

Helping Hands' Nifty News and Notes Spring 2012

Helping Hands Just For You! Spring Fever Specials



Our Spring Fling Special:

This includes the Flip & Switch--plus completely vacuuming the mattress, dusting the bed frame, and cleaning under the bed. (In testing this service we were surprised at the debris we found...think petrified popcorn for starters!) Plus, if necessary, we will take off your bed skirts, have them cleaned, and put them back on.

All Hands on Deck Special:

Our most popular special this time of year. Get ready for the sun by having Joe clean your patio or deck floor, the BBQ, furniture--even plant pots. No one can get those decks clean like Joe, especially in condo units where hoses are not allowed. He will also wash the furniture covers so they can be stored away for the season.

*Don't hesitate, email for rates and an appointment soon!
debrah@helpinghandscentral.com*

The Helping Hands List

Helping Hands on the Newsstand!



It's true, our clients aren't the only ones asking us questions!

The editor of **Consumer Reports**, "**SHOPSMART**," asked Debrah to participate in the lead April article, "Easy Cleaning." Click on the magazine icon to read her tips.

More to It!



There is a lot more to the paper coffee filter than meets the eye.
For \$1.00 at



Our Favorite Upholstery Service

Business: Acanthus

Speciality: Eco-Friendly Fabric, Furniture, and Upholstery Services

Address: 2384 N.W, Thurman Street

City/State: Portland, OR 97210

Phone: (503) 548-4505

Web site: www.acanthusgreen.com

Contact: Anne Thompson

Services: Furniture and Upholstery Services Using Eco-Friendly Fabrics: Acanthus houses a number of eco-friendly options under one roof. They offer custom slipcover and upholstery services, custom-built furniture and sustainable fabrics. They can restore a family heirloom or help you select fabric for a do-it-yourself project.

Why we recommend: Located in the Thurman-Street corridor, Acanthus is quickly growing in popularity as a friendly, entrepreneurial business. That's because owner Anne is a master at what she does, and she has a team of people who are experts. Several clients have used Acanthus and were very pleased with the results. Her prices are fair and the workmanship is excellent. One client has a collection of antique pillows that had seen better days. She took them to Anne, who restuffed the pillows; repaired zippers; and gave them a little love and attention. Results: Better than a facelift!

For \$1.00 at
The Dollar Tree, you
can buy 360 filters.
Now, here's how
to use them:

1. Cover bowls or dishes when cooking in the microwave.
2. Protect good china by separating each dish with a filter.
3. Weigh chopped foods on the kitchen scale.
4. Use as a disposable snack bowls for chips, popcorn, etc.
5. Wrap Christmas ornaments for storage.
6. Hold dry ingredients when baking or cutting veggies for cooking.
7. Place a few on a plate to drain fried foods, such as bacon.
8. Use as a kitchen spoon "rest."
9. Protect your cast iron skillet. Place a filter in the skillet to absorb moisture and prevent rust.
10. Sprout seeds by dampening the filter, placing the seeds inside and folding. Then place in a zip lock bag until they sprout.





Helping Hands in the Kitchen



The Baer House Iron-Skillet Dutch Baby

In Baker City, Oregon, there once was a lovely bed-and-breakfast. The owner, Steve Cookingham, was known for his light and crusty Sunday morning Dutch Baby. In this recipe, he discloses the tricks to achieving Dutch-Baby perfection (and a nice crust). Just follow the instructions precisely--and let the first batch be a lesson in timing. It's best if the eggs and milk are at room temperature, but it is not necessary.

Serves 2 to 4

1/4 cup butter

2- to 3-quart cast-iron skillet

3 eggs

3/4 cup milk

3/4 cup all-purpose flour

Accompaniments: powdered sugar; fresh lemon wedge,
berries or maple syrup

Preheat the oven to 425 degrees for 20 to 30 minutes before
baking.

Add the butter to the skillet and place the skillet in the oven until the butter starts to brown, 6 to 8 minutes or depending on oven. Meanwhile, in a blender, combine the eggs, milk and flour until blended.

Note: The best time to pour the batter into the hot skillet is when the first wisp of smoke rises from the skillet. Remove the skillet from the oven--remember to wear a hot mitt--and pour the batter into the melted butter. Return to the oven and bake until well browns, 25 to 30 minutes, depending on the

individual oven and the size of the skillet. Serve immediately. Cut into wedges and serve with a dusting of powdered sugar, a squeeze of lemon, berries or just maple syrup.

Variations: For a 2-egg Dutch Baby, use a 4-cup cast-iron skillet, 1 1/2 tablespoons butter, 2 eggs, 1/2 cup milk and 1/2 cup all-purpose flour. For a 6-egg Dutch Baby, use a 5-quart cast-iron skillet, 1/2 cup butter, 6 eggs, 1 1/2 cups milk and 1 1/2 cups all-purpose flour.



[Archives](#)

[Forward email](#)



Try it FREE today.

This email was sent to debrah@helpinghandscentral.com by debrah@helpinghandscentral.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Helping Hands | PO Box 10842 | Portland | OR | 97296