



*It's harvest season!
Enjoy the deliciousness
and the health
benefits of apples!*

Want whiter, healthier teeth? Biting and chewing an apple stimulates the gums and produces saliva which reduces tooth decay by lowering bacteria levels. Apples are nature's toothbrush.

Fight Alzheimer's by eating an apple, skin and all, for maximum disease-fighting compounds. Apples contain quercetin, a powerful antioxidant that protects brain cells from degeneration in rats and might do the same in humans. The quercetin helps boost and fortify your immune system.

You can decrease your risk of diabetes. Studies show that women who eat at least one apple a

day are 28 percent less likely to develop type 2 diabetes than those who don't eat apples. Apple's soluble fiber, slows the digestion of food and the entry of glucose into the bloodstream. Studies have also shown that the soluble fiber lowers cholesterol levels.

Apples are nutritional powerhouses. They contain almost no fat, sodium or cholesterol. They give vitamin C, B-complex vitamins, dietary fiber, phytonutrients and minerals such as calcium, potassium and phosphorus.

In other words, they're good for you!



T E Y M E K S A M F X W B C L
R R L T O Z C F M O Q O O G N
K A I X T O A R P K O S V W A
W I S C J F R S Y Y T N D N B
E E U N K T E B I U S P I Q A
B Y B L S O C V M O O B C C B
S A Z O X E R E N I K P M U P
T Q H F J Y O T M A S K L A R
M G B Q P D W L R Q V Z Z J D
N B G N Q N J X W E B T Z N I
B W J J H A R Y B O A L Q S S
L V Y Z I C O Y S E C T G L E

BAT
BOO
BROOM
CANDY
COSTUME
GHOST
MASK
MOON
OWL
PUMPKIN
SCARECROW
TRICKORTREAT
WEBS



What do you use your clothespins for? If it's just to clamp a bag of chips closed, you're missing out!

- Use as a bookmark or keep your cookbooks open while you follow recipes.
- Glue a small magnet on the back and stick it to the refrigerator or stove hood for photos or to remind you of something.
- Hold a tablecloth in place during a picnic.
- Keep the sun out! When traveling, if your drapes don't quite meet in a hotel room, pull the edges together and clip them.
- Secure your plastic garbage bag in your trash can.
- Clip mittens, gloves or socks in pairs.
- On a rope line, use to display your kids artwork. Or use in a frame to display lots of photos.



Follow us on Instagram and post a picture of your dish!
#hfnrecipe15

Pumpkin Muffins

- 1 box spice cake mix
- 1 can (15 oz.) pumpkin (regular pumpkin - not pumpkin pie filling)
- 1/2 Tsp. cinnamon
- 1/2 Tsp. nutmeg

TOPPING:
3 Tbs. brown sugar
1 Tbs. cinnamon

Mix cake mix, pumpkin, 1/2 Tsp. cinnamon, and 1/2 Tsp. nutmeg together in a large bowl. This mixture will be very stiff so make sure it is blended well. Place cupcake liners (either paper or foil) in a muffin tin (12 muffins). Spray with non stick cooking spray. Spoon the mixture into the liners. Mix together the brown sugar and cinnamon in a small bowl. Sprinkle the mixture on top of the uncooked muffins. Bake in a 350 degrees oven for 20 minutes.

Boo!

It's the second most decorated holiday of the year and one of the most fun - Halloween! Here are some fun ideas for decorating, but check out our Pinterest page at Hassle Free Newsletter for more!

- Display various sizes and colors of pumpkins. If you carve a pumpkin, remember to use flashlights to light the inside.
- Turn a mantle or a table top into a gallery of ghosts by downloading/photocopying old photos, using "spider webs" and candlesticks.
- Spray black paint onto various size bottles. Add white candles for a glowing effect.
- Hollow out a pumpkin to have your own punch bowl. Make sure the bottom will sit flat.
- Spray black paint on candlesticks or candlelabres and add white or orange candles.



October is the annual campaign to increase awareness of this disease, but every month highlights a specific cancer. Check out our Pinterest page for a printable calendar of cancer awareness months.

Have you ever wondered what you can do for someone who has been diagnosed with cancer?

- www.cleaningforareason.org along with its partner maid services have volunteered their time to clean for over 17,000 women undergoing treatment for any type of cancer. A value of over \$5,000,000.
- You can donate your wedding dress (from 2009 or later). Brides Against Breast Cancer resells wedding gowns, slips and veils to raise funds for the cause. www.bridesagainstbreastcancer.org
- Donate your hair through www.locksoflove.org. All hair colors (except gray) are welcome. Donate your gray hair to the Silver Generation fund at www.wigfund.com.
- www.knittedknockers.info provides knitting patterns for women who have had mastectomies without reconstructive surgery. These "knockers", when put in a bra, look and feel like real breasts.

Whatever charity you give to, check them out before donating. The following websites have evaluated several charities' finances, governance and effectiveness. Check out www.give.org, www.charitynavigator.org, www.charitywatch.org.