



WEB SITE -- www.csgmv.org

MISSION STATEMENT and GOALS - CDF/CSGMV

The CSGMV organized to provide support to the diagnosed person (and family) with Celiac Disease and Dermatitis Herpetiformis in the form of current information, available resources, and dietary management on an initial and continuing basis. CSGMV is currently a chapter of the Celiac Disease Foundation – a non-profit public benefit organization dedicated to serve as a resource for the general community and medical professionals by providing up-to-date information related to the management of Celiac Disease.

Adopted 1/2000

Revised 5/2002

Revised 5/2004

DISCLAIMER

Information and dietary recommendations Are intended for the benefit of our members and other interested parties. Individuals should consult with their physician before following any medical or dietary recommendations. No liability is implied by -- or assumed for -- the use of information contained herein.

2004 MEETING SCHEDULE

**@ 10 AM at New York Mills Library –
corner of Main & Maple Sts.
(please use BACK entrance -
off Maple St.)**

• **Sat., Dec. 18th, 2004
cookie/favorite foods
sampling/exchange**

• **Sat., January 15th, 2005**

• **Sat., February 19th, 2005
~ speaker - Pam Rovetto
Pam's Celiac Kitchen~**

• **Sat., March 19th, 2005**

**-- PAY 2005 DUES--
don't miss a newsletter!!!**

please note
NEW EMAIL address for Eleanor Wallace
elpar6@yahoo.com

the "juno address" will no longer be used!!

NEW NEWS



from Arnoldine Bartoszek, member CSGMV -

The **Upstate Medical School in Syracuse** has weekly lectures at the Syracuse University Hospital for members of the Department of Medicine, Veterans' Hospital staff, Medical Residents, 3rd & 4th year medical students, and Dietary staff. **A topic this summer was Celiac Disease.** The presenter they invited to speak was Dr. Alessio Fasano. Dr. Fasano has been a noted world leader in research, treatment, and spreading knowledge of Celiac Disease.

FLU AND PNEUMOVAX IMMUNIZATION

from Hal Winfield – Columbia Univ. Celiac Research

~ Patients with celiac disease who are doing well on the diet are not at any increased risk to suffer untoward effects with the flu. There may be other factors such as age or other illness/disease that does increase the risk. There is no evidence for a compromised immune system for fighting viral infections in celiac disease. The immune system is, if anything, revved up!

Patients with celiac disease are at risk for serious pneumococcal infections and therefore should receive a Pneumovax. This has only been studied in adults and therefore may not apply to children. The reason is that those with celiac disease have a poorly functioning spleen that usually handles infections with "encapsulated" organisms such as the pneumococcal bacteria. This has been shown for adults with active celiac disease and in many improves with the gluten-free diet. There are other studies that show those with celiac disease mount a good immune response to the vaccine.

~ As we celebrate our third anniversary this year, our role as a trusted center and health partner is becoming increasingly important. We are focusing on future projects, such as next years Patient Education Conference and the International Celiac Congress that we will host in 2006. We thank you for your support and look forward to serving you in the future.

York Nutritional Laboratories, Inc. - At-home test kits for Food Intolerance, Gluten Sensitivity and Celiac Disease. These cost-effective laboratory screenings, which are based on patented at-home collection technology (No Blood Draw Required), are clinically validated, come with 12 months of complimentary support, and are insurance reimbursable.
<http://www.yorkallergyusa.com>

from Kimball Genetics –
released **February 18, 2004**:

Kimball Genetics is pleased to announce availability of the One-Day Celiac Disease DNA Test for cheek cell specimens in addition to blood. Cheek cell specimens are popular with both patients and physicians because they eliminate the need for a blood draw and are convenient to collect and ship. Kimball Genetics' unique ability to perform celiac disease testing on cheek cells enables direct-to-consumer marketing of this service.

Free genetic counseling for physicians, patients, and families. Free shipping.

Kimball Genetics, Inc., 101 University Blvd., Suite 350, Denver, CO 80206

Contact: Juli Murphy, M.S., (800) 320-1807

jamurphy@kimballgenetics.com

from celiac.com newsletter – **Scott Adams**

Indications for Celiac Disease DNA Testing:

- Clinical diagnosis of celiac disease.
- Negative or equivocal antibody results (antiendomysial, tissue transglutaminase, or antigliadin) or intestinal biopsy results in an individual with symptoms of celiac disease.
- Relatives of individuals with celiac disease.
- Individuals with iron-deficient anemia.
- Individuals with dermatitis herpetiformis.
- Adults with diarrhea, abdominal pain and distention, recurrent aphthous stomatitis (canker sores), osteoporosis, infertility, multiple miscarriages, anxiety, and/or depression.
- Children with abdominal pain, diarrhea, abdominal distention, failure to thrive, short stature, delayed puberty, irritability, attention-deficit disorder and/or poor school performance.
- Children with Type I diabetes.

Our Celiac Disease DNA Test Service Provides:

PCR analysis for DQ2 alleles (DQA1*0501, DQA1*0505, and DQB1*0201/*0202) and DQ8 allele (DQB1*0302).

Detailed reports with genetic interpretation, recommendations, and education.

10/28/2004 - *The following study demonstrates a connection between the length of time a celiac is exposed to gluten and the prevalence of anti-islet cell antibodies. This study supports many others that have shown that celiac patients are at high risk of developing insulin-dependent diabetes mellitus, which is a condition that has a long pre-diabetic period. It would be interesting to conduct a similar study on non-celiacs to determine if gluten has the same effect, which, if demonstrated, would mean that gluten has toxic, disease-causing properties in other people in addition to those with celiac disease.*

Celiac patients are at high risk of developing insulin-dependent diabetes mellitus, a condition that has a long pre-diabetic period. This may be related with the duration of the exposure to gluten. Celiac patients long exposed to gluten have a significantly higher prevalence of anti-islet cell antibodies than those exposed for a short period. This fact supports the hypothesis that the development of these antibodies is associated with the length of the exposure to gluten.

SCREENING FOR CELIAC DISEASE – from Hal Winfield

hrw1@columbia.edu We are planning a family screening day at **Columbia University**, when we would offer serologic screening for celiac disease. We would be interested in learning the number of families/persons that would be interested in participating. Individual people are also welcome for screening as well as families. We have not established a date but are considering early 2005.

*****a little late for this year – but use as future reference --- OR anytime of year!!**

GLUTEN FREE THANKSGIVING DINNER

There are a lot of thanksgiving traditions that are delicious and gluten free, certainly the original thanksgivings were! We want to give you some ideas.

Soups Butternut squash soup is available commercially gluten free.

Pumpkin soup: can be prepared two ways:

1. Broth based: combine pureed or canned pumpkin (not the pie filling just plain pumpkin) with your favorite gluten free chicken broth. Add salt, pepper, and thyme to taste. Heat and serve with fresh chopped parsley.
2. Cream based: heat pureed pumpkin with a dash of nutmeg. Just before serving swirl in just enough half and half to give the soup a creamy texture. Serve with a sprinkle of nutmeg or allspice on top.

Garden vegetables (pickled) and assorted cheese platter (of course with rice crackers and gluten free bread sticks)

Salads Enjoy a variety of salads - everything from mixed greens to pickled beets to three bean, even to a nice fresh spinach salad with gluten free salad dressings.

Turkey Choose a fresh or frozen turkey that is **NOT self-basting**. (A few companies have posted that their broths are gluten free but always read the label and check with the manufacturer. Butterball and Empire have stated they have gluten-free turkey!)

Prep tip: after cleaning out the turkey cook it breast side down. This allows all those wonderful natural juices from the dark meat to moisten the white meat of the breast. Baste as usual during the cooking time. Twenty to thirty minutes before the turkey is done turn the turkey right side up and baste again so the top will brown. The turkey looks beautiful but the bonus is the juicy white meat.

Sides and vegetables: these are all easy and safe

Potatoes: mashed sweet or roasted all are gluten free and delicious.

Vegetables: Green beans almandine

Baby Carrots with ginger

Peas and pearl onions

Cranberry relish or sauce

Other sides that need a little work:

Gravy: No need to skip on this as long as the drippings are thickened with cornstarch rather than flour. You would prepare the pan drippings the same way as you would with regular gravy just substitute the cornstarch for the flour. (Corn starch mixes in with liquid easier if it is mixed with a cold liquid first then add to the warm liquid)

Dressing or stuffing:

This mainstay of thanksgiving dinner can be easily modified to be gluten free. (cont.)

For traditional dressing just substitute cubed gluten free bread for the packages of dressing mix. Add either a gluten free broth or drippings from the pan to moisten.

The rest of the recipe and method would be the same as usual.

Variation 2: Use gluten free corn bread as the base for the dressing.

Variation 3: Start with wild rice. Prepare as directed. Then use a combination chopped celery, onion, apple and cranberries for flavor. Sauté the vegetables and fruit in butter or oil, season with sage, thyme salt and pepper. Add this mixture to the rice, mix thoroughly and heat in a 350 oven for about 30 minutes.

Desserts

Pies: Pumpkin and apple pies are the tradition and there is no reason to leave them out. Here are some tips for a gluten free version.

Pie crust: follow your standard pie crust recipe but use chickpea flour instead. Use the same amount of chickpea flour that the recipe calls for in regular flour. The rest of the ingredient and method remain the same. No need for any other additions.

Variation 2: Use a combination of chopped or crushed nuts and mix with the chickpea flour. Walnuts work especially well as part of the crust for apple pie.

Variation 3: no crust pumpkin custard (the pie filling with out the crust) served with a touch of cream is a delightful gluten free way to end the meal.

Assorted fruit, nuts and gluten free chocolates are a light and gluten free way to end the meal.



Psoriasis & Celiac Disease -

A study carried out by Irish researchers to determine whether there is an association between celiac disease antibodies and psoriasis activity found that the presence of Antigliadin antibodies (AGA) did increase the severity of the disease. They found that a significantly higher proportion of psoriasis patients had elevated celiac disease associated antibody levels. Out of the 130 patients one new case of celiac disease was diagnosed. The researchers conclude that the presence of celiac disease associated antibodies in psoriasis patients correlates with greater psoriasis activity.

CHECK ON DENTIST'S TEETH CLEANING SUBSTANCE

Eleanor called Dentsply @ 1-800-989-8826 – and all of their products are GF – BUT check to see if this is the same product your dentist uses.

FOOD

Oats Research – from celiac.com –

'We conclude that some celiac disease patients have avenin-reactive mucosal T-cells that can cause mucosal inflammation. **Oat intolerance may be a reason for villous atrophy and inflammation in patients with celiac disease who are eating oats but otherwise are adhering to a strict gluten-free diet.** Clinical follow-up of celiac disease patients eating oats is advisable.' **'Cross-contamination is indeed a concern for celiacs**

who want to try oats. Celiac patients should contact oat millers directly and talk to them about their clean-out procedures, and whether they have done any testing of their own for gluten cross-contamination.

from Lou Parrotta (member) – The teas listed below contain barley malt, but when tested, showed no results for gluten. They are: Blueberry Harvest Herb Tea; Chamomile Mango Herb Tea; Cinnamon Spice Herb Tea (was called Sinfully Cinnamon Herb Tea); Take-A-Break loose tea please email me at **kpangrac@rcbigelow.com**
Cordially, Kathy Pangrac Consumer Service Supervisor
bigtea@bigelowtea.com

Thank you for taking the time to contact us about our **Bumble Bee (Pouch) Chunk Light Tuna in Water.**

All of our **BUMBLE BEE** Brand canned seafood products are gluten free.

However, the crackers contained in our **BUMBLE BEE** Brand Ready-to-Eat Salads & Crackers, contain wheat flour.

We no longer use Hydrolyzed Proteins in any of our products.

However, we do add a small amount of vegetable broth which may contain some of the following vegetables: carrots, peas, green & red bell peppers, onions, parsley, celery, garlic and sometimes soy.

MSG (mono sodium glutamate) is not added to any of our products and is not present in the vegetable broth.

Bumble Bee Consumer Affairs 7/26/04

The Gluten -Free Pasta Dinner at St. Mark's Church

11.7.04 in Clark Mills was attended by about 50 people. The pasta, breadsticks and dressing were all purchased from Peter's Cornucopia. A basket of Gluten-Free items from Peter's was raffled off as well. A little girl by the name of Emily Allen won the basket. **Thanks to all who could attend.**

Linda Buck

Eileen Kinsella attended a CNYCSG meeting which had a demonstration by "Manna from Anna"

(www.glutenevolutions.com) using a new, different type bread machine (from **Zojirushi** – Home Bakery Traditional Bread Machine Model: X-20). Eileen said the bread was excellent! The machine and/or G-F Pantry catalog is available by direct order from G-F Pantry – call 1-800-291-8386 OR go to www.glutenfree.com

Food and Pain

contributed by Margaret Curtacci, R.D.

In the August minutes I noted Becky Madeira's story of a friend who went gluten free and ended her migraines.

Sound too good to be true? Maybe not. As a clinical dietitian and a person with chronic pain, the relationship has intrigued me.

I believe the general public thinks of Celiac Disease(CD) as a "gut" disorder. We know that joint or bone pain can be a symptom of CD. It is also a fact that untreated CD can result in many disorders that involve pain, such as Osteoporosis and peripheral nerve damage. So if altering the diet can help, why not? Certainly it is no more difficult then adhering to a gluten free diet.

(cont.)

Things I've learned:

12 Headache-Trigger Foods

- apples
- bananas
- chocolate
- citrus foods
- corn
- dairy products
- eggs
- meat
- nuts
- onions
- tomatoes
- wheat

Source: *Foods That Fight Pain*. Dr. Neal Barnard (Harmony Books, 1998)

If you suspect food triggers keeping to a "Pain Safe" Foods plan as follows, is suggested by Dr. Barnard.

brown rice

cooked vegetables (such as broccoli, chard, collards, lettuce, spinach, beans, squash, and sweet potatoes)

fruits, cooked or dried (such as cherries, cranberries, pears and prunes)

At the end of two weeks gradually add the suspected triggers and monitor your pain levels. As always food journaling is a good tool. Learning to know what your own triggers are is very important. I now know that caffeine, chocolate (sadly), and the odor of fresh onions can quickly trigger a headache and face pain for me. My personal research has also shown that fluid retention worsens my pain. Thus, avoiding salty foods is part of my plan.

Through out his book Dr. Barnard mentions the value of increased fiber (particularly that from dried bean dishes), decreased fat intake and the value of B Vitamins, Calcium and Magnesium. Calcium is absorbed much better when excessive protein is avoided as in a primarily plant based diet. I have added a multi-vitamin/mineral supplement to my plan, and supplement with additional B12, calcium, Vit E and Vit D to meet 100% of the RDI (recommended dietary intake). (cont.)

In lieu of tea, I drink caffeine free herbal teas (**BUT check with manufacturer to make sure they are GF!**). I try not to drink coffee but occasionally drink decaffe coffee (decaffe does not mean caffeine free).

There is much to be learned about the relationship of foods and pain. We do know that many of the same foods which are safe for CD/GF diets, heart healthy and which lower cancer risk also help to control various types of pain. These include brown rice, beans, berries and foods low in fats and sugars.

Hope this may help you or someone you know to become more comfortable.

Comments are welcome at pegcurtacci@excite.com

RECIPES

Salsa – from Carolyn Trick

- 4 cups peeled & chopped tomatoes
 - 2 cups chopped green peppers
 - 1 cup chopped hot peppers
 - 3/4 cup chopped onion
 - 1-1/2 teas. salt
 - 2 cloves garlic (peel & chop)
 - 1-1/2 cup apple cider vinegar
- Combine all ingredients and bring to a boil. Reduce heat and simmer for 20 min.
Pour into hot pint jars. Process 30 min. in hot water bath.
Makes 4 pints.

Enjoy!

SPRITZ COOKIES

- | | |
|---------------------|-----------------------|
| 1 1/2 C. margarine | 1 C. sugar |
| 1 egg | 4 C. white rice flour |
| 1 t. vanilla | 1 t. baking powder |
| 1 t. almond extract | 1/4 t. salt |

Sift together the flour, baking powder and salt. Cream butter until very soft. Work in sugar, egg and extracts. Add flour mixture gradually. Form cookies with press or cookie shooter on ungreased cookie sheets. Decorate as desired and bake at 400 degrees F. for 8-10 minutes. Makes 7 1/2 dozen cookies.

CREAMSICLE FUDGE

- (from Melody Ernst)
- 1 3/4 c. sugar
 - 1 1/2 c. Nestle white choc. morsels
 - 2/3 c. evap. Milk
 - 20 Large marshmallows

Combine first 4 ingredients in heavy saucepan, bring to a boil over medium heat, stir constantly while boiling 5 mins. Remove and add marshmallows and morsels and stir till all melted and smooth texture. Stir in vanilla (and nuts if desired) Pour 2/3 into buttered glass cake pan. Add orange extract and orange food coloring to remaining 1/3 fudge mixture until proper orange color. Drizzle orange over white mixture and pull a knife through to cut the orange into the white. Cool and then cut.

STRAWBERRY DESSERT

- | | |
|------------------|--------------------------------------|
| <u>1st Layer</u> | 2 cups GF pretzels crushed |
| | 3/4 cup melted butter (or margarine) |
| | 3 TBS. sugar |
- Mix together, spread and pat in 9x13 pan.
Bake at 400 degrees for 7-10 minutes. Cool for 1 hour.
- | | |
|------------------|--------------------------------------------|
| <u>2nd Layer</u> | Cream 8 oz. cream cheese with 1 cup sugar |
| | Blend in one large container of Kool Whip. |
| | Spread cream cheese mixture on pretzels. |
- | | |
|------------------|----------------------------------------------------------------------------|
| <u>3rd layer</u> | Dissolve 2 regular packages of Strawberry Jello with 2 cups boiling water. |
|------------------|----------------------------------------------------------------------------|
- Add two 10 oz. pkg. frozen strawberries (thawed) with one large can crushed pineapple (drained). Spread Jello mixture over cream cheese mixture. Cool till set.

CornFlake Cookies

(from Gaille Lepper)

(MAKE SURE ALL INGREDIENTS ARE G-F)

- 1 stick oleo



- 1 large bag marshmallows (G-F)
- 2 tsp. green food coloring OR red OR any color
- 4 ½ C. CornFlakes (G-F)
- 1 tsp. Vanilla

Melt butter, marshmallows – add food coloring. Add cornflakes. Mix – spoon onto greased cookie sheet or waxed paper. Decorate (if desired) w/colored sugar. Let cool... Enjoy!
 (Hint -- grease spoon to drop cookies).

PEANUT BUTTER CHOCOLATE BARS

- ½ C. sugar
- 2 eggs
- ½ C. peanut butter
- 4 oz. chocolate chips

Mix sugar & eggs. Add peanut butter, mix. Bake at 325 degrees for 25 minutes. Immediately after removing from oven, sprinkle with chocolate chips and cover with tin foil for 3 minutes. Remove foil and spread chocolate.

CHILI

- 2 lbs of ground beef
- 1 onion (med-large)
- 2 bell peppers (any color is good)
- 1 16 oz can of each Pinto, Kidney and great northern beans
- 1 28 oz diced tomatoes
- minced garlic (fresh or dried will work)
- chili powder (to taste)
- onion and garlic powder (to taste)
- red pepper (to taste)
- olive oil (1 tbsp)

Dice onion. Sauté onions in the olive oil until they are clear. Once they are clear, fry up ground beef and some of the seasoning above with onions. While the meat and onions are cooking, cut up the bell peppers & put in crock pot with tomatoes (DO NOT drain) and the 3 cans of beans (drained not rinsed). Drain the ground beef/onion mixture free of grease, add to crock pot. Add some more of the seasonings above to the crock pot mix to taste. After adding a little seasoning here and there, you might want to taste and add more if desired. Start this process early to allow the bell pepper to cook thoroughly. RED HOT sauce may be added to crock pot mixture or the individual bowl as desired. I like to add crushed up tortilla chips to my chili. Tanya added a few other ideas: eat with corn bread, add sour cream or plain yogurt or even cheddar cheese.

- **“Gluten-Free Diet Guide” by Shelley Case, R.D. great guide for GF living with LOTS of information! available @ \$15.00**
- **“Wheat-Free Recipes & Menus” by Carol Fenster, PhD. – delicious healthful eating for people with Food Sensitivities – enjoy all your favorite foods without wheat OR gluten. This book is being offered by CSGMV to our people at a reduced price of \$15.00 (from the retail price of \$16.95).**
- **“Incredible, Edible Gluten-Free Foods for Kids” a wonderful book for Celiac Children authored by Sheri Sanderson will be available at a discount, also – thanks to Sheri & Woodbine Press. CSGMV has copies for sale at \$14.00**

* **“Favorite Recipes Cookbook from CSGMV” @ \$5.00**

These might make nice Holiday gifts!!

If you're not sure which book is best for you, the 1st three listed are available for borrowing from the library – you can check them out before you purchase!

DON'T FORGET ---

- **Use your coupon at Better Living in Rome ('til 1/15/05)**
- **Send in your dues/donation (use form in this newsletter)**

• **OFFICERS:**

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• **ADVISORY BOARD:**

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Oneida City Health Care Center
- Norman R. Neslin, MD 624-7000 Gastroenterologist –
Digestive Disease Medicine of Central New York



BOOKS

Remember – CSGMV still has some books available for sale (at retail-reduced prices) 1st come/1st served – as follows:

Late-breaking “news”



OATS INTOLERANCE IN CELIAC DISEASE

excerpted from the Westchester CSG Newsletter Nov. 2004

'from a study by Ludvig Sollid and colleagues in this issue of PloS Medicine – It is suggested that oats are NOT safe for Celiacs in all cases. Findings show that intolerance to oats exists at least in some patients with celiac disease, and that those patients have the same molecular reaction to oats that other patients have to wheat, barley, and/or rye. However, identical reactions were also seen in two of the patients who were clinically tolerant to oats. The authors suggest that these reactions could develop into symptomatic disease after some time delay, but there is no proof that the presence of oats-reactive T cells is an indicator of future symptoms or even of enhanced susceptibility to clinical oats intolerance. Oats are not safe for all patients with celiac disease, but further studies are needed to determine the frequency of oats intolerance.'

10.1371/journal.pmed.0010023

abstract - from Nutr. Rev. Sept. 2004

A CASE REPORT: A MILLIGRAM OF GLUTEN A DAY KEEPS THE MUCOSAL RECOVERY AWAY

'In recent years it has been suggested that patients with celiac disease can be adequately followed up on the basis of merely clinical & serological response to a gluten-free diet. Thus, a duodenal biopsy some months after commencement of a GF diet would no longer be necessary. We report here the case of a celiac patient in whom the ingestion of a milligram of gluten every day for 2 years prevented histological recovery in spite of satisfactory clinical and serological response. The literature regarding the minimal amount of gluten that could be harmless to celiac patients is reviewed.'

from Chris Spreitzer Westchester CSG co-President

Newsletter excerpt: 'The above abstract case was based on a celiac patient in Italy, who received daily communion for 2 years – the European dietary standards for the GF diet allows inclusion of up to 200mg./kg (200 parts per million) gluten in foods labeled "gluten-free". This patient consumed a fraction of a normal communion host that weighed, on average, about 30 mg. The gluten content was calculated to be about 1 mg. This patient did well on the diet; dietary compliance was monitored by a dietary diary. Her diet consisted of almost entirely natural (rather than manufactured) products. The only exceptions were gf products approved by the Italian Celiac Society & daily communion. This patient's symptoms all resolved and her serology normalized. **However**, serial duodenal biopsies over an 18 month period showed persistent severe villous atrophy & increased intraepithelial lymphocytes as blindly evaluated by an observer unaware of the timing of the biopsies... The authors believe that patients with CD should have a 2nd biopsy in all cases in order to identify patients with persisting villous atrophy which would be missed if one relied on clinical & serological data only.'

Hi Eleanor....

Just a note to let you know that the **NEW Price Chopper**,

near Party City, has an entire section on Health Foods. There is one section that has all gluten-free products. Thought you might like to try some.....Shelley Tropp (member)

Other places you might want to check out --

Community Co-op 589 Albany St., Little Falls 823-0686
Closed Sun. & Mon.; open 9:30 – 5:00 Tues., Wed., Thurs.;
Fri. open 'til 8:00 PM; Sat 9:30 – 1:00

Blanche's Scratch Bakery 8397 Main St., Interlaken, NY
14847 1-607-532-8705

Call to place orders – Pick Up on Tues. & Thurs. ONLY

Country Cupboard on Rte. #20

From Our "Gluten-Free Pantry" to Yours....
call 1-800-291-8386 for catalog/orders

What's a holiday without a plate of holiday cookies?

Here are a few ideas and the corresponding mixes to make them. **Take 15%** off these mixes until December 31, 2004. Case prices do not apply.

#143 Spice Cake & Gingerbread Mix (recipe on the bag)

Regular Price: \$3.95
Special Price: \$3.36

GFP Prize-Winning Ginger Snap Cookies

#140 Old Fashioned Cake & Cookie Mix
Regular Price: \$3.95

Special Price: \$3.36 [Chocolate & Vanilla Pinwheel Cookies](#)
(slice 'n bake) [Cut Out Cookies](#)

#116 Beth's All-Purpose Gluten-Free Flour Mix

Regular Price: \$3.29
Special Price: \$2.79 [Blonde Brownies](#) (rich butterscotch brownies) [Grandma's Old Fashioned Brown Sugar Cookies](#)

[Cranberry Nut Bars](#) ; [Rugelach](#)

#117 Harvest Pumpkin Quick Bread Mix
Regular Price: \$4.50

Special Price: \$3.83
Cranberry Orange Pecan Pumpkin Bread – makes a lovely gift - Combine [Harvest Pumpkin Quick Bread Mix \(#117\)](#) with:

- 1 cup orange juice
- 1/2 cup fresh cranberries, chopped
- 1/2 cup toasted pecans coarsely chopped
- 2 eggs
- 1/3 cup vegetable oil

Mix ingredients well. Transfer to a lightly oiled 9-x-5 inch loaf pan. Bake in a 350 degree 50 - 55 minutes or until tester comes out clean. Cool 10 minutes in pan then turn onto wire rack and cool completely before slicing or storing. **You can**

view all of the above specials by going to the [UNADVERTISED SPECIALS](#) area of our site.

**Wishing You and Yours a
Wonder- Filled Holiday Season and a
Peaceful, Healthy New Year!**

.....
: Enjoy a wonderful Holiday
: Season -
: may you find peace in your
: hearts -
: and loving warmth in your homes
: