

**Office Hours-Monday-Friday  
8:00AM-2:00PM**

**Union City emergency number  
731-446-9618**

**Martin emergency number 731-  
588-5561**



## Helpful Household tips

1. Butter Wrappers: Once you've removed a block of butter from its wrapper, place the wrapping in a plastic container or bag and refrigerate. Use it to grease baking pans.
2. Tissue Boxes: Once they're empty you can use these as a plastic bag dispenser, just fill with grocery bags and you'll be able to neatly pull out one at a time.
3. Static electricity on your TV screen? Grab a dryer sheet and run it across your screen to get rid of it.
4. Tired of the smell of your trash bin? Toss a dryer sheet on the bottom next time before you add your next bag, and you should get a fresher smell.
5. Pour boiling water down your drain every once in a while. This helps to push the oils from foods down the drain so that they don't cake onto the insides of your pipes and cause clogs.
6. Do some decluttering! If you wouldn't buy it today if you saw it hanging on a department store rack, why do you have it around now? There is probably someone who wants it more and would wear it more than you. Take it to the thrift shop and free up that space.
7. Consider keeping a container directly in your closet to use for thrift donations. That way you can pop items right inside that you are ready to part with. This helps to prevent delaying tactics.
8. Always immediately hang clothing you take off when you walk in the door. If you need to wash it, toss it straight in your laundry basket. Don't just throw it on the bed or a chair. Once that starts, it gets right out of control!
9. To keep your pillows fresh, tumble dry them once a week for 15 minutes. This will get rid of mites and remove any mustiness. Your pillows will also come out much fluffier.
10. Dealing with ink stains? Those can be some of the worst! If you have some hairspray or hand sanitizer, you have an awesome stain fighting weapon on your hands. Just spray either one onto the ink stain, wait for ten minutes, and then throw it in the wash.
11. If you have grease stains, try rubbing on them with chalk. This is a great little trick. The powdery chalk will absorb the grease with ease. Baby powder also works for the same reason. That powdery texture just draws that grease right out of your fabric.
12. What about grass stains? Use one tablespoon of dish soap and two tablespoons of hydrogen peroxide. Rub the mixture into the stain and you should be able to work it out.

### Banana Pudding Cake

2 very ripe bananas, roughly mashed	1 box yellow or butter cake mix
1 (4 serving) package Jello banana cream instant Pudding powder	4 large eggs, lightly beaten
1/4 Cup Olive oil	1 cup water
	Simple icing 1 TB milk+ 1 cup 10X sugar

HOPE OF MARTIN

PO BOX 354

327 N. McCombs Street

Martin, Tennessee

38237

## RECIPE CONTINUED

Preheat oven to 350, with rack on lower-middle position. Grease and flour a bundt pan and set aside. In a large bowl, combine cake mix and instant pudding powder. Whisk to loosen any lumps. Add eggs, water and oil. Whisk just until incorporated. Using rubber spatula, fold in bananas just until combined; don't over mix.

Pour into prepared bundt pan, lightly shaking to even out the batter. Bake 35-45 minutes or just until a toothpick inserted in center comes out with a few tender crumbs attached. Don't over bake. Cool completely in pan on rack. Once cool, use very thin knife to separate cake from pan edges, if needed. Invert and remove cake.

Garnish with powdered sugar, sliced bananas, whipped cream or fresh fruit. If desired whisk together 1 Tablespoon milk and 1 cup powdered sugar. Drizzle over cake.

**For anyone needing dental help, you might try the UT College of Dentistry, 201 W. Main, Suite D, Union City, TN 38261. Phone # 731-884-0860**