

The Urban Homemaker

Homemaking Help For Busy Moms

*Catalog #40
and Recipes*



www.urbanhomemaker.com

In Memory of Duane Edward Moll

On My Heart

by Marilyn Moll

The Urban Homemaker



I, Marilyn Moll together with my late husband Duane, established **The Urban Homemaker** as a family run business in Aurora, Colorado nearly twenty years ago. From the beginning the business has always been dedicated to *“teaching and promoting old fashioned skills for contemporary people.”*

During those difficult days after Duane's death, I had no idea how I could possibly continue the vision of **The Urban Homemaker** without Duane's help. I thank my father, Parker Mitton, who encouraged me when I least wanted to hear it, *“You started this business you can continue to run this business, hire help.”*

I also wish to thank my children, Laura, Stephen, Mary and my friends and dedicated employees Sandy Tuin, Renee Seeley, and Laura Rogers who enabled me to continue **The Urban Homemaker**.

Most importantly I thank the resurrecting power and strength of God, and His mercies which are new every morning. It is God, and the prayers of hundreds of loyal customers and friends who enabled me to carry on the vision of **The Urban Homemaker** to today.

The Urban Homemaker, going into its twentieth year of business, will continue on to promote old fashioned skills reaching a new generation of homemakers.



Cover photo: Duane at an old fruit packing shed in Hood River, Oregon 2007

In Memory Of Duane Edward Moll

Founder of The Urban Homemaker

January 4, 1952 to April 14, 2008



Duane Edward Moll, my late husband, was driven by the passion and vision to establish a family enterprise early in our marriage. He wanted to be home and present in the lives of his home-educated children and pass on the faith.

He bought me my first mill and mixer in 1986 as long as I promised to *“make all our bread.”* I had to think long and hard about that commitment, but eventually I said *“yes.”*

A few years later, in 1991, Duane named my baking hobby The Urban Homemaker. At this time, Duane was actively pursuing his own consulting business and had been counseled by an older wiser Christian businessman, that, *“When Christians go into business, God gets their attention.”*

Although Duane's first business failed, God opened the door for my hobby to grow into a family business that soon supported our family. We had prosperous and not so prosperous years and learned to live by the old adage, *“use it up, wear it out, make it do, do without.”* God had our constant attention as we walked through the doors He opened for us and waited for new doors to open.

Duane was disappointed that the business never profited to the extent he prayed for, but he certainly succeeded in training his children, Laura, Stephen, and Mary in a good work ethic, and fostered a multi-generational entrepreneurial vision. Most importantly, however, he succeeded in winning the hearts of his children by being at home and involved in their lives.

After his passing, I received literally hundreds of cards and emails from customers who appreciated his gentle spirit, and the time he spent on the phone helping them and ministering to their hearts.

How blessed I am to have been married nearly 25 years to this godly man. Duane Moll, I dedicate this catalog to your life and my precious memories.



Why Mill Your Own Fresh Flours?

Use freshly milled Montana white wheat and most husbands and children will love all your homemade bread.

1. **Fresh flours taste better** and perform much better in whole grain recipes and in automatic breadmakers.
2. **Fresh flour contains all the vitamins and minerals** missing in commercial flours. It includes the bran which is vital for a healthy colon and weight control.
3. **Fresh flour is economical!** It only costs about 50¢ per pound or less when freshly milled.
4. If you mill only the amount of flour needed, **essential nutrients are preserved**. Within 24 hours 40% of the nutrients have oxidized. In three days about 80% of nutrients have oxidized.
5. **Stale flours become rancid** because the germ oils in the grain become rancid. Rancid oils and flours strain the immune system, speed the aging process and contribute free radicals into our bodies.
6. **When you mill your flour fresh** you may enjoy variety of whole grains flours such as rye, corn, oats, rice, amaranth, spelt, quinoa, and Kamut™, as well as beans. Different varieties of flour are good for rotation diets, economy, and variety in eating.

Steel-Cone Burr Mills - This type of grain mill can be operated by both hand or electric power and offers the ability to adjust the fineness of the flour from fine to cracked.



Family Grain Mill or Flaker

Advantages - Versatile; available with hand-base and other food processing attachments, adjustable fine to course mechanism so mill will crack grain, can be used with Bosch Universal with an adaptor, German made, quietest mill we sell, takes minimal storage space, very economical.

Disadvantages - Flour may not be quite as fine as Nutrimill, Wondermill or Kitchen Mill, slower production of flour than high speed mills.

Motor Base with Grain mill	Item #2177	\$259.99
Motor Base with Grain mill and Flaker	Item #2176	\$369.99
<i>Free Hand Base with any motorized unit.</i>		
Bosch Grain Mill Attachment	Item #1111	\$109.95
Bosch Flaker Attachment	Item #1112	\$110.95

Grain Mills and Comparisons

Duane purchased my first grain mill in 1986 -as long as I promised "to bake all our family's bread."

Wondermill

Advantages - Formerly known as the Whisper Mill, slightly quieter than The Kitchen Mill, large hopper capacity, six year warranty, high quality flour, grain feeds well into milling mechanism, produces flour quickly. New models have a larger, more reliable motor. This grain mill is my personal favorite because it is quieter.

Disadvantages - Smaller capacity flour canister (12 cup), does not crack grain, must turn on mill before adding grain so the mill will not jam.

Item #2050 **\$ 259.99**



Nutrimill

Advantages - Large flour canister - holds 21 cups of flour, life-time warranty, large grain hopper, slightly quieter than K-tec but has the same milling system, slide out drawer contains flour, mills most grains and dry beans.

Disadvantages - Higher price, takes a large amount of storage space.

Item #2065 **\$269.99**



Kitchen Mill

Advantages - Large flour catch pan - holds 21 cups flour, strong reliability record, stores very compactly (if storage space is at a premium at your house you will appreciate this), produces high quality fine flour, mills all grains and dry beans, lifetime warranty on milling system, 6 yr. warranty on the motor, manufactured in the USA. This grain mill was my first mill and Duane's favorite.

Disadvantages - Smaller grain hopper, noisier than certain other mills.

Item #2000 **\$189.99**



A Bosch Universal Plus Mixer

The Bosch Universal Plus is a complete Kitchen “servant” which I have relied on for nearly 25 years to provide delicious homemade foods.

This Multi-functional, Indispensable Mixer Will:

- * Make healthy salad dressings
- * Puree tomatoes
- * Mix cookie dough
- * Mash potatoes
- * Puree cooked beans, lentils and split peas for soups, sauces, and dips.
- * Make bread crumbs
- * Crack grain
- * Chop up nuts
- * Mix meat loaves
- * Prepare pesto
- * Prepare hummus
- * Prepare salsa
- * Mix cakes and quick breads
- * Whip cream fast and easy
- * Beat egg whites to the stiff peaks
- * Homemade pasta dough
- * Homemade frostings
- * Blender batter pancakes & muffins
- * Frozen fruits smoothies
- * Puree baby foods
- * Grind flax seeds
- * Mix pie dough
- * Mix triple batches of cookies
- * Make peanut butter
- * Make large batches of playdough
- * Make cinnamon dough for ornaments AND MUCH MORE!



Laura and Mary are proud of their work, a day of applesauce-making!

Bosch Universal Plus Kitchen Mixer



Features:

- * Powerful 800 Watt Motor
- * Large Capacity 6 1/2 Quart Bowl
- * 4 Speed Settings
- * Handy Cord Storage
- * Suction Feet Maintains Stability
- * 3 Year Motor and Transmission Warranty
- * Removable Drive Shaft
- * Top Rack Dishwasher Safe
- * Speed Setting One is Slower
- * Speed Setting Four is Faster
- * Dough Capacity of 6 to 8 Loaves
- * Sealed Transmission
- * All Current Universal Attachments fit this Mixer

Item #1050 - with Blender - **\$469.99**

Item #1051 - without Blender - **\$399.99**

Item #1057 - Cookie Paddles with Metal Whip Driver - **\$34.99**

Item #1110 - Slicer/Shredder - **\$119.95**

Item #1180 - Replacement Blender for Older Bosch - **\$69.99**

Marilyn's Famous Whole Wheat Bread

Duane was always my biggest fan of all my bread baking efforts, even the failures. This recipe has been our family's daily bread for over 20 years and won many blue ribbons at state fairs.

Testimonial:

"My husband and five children could not believe how excellent your recipe turned out! It is the whole wheat miracle I have always searched for. Thank you so very much for sharing." Sincerely, Kirsten Farmer



Hand Method: (yields 2 loaves)

1/3 cup honey
1/3 cup oil
2 1/2 cups warm water
1 1/2 Tbsp Saf Instant Yeast
2 1/2 tsp real salt
6-7 cups fresh whole wheat flour
1 1/2 Tbsp Dough Enhancer

Large Mixer Method: (yields 5-6 loaves)

2/3 cup honey
2/3 cup oil
6 cups warm water
3 Tbsp Saf Instant Yeast
1 1/2 - 2 Tbsp real salt
16-20 cups fresh whole wheat flour
3 Tbsp Dough Enhancer
1/3-1/2 cup Vital Gluten

Directions for making Marilyn's Famous Whole Wheat Bread:

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 (12-16 cups if using the Large Mixer Recipe) additional flour until the dough begins to clean the sides of the mixing bowl. Do not allow the dough to get too stiff (too dry). Dough should be smooth and elastic. It is a common mistake for the beginning bakers to add too much flour.

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. Six to ten minutes of kneading by electric mixer (Use speed 1 on the Bosch Universal, and use speed 4 on the Mix n Blend - or use the Auto-Knead function) should be sufficient to develop the gluten if you are using fresh flour. If you are kneading by hand, be sure to add the minimum amount of flour to keep the dough soft and pliable by using a tsp of oil on your hands and kneading surface.

Form the dough into 2 loaves if using the hand method or 5-6 loaves if using the Mix N Blend or Bosch Universal, method. Place the dough into greased loaf pans. 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 degree 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.

Many Whole Wheat Bread Dough variations can be made with this Basic Whole Wheat Bread Dough such as:

Cinnamon Rolls, Dinner Rolls, Whole Wheat Pizza Dough, Cinnamon Pull Apart, Bread Sticks, Cinnamon-Raisin Bread, Garlic Parmesan Bread, and more.

See <http://articles.urbanhomemaker.com> for more details and recipes.



The Home Bakery Supreme X20

by ZOJIRUSHI

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



Marilyn's Famous Bread Recipe for the "Zo"

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

Item #3606 **\$214.99**

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
3 for \$23.97 or 5 for \$35.75
- 10" length Item #4750
3 for \$24.97 or 5 for \$38.20
- 12" length Item #4751
3 for \$26.97 or 5 for \$40.27



Baking Essentials

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 **3 for \$18.79**



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 **3 for \$26.97**



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 **3 for \$26.85**

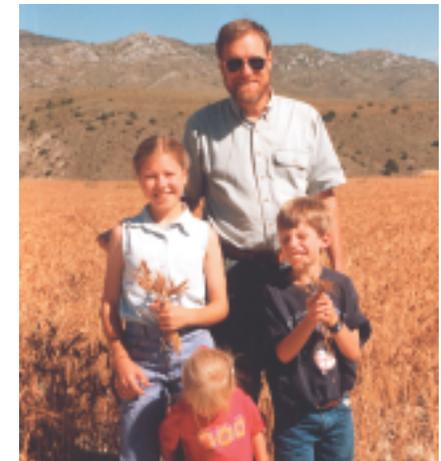


Bread and Bakery Bags

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" **2 for \$25.97**

Item #4055
All Purpose Bags
8" X 4" X 21"
\$16.95 per package

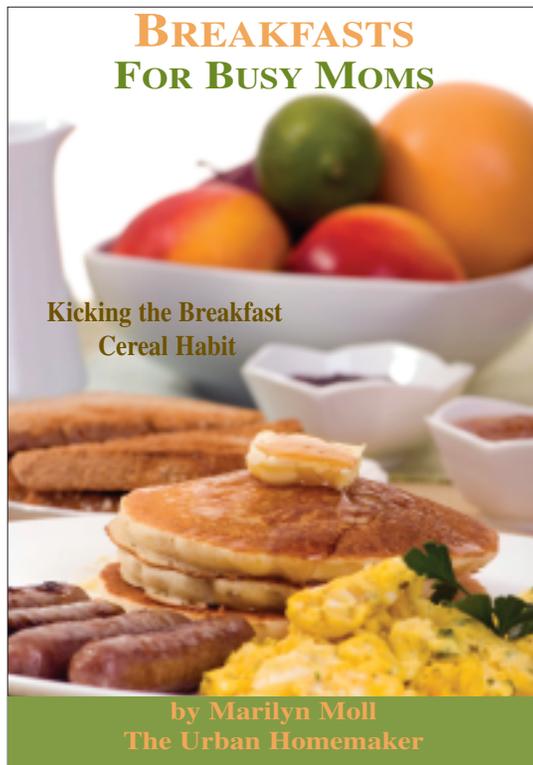


Duane & children during 1997 Montana Wheat Harvest

Breakfasts For Busy Moms

by Marilyn Moll

Spiral bound with plastic splash cover



Kicking The Breakfast Cereal Habit

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

This 60 page book includes:

- * Egg Breakfast Recipes
- * Smoothie Recipes
- * Pancake and Waffle Recipes
- * Company Casseroles
- * Quick Breads
- * Suggested Rotating Breakfast Menu
- * Whole Grain Hot Cereal Recipes and Cooking Chart

Item # 6061.1 *Spiral Bound Plastic Splash Cover* **\$14.95**

Item # 6061.3 *Three for the price of Two* **\$29.90**

Apple Puffed Pancake

This recipe is elegant enough for company, simple enough for everyday. Duane considered this "pancake" a real treat and asked for it often.

- 1 cup milk**
- 4 large eggs**
- 2 Tbsp honey**
- 1 tsp vanilla**
- 1/2 tsp salt**
- 1/4 tsp cinnamon**
- 2/3 cup whole wheat pastry flour or all purpose flour**
- 4 Tbsp unsalted butter, melted**
- 2 apples, peeled and sliced thinly (use tart apples)**
- 4 Tbsp brown sugar or Sucanat, optional**

Preheat oven to 425 F. Place butter in a 9 X 13 inch baking dish. Place apple slices in overlapping rows. Bake until apples and butter are bubbling, about 10 minutes. Meanwhile, whirl all remaining ingredients in the blender except brown sugar. Pour liquid batter over bubbly apples in casserole dish. Sprinkle with brown sugar if desired. Bake for 20 minutes. This "pancake" will puff up and make a delicious egg casserole breakfast. Serve with homemade fruit jams, jellies, breakfast sausage, and breakfast bread such as a muffin, English muffin, or other quick bread.



I usually served a hot breakfast to the whole family which was followed by Duane leading a short family Bible reading and prayer time to start off our day. The body and soul were fed to get our day off to a good start.

Now I lead the devotions for Mary and I each morning.

Slumgullion Stew

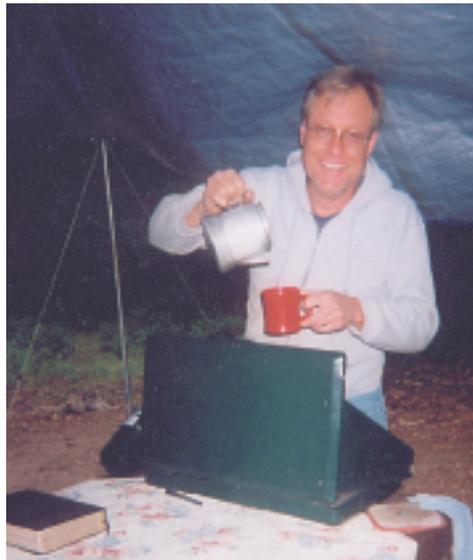
Duane loved Dutch Oven cooking in cast iron as much as I do. This recipe was always made once while family camping and once during the coldest part of the winter.

1 1/2 lb Beef Stew Meat, cubed
1 large onion, chopped
3-5 medium carrots, sliced
3 red potatoes, diced
1 bell pepper, chopped (optional)
1 can black eyed peas (optional)
1 can tomatoes, chopped
4-6 cups water
1 tsp thyme
salt and pepper to taste

Brown the meat over high heat with 1-2 Tbsp oil in a Dutch Oven, cast iron if possible. Saute onion with meat. Add carrots, potatoes, tomatoes, and water and simmer for at least 1-2 hours or until the vegetables are tender. Add seasonings to taste. You can add leftover veggies such as cabbage, corn, green beans, etc.

Thicken the broth with flour. Add 1/2 cup macaroni in last 1/2 hour cooking, if desired. Adjust seasonings if needed. If you are using stove top, be careful to not over-cook. If you are preparing this dish in a dutch oven over coals, be careful that the heat isn't too hot. Enjoy!

This 2004 picture of Duane was from the family camping trip when we first made this stew in a cast iron Dutch Oven cooked with charcoal briquettes outside.



Pesto Lasagna

Duane loved any kind of Lasagna. You could easily substitute ground meat for the Pesto in the recipe to satisfy your meat lovers. This recipe enabled me to use some of his fresh garden veggies.

12 dried lasagna noodles
1 cup purchased or homemade pesto
1 egg, slightly beaten
15 oz. container Ricotta cheese
8 oz. pkg. shredded Italian Blend
2 cups chopped fresh spinach, or
2 cups steamed kale
1/2 of an 8 oz. pkg fresh mushrooms,
thinly sliced or 4 oz. can sliced
mushrooms
3 medium, quartered and sliced fresh
tomatoes or 28 oz. can whole
Italian-style tomatoes
Fresh or dried parsley
Salt and pepper to taste

Preheat oven to 375°F. In a large stock pot cook the lasagna noodles according to package directions until just tender, about 10 minutes. Drain the noodles; rinse with cold water thoroughly, drain well; set aside.

In a medium bowl, stir together egg, ricotta cheese, 1 cup of the shredded Italian or Mozzarella cheese, salt, and pepper; set aside.

To assemble lasagna: Lightly grease a 13 X 9 X 2 inch baking pan. Arrange 4 of the cooked noodles in the bottom of the pan, trimming and overlapping as necessary to cover the bottom with 1 layer of noodles. Top with spinach or kale. Spoon half of the Ricotta cheese mixture over the spinach or kale layer, spreading evenly. Spoon one-third of the pesto over the ricotta layer, spreading evenly. Top with another layer of noodles, trimming to fit. Top with mushrooms. Spread remaining Ricotta cheese mixture over the mushrooms. Spread half of the remaining pesto over the ricotta layer. Top with another layer of noodles and the remaining pesto.

Drain canned tomatoes and slice, quarter, or halve tomatoes and place on the top layer. Cover the pan with foil. Bake, covered, for 45 minutes. Uncover and sprinkle with remaining Italian blend cheese. Bake, uncovered, for 15 minutes more or until the cheese is melted and the lasagna is bubbly. Garnish with parsley. Allow to sit for 10 minutes.



Black Russian Rye Bread

*One of Duane's favorite breads I didn't make often enough.
Hearty and wonderful with soups and stews or sandwiches.*

Makes two loaves

2 Tbsp SAF yeast
2-1/2 cups warm water
1/4 cup vinegar
1/2 cup molasses
4 1/2 Tbsp cocoa or carob
1/4 cup butter or oil
1 Tbsp salt
2 tsp instant coffee, optional
2 Tbsp dehydrated onion
4 Tbsp crushed caraway seed, optional
1/2 tsp crushed fennel seed
4 cups rye flour
4-5 cups fresh whole wheat flour or
bread flour or cornmeal
1/2 cup cold water
1 tsp cornstarch



Combine the warm water, yeast, coffee, dehydrated onion, caraway seed, and fennel seed and 2 cups of fresh whole wheat flour in a large mixing bowl. Allow to sponge for 15 minutes. In a small saucepan or microwave safe bowl, combine vinegar, molasses, cocoa or carob powder, salt, butter or oil. Heat to lukewarm. Add the warmed mixture into yeast mixture. Add rye flour, and mix or stir. Gradually add most of the whole wheat flour until the dough begins to clean the sides of the mixing bowl. Do not allow the dough to get too stiff (too dry).

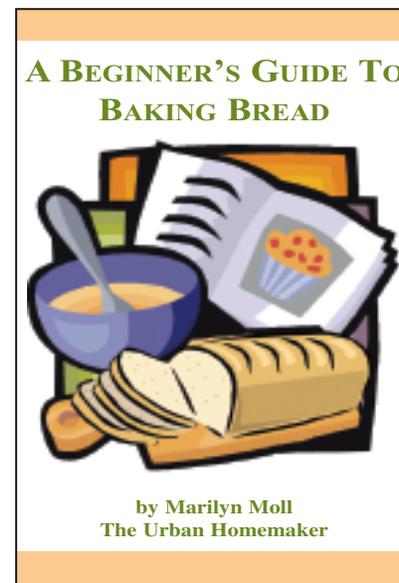
Knead 8-10 minutes, adding flour as needed, or until the gluten is developed. It is a common mistake for the beginning bakers to add too much flour. Lightly grease a baking sheet and sprinkle with cornmeal. Divide dough into two portions, and form into spherical shaped balls. Place on each end of the baking sheet. Cover with a damp towel, and let rise until double. (Do not put free-formed, round loaves in a warmed oven to rise, they will flatten).

Bake in a 350°F oven for 45 to 50 minutes. While bread is baking, combine 1/2 cup cold water and cornstarch in a small saucepan. Cook until thickened. Remove bread from oven, brush hot bread with cornstarch mixture, and return to oven for an additional 2 to 3 minutes to set the glaze. Remove from baking sheet, and place loaves on cooling rack to cool. Makes 2 loaves. Delicious with cream cheese on it.

A Beginner's Guide to Baking Bread

by Marilyn Moll

Spiral bound with plastic splash cover



- * How to Select Ingredients
- * Grain Mill Comparisons
- * Step-by Step Mixing Instructions
- * Tips for the Best Bread
- * The Two Stage Process and Much More!
- * Whole Grain Bread Variations

Recipes Including:

Marilyn's Herb Bread
Seven Grain Bread
Date Nut Streusel Cake
Onion Rolls
Ezekial Bread and more

A Fool-Proof Way to Knead Your 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.

Experienced bakers recognize dough needs to be soft and pliable, not too dry or stiff. Check to see if the gluten is fully developed.

Item # 6059.1 *Plastic Splash Cover* \$14.95

Item # 6059.3 *Three for the price of two* \$29.90

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.

Mop Packages

The durable aluminum mop base has velcro strips on the bottom to secure the mop pads. Telescopic handle adjusts from 38"-63" - and can be used to wash windows, and walls, or remove cobwebs.

The Superior Mops are made of thicker micro-fiber and holds more dirt, dust, pet hair. Highly recommended if you have children, pets, or large surfaces to clean.

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**

Testimonial:

"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

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

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

Item #8166 **\$13.99**



NORWEX: Cleaning With Just Water

Improving the Quality of Life by Drastically Reducing Chemicals in Home and Personal Care Products

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

Norwex Cloths Remove 99.9% of the Bacteria from surfaces

Norwex micro-fiber has a patented antibacterial agent embedded inside the micro-fiber, so the cloth will remove 99.9% of the bacteria from the surface and destroy the bacteria within the cloth after a few hours.

Enviro Cloth

A Multi-purpose cleaning cloth used wet or dry to remove dirt, grime, and bacteria from any smooth surface including walls, tiles, bathtubs, counters, refrigerators, cars - inside and out. The unique anti-bacterial properties prevent cross-contamination.

Item #8150 - **\$14.50 each** or a
Rainbow Pack (4 colors) Item # 8172 - **\$53.99**



Window Cloth

The anti-bac window cloth allows you to clean your windows, mirrors, and shiny surfaces with water alone. Extra dirty windows should be cleaned with a moist Enviro Cloth and polished with the window cloth for a streak-free shine, even on windows with the sun-shining through. You will be amazed.

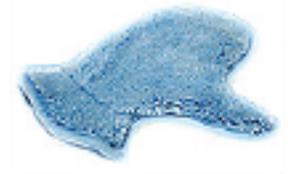
Item # 8151 - **\$16.99**



Microfiber Mitt

The anti-bacterial micro-fiber dust mitt has thick, terry-cloth like texture and is used for quick and easy dusting including mini-blinds. This dust mitt is the perfect way to involve your children in "helping" with no chemicals. Brush off outside to clean, launder as needed.

Item #8152 - **\$13.99**



Mother's Helper

1 - Window cloth, 1- Antibac Enviro cloth, & 1 Dust Mitt. **SAVE!**
Item #8153 - **\$40.99**

Norwex Personal Care and Laundry Best Sellers

Ultra Power Plus Laundry Detergent

Highly concentrated, superior stain removing powder that is biodegradable and contains no fillers. Use only 1 Tbsp per load for top loading washers or 1 tsp per load for front loaders. 140-400 loads per bag, or about 5 cents per load. Compare and save.

Item # 8183 **\$22.99**



Homemade Spray and Wash Recipe

Mix 1 Tbsp Norwex Ultra Power Plus to 2 cups water. Pour into a spray bottle. Use for ring around the collar, dirty knees and other stains. Try it and save.

Sample bag of 1 Cup Norwex Detergent - 16-48 loads

Compare and Save!

Item #8183.2 **\$6.00**



Norwex Body Packs

A package of 3 soft anti-bacterial microfiber wash/face cloths. Exfoliate your skin, and remove makeup and mascara with just water.

Item #8181 - Natural Colors **\$16.99**

Item #8181.1 -Vibrant Colors - **\$16.99**



Norwex Hair Turban

Highly absorbent, hooded anti-bacterial microfiber towel designed to absorb about 70% of the moisture in your hair in 10 minutes, drastically reducing blow dry time.

Item #8180 **\$23.99**



Norwex Magnet Ball

The Magnet Ball prevents calcium molecules from building up in dishwashers and washing machines, resulting in softer water. Use half as much soap in washer or dishwashers. Not for front loaders, however. 5 year warranty.

Item # 8184 **\$27.99**

Anyone Can Become a Norwex Consultant - learn more!

As The Urban Homemaker transitions, I will be devoting more of my time to helping young homemakers establish their own home businesses including becoming a Norwex Consultant. It is still a great ground floor opportunity throughout the United States.



Why Norwex ?

Norwex got its start in Norway and is headed by Debbie Bolton. Her experience, influence, expertise to the company mission, "Improving the Quality of Life" has resulted in a rapidly growing, very profitable company in Canada and USA.

You can Help Change the World

The Consumer Product Safety Commission tells us that of the chemicals commonly found in homes, "150 have been linked to allergies, birth defects, cancer, and psychological abnormalities." Norwex Enviro Products' success is based on offering environmentally sound products which enable the user to eliminate the use of toxic chemicals in cleaning altogether and stop exposing themselves and others to toxins.

The Opportunity

As a new Norwex consultant, you can begin earning an income immediately by hosting your own home party to announce your new business endeavor to friends and family, plus, as a hostess, you will receive the free gifts.

As a member of my Norwex team, I offer regularly scheduled training meetings and you will also be eligible for many sales incentives. Set your goals, your own hours, work the business consistently and you will be richly rewarded. I encourage all consultants to be their own hostess as often as you like.

Get Started Today

Visit marilynmollsnorwex.com to sign up or call me at 970-527-7540.

The Norwex starter kit includes:

1 Small Enviro Cloth, 1 Large Enviro Cloth, 1 Window Cloth, 1 Large Mop Package, 1 Spray Bottle, 1 Package of Spirinets, 1 Norwex Tote Bag, 10 Catalogues, 10 Price Lists, 50 Customer Order Forms, 10 Sales Summary Forms, 10 Hostess Order Form, 10 Hostess Planners, 1 Training Manual.

Multi-Pure™
The Best Consumer Value

Here's Why:

Best Warranty in the Industry:

- * 90 Day Money Back Guarantee
- * Life Time Warranty on Filter Housing
- * 40 Years of Industry Experience

Effectiveness:

- * Solid Carbon Block: Is the most effective filter. Removes scores of harmful pollutants.
- * Removes a wide range of toxic contaminants and microscopic organisms
- * Allows beneficial and healthy minerals to pass through filter.

Convenience:

- * Filtered water at your convenience. 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:

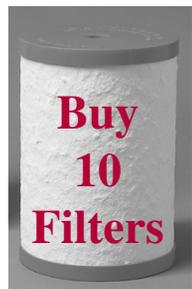
- * Low maintenance cost: Requires simple filter replacement approximately once per year. Average filter life: 8-12 months.
- * Low operating cost: Pure water for about 8¢ per gallon.
- * **Multi-Pure™** offers a **0% Financing Program** for purchasing a unit.

Documented Product Performance

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

***Independent Distributor #103419**

Filtermania!



Get a Multi-Pure Drinking Water System for FREE!

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.

Item #8003.1 - **\$599.90**

Multi-Pure Shower Filter

Replace filter yearly.



#8014 w/shower head **\$59.95**
 #8013 no shower head **\$49.95**

Crystal Bath Experience

The bath ball is used to de-chlorinate bath water.

Item #8019 - **\$59.95**



The Multi-Pure™ Drinking Water Systems
Certified to Remove the Most Contaminants!



About 16 years ago Duane became concerned about all the contaminants in our drinking water. To protect our family's health he chose the top of the line, NSF certified, Multi-Pure™ System because it removes the widest range of contaminants.

Much more information about Drinking Water Systems:
www.multipuresusa.com/urbanhomemaker

A. Model MP750SC

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

B. 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**

c. Model MP880SB

This model is certified to remove Arsenic V as well as the same broad spectrum of other contaminants as the 750 model series. 600 gallon filter life
 Item #8023 **\$519.95**

Model MPCT Stainless Steel counter-top (Not Pictured)
 Item #8004 **\$299.95**

D. Aqua Dome Consumer's Digest Best Buy - 2009

The **Aqua Dome** is Multi-Pure's most **affordable and attractive** plastic counter-top system. It will **reduce 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!
 Item #8017 **\$224.95**

10 Steps To Getting Started With A Lifestyle For Health

Although Duane and I have always believed that the foundation of good health is pure water and nutrient dense home cooked food, health also has a very significant spiritual component. Doctors estimate that up to 80% of medical disorders and degenerative diseases have spiritual causes.

Recognizing unresolved generational issues in our family in 2003, Duane took our whole family to an in depth, 50 hour, life transforming teaching seminar called Be In Health.

This seminar enabled all of us to begin recognizing *"the battles we fight are not against flesh and blood but powers and principalities and wicked spirits of the air"* (Ephesians 6:10-12), and not each other. I credit this life-changing teaching for empowering me to fight some huge spiritual battles I faced after Duane's passing.

(For more information read *A More Excellent Way* by Pastor Henry Wright or visit BeinHealth.com.)

10 Steps to Getting Started with a Lifestyle for Health:
<http://articles.urbanhomemaker.com>



This picture of Duane and I was taken in August of 2007 near Hood River, Oregon.

The Family Meal Table and Hospitality

Duane took the Biblical command to *"Share with God's people who are in need. Practice hospitality."*, Romans 12:13, seriously. We tried to invite individuals and families over frequently and share simple foods.

When Duane was a child, his mother, Anne, made this recipe for family friends who came for dinner without their mom because she was sick. The guests' children liked it so much they begged their mother to get the recipe, but she didn't like the name. Eventually she finally gave in and called Duane's mother for the recipe because of the children's insistence.



Obviously, in this picture you may notice Duane had a remarkably unusual yet beloved sense-of-humor.

Duane's Favorite Hamburger Casserole aka "Gopher Guts"

The whole family loves and requests this meal often, children love it.

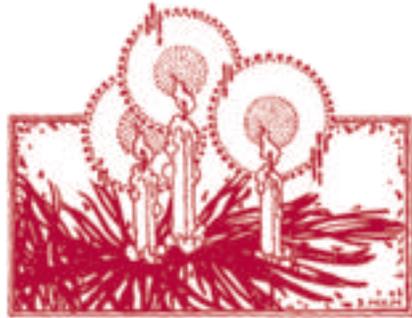
- 4 cups elbow macaroni, cooked and drained**
- 2 pounds hamburger or other ground meat**
- 1 green pepper, diced**
- 1 large onion, diced**
- 6-10 slices bacon, fried and crumbled**
- 2 cups spaghetti sauce**
- 1/2-1 cup Parmesan Cheese**
- Salt and pepper to taste**

Start a large pot of boiling water and cook the macaroni - el dente - just a little bit firm. Meanwhile, fry bacon, drain on paper towels. Drain off some of the grease and saute onion and pepper in some of the grease along with the hamburger meat. When the hamburger is browned add salt and pepper to taste. In a large bowl, mix the hamburger mixture with spaghetti sauce. Pour into a large 9 X 13 casserole dish. Sprinkle with Parmesan cheese and crumbled bacon. Place in a pre-heated 350 degree oven for 20-30 minutes or until heated through.

Plan an Open House:

1. Determine the date, time, and purpose of your party or open house. Send out written invitations or make phone calls several weeks ahead so your event is on their calendar.

2. Start planning the food you will be serving based on the time of day your party is planned. If you start your planning up to a month ahead of time, many appetizers, cheese balls, cookies, and more can be prepared or purchased and frozen ahead. Calculate the number of servings of each item you expect people will eat and multiply that times the number of guests.



3. Plan the supplies you wish to have on hand, including cups, plates, napkins and decorations. Paper products add more expense but also streamline cleanup, so balance cost versus convenience in all your planning.

If you use what you have on hand, expenses may be controlled. Purchase the paper products, and non-perishable grocery items as far ahead as possible, always keeping an eye open for sales when you can stock up. Keep detailed lists updated and revised as you go.

4. Identify which serving dishes will be used for each food item and set aside all the serving pieces needed for your occasion ahead of time. If you don't have enough serving pieces, borrow these items beforehand. Plan how you will present each food item attractively with a workable flow.

5. Develop a realistic timeline for decorating (if needed), last minute food preparations, and cleaning tasks. Enlist the help of family members, friends or relatives in all aspects of food and home preparations.

6. Pray over your plans and preparations. Ask the Lord to enable you to be creative and to plan a beautiful, delicious selection of foods without over-spending. Make your party plans and preparations fun for yourself as well as the guests by keeping the attitude that you are serving the Lord and doing this for His glory.

7. Execute your plan on party day by allowing plenty of time for last minute preparations and assigning tasks to family members.

Appetizers

Appetizers and finger foods will work for any event other than a formal sit-down meal. It's OK to use some convenience items, the idea is to have great fellowship not an elaborate production. Remember to plan a wide variety: hot, cold, meats, cheeses, nuts, veggies and fruits for dipping, goodies, etc.

Hot Spinach and Artichoke Dip

- 2 cups of mayo**
- 1 (14 oz) jar of artichoke hearts (NOT marinated, just plain), drained and chopped**
- 10 oz. frozen chopped spinach, thawed and drained**
- 1 1/2 cup grated parmesan cheese**
- 1 cup shredded cheddar cheese**
- 2 cloves minced garlic**

Mix all together and bake in a pie plate for 20-25 minutes in 350 degree oven or until warmed. Serve with party rye bread and wheat crackers.

Slow cooker Buffalo Chicken Dip

- 1 can of white chicken meat**
- 12 oz. bottle of Franks Hot Sauce (or whatever type you prefer)**
- 2 - 8 oz. packages of cream cheese**
- 16 oz. bottle of Ranch dressing**
- 16 oz. Monterey Jack cheese or Cheddar Cheese, grated**

Combine all ingredients in a slow cooker and cook until bubbly. Serve with celery sticks, crackers, scoop chips, and/or bagel bits.

PinWheels

The red and green ingredients make these colorful and tasty for the Christmas holidays.

- 2 packages of cream cheese (8 oz.) softened,**
- 1 package ranch salad dressing mix (dry mix)**
- 1/2 cup minced sweet red pepper**
- 1/2 cup minced celery**
- 1/4 cup minced green onions**
- 1/4 cup minced black olives (optional)**
- 3-4 flour tortillas (10 inch)**

In a mixing bowl beat cream cheese and dressing mix until smooth. Add the red peppers, celery, onion, and olives; mix well. Spread about 3/4 cup on each tortilla. Roll up tightly; wrap in plastic wrap. Refrigerate for at least 2 hours. Slice into 1/2 inch pieces. Yield: 15-20 servings (double or triple as needed).

The Urban Homemaker Vision 2010 and Beyond

Building a Unique Community of Homemakers for the 21st Century

The Urban Homemaker has marched by the slogan "Old-fashioned Skills for Contemporary People" and is in the process of transitioning for 2010 and beyond. We will be using the values that **The Urban Homemaker** was built upon to create a website community for young women that will encourage, mentor, and inspire godly homemakers. This includes but is not limited to:

- * Homemaking 101
- * Raising Children
- * Resourceful Living
- * Thriving on One Income
- * Challenges of Changing Careers

The unique Urban Homemaker Community will be for mentoring women who hunger for inspiration, fellowship, joy, camaraderie, and strength in the company of other like-minded women. Many changes are coming, so stay tuned for news, videos, audios, tips, recipes, and ebooks filled with practical ideas and sign up for our newsletter at www.urbanhomemaker.com/subscriptions.



Mary, Stephen, Marilyn, Brandon (son-in-law), and Laura, December 2008

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