

Columns

You can make your own Bisquick and store it

This week I have a recipe that comes from a long-time reader who has asked me to not use her name. This wonderful lady has sent me recipes before, so thank you to my anonymous reader!

The name of it is Zucchini Quiche. The name is a bit misleading as this makes a great appetizer if you are looking for something different.

She has this to say about her recipe: "You printed the Quiche recipe which made me think about the recipe I am sending you. I don't like eggs; however, when they are mixed with other ingredients as in this recipe I can eat them. I

have taken this to a family reunion and it was a big hit."

She says this is great to make in the summer when there is plenty of zucchini in the garden, and that she found this recipe in a cookbook. I have not tried this recipe yet, but it sounds like a winner!

Zucchini Quiche

- 3 cups thinly sliced zucchini
- 1 cup grated Cheddar cheese
- 1 cup Bisquick
- 1/2 cup chopped onion
- 1/2 cup grated Parmesan cheese
- 2 Tbsp chopped parsley
- 1/2 tsp seasoned salt
- 1/2 tsp oregano
- dash of pepper
- 1 clove garlic, finely chopped

1/2 cup oil
4 eggs
Mix together all ingredients. Bake in a greased 13 x 9 pan at 350 degrees for 25 minutes. Cut into squares.

If you do not have Bisquick on hand, no need to run to the store to buy some. It's so easy to make your own. To make 1 cup, mix 1 cup all purpose flour, 1 1/2 tsp baking powder and 1/4 tsp salt until well mixed. Mix in 1 Tbsp butter or oil with a pastry blender or two forks until the mixture is the size of peas.

If you prefer to make your own mix rather than buy the store brand, you can make a



Let's Cook

By Linda Hoskins

larger quantity so it's ready to use. If you use oil to make it, you can store it in a cool dark place like your cupboard. If you use butter, you should store it in the refrigerator. Either way, it should be stored in an airtight container, pref-

erably a glass jar. Some people prefer to make their own mix because it is cheaper than buying the prepackaged product, and they know that it is truly fresh.

For you trivia buffs, Bisquick was first made by

General Mills back in 1930. Carl Smith, a sales executive for General Mills was riding on a train, and was served the best biscuits he ever had. So he talked to the chef and found out his secret. The chef baked the biscuits fresh on the train but he used a mix he pre-made before boarding the train in order to save time. Then Smith went back to the company and developed what we now know as Bisquick.

If you have a recipe to share, please send it to letscook!@heraldpubs.com or mail to Mascoutah Herald, PO Box C, Mascoutah IL 62258. Thanks and Happy Cooking!

Hearing problem may also be a listening problem

Over the past 10 years or so, my hearing has declined to the point where I mistake words that my wife says to me. It's hard for me to distinguish words like "anniversary" from "university" and those kind of mistakes can get a guy into trouble.

My wife is of the opinion that this hearing loss is selective and I merely choose not to hear certain words. This usually occurs when the words involve physical labor on my part. But my yearly hearing exam indicates that I really do have hearing loss and this loss of hearing gets worse every year. My adult children concur with this diagnosis, especially when they are watching TV with me and they have to put up with volume levels approaching the decibels of a 747 taking off on a runway.

Hearing is a big deal for people. I recently came across a letter my dad had written to his sister after their mother (my grandmother) had passed away at age 92. This one sentence in the letter stands out to me. My dad wrote, "I realized that she was going blind, along with loss of hearing that made her feel very much alone."

I have come to realize how important hearing is. Without adequate hearing, you aren't able to participate in conversations with others. I know there are times when I am embarrassed to continually ask, "What did you say?" to friends and family members, so I just nod my head up-and-down or mumble, "Uh-Huh," when I have no idea what was being said. I can see myself withdrawing from some social situations because I don't want

to have to interrogate my wife afterwards to find out what the group was laughing about or thinking, "Were they talking about me?"

So after years of being on the cusp of needing hearing aids, my audiologist suggested that hearing aids would definitely help my hearing, especially at the higher frequency levels. My six little granddaughters speak at such a high frequency that the neighbor's dogs oftentimes come running toward them whenever they speak.

So I went shopping for hearing aids, which is an expensive thing to do. I am lucky that my insurance covers a portion of the expense of hearing aids, but I'm still required to shell out a pretty penny.

I selected a pair of hearing aids that is supposed to be



So there I was

By Pete Buckley

best suited for me. I had told the audiologist that when it comes to technology, I am a Neanderthal. I wanted a hearing device that would automatically correct itself to any environment so that I could go to a restaurant, a football game, or my church and hear what's going on without having to resort to fiddling with tiny controls to adjust.

I can recall my father-in-law, (a retired farmer who was practically deaf from being

around heavy equipment his whole life) constantly pushing tiny buttons on his own hearing aids and he could never adjust them to where they actually helped his hearing.

The audiologist was able to hook me up with a hearing aid that automatically adjusts to my environment... in other words, "idiot-proof." This hearing aid also has Bluetooth capability which allows me to listen to telephone calls, songs and podcasts directly through

my hearing aids. This is a spectacular benefit and has helped me tremendously, especially when listening to someone on the phone.

My problem continues to be, that outside of the Bluetooth features, I really haven't noticed much improvement in my hearing ability. I still say, "What did you say?" way too often, and I still misinterpret words spoken by my wife and grandkids... although my wife claims that I have misunderstood her words for over four decades.

Despite these problems, I think I'll keep the hearing aids. It gives me an excuse for when I'm accused of not paying attention and I can simply smile, point to my hearing aids and shrug my shoulders.

PUZZLES

CLUES ACROSS

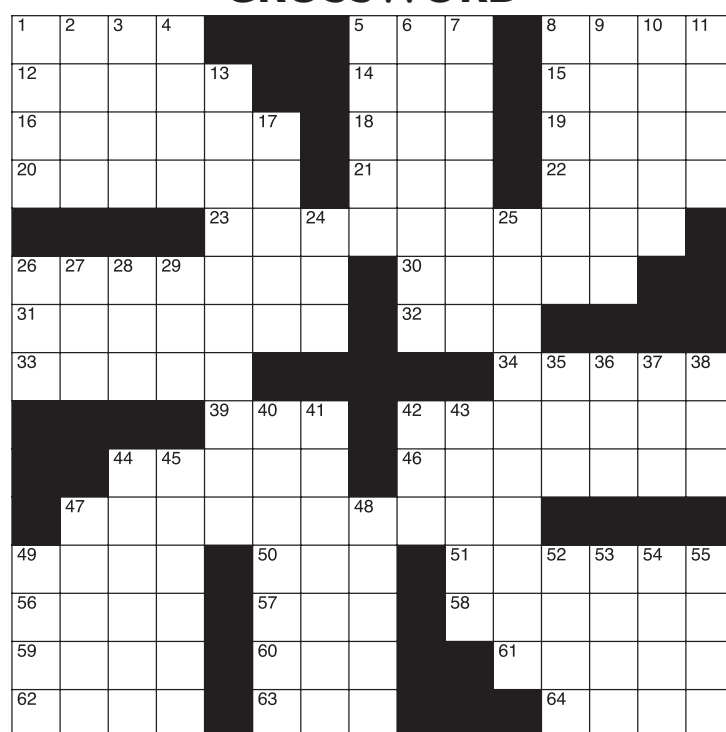
1. River in Tuscany
5. A way to represent
8. Rocker's guitar
12. Civil Rights group
14. Brew
15. Scratch
16. W. Asian country
18. The Eye Network
19. Clarified butter
20. Part of the Cascade Range
21. Downwind
22. A way to steer
23. Loop
26. Not ingested
30. Swampy coniferous forest
31. Musician
32. Signing
33. Containing iron
34. Part of a theorem or proof
39. Veterans battleground (slang)
42. Of enormous proportions
44. Italian city
46. Come before
47. Balm
49. Undergarments
50. Male parent
51. Ropes
56. Ear part
57. Investment vehicle
58. Dictator
59. Cain and _
60. A type of code
61. Border river along India and Nepal
62. It's what's for dinner
63. Consume
64. Christian _ designer

CLUES DOWN

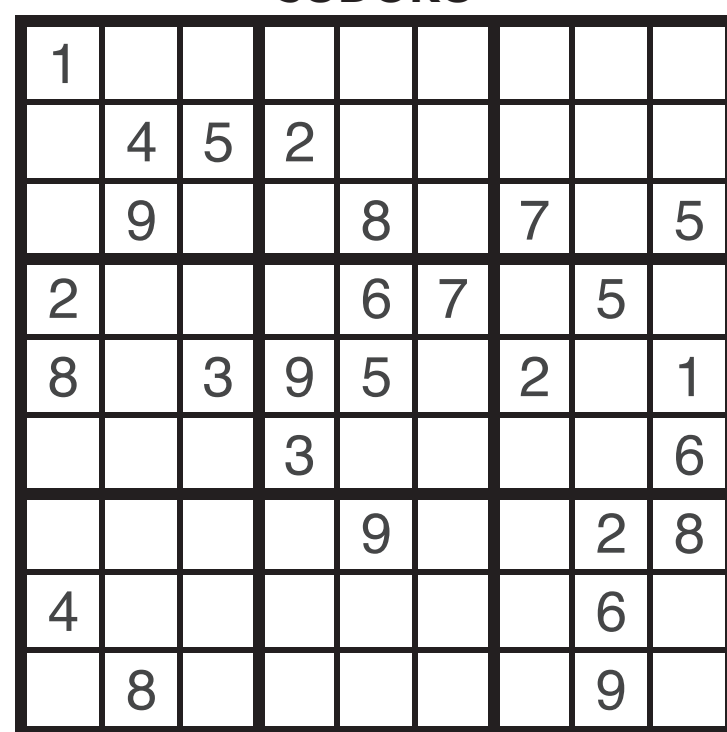
1. Cuckoos
2. Skin issue
3. City in central Japan

4. Sorrels
5. Twinned diamond
6. Canadian province
7. Monetary units
8. Head honcho
9. Goddess of wisdom
10. Part of a play
11. Get rid of
13. Applicant
17. Bowling alleys have many
24. Explosive
25. "The Say Hey Kid"
26. Ultrahigh frequency
27. No (Scottish)
28. Make a mistake
29. Credit card term
35. Keyboard key
36. Woman (French)
37. In the middle of
38. Score perfectly
40. Coat a metal with an oxide coat
41. Deadly disease
42. A place to dock a boat (abbr.)
43. Belch
44. Member of U.S. Navy
45. "In _": separate from others
47. Examine extensively
48. Adjust
49. Tattle
52. Actor Pitt
53. Gulls
54. Within
55. Exceptionally talented performer

CROSSWORD



SUDOKU



HOROSCOPES

ARIES - Mar 21/Apr 20
You might feel caught up in a daze this week, Aries. Your mind continues to wander, but your thoughts will settle down soon enough.

TAURUS - Apr 21/May 21
Make an effort to bring more people onto your side, Taurus. You can't possibly win everyone over, but others might be receptive to your ideas with the right approach.

GEMINI - May 22/June 21
A sit down with a higher-up could be in order soon, Gemini. Explain your attributes and what you have been doing for the company and make an effort to compromise, if necessary.

CANCER - June 22/July 22
Cancer, you are still following through with resolutions to be more organized. Start slowly and build up to bigger projects when you gain confidence in your abilities.

LEO - July 23/Aug 23
Celestial energy has you temporarily doubting your abilities, Leo. Normally you are quite confident in your creativity. Give

things a little time to settle down.

VIRGO - Aug 24/Sept 22
Virgo, excitement could be on the horizon. Caution is needed, but don't hesitate to embrace the renewed vigor this development inspires.

LIBRA - Sept 23/Oct 23
Libra, this week you may start micro-managing other people without even realizing it. You certainly want things to be in order, but sometimes you have to let others be.

SCORPIO - Oct 24/Nov 22
Retail therapy has its allure this week, Scorpio. If you must buy, direct your purchasing dollars toward a sweetheart for Valentine's Day or another special occasion.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, ground yourself with the small luxuries in your life that bring you joy. This could be the company of friends or cherished mementos.

CAPRICORN - Dec 22/Jan 20
Misinformation seems to circulate with ease, but don't believe everything you hear this week, Capricorn. You may need

to do some fact-checking of your own.

AQUARIUS - Jan 21/Feb 18
Aquarius, you could be tempted to indulge in a little gossip as the rumors start flying this week. Take the high road and resist the urge to join in.

PISCES - Feb 19/Mar 20
Pisces, if you feel a little off your game this week, find a friend who can offer you a pep talk. That's all you need to bounce back.

FAMOUS BIRTHDAYS

FEBRUARY 12
Judy Blume, Author (85)

FEBRUARY 13
Robbie Williams, Singer (49)

FEBRUARY 14
Freddie Highmore, Actor (31)

FEBRUARY 15
Megan Thee Stallion, Rapper (28)

FEBRUARY 16
The Weeknd, Singer (33)

FEBRUARY 17
Chord Overstreet, Actor (34)

FEBRUARY 18
Dr. Dre, Rapper (58)

SOLUTIONS

