum sulfate, and some don't. If your baked goods have an unpleasant metallic tang, check the ingredients list on your baking powder. I'll definitely look more closely the next time I grocery-shop. — L.R., via email

Freeze Flour

Dear Heloise: I wasn't using up my flour quick enough, and it would sit for months. Then, when I was ready to use the flour, it had bugs in it. I would throw it out and go buy new flour as I needed it.

Now, I freeze my flour. I put it in one plastic freezer bag, seal it and then put that in another plastic freezer bag and seal it again. Now when I go for my flour, it is always fresh, dry and, best of all, bug-free. — Rita R. in Pennsylvania

Just remember to warm the flour to room temperature before using. — Heloise

CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Some primates

5 Does a yard job

9 More dreadful

11 Wildly active

12 "Luck of Roaring Camp" writer

13 Dancer Castle

14 — roll (doing well)

15 Tony-winning musical of 1994

17 Tony-winning musical of 2000

19 Bill stamp

20 Hide away

21 Flying mammal

22 City on the Mohawk River

24 Gangster's gun

26 Mistake

29 Lush

30 Tony-winning musical of 2004

32 Tony-winning musical of 1967

34 Letter after sigma

35 Watchful

36 Visibly stunned

38 Some movie buys

39 Jottings

40 Son of Adam

41 Ernie's pal

DOWN

1 Improvised

2 Organs' kin

3 Wandering

4 Ready to go

5 Earth's neighbor

6 New York lake

7 Eventually succeed

8 Play part

10 Meal

11 Visibility lessener

16 Accomplish

18 Lacking slack

21 Farm building

23 King

24 Player in a mask

25 Optimally

27 Bested in a pie contest

28 Death personified

29 A lot

30 Liberal study

31 Search

33 Vault part

37 Sailor, in slang

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 1, P.O. Box 536475, Orlando, FL 32853-6475

1	2	3	4		5	6	7	8
9				10		11		
12						13		
14				15	16			
17			18				19	
20						21		
22						23		
24	25			26			27	28
29								31
32			33				34	
35						36	37	
38						39		
40							41	

5-14

CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Band's bookings

5 Suggest

10 Pop star

11 Volcanic rock

12 Boyfriend

13 Started the bidding

14 Central American capital

16 European capital

20 "Silkwood" star

23 Noon, on a clock

24 Blackens

25 Scooter's kin

27 Onassis nickname

28 Lie

29 European capital

32 South American capital

36 Go

39 Othello, for one

40 Figures of speech

41 Opposed

42 Car parts

43 Heavy metal

2 Nantes notion

3 Soccer score

4 Sleep

5 Cocoon residents

6 Signs of trouble

7 Immoral act

8 Motel freebie

9 Slugger Williams

11 Appear unexpectedly

15 Metal sources

17 Trade fair

18 Tall tales

19 Flank

T	E	E	M	S		T	A	N	G	O
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L	A	U	R	A		R	I	T	E	S
A	R	R	O	W		I	N	A	W	E
N	E	E	D	S		A	G	R	E	E

Previous Puzzle

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 2, P.O. Box 536475, Orlando, FL 32853-6475

1	2	3	4		5	6	7	8	9
10						11			
12						13			
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16								17	18
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20	21	22						23	
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36	37	38						39	
40								41	
42								43	

5-15

Daily Cryptoquote - Here's how to work it:

A X Y D L B A A X R
is L O N G F E L L O W

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

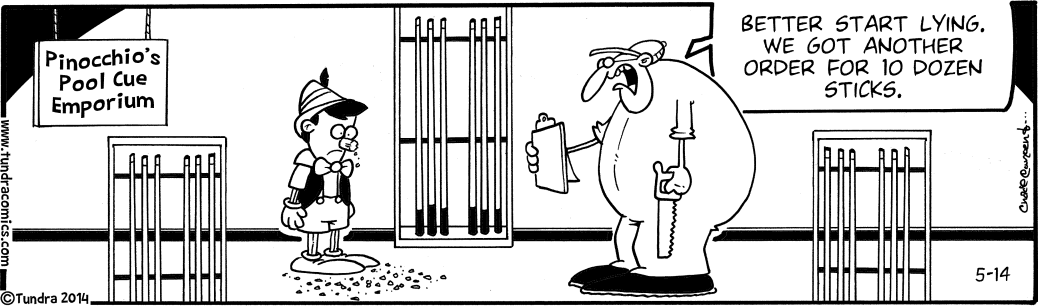
5-14 CRYPTOQUOTE

X I T Y K ' N R T F R , K X F Y D D B
W T M T N T N W T M T R F O F
N L O K S K F Y B H O B N T X B M D I
F Y R O L W O D F Y S T . — H M T R R K T
N T M S L M Q

Previous Cryptoquote: THERE ARE ONLY TWO THINGS A CHILD WILL SHARE WILLINGLY; COMMUNICABLE DISEASES AND ITS MOTHER'S AGE. — Benjamin Spock

COMICS

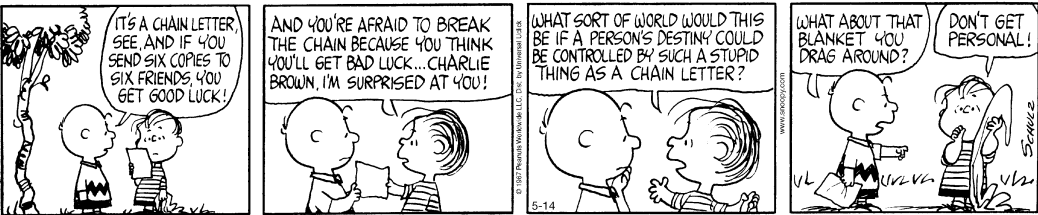
Tundra



Hagar the Horrible



Peanuts



Baby Blues



Dilbert

