

# WOODEN SPOONS *The care and feeding there of:*

Wooden spoons are my favorite cooking utensils but they get dingy, a bit *fuzzy* around the edges and split. I use to send them home with my son-in-law for him to sand, then it occurred to me all I needed was a piece of sandpaper and I could do the job myself.

Recently as I was looking through the bag of sandpaper I came across one of these sanding blocks and decided to give it a try -- OH SOOOOOOOO much easier.



Photo courtesy of *Out of the Woods Handcrafted Wooden Spoons* in Troy Montana

I like their story and the quality of their products. Also looks like their spoon-saver oil would be good to have on hand. It is made from mineral oil and beeswax. Can't get much safer than that.

TIP: Do NOT buy your wooden spoons in a discount store. Invest in good quality tools. You'll save a lot of time and money in the long run!

**Cinnamon & Cloves** add them to your tea and coffee -- in fact I made a tea using a whole cinnamon stick, a couple of whole cloves, the peel of an orange and a couple of chunks of fresh pineapple from my freezer\* --- ummmmm good!

## The Power of the Spoken Word

Was a book written by Florence Shinn many years ago. It and her other small books have had a profound impact on my life. Here is just one example of how when our thoughts and words are negative they expand negative energy throughout the universe.

I live in an apartment complex with the fitness center just across the courtyard. If you know me you know how much I dislike waste of any kind but especially our natural resources. For quite a while I would moan and groan when those using the fitness center would leave the lights burning all day or all night. Then I remembered Florence's approach to life, "Ask for what you want NOT what you don't want". I changed my tune to, "Please turn off the lights when you leave, THANK YOU".

An immediate difference, the lights don't burn all day and all night. What a blessing. And I created it with my positive and powerful thoughts and words. Try it — you'll be amazed.