

Recipe Corner Oatmeal fruit cookies

2-1/4 pound sticks softened butter in mixer at medium speed then gradually add: 1 cup light brown sugar ½ cup granulated sugar

> 1 teaspoon baking powder ¼ teaspoon baking soda

½ teaspoon ground cinnamon ¼ teaspoon ground cloves

scrape sides of bowl while the above blends then add:

2 eggs

1 teaspoon vanilla then add the following:

1 ¼ cups flour when the above is mixed, then gradually add:

2 cups quick oats

½ cup raisins

½ cup dry cranberries

½ cup dried cherries

½ cup chopped pecans Rounded teaspoons 2 inches apart on an ungreased cookie sheet...bake at 375 for 10 to 12 minutes till edges are golden...cookies will set as they cool; use spatula from the cookie sheet to wire rack. I make them without nuts or I would have to eat them all myself. Kids don't like nuts. Roselee taught them that? Fleet Farm has bags of dried fruit that works great.



...in case you eat too many...

THE FRANK REPORT

10.6.2018

All the news I see fit to print. Freedom of the press belongs to those who own one.



That's' OK...we have the big picture in view:



And here's our Plan B:



The FBI finds teenage stories about Kavanaugh three decades old but can't find Hillary's lost emails?

Bon Mots

Ever notice that politicians have ideas so good they have to make them mandatory?





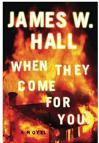
Good

Gooder

Book Report

Five this week so I'll just grade them while calling attention to a new author...Brian Freeman.



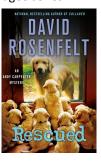


Gooder

Goodest*

Hall offers over a dozen. I started reading them from oldest to current and prematurely read his latest* ...wow, this guy is a spooky reincarnation of John D. McDonald for those remembering the Travis Magee series.

Alex Kava and Rosenfelt both feature canine related plots. This one is much gooder. -



Also found Manifest (the new NBC drama C&B likes) on my ROKU...will probably wait and binge watch for the first season...

-more-



Daughter Margaret had surgery yesterday. She's reached that age where a doctor's visit is no longer generic health advice. They now start removing body parts. Another sign of "mature" age is when your son's can of Mountain Dew is now a Budweiser...legally. Well, at least she's not eligible for AARP membership...yet.

I'm sure Shane would have some advice for Mr. Z on beer brands...albeit illegally! And I'm very curious about that pink flamingo in Jenna's room. I hope it's not the same "clue" as my Navy days in Florida!

Meanwhile, Chris and Hunter were in South Dakota this past week going after that flamingo's relatives...in a snow storm!



Had my annual warm body check this week and doctor says all looking good except for too high TSH levels so she adjusted the Rx and will check in couple of months. As she reached for those latex gloves, I looked at her and asked "Really? At my age? She laughed and sent me on my way with my butt intact.

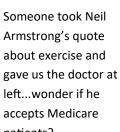


Shelby's reaction hearing about the snow storm.



Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true? A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

patients?







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List of articles now available on my blog at www.thefrankreport.net. Most have been picked up by WF: www.whatfinger.com



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