

## Cold & Flu Season Buster

### Make your own Thieves essential oil blend:



- 40 drops organic therapeutic grade Clove Bud essential oil
- 35 drops therapeutic grade Lemon essential oil
- 20 drops therapeutic grade Cinnamon Bark Essential oil
- 5 drops therapeutic grade Eucalyptus essential oil
- 10 drops therapeutic grade Rosemary essential oil

### How to use:

- Put 5 drops in a diffuser and diffuse into your home, office, and bedroom
- Mix the essential oil blend at a 1-2% dilution rate with organic Jojoba or Olive oil. Use as a massage oil for weary muscles and tired feet or dab on skin throughout the day for general support.
- When congested, mix a 1-2% dilution rate of the essential oil blend with organic Jojoba or Olive oil, and rub under the nose or on the chest. Or place 1-2 drops in a bowl of hot, steaming water and inhale the vapors under a towel.

Wildtree  
simple. healthy. natural.

Ask us about our Ready Made Freezer Meals to help make dinner time a breeze on those really busy days. Call Patti @ 320.583.0120 today!

## Thanksgiving Goodness

### Pumpkin Dessert Recipe

#### Ingredients:

- 1 - 8oz Pkg Philadelphia Cream Cheese
- 1TBSP Sugar
- 1C. + 1TBSP Milk, Divided
- 1 - 8oz Tub Cool Whip
- 1 - 6 Oz ready to use Graham Cracker crumb pie crust
- 1 - 15oz pumpkin
- 2pkg - 3.4oz Jell-O Vanilla pudding
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves

#### Directions:

Beat cream cheese, 1 tbsp. milk and sugar in large bowl with whisk until blended. Stir in half the COOL WHIP.



Spread onto bottom of crust. Whisk remaining milk, pumpkin, dry pudding mixes and spices 2 min. (Mixture will be thick.) Spread over cream cheese layer.

Refrigerate 4 hours or until firm. Serve topped with remaining COOL WHIP.



# Volunteers Needed



*Gift Certificates Available*

## Quick Tip: Clean A Room in Minutes

1. Enter the room with a laundry basket and one garbage bag.
2. Put any items that don't belong in that room into the basket.
3. Put remaining items that belong in the room away..
4. Put any garbage into the garbage bag (empty trash cans too).
5. Dust surfaces and ceiling corners if needed.
6. Make beds if its a bedroom, or fluff pillows if a living room.
7. Vacuum floor.
8. As you leave the room, take the trash bag with you, and the basket with items for put away with you.

As you make the rounds to next rooms, take items from the basket and put them away,

Source: The 15 Minute Organizer.



We are dusting off the red kettles and the Salvation Army needs YOUR help! Please help by supporting the Salvation Army this season with your donation of time volunteering to the red kettle bell ringing campaign. The Salvation Army contributes to several vital community-based programs all year long, not just at Christmas time. Please volunteer as a group, family or individual to ringing of the bells at any of our three locations.

Won't you consider volunteering two hours? Need knows no season. For more information or if you would like to sign up, please call!

Together we can make this an even better community to live. For sign up time availability & locations please call: John Hassinger, Salvation Army Volunteer, at 320-587-3150.

## Help Wanted

**EARN 10%OFF A ONE TIME  
CLEANING SERVICE!!**

If someone you know is seeking a flexible well paying part-time position, Divine Clean is hiring, and we'll give you a price break on a one-time cleaning service for the referral if they're hired.

Please visit :  
[www.divine-clean.com/career/](http://www.divine-clean.com/career/)  
for details. Thank you!

*From our home to yours  
Happy Thanksgiving!*

