

Over the Garden Gate

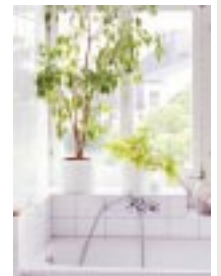
A Monthly Publication Prepared by Sandie Scherer



*Every day may not
be good, but there's
something good
in every day.
~Author Unknown*



PAMPER YOURSELF



Create Your Own Spa Bath

Fifty-hour workweeks, free time filled with meetings and soccer games, obligations to schools and community — the list goes on and on. Many people today are challenged to find solace in their lives. They have too much to do and too few opportunities to combat the effects of the resulting stress. At the end of a hard day or the beginning of a new one, what better way to help clear your mind and gain the right perspective than to have the comforting elements of a spa right in your own home?

Water, combined with aesthetically pleasing materials, is a perfect relaxer. For ways to create your own relaxing space, think out-of-the-box. Asian-inspired open-base vanities and faucets or traditional console lavatories are spacious, simple solutions — even in the smallest bath.

New formats in tubs offer the luxury of a deep soak or the exhilaration of a hydro- and air-jet massage. Showers powered by multiple heads and body sprays provide the ultimate in wake-up stimulation or end-of-the-day relaxation. For an even richer spa experience, look for combination steam and shower units. It's never been easier to create the perfect spa bath to suit your needs.

With the many new products designed to make retrofitting your existing space simpler, tearing into the drywall to access the plumbing is not always necessary. So whether you're building from the ground up or looking to remodel, consider these soothing options. Regardless of the space that you have to work with, you'll find options to accommodate any plan, all with the same wonderfully relaxing results.



R e c i p e

Caramel-Pecan Pumpkin Pie

1 recipe Pastry for Single-Crust Pie

2 slightly beaten eggs

1 15-ounce can pumpkin

1/4 c half-and-half, light cream, or milk

3/4 c granulated sugar

1 tablespoon all-purpose flour

1 teaspoon finely shredded lemon peel

1/2 teaspoon vanilla

1/4 teaspoon salt

1/4 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon ground allspice

1/2 c packed brown sugar

1/2 c chopped pecans

2 tablespoons butter, softened



1. Prepare and roll out pastry. Line a 9-inch pie plate with pastry. Trim; crimp edge as desired. In a large bowl stir together eggs, pumpkin, and half-and-half or milk. Stir in the granulated sugar, flour, lemon peel, vanilla, salt, cinnamon, nutmeg, and allspice. Pour pumpkin mixture into pastry-lined pie plate. Cover the edge of the pie with foil to prevent overbrowning. Bake in a 375 degree F oven for 25 minutes.

2. Meanwhile, in a medium bowl stir together the brown sugar, pecans, and butter until combined. Remove foil. Sprinkle brown sugar mixture over top of pie. Bake for 20 minutes more or until a knife inserted near the center comes out clean and topping is golden and bubbly. Cool on a wire rack. Cover and refrigerate within 2 hours. Makes 8 servings.

Handy Hints

Add a little baking powder to your mashed potatoes and they will become light and fluffy.

Add one teaspoon of orange juice to your cake mixture- it helps the cake to rise and gives it a lighter texture

If you only have one egg and your recipe calls for two just add one tablespoon of vinegar to your egg and it works just as well.

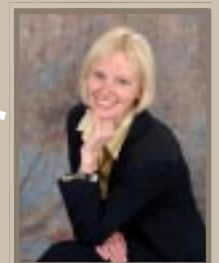
If you can't stand the smell of cabbage cooking just add one teaspoon lemon juice to the water and it helps diminish the smell.



I'M LISTENING.

It's a privilege to live and work in Maple Ridge.

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