

Home Heart Strings
Your Home, Your Heart
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Cindy Thomas, editor
Home Heart Strings
<http://www.homeheartstrings.com>

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=> From the Editor

Welcome to the Premier Issue of Home Heart Strings! Our newsletter will go out weekly, and should arrive in your email late Monday evening or Tuesday morning.

=> Recommended

Brighten someone's year one month at a time.

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=> Everyday Living

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. John 14:27

Everything in the home should have a place, or its own home. When something is used, return it to its home after being used. Setting it down will often result in the item remaining where you put it down at. Get in the habit of putting things back where they belong immediately after

use. This the main factor in getting and keeping an organized home.

=> Recipes and Cooking Tips

Beef Nacho Casserole

- 1 lb. ground beef
- 1 c. sweet corn, thawed & drained
- 2 c. crushed tortilla chips, divided
- 2 c. Monterey Jack cheese (shredded & divided)
- 1 jar (12 oz.) chunky salsa
- 3/4 c. Miracle Whip dressing
- 1 tbsp. chili powder

Heat oven to 350 degrees. Brown meat; drain. Stir in salsa, corn, dressing and chili powder. Layer 1/2 each of meat mixture, chips and cheese in 2 quart casserole. Repeat layers. Bake 20 minutes or until thoroughly heated. Top with shredded lettuce and chopped tomatoes if desired. Makes 6 servings.

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**Ricotta Fettuccine Alfredo with Broccoli**

- 8 ounces fettuccini pasta
- 2 cups fresh broccoli florets
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups skim milk
- 2/3 cup part-skim ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 2 tablespoons chopped fresh parsley

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain. Melt the butter in a saucepan over medium heat. Add flour and cook for 1 minute, stirring constantly. Gradually add milk, stirring with a whisk until blended. Cook 15 minutes or until thick, stirring constantly. Stir in ricotta cheese, Parmesan cheese, salt, and pepper. Cook 5 minutes or until cheese melts. Stir in steamed broccoli and cooked pasta. Sprinkle with parsley.

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## **=> Freebies and Bargains**

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Free Online Auction Site... Popular!  
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## **=> Frugal Tips**

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Coffee makers usually end up stained with coffee strains after a lot of usage. You can clean the stains away with vinegar by filling the water reservoir with vinegar and then running the pot as you normally would (without the coffee ground), then rerun it with clean water two times after the vinegar is used. Your coffee pot should be spotless again.

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Instead of spending a load of money on decorating items, look for bargains, sales, and discounts. Area rugs, lamps, occasional tables, lighting, paints, wall decor, plants,

greenery, furniture, and paintings are just some ideas to decorate with that you can find at bargain prices. Estate sales can produce some lovely items at a huge savings.

-----\*\***Check This Out**\*\*-----

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**=> Home Heart Strings Column**  
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How to Get Rid of Fruit Flies in Your Kitchen the Frugal Way  
By Cindy Thomas

Those pesky little fruit flies arrive in your home, unnoticed as they grab a free ride in on the bananas or other fresh fruit. Within a couple of days, a couple have multiplied into a tiny swarm. Soon you have your own village of fruit flies. But how do you get rid of them without spending a load of money on pesticides that will only smell up your house?

Some homeowners pour vinegar or bleach down their kitchen sink drains. Unfortunately this tactic doesn't get rid of the fruit flies. It might drown a few, bleach a few, or make a few smell like a pickled fruit fly. Otherwise, the fruit flies are still in your home.

There is an easy and very inexpensive way to rid of your home of fruit flies.....

Read the article here:

<http://turl.stuff4world.com/?SA3h2>

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**=> Parenting Tips**  
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Is Your Child Being Hurt? What to do if You Suspect  
Your Daycare Provider or Babysitter is Abusing Your Child

<http://turl.stuff4world.com/?N3dMv>

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