



**Loretto J.  
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Food for Thought

## Is your hot chocolate the best in the land?

There's few better ways to beat winter chills than with a mug of hot chocolate. And there's no better way to make it than with real milk and chocolate, say the Dairy Farmers of Washington.

To help promote real hot chocolate, the Dairy Farmers are holding a recipe contest for the "hottest" hot chocolate milk drinks.

There's two categories: One for recipes suitable for all ages and a second "adult" category that can include alcohol.

The only requirement is that the milk be cow's milk — whole, reduced-fat, low-fat or fat-free. Deadline is Nov. 16.

Creators of the top two recipes, one from each category, will receive \$500. Some recipes also will be selected to be posted to the website and those hot chocolate chefs will receive a free backpack.

You can enter as often as you like but each recipe must be original. Enter online at [www.hotchocolatemilk.net](http://www.hotchocolatemilk.net) or mail them to: Hot Chocolate Milk Recipe Contest, 2033 6th Ave., Suite 333, Seattle, 98121.

### **PB & Dollars**

Looking for a way to make some college tuition money for your child? Get in the kitchen.

The seventh annual Jif Most Creative Peanut Butter Sandwich Contest is open to children ages 6 to 12. The sandwich must have 2 tablespoons of peanut butter and you must submit a photo. Entries are being accepted through Nov. 14 at [www.Jif.com](http://www.Jif.com).

Five finalists will win a trip to New York City for the live judging. Grand prize is a \$25,000 scholarship fund and runners-up receive \$2,500 scholarships.

### **Cleaning aluminum pans**

Have your aluminum pans become discolored? Here's a tip from [www.howtocleanstuff.net](http://www.howtocleanstuff.net) to have them sparkling again:

Mix 1 tablespoon cream of

tartar, vinegar or lemon juice with one quart of water. Make enough to fill the pan. Put it on the stove over medium heat and boil for 10 minutes or until the discoloration is gone.

When the pan has cooled, wear rubber gloves and scrub the pan with a steel wool pad. Rub it very gently in a back and forth motion. Don't scrub too hard or the steel wool will scratch the aluminum.

### **New read**

**The book:**

*Everybody  
Eats Lunch*  
by Cricket  
Azima.



**Cost:** \$16

**Best for:** Teaching children 4 to 11 years old about the ethnic lunch foods of five countries. Each page is devoted to a different country and includes removable images of the foods to examine along with recipes for that dish.

**Get more:** Read more book reviews and literature news in Sunday's Desert Living section.

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