

JOYFUL & SUCCESSFUL HOMESCHOOLING CHAPTER 17

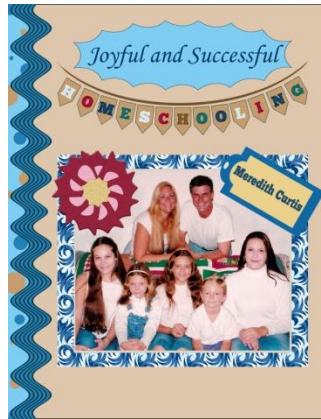
SCHEDULING & MEALS

BY MEREDITH CURTIS

PowerlineProd.com



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Published by Powerline Productions/Kingdom Building Services, Inc.

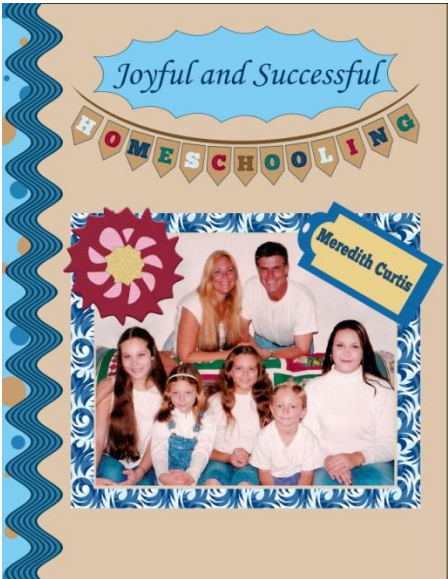
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JSHS CHAPTER 17 TIME MANAGEMENT & MEALS

We want to share a chapter with you from *Joyful and Successful Homeschooling*, an inspirational, practical guide to establishing a successful, and happy, home school in your own home. This is chapter 17: Time Management & Meals, one of 25 chapters. You can see the table of contents below. ☺

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Chapter 17 Homeschool Management

Time Management & Meals!

In This Chapter

Time to Study

Schedules & Routines

Family Nights & Meals

Meal Planning & Shopping

EZ Recipes



“How was your day, sweetheart?” my husband asked, after giving me a quick kiss.

“You have no idea! Busy! Crazy!” I tried to remember the day. It had been a blur of activity from the very beginning with lost shoes and books complicating the craziness of an already hectic schedule.

“What’s for dinner?” He got to the real point of our conversation.

“Dinner?!” I had forgotten about dinner. “I’m so sorry I forgot all about dinner.”

It is hard for a man to understand how you can forget about dinner. Laundry, maybe, but dinner—no way! I cannot tell you how many times I have gone through the drive-thru at McDonalds® and ordered fifteen 99 cent chicken sandwiches! You can just imagine our conversation.

Me: “Fifteen chicken sandwiches, please.”

Drive-thru person: “Excuse me?”

Me: “Fifteen chicken sandwiches, please.”

Drive-thru person: “Excuse me? Did you say fifteen?!!!”

Me: “Yes, fifteen.”

Drive-thru person: “Are you sure that you want fifteen? I better get my manager.”

So, how can we manage our homes and schedule our days so that we don't have to run to McDonald's® for dinner?

Not only is an orderly home conducive to learning, but there must be structure in our time management so that we can run our households smoothly, homeschool our children, and keep our sanity! Routine and a predictable schedule provide security to the children. They know what to expect when—with a certain amount of flexibility thrown in. How easy it is for household tasks, like cooking, to slip through the cracks when you are busy teaching the children all day. Now that your home is in order, including your homeschooling materials and books accessible in their storage areas, it is time to talk about schedules. Schedules are a homeschooling family's best friend or worst enemy. A schedule is your servant; you are not its slave.

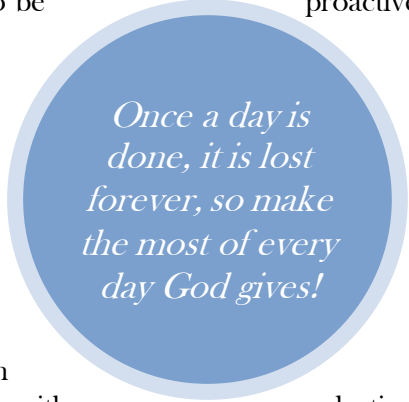
Even if you are not a “schedule person,” I recommend at least a loose schedule to provide structure. Set aside time to study, time for chores, and time to relax daily. Life goes by at a hectic pace and it can “just happen to us” if we let it. Make a decision to be proactive, making changes so that you manage your time rather than time managing you.

Household Administration

Chores, such as preparing meals, making beds, and washing dishes need to be done daily. Other household tasks, laundry for instance, can be done weekly. Housework is necessary to keep our homes healthy and clean. Children can help with these tasks as early as three years old. Preschoolers can make their own beds, straighten their room, set the table, clear the table, and help with dusting. Elementary age children can dust, vacuum, fold their own laundry, put clean clothes away, straighten living areas, wash dishes, unload the dishwasher, take out trash, and clean the bathroom sinks and tubs. Pre-teens can mow the lawn, wash the car, clean bathrooms, and supervise younger siblings with any other cleaning projects.

I love washing dishes, so I still wash the dishes, load the dishwasher each night, and clean up the kitchen. But I have not cleaned a bathroom in years. My older children clean the bathrooms once a week. Once in awhile I will take a bleach-soaked rag and wipe down all the sinks and toilets in the house, with separate rags, of course. My husband does all the mopping because he is stronger and able to get the floors cleaner than any of us girls.

Daily chores are part of our routine. Everyone makes their bed and “straightens” their room, although not as tidy as I would prefer. The children all make their own breakfast after their chores and quiet times are done. My little ones were always ready to start school around 8 o'clock, but when they get closer to the teen years, they begin to sleep a little later and move a little slower, but everyone has finished their “five things” (making beds, cleaning rooms, dressing, personal hygiene, & personal devotions) and eating breakfast so that they are busy doing schoolwork by nine o'clock. Morning hours are the best for studying, especially for doing math.



*Once a day is
done, it is lost
forever, so make
the most of every
day God gives!*

JSHS CHAPTER 17 TIME MANAGEMENT & MEALS

Besides daily personal chores, Shine unloads the dishwasher, Rose unloads the drainer, and Jimmy takes out the trash. The older girls help with cooking, straightening, and vacuuming each day, which is done right before Daddy comes home from work.

For most of us, chores must be scheduled or they will not get done until there is a special event involving company. Saturday morning is family cleaning time at our house with everyone pitching in! Everyone has their assigned chores and knows what to do. We straighten, dust, vacuum, clean bathrooms, mop floors, mow the lawn, and do any other house or yard work that needs to be done. Every room in the house is attacked by the “Curtis Clean Machine,” and for a few hours our home sparkles. Then it is back to reality with a thin layer of clutter coating almost every room. But the good news is that our house stays about twenty minutes away from being ready for company.

When we are having company, meetings, or people dropping in for a visit, the whole family pitches in to straighten and run the vacuum, straighten the towels in the bathroom, and wipe down sinks. Our home is not immaculate, but it is clean and twenty minutes away from tidy! That is an acceptable standard for me because I want to spend my time with people, not maintaining a perfect house!

Time to Study

Time to study must be set aside on a consistent basis. Children need to learn to use their time fruitfully, ignoring distractions and interruptions. Keep regular study hours. Consistency builds faithfulness and discipline, the habits of a scholar. Morning is the best time for children, even teens, to study because minds are fresh.

Setting aside study time means protecting that time by not scheduling other things, including appointments. Doctors, hair stylists, and dentists all have hours in the afternoon. See school hours the way people see a part time job. They would not schedule other things. Don't answer the phone unless you are able to say “hello” and offer to call them back when school is over. When people drop in, they need to be politely, but firmly, informed that you are “doing school” and cannot stop. This may sound harsh, but it is so easy to lose school time to little distractions that eventually add up to many hours of lost schoolwork time.

School hours are guarded at our house. We do not answer the phone until school work is finished. I do not schedule doctor, dentist, or other appointments during these hours. This has been a new challenge in my life with my dad living nearby because he has so many doctor appointments. I make them late on Monday or Wednesday afternoons after school hours.

If, for any reason, I have to leave the house, an older child is left in charge. All the children do their work diligently or face consequences when I get home. In emergencies, the children bring their work along with me. We never skip school!

Because I guard our school hours, we stay on track and seldom get behind. If we do get behind our schedule, I try hard to catch up quickly. I also schedule days and weeks for “catch up” so that we can finish the school year and enjoy our summer vacation.

The routine of daily study hours is helpful for children, but some days are easier than others for little ones to focus on schoolwork.

What about children feeling antsy or daydreaming when they are studying? Children can only sit so long. The younger and more active a child, the quicker he/she will be ready to move around. When children start to fall asleep or “droop,” it is time to get up, move around, and stretch. A few laps around the house or a quick walk around the block works wonders to get rid of extra energy. A drink or a healthy snack can also get the sluggish brain moving again. Sometimes switching subjects or “teaching” your studies to a younger sibling can help a student focus.

Time is a gift from God each day. We want to be good stewards of our time so that we can use it to glorify Him!

Calendars & Day-Timers

A calendar is a wonderful planning tool that gives us a bird’s-eye-view of our life month by month. One glance tells us if we are too busy and keeps upcoming events fresh in our minds and sight. Our children can use a calendar to manage their time on a yearly and monthly basis.

Things should be written on the calendar as soon as possible: vacations, weddings, parties, workshops, due dates, and company. Place your calendar in a prominent place where everyone can see it. Tentative items should be written in lightly with pencil. If everything is immediately put on the calendar, schedule complications are avoided.

Weekly and daily planning can be done in a day-timer or appointment book. Everyone finds the right scheduling tool for them, usually through trial and error. Your child may invent his own scheduling tool. This planning is detailed and includes calls to make, things to buy, time set aside to study (including subjects, books, and pages), chores to complete, preparations, errands, baby-sitting, etc. Everything on the calendar will be on the weekly and daily planning sheet but with a lot more!

A “typical day” schedule is nice to have in the front of the planner with devotion times, church meetings, family obligations and study times blocked off. But every week will be different. And additions will sometimes require alterations in their daily schedule. An early field trip may require rising one hour earlier so they don’t miss their time with the Lord.

*The truth will set
you free! But
organizing your
time provides
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productivity that is
amazing!*

Schedule & Routine

Routines are simply patterns and daily rituals, things you do without thinking. It is good to get into daily habits such as making your bed upon arising, brushing your teeth after meals, defrosting meat for dinner after breakfast, and returning phone calls at a certain time each day. Routine provides a sense of security to children and it is a way to make sure that mundane tasks do not fall through the cracks.

While a routine is a pattern of daily habits, a schedule is a timetable that allows you to set aside the time needed to accomplish your goals. The best of intentions won't happen unless time is set aside to accomplish the task!

Some people enjoy a schedule more than others do. If a rigid schedule works for you, then do it! If not, at least come up with a flexible schedule or routine.

My schedule does not have times. From wake-up time until lunch time there are things that I accomplish each day and things specific to a certain day of the week. Then from lunch time to dinner time, we flow through a routine. We schedule our heavy academic work on Mondays, Tuesdays, and Wednesdays. Mondays we also wash, fold, and put away a week's worth of laundry. Monday afternoons, twice a month, we enjoy our church coop. Thursdays, we do history, art, and piano with another family. Fridays are for field trips, outings, or catching up on other work for the little ones while the big ones enjoy "Friday classes," which are enrichment opportunities for junior and high school children. Saturdays are worship practice and cleaning the house. Sundays are church and resting.

Whether you like a flexible schedule or a more rigid schedule, I encourage you strongly to make a schedule and to put it in writing! Better yet, post it in several prominent places in the house. I hang my children's schedules in the homeschool room and also put a copy in their assignment folders. As you can guess, some of my children are more likely to follow it independently than others! But now, all of my children stick to the schedule.

The moral being: Everyone Can Be Trained to Work with a Schedule!



Here are some examples of different schedules from over the years.



Julianna Schedule 2005-2006

Monday	Tuesday	Wednesday	Thursday	Friday
QT & 5T Math Spanish @ SCC World History Lunch Character Writing Drums/Piano Dinner	QT & 5T Math Writing World History Computer Lunch Church History Great Books Dinner Ballet Fold Laundry	QT & 5T Math Spanish @ SCC Great Books Lunch Physics Character Drums/Piano Dinner LIFE Group	QT & 5T Math World History Great Books Lunch Physics Drums/Piano Dinner	QT & 5T Math Test Friday Classes: Team Sports Lunch Godly Wnh Dinner Teen Night

Also, Julianna had worship practice and chores on Saturday, church Sunday mornings, and Family Night Sunday night!

Monday	Tuesday	Wednesday	Thursday	Friday
Quiet Time & 5 T Math Fiction Writing Physics 	QT & 5T Math Fiction Writing NT Survey 	QT & 5T Math Character Physics NT Survey 	QT & 5T Math  Piano Guitar Vocals Worship M Theory	QT & 5T Spanish 
Lunch Government HW Marine S HW Spanish HW Character/HM 	Lunch American Literature Character Catch up Music Practice	Lunch 4H Book Club Catch up Music Practice	Lunch & Read Aloud Units Web Design PE 	Lunch 
Dinner American Lit	Dinner 	Dinner LIFE group	Dinner Soccer practice	Dinner Teen Night 

Jenny Rose Schedule 2008-2009

Teaching Children to Manage their Time

The first step for a child to learn time management is to respond cheerfully and obediently in using time according to their parent's direction. Children need to do school work during the time parents set aside for them to do schoolwork. In the past, I have expected my little ones to sit still for longer periods than they could handle. My husband motivated me with stories from his boyhood to set them up for success by providing breaks and physical activity to break up the school day.

The second step is for children to begin to micromanage their time giving them more and more responsibility as they are faithful. "Please finish this math, vocabulary, and Bible study before we gather as a family for world history." They determine what order they will work on these things. Soon they will be given a daily list of work that is to be completed, as well as the time you will spend with them one-on-one or with the family for other schoolwork. A child who can manage a day's work consistently is ready to plan a week's worth of schoolwork. Progression from step to step will depend on individual children's personalities. One of my daughters was born scheduling and planning (her training involves changing plans so she can learn to be flexible!). Another daughter is very forgetful! We work together longer at each step.

Micromanagement of time begins for our children with a daily routine we call "five things" (making beds, cleaning rooms, dressing, personal hygiene, & personal devotions). They must complete their five things before they eat breakfast. Hunger is a good motivator. Early on they learn to do their "five things" in whatever order they so choose within the framework of a deadline.

The third step is to plan and manage their own life schedules—daily, weekly, monthly, and yearly. To do this requires a calendar and a simple day-timer or appointment book. At first, young people will work closely with Mom and Dad. But gradually they will acquire the wisdom to "number their days" and manage their time independently.

Time is a gift from God each day. We want to be good stewards of our time so that we can use it to glorify Him!

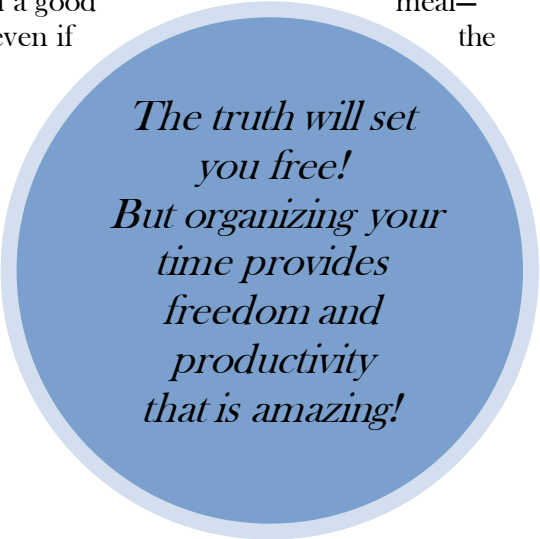
Family Night: A Date with the Clan!

As your children get older, life seems to get busier and busier. We started family night years ago when it almost seemed silly because we were together every night. Family night was more of a time that we were committed to have fun together. We would play games or watch a movie.

Now, family night is valued because our lives are so busy! Family night is the one night a week that we are all together. We still usually play a game or watch a movie, but we are relaxed, not rushing around. Best of all, everyone is there together in one place at one time. Even through college and work, our older daughters have made family night a priority in their lives.

Our family night is Sunday night and it always starts with a good something everyone likes! Everyone has to participate, even if activity or movie is not their favorite! We have made videos, told stories, read books aloud, driven around to look at Christmas lights, gone to a nearby park, or attended the dollar theatre together. Every December, we decorate the Christmas tree for the first family night of the month. We drink hot chocolate and eat freshly baked Christmas cookies. It is something our children look forward to. Although there are times we include others, we try to keep it just the family. Consider putting a family night into your schedule.

meal—the



*The truth will set
you free!
But organizing your
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freedom and
productivity
that is amazing!*

Meals, Shopping & Scheduling

Meal planning and preparation is necessary unless you have a live-in cook. One of my children's friends has a grandmother that lives with them and cooks three to four times a week. What a blessing!

Life is easier when you know ahead of time what you'll fix for dinner and the ingredients are on hand. Nothing wastes more time than a quick run to the store at dinnertime to pick up a missing ingredient. Not only are the stores crowded, but you are usually hungry and will tend to buy impulsively.

The solution is a weekly or monthly meal plan prepared near the end of the previous month. Menus make shopping lists easy to put together. For busy school days, make meals simple and quick. Plan meals that your family will enjoy eating. Healthy food can taste good! Learn to use your crock pot. It is wonderful to put ingredients into this little appliance and let them simmer all day. And it smells delicious!

Make shopping lists in the order in which the store is laid out and how you move through it. This makes it easier to get everything on the list. Ask family members before you leave for the store if they can think of anything needed that you may have forgotten.

My children do not come with me when I shop unless absolutely necessary until they are at least eight years old. It is too much trouble and inconvenience to try to fill a grocery cart that is already filled with a toddler in the front and a baby car seat in the back of the cart. In addition, little ones have a tendency to drop things in the cart or ask for things I do not want to buy.

Sample Menus & Shopping Lists

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mexican Meat Pie Corn	Spaghetti Garlic Bread Salad	"The Dish" Brown Rice Green Beans	Chili Saltines Jello Salad	Salmon Potatoes Broccoli	Lemon Chicken Stuffing Mixed Veggies	Macaroni Pizza
Baked Chicken Mashed Potatoes Gravy Lima Beans	Quiche Grits Salad	BBQ Pork ribs Mac n Cheese Spinach	Shepherd's Pie Salad	Mexican Chicken Brown Rice Peas	Fish Filets Tator Tots Green Beans	Lasagna Garlic Bread Salad
Chicken Stir Fry Brown Rice	Meatloaf Baked Yams Broccoli	BBQ Chicken Mac Salad Veggies W Dip	Pot Roast Potatoes Peas Carrots	Speedy Gonzales Stew Pumpkin Muffins	Hamb Strog Noodles Green Beans	Pancakes Sausage
London Broil Twice Baked Potatoes Corn on The Cob	Clam Chowder Biscuits	Sloppy Joes Buns Salad	Chicken Divan Buttered Pasta Asparagus	Chicken Mandarin White Rice Peas	Chuck Wagon Beans	Eggs Bacon Grits

Shopping list for week # 4

Potatoes	Corn on the cob
Onions	Lettuce
Carrots	Cucumber
London Broil	Chicken thighs
Chicken breasts	Hamburger
Bacon	Sandwich meat
Eggs	Milk
Cheese	Sour cream
Frozen peas, asparagus, & broccoli	Canned clam chowder
Grits	Cereal
Baked Beans	Mandarin oranges
Pasta	Rice
Flour	Hamburger buns
Bread	

The Family Dinner Table!

Just a quick plug to eat dinner together as a family! What a glorious way to end a hectic school day. Enjoy the years when the whole family is home for dinner. Once children get jobs, begin college, and get involved in other activities, it is so wonderful to have everyone together.

Sitting around the table is the perfect opportunity to discuss politics, economics, foreign nations, current events, Biblical truths, moral controversies, and ethics. Everyone is relaxed and enjoying the delicious food prepared with love. There is something secure and safe about the family dinner table.

Set the table attractively for your family, not just for company. Consider cutting fresh roses in the garden and putting them in a vase with water for a centerpiece. Candles and artificial flowers make lovely centerpieces. Candlelight makes any meal festive, even hot dogs and tator tots.

Think artistically about color and texture when planning meals. If you are serving chicken and mashed potatoes, don't add cauliflower as the vegetable. What a drab plate that would be (unless you are eating a white dinner because you are studying snow or Antarctica!). Add one or two brightly colored vegetables. Peas and carrots would be lovely, with the bright green and orange colors. Let your dinner be a feast for the senses: sight, smell, and taste. A green pickle, a red radish or a dollop of white whipped cream all can add a dash of color to a drab plate or bowl of food.

Let meal time be fun for everyone! That means find recipes that are quick and easy, taste good, and look good. And keep things on hand in case you are like me and occasionally forget to defrost the chicken.



When you Forget to Defrost Something for Dinner...

Make breakfast for dinner (eggs, pancakes, waffles)!

Serve hotdogs and "Tator tots."

Grill individually frozen hamburger patties.

Cook up frozen fish patties, frozen chicken tenders, or frozen lasagna.

Serve canned soup with pumpkin muffins. (* Recipe next section)

Make Macaroni & Cheese & Tomatoes. (* Recipe next section)

Cut up hot dogs, mix with canned baked beans and enjoy!

Heat up canned black beans, serve with rice.

To be able to improvise at the last minute requires that certain ingredients be kept on hand at all times. You will come up with your own family's favorite "improv' recipes" and your own list, but here is a look at mine.

Here are Some Things I Keep on Hand in Refrigerator:

Eggs
Milk
Sour Cream, Plain Yogurt
Salsa
Mustard, Ketchup, Mayonnaise
Carrots, Lettuce, Peppers, Apples, Oranges

Here are Some Things I Keep on Hand in Freezer:

Frozen Shredded Cheese (mozzarella & cheddar)
Individually Frozen Hamburgers
Hot Dog & Hamburger Buns & Tortillas
Hot Dogs
Meat for Dinners
Lasagna (can be baked frozen!)
Fried Fish Patties
Fried Chicken Tenders
Waffles
Brown Rice
Corn, Broccoli, Peas, Green Beans
Butter
Pie Crust
White & Wheat & Bread Flour

Here are Some Things I Keep on Hand in the Pantry:

Spices
Cream of Mushroom & Cream of Chicken Soup (cheap brands for casseroles)
Soups (nicer brands for serving alone!)
Macaroni (spaghetti, elbow, twists, bow ties, shells)
White & Yellow Rice
Onions
Cans Diced Tomatoes, Tomato Sauce, & Tomato Puree
Brownie Mix
Pudding & Jello Mix
Cans Baked Beans & Black Beans



Cooking & Menu Planning Tips

*** Keep a Zip-lock bag in the freezer for leftover meat. When you have enough ($\frac{1}{2}$ cup per person) for a meal, you have an almost free meal.

*** When you brown ground beef, double the amount you need; store the extra in the freezer for a busy day. Your meat's already cooked!

*** When you cook boneless chicken for a casserole, double the portion and freeze half. Now you have chicken ready for a casserole on a busy day.

*** Make a double portion of spaghetti sauce or chili; freeze for later.

*** Cook extra meat and use it the next day in a casserole.

*** Casseroles can be made up of any combination of meat (hamburger, chicken, turkey, tuna), starch (pasta, rice), vegetable (corn, onions, green peppers, tomatoes, peas), and liquid (milk, creamy soups, tomato sauce, sour cream, plain yogurt). Experiment with different combinations.

*** Add tuna, sliced turkey, cubed chicken breast, or deli meats to your favorite salad recipe for a main dish salad.

*** Make up a turkey casserole as you are putting away leftovers from a turkey dinner. Mix gravy with meat and vegetables and place in the bottom of a casserole. Cover with mashed potatoes or stuffing.

*** Use your crock pot! Meat, vegetable, potatoes, and onions with liquid is all you need. The smell fills the house all day long.

*** Hearty soups with freshly baked bread is a delicious meal in cold weather.

*** Hearty main dish salad with muffins and fresh fruit is a delicious meal in hot weather.

Quick & Easy Recipes!

Healthy Banana Smoothie

- 1 Cup Plain Yogurt
- 1 Frozen Ripe Banana
- 1 tsp Unsweetened Cocoa Powder
- 2 tsp Cinnamon

Blend all ingredients on high for 1 minute. Enjoy!



Eggnog

- 8 Eggs
- 2 Pints Heavy cream
- 4 tsp. Vanilla
- 1 tsp. Salt
- 1 Gallon milk
- 4 Cans sweetened condensed milk
- Nutmeg to taste



Combine well beaten eggs, condensed milk, vanilla & salt until thoroughly blended. Gradually beat in milk. Whip heavy cream until thick and foamy, but no peaks form yet. Gently fold in whipped cream. Pour into punch bowl. Sprinkle with nutmeg.

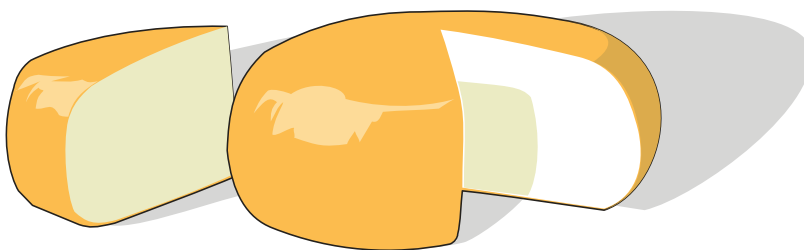
Laura Nolette (Donald's family recipe!)



Pancake Syrup

2 cups Sugar
2 cups Water
 $\frac{1}{4}$ tsp. Salt
1 tsp. Maple Flavoring

Boil sugar and water for five minutes. Add salt and maple flavoring. Store in refrigerator. Reheat as needed.



Cheese Ball

8 oz. Soft Cream Cheese
2 Cups Sharp Shredded Cheddar Cheese
1 Envelope Onion Soup Mix

Mix ingredients together; roll into a ball. Chill. Serve with crackers.

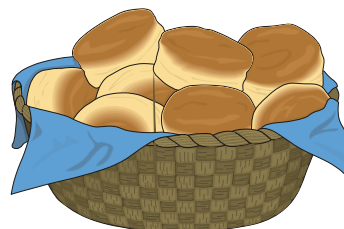
24 Hour Layer Salad



- 1 Head Iceberg Lettuce, torn into small pieces
- 6 Boiled Eggs, sliced
- 1 (10 oz) Package Frozen Peas, thawed
- 1 Cup Green Peppers, chopped
- 1 Pound Bacon, crisp-cooked, drained and crumbled
- 2 Cups Shredded Swiss Cheese (can substitute cheddar or Monterey Jack)
- 1 Cup Mayonnaise or Ranch dressing

In the bottom of a large bowl, place 3 Cups torn lettuce. Sprinkle with a little sugar, salt and pepper. Layer eggs on top of lettuce. Layer in order: peas, green peppers, and rest of lettuce. Cover these rows with a row of bacon and a row of shredded cheese. Spread mayonnaise or Ranch dressing over the top completely sealing the salad ingredients inside. Cover and refrigerate 24 hours or overnight. Garnish with sliced green onions and paprika.

Katie Beth's Biscuits



- 2 Cups Flour
- 4 tsp. Baking Powder
- ½ tsp Salt
- 1/3 Cup Sugar (I just add and stir scoops until the flour mixture tastes sweet!)
- 6 T Softened Butter
- ½ tsp Baking Soda
- 1 Cup Milk (I usually use a little less)

Preheat oven to 450 F. Mix together the flour, baking powder and salt. Add sugar and mix in (until it tastes sweet). Cut in the butter using a pastry blender. I usually cut the soft butter in chunks into the flour mixture and then use the pastry blender until mixture is all thick (soft!) crumbs. Make a well in the center, add baking soda, and pour milk in all at once, stirring together until dough cleans sides of bowl (the less you stir, the lighter the biscuits, so I've heard!). Drop dough by big spoonfuls onto an ungreased baking pan. Supposed to make a dozen, but I make these big, so they make about 8 biscuits. Bake for 15 to 20 minutes, until tops are lightly browned.

Baba's Banana Bread

3 very ripe bananas- **mash in blender**
1 Cup Sugar
3 T Melted Crisco
Pinch Salt
2 Eggs
3 T Sour Milk
1tsp. Soda
2 Cups Flour

Mix first 6 ingredients together and blend. Add flour and soda, stirring into mixture.
Bake at 350 for 1 hour.

Pumpkin Muffins

2 Large Eggs
1 Cup Canned Pumpkin
½ Cup Milk
1 ½ Cups Flour
1/3 Cup Butter, melted
¼ Cup Granulated Sugar
½ Cup Brown Sugar
2 tsp. Baking Powder
2 tsp. Pumpkin Pie Spice
½ tsp. Salt
½ Cup Nuts
½ Cup Raisins

Beat together eggs, pumpkin, milk, and melted butter. Combine dry ingredients.
Add liquid ingredients to dry ingredients all at once. Add raisins and nuts. Bake for
25 minutes at 400 degrees.

Macaroni Pizza



1 Pound Elbow Macaroni, cooked & drained
½ Cup Butter
1 Pound Mozzarella Cheese, grated
16 oz. Tomato Sauce
¼ Cup Parmesan Cheese, grated
1 Clove Garlic, minced
Oregano, Salt, Pepper & Italian Spices to taste

Preheat oven to 350. Pour macaroni into buttered lasagna pan. Dot with butter and sprinkle with parmesan cheese and garlic. Mix spices into sauce to taste and pour over macaroni. Cover with mozzarella cheese and sprinkle with oregano. Bake ½ hour at 350.

Optional: It's delicious with Pepperoni or Browned Italian Sausage mixed in!

Chuck Wagon Beans



1 Pound Bacon, fried and crumbled
1½ Cloves Garlic, minced
2 Pounds Ground Beef
1½ Cups Ketchup
3 Cups Chopped Onions
3 T Prepared Mustard
1 Cup Finely Chopped Celery
1 Giant Size Can Bush's Baked Beans
Salt & pepper

Preheat oven to 375. Brown ground beef with onions and celery. Stir in garlic, ketchup, mustard, beans, salt and pepper. Bake covered 1 hour 15 minutes or simmer in crock pot.

Traditional Shepherd's Pie

Place in a casserole: Leftover Lamb
 Gravy
 1 Can Peas

Top with Mashed Potatoes

Bake at 350 for ½ hour until well heated. Serve with mint jelly.

Updated Shepherd's Pie

Place in a casserole: 2 Pounds Ground Beef, browned & drained
 1 Can Mushroom Soup
 16 oz. Frozen Corn

Top with Mashed Potatoes and Shredded Cheddar Cheese.

Bake at 350 for ½ hour until well heated.

Laura's Speedy Gonzales Stew

3 Pounds Chicken, skinless-boneless thighs
1 Cup Uncooked Rice
2 Cups Frozen Green Beans
1 Jars Mild Salsa
1 Large Can Whole Tomatoes
Shredded Cheddar Cheese
2 Cups Water



Put all ingredients (except rice and cheese) in crock pot and simmer on low for 6 hours. Chop meat and return to slow cooker. Stir well. Add rice and simmer 40 minutes. Serve in bowls, sprinkling cheese on top.

“The Dish”

1 Pint Sour Cream
1 tsp. Poppy Seeds
3 Pounds Boneless Skinless Chicken Breasts, cooked and cubed
2 Cans Mushroom Soup
Salt & pepper to taste

Mix all ingredients together. Bake uncovered at 350 for 30 minutes. Serve over brown or white cooked rice.

Gravy Mountain

(This is Laura Nolette’s adaptation of “The Dish.”)

5 Pounds Chicken Breasts, cooked & cut up
2 cans Cream of Mushroom Soup
16 oz. Sour Cream
1 T Basil
1 T Sage
1½ tsp Oregano

Preheat oven to 400. Mix all ingredients. Bake in 9x13” baking dish for 40 minutes.

Merey’s Meatloaf

1 Can Mushroom Soup
6 slices Soft Bread, Cubed
1 pkg. Instant Onion Soup Mix
1 Egg Slightly Beaten with 2 T Water
1 ½ Pounds Ground Beef 1 Onion, chopped



Mix all ingredients together, pour into a pan and bake at 350 for 1 hour.

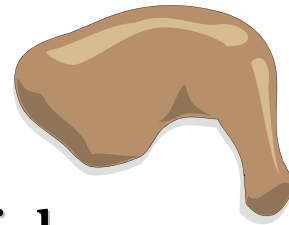
Chicken Fettuccini Alfredo

Brown: 4 Pounds Chicken Breast, cut in small pieces
1 Stick Butter
2 Cloves Garlic

Cook over low heat in a sauce pan until thickened:

1 Quart Whipping Cream
3 Cups Parmesan Cheese
Garlic, Pepper, Italian Seasoning to taste

Pour chicken into sauce. Serve over boiled and drained fettuccini noodles. Serve with salad and Italian garlic bread.



Honey Curried Chicken

1 T Curry
½ cup Honey
½ tsp. Salt
½ cup Mustard
¼ tsp. Pepper
3 pounds Chicken Thighs
½ Cup Melted Margarine or Butter

Preheat oven 375°. Spread chicken in a lasagna dish. Combine other ingredients in bowl. Pour sauce over chicken. Bake 1 hour. Serve over rice.



EZ Peanut Butter Cookies

- 1 Egg
- 1 Cup Sugar
- 1 Cup Peanut Butter
- 1 tsp. Vanilla

Mix all above, roll by the teaspoonful, and place on a greased cookie sheet-mash with fork. You may add M and Ms or chocolate chips, place a kiss in the middle, or just sprinkle the cookies with sugar. Bake at 350 for 10-12 minutes.



EZ Cheesecake Dessert

- 3 [8 oz.] Packages Cream Cheese
- 3 Eggs
- 1/2 Cup Sugar
- 1/2 tsp. Vanilla

Mix and bake at 350 degrees for 25 minutes.

- 2 Cups Sour Cream
- 3 T Sugar
- 1tsp. Vanilla

Mix and pour over cheesecake. Turn off and set for 3-5 minutes[this desert tastes best if put in the refrigerator for several hours].

EZ Chocolate Peanut Butter Bars

COOKIE BAR INGREDIENTS:

Roll Refrigerator Sugar Cookies (homemade or store bought)

16 oz. Chocolate Chips

FROSTING INGREDIENTS:

½ Cup Confectioner's Sugar

¼ Cup Peanut Butter

2-4 T Milk



Preheat oven to 350. Slice and press refrigerator cookie dough into greased 13" x 9" pan. Bake 15 minutes. Sprinkle chocolate chips over baked cookies. Let stand 5 minutes. Spread chocolate evenly over cookies. While cookies are cooling, mix together frosting ingredients. Drizzle frosting over cookies. Cool and then cut into bars.

EZ Frosting

8 oz. Chocolate Bars

1 Cup Heavy Whipping Cream

Melt chocolate with whipping cream in heavy saucepan. Keep stirring. At end—stir especially vigorously!

Option 1: Put in metal bowl over ice and whisk until thick.

Option 2: Store in refrigerator until spreading consistency.

Banana Cake



2 1/3 Cups Flour
1 2/3 Cups Sugar
3 Medium Bananas
2/3 Cup Shortening
2/3 Cup Buttermilk
3 Eggs
1 1/4 tsp. Baking Powder
1 1/4 Baking Soda
1tsp. Salt
2/3 Cup Nuts

Preheat oven 350. Grease the pan. Put all the ingredients into a bowl. Beat all together at low, scrape 30 seconds. Beat on high for 3 minutes. Bake 45 minutes. Frost with cream cheese icing.

Jewish Apple Cake

3 Cups Apples, sliced thin
2 tsp Cinnamon
5-7 T Sugar

Batter

2 Cups Sugar
1 Cup Corn Oil
4 Eggs
1/3 Cup Orange Juice
3 Cups Flour
3 tsp Baking Powder
2-1/2 tsp Vanilla

Sprinkle cinnamon and sugar over apples- set aside. Cream sugar and oil. Add eggs, orange juice and vanilla. Sift flour, baking powder add to batter and mix well. Put a layer of batter into a greased pan, and then put in a layer of apples. Alternate until the batter and apples are finished. Bake at 375 F for 1/2 an hour. Then for a hour at 350 F.

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Raising World Changers!**

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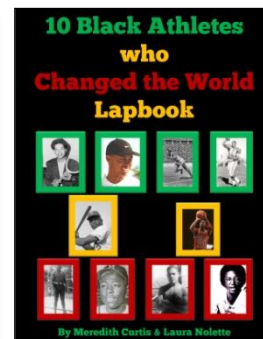
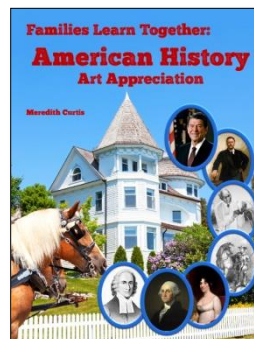
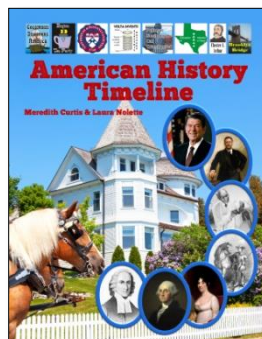
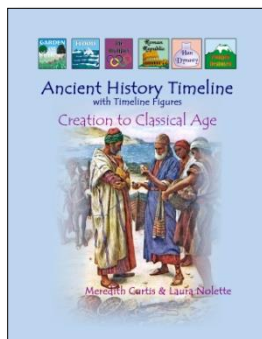
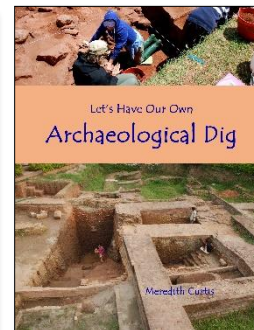
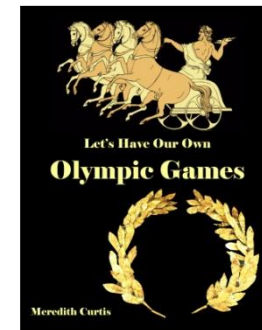
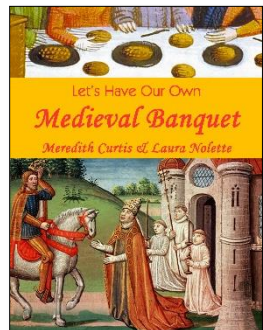
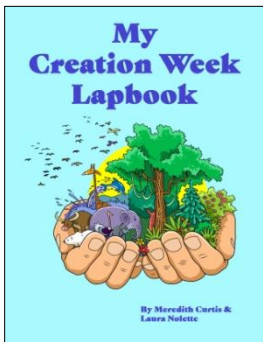
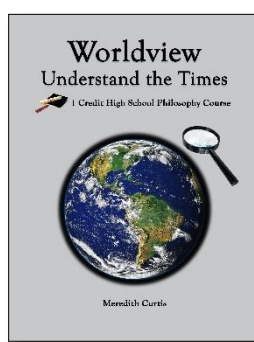
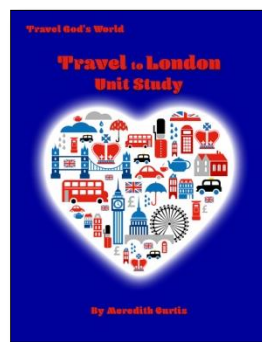
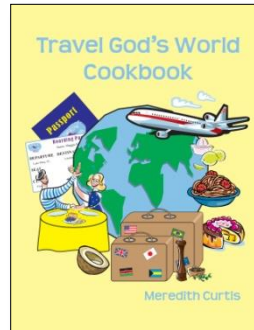
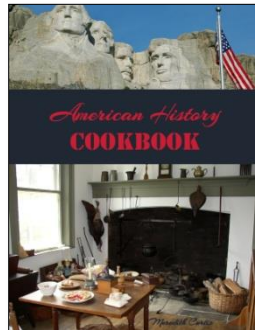
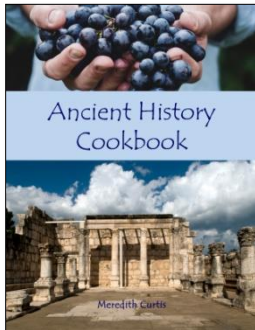
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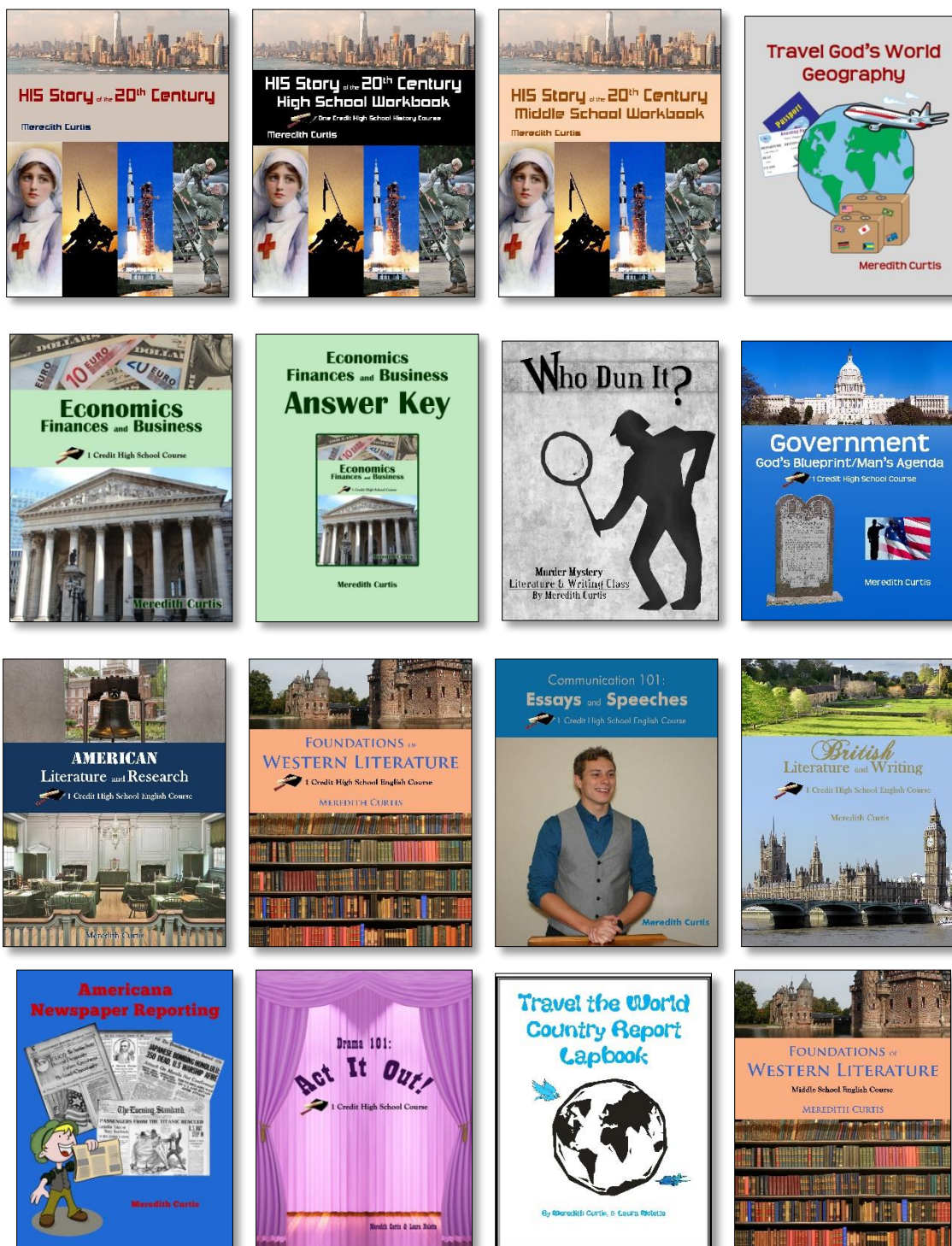
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Learn History the Fun Way



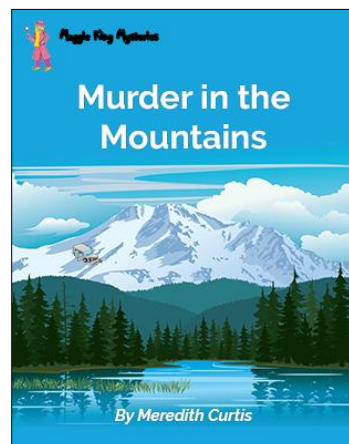
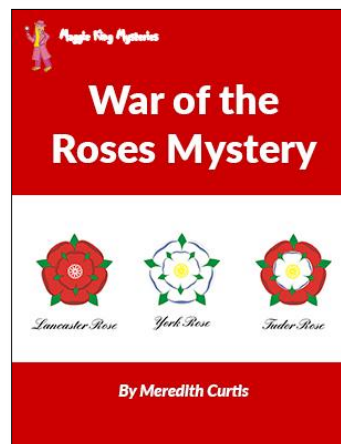
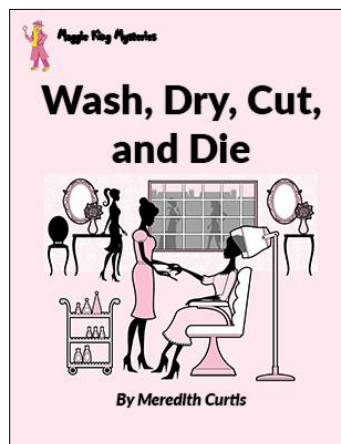
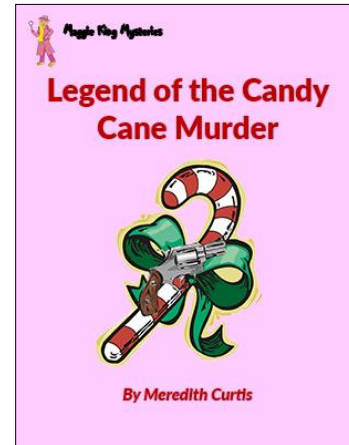
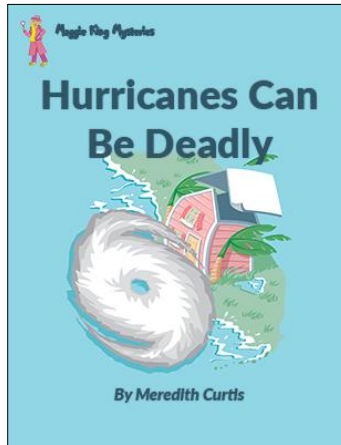
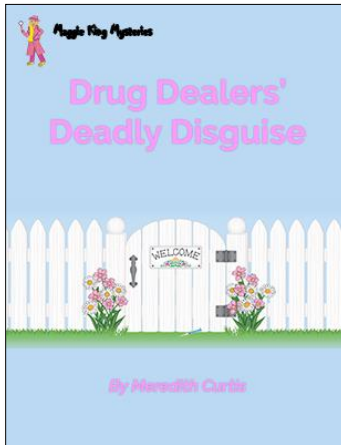
High School & Middle School Courses





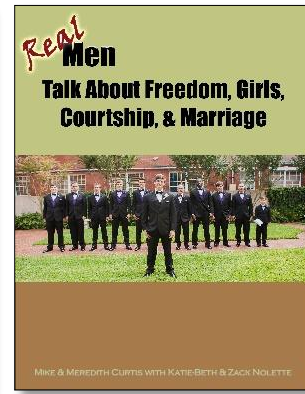
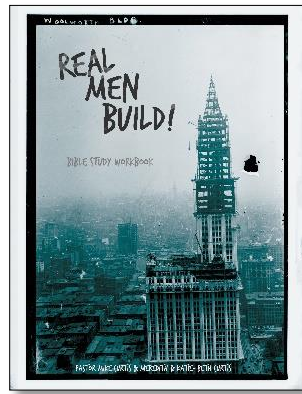
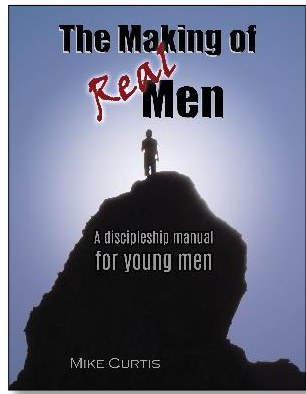
Maggie King Mysteries

If you like cozy mysteries, you will love this series! Meet Maggie King, a pastor's wife and homeschool mom who keeps stumbling across dead bodies. With her sidekicks, Sophia and Mary-Kate and her curious children, Maggie is on one adventure after another.



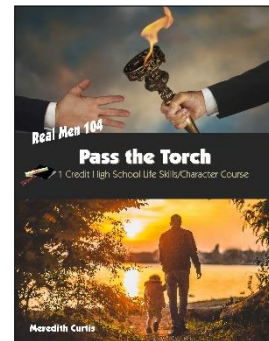
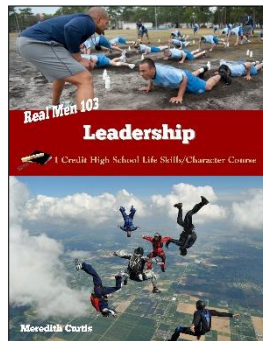
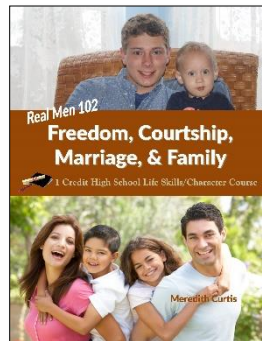
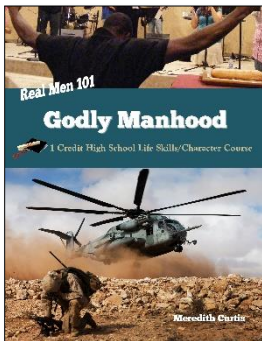
Real Men Discipleship Manuals

God calls fathers to impart life to their sons, passing the baton in the race of faith. These Bible studies were created for fathers (or mentors) to go through this material with their sons. Pastor Mike Curtis used these materials to mentor his own son and other young men in the church. These manuals cover tough issues that fathers and sons need to talk about and live out in their lives.

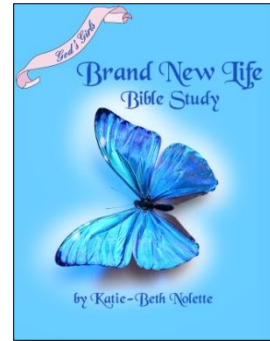
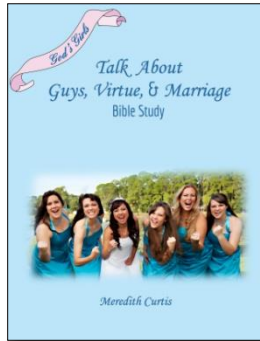
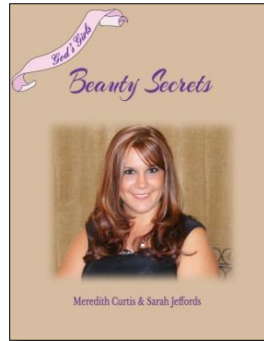
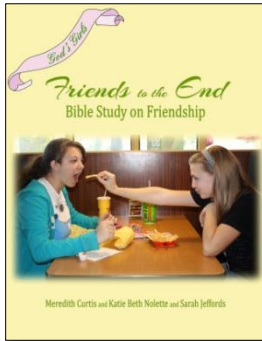


Real Men High School Electives

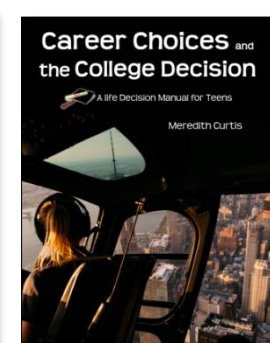
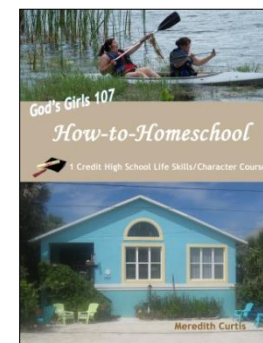
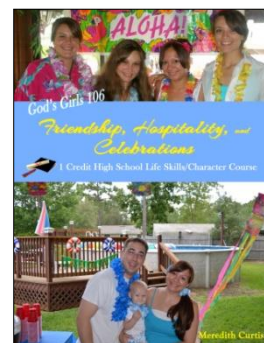
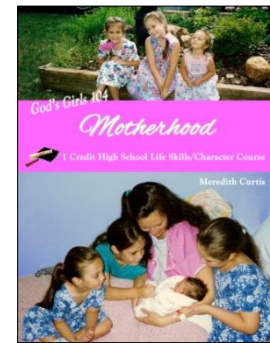
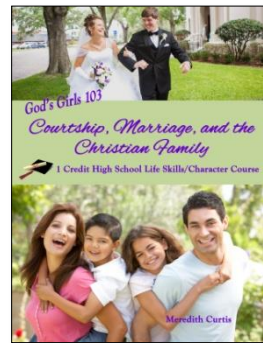
Do you want to prepare your sons to become godly husbands, fathers, church leaders, and pillars in their communities? These one-credit high school life skills classes build character and prepare young men for the future. Using living books, Scripture, and practical assignments, young men will learn to become the man God has called them to be.



God's Girls Bible Studies



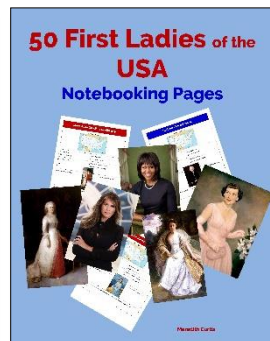
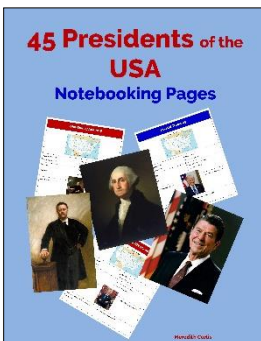
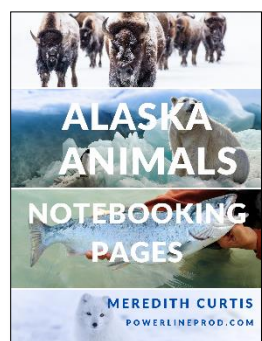
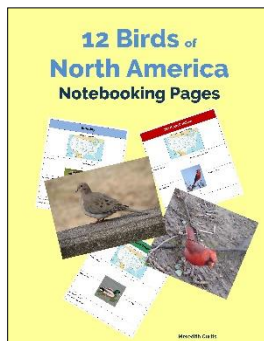
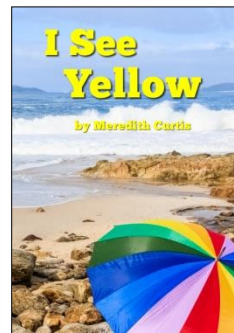
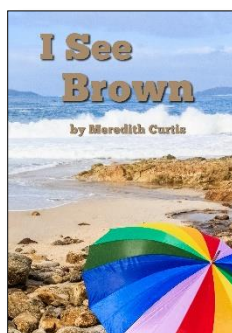
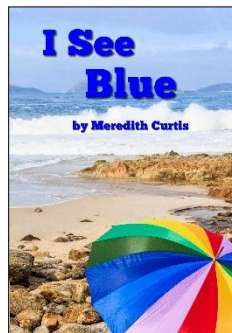
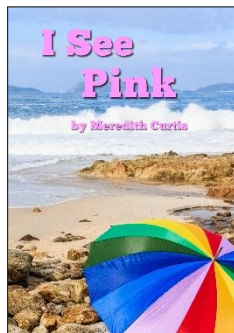
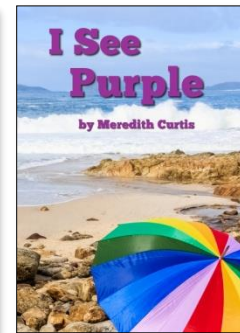
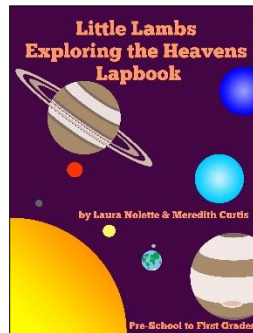
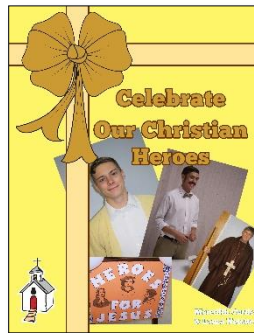
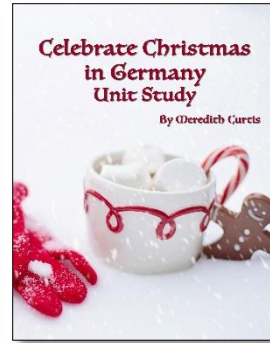
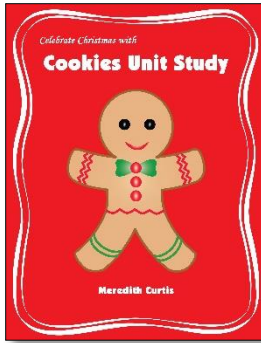
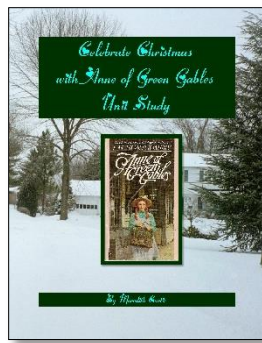
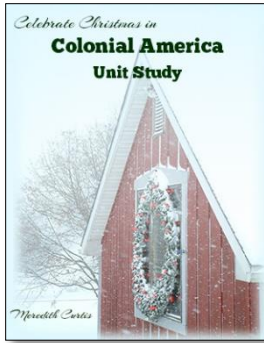
God's Girls High School Electives



More From Powerline Productions



MEREDITH CURTIS



About the Author



Meredith Curtis, a pastor's wife and homeschooling mom of five children, leads worship, mentors ladies, and, sometimes, even cooks dinner. Her passion is to equip people to love Jesus, raise godly children, and change the world around them with the power of the Gospel. "Lives are changed in the context of relationships," Meredith often says, as well as, "Be a world changer! Raise world changers!" She enjoys speaking to small and large groups.

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Meredith@powerlinecc.com or contact her through her websites:

joyfulandsuccessfulhomeschooling.com/

meredithcurtis.com/

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Meredith is the author of several books.

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Celebrate Thanksgiving

Teaching Writing in High School with Classes You Can Use

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Meredith is the author of several cozy mysteries: The Maggie King Mysteries series.

Drug Dealers Deadly Disguise

Legend of the Candy Cane Murder

War of the Roses Mystery

Murder in the Mountains

Meredith is the author of several Bible studies.

Lovely to Behold

A Wise Woman Builds

Jesus, Fill My Heart & Home

Welcome Inn: Practicing the Art of Hospitality in Jesus' Name

Friends to the End

God's Girls Beauty Secrets (with Sarah Jeffords)

God's Girls Friends to the End (with Katie-Beth Nolette & Sarah Jeffords)

God's Girls Talk about Boys, Dating, Courtship, & Marriage

Meredith is the author of several unit studies, timelines, and cookbooks.

Celebrate Christmas in Colonial America

Celebrate Christmas with Cookies

Travel to London

Celebrate Thanksgiving with the Pilgrims

American History Cookbook
Ancient History Cookbook
20th Century Cookbook (with Laura Nolette)
American History Timeline (with Laura Nolette)
Ancient History Timeline (with Laura Nolette)

Meredith is the author of several “History should be Fun!” books.

Let’s Have Our Own Medieval Banquet
Let’s Have Our Own Archaeological Dig
Let’s Have Our Own Ancient Greek Olympic Games
Let’s Have Our Own Hawaiian Luau

Meredith is the author of several high school classes.

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British Literature and Writing
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