

Home Heart Strings
Your Home, Your Heart

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Home Heart Strings
<http://www.homeheartstrings.com>



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=> From the Editor

We have a very cool deal for you today, Build-A-Bear. Check out the Crafts section at the end of the newsletter.

A lot of sickness is going around. Unfortunately, often those who are sick spread germs to those who are not sick, and the cycle just goes back and forth.

To help kill germ and prevent the spread of cold and flu germs, use Lysol throughout the house and disinfectant wipes on anything and everything that's touched. Also old saying, wash those hands, is a must!

=> Recommended

PineCone Research is Open Again! HURRY!!!

These folks are THE paid survey leaders. Sign up fast, these positions get filled FAST!!

<http://pinecone.notlong.com>

=> Everyday Living

I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety. Psalm 4:8

Everyone hears what you say. Friends listen to what you say. Best friends listen to what you don't say.

=> Recipes and Cooking Tips

Creamy Chicken Alfredo Chowder

2 teaspoons vegetable oil
1 pound boneless, skinless chicken breasts, cut into bite-size pieces
1 medium onion, chopped
2 cloves garlic, minced
1 8-ounce package sliced fresh mushrooms
1 10-ounce container refrigerated light Alfredo sauce
1 cup roasted red bell peppers, drained and chopped
2 cans (about 15 ounces each) Great Northern beans, rinsed and drained
1 cup reduced-sodium chicken broth

In a nonstick Dutch Oven, heat oil over medium-high heat. Saute chicken 2 minutes, then reduce heat to medium. Add onion, garlic and mushrooms and saute 2 minutes. Add Alfredo sauce, red peppers, beans, and chicken broth; cover and simmer over low heat 10 minutes.

Serves 4

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### Chicken Parmesan Noodle Bake

1/4 c chopped onion  
1 3/4 (one 14 1/2 oz. can) stewed tomatoes coarsely chopped and undrained  
1 1/2 tsp. italian seasoning  
2 tsp. sugar  
1/2 c. ( one 2.5 oz. jar) drained sliced mushrooms  
1/4 c. (3/4 oz) grated Kraft Fat Free Parmesan cheese  
1 1/2 c. (8 oz) diced cooked chicken breast  
2 c. hot cooked noodles rinsed and drained

Preheat oven to 375. Spray an 8x8 baking dish with olive flavored cooking spray. In large skillet also sprayed with olive cooking spray saute' onions for 5 minutes. Stir in undrained stewed tomatoes, sugar, italian seasoning and mushrooms. Add Parmesan cheese, chicken and noodles. Mix well to combine. Spread mixture into prepared baking dish. Bake 30 minutes. Place baking dish on wire rack and let set 5 minutes. Divide into 4 servings.

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Strawberry Fizz

2 (10 oz) boxes frozen strawberries, thawed
2 (6 oz) cans frozen pink lemonade concentrate
2 (2 liter) bottles ginger ale, chilled

Fresh strawberries, optional

Process frozen strawberries through a blender. Pour lemonade into punch bowl and stir in strawberries. Add chilled ginger ale and stir well. Garnish with fresh strawberries.

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### Broccoli Salad

5 cups cut broccoli florets  
1 sweet red bell pepper, julienned  
1 cup chopped celery  
8 to 12 oz Monterey Jack cheese, cubed

Combine all ingredients and mix well. Toss with Italian or your favorite dressing. Chill.

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Slow Cooker Saucy Pork Chops

6 boneless pork chops
salt, pepper and garlic powder to taste
2 T. oil
2 10 3/4-oz. cans cream of onion soup
12 oz. evaporated milk
1 c. sour cream

Season pork chops and brown in hot oil; drain. Place chops in slow cooker. Whisk soup and milk together until smooth. Pour over chops. Cover and cook on high for 3 to 4 hours or on low for 6 to 8 hours. Stir sour cream into mixture during last 30 minutes of cooking. Serve with rice or noodles.

=> Freebies and Bargains

Free 12 Cases Of Pepsi Or Diet Pepsi
<http://freepepsi.notlong.com>

Free Clorox Disinfecting Wipes
<http://www.theorganizerlady.com/freecloroxwipes.html>

Free Calgon Samples
<http://www.takemeaway.com/>

Free Clorox Toilet Bowl Wand
<http://www.frugalsimplicity.com/freecloroxwand.html>

Free Sample of Chocolate Turtle Chex Mix
<http://www.startsampling.com/sm/ChexMixSample2/captureAddress.iphtml?item=25031&source=86&email=&firstname=>

Free Cooking Pleasures Magazine
PLUS-- a FREE Multi-Purpose Grater
<http://cookingpleasures.notlong.com>

Free 2 Year subscription to Parents Magazine
<https://www.valuemags.com/freeoffer/parents.asp>

Free Crave Energy Drink Sample
<http://cravethisenergy.com/>

=> Frugal Tips

Coupons can save you a lot of money. Shopping at stores that will double or triple coupons can make a huge difference in your grocery bill. With the price of food on the rise, it makes sense (and cents) to not only stretch the dollar, but stretch the coupons too.

Babies and toddlers outgrow clothing so quickly. Rather than buy all new clothes for an infant and young child, buy second hand and rake in the savings. Because the clothes are outgrown so fast due, you can often find baby and toddler clothing that looks brand new, for a fraction of the cost of buying new from a store.

Help others be frugal by donating books and magazines you no longer want to your local library or Goodwill store. This also helps to declutter your home by cleaning out items you no longer need or want. And it feels good knowing you will be helping someone else save money.

Save money by making your own homemade mixes. Store bought mixes for things such as gravy, baking mixes, and taco seasoning can cost a lot of money over time. You can make your mixes using recipes for items such as the one for taco seasoning found here:

<http://www.thetightwadtimes.com/2008/01/24/homemade-taco-seasoning-mix-recipe/>

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

Gift Jar Recipes ... Just in Time for Valentines Day!

Give a gift from the heart...

Your family and friends will be delighted with these thoughtful gifts straight from your own kitchen. With this unique ebook you will have over 200 recipes for gift jars filled with the ingredients to make delicious cakes, cookies, soups and chilis, gift giving has never been this much fun and so easy! Great Gifts in a Jar is the ultimate resource for inexpensive gifts you can give for any occasion.

<http://www.domestictechnicians.com/giftjars.html>

Secret Restaurant Recipes - CopyCat Cookbook

<http://inkwell.2cook.hop.clickbank.net/?tid=CM>

We'll Teach You the Jealously Guarded Secrets Behind Actual Dishes From Billion Dollar Restaurants - The Cheesecake Factory, KFC, The Olive Garden, PF Chang's, Red Lobster, Hard Rock Cafe... (far too many to list here) and Show You How to Easily Make Them at Home!

Impress Your Family and Friends With Exact Replicas of The Following Recipes....

<http://inkwell.2cook.hop.clickbank.net/?tid=CM>

=> Home Heart Strings Column

Celebrating Valentine's Day on a Shoestring
By Deborah Taylor-Hough

Valentine's Day is just around the corner And just in case you've forgotten, it's always celebrated on February 14th. (Now you have no excuse for ignoring it again this year.)

But if you're thinking, "Well, I have no excuse ... except

for the fact that I don't have much money to spend on an elaborate gift or dinner out at a fancy restaurant right now."

No worries. Here's a list of inexpensive — and often free — ideas for spending some quality romantic time with your Valentine.

Read the article here:

<http://www.homeheartstrings.com/2008/01/28/celebrating-valentines-day-on-a-shoestring/>

=> Parenting Tips

A bored child will often be a more fussy child. Keeping activities for a child to do, especially on rainy days, will not only keep the child happy, it will leave you with less stress.

Depending on the child's age and interest, some ideas for activities to keep your child occupied are coloring pages, helping Mom make a special snack, giving the child a chore and/or responsibility, a play date with friends.

=> Crafting Corner

Join Today and get a Free Bear and Cub Condo® carrying case and preview Scholastic's Build-A-Bear Workshop® Bearrific Friends Club™ for only \$9.95 plus s&h!

<http://buildbear.notlong.com>

Scholastic's Build-A-Bear Workshop Bearrific Friends Club is the all-new, exclusive book and craft club featuring America's favorite bears! It starts with the heartwarming experience of the Build-A-Bear Workshop®, then builds on the huggable, hands-on fun. Members create pawsome bear crafts, share furrific activities (including original games and yummy recipes) and build loving memories with a beary special, exclusive collection of 7-1/2" furry friends.

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- A Cheer Bear Sticker Sheet
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