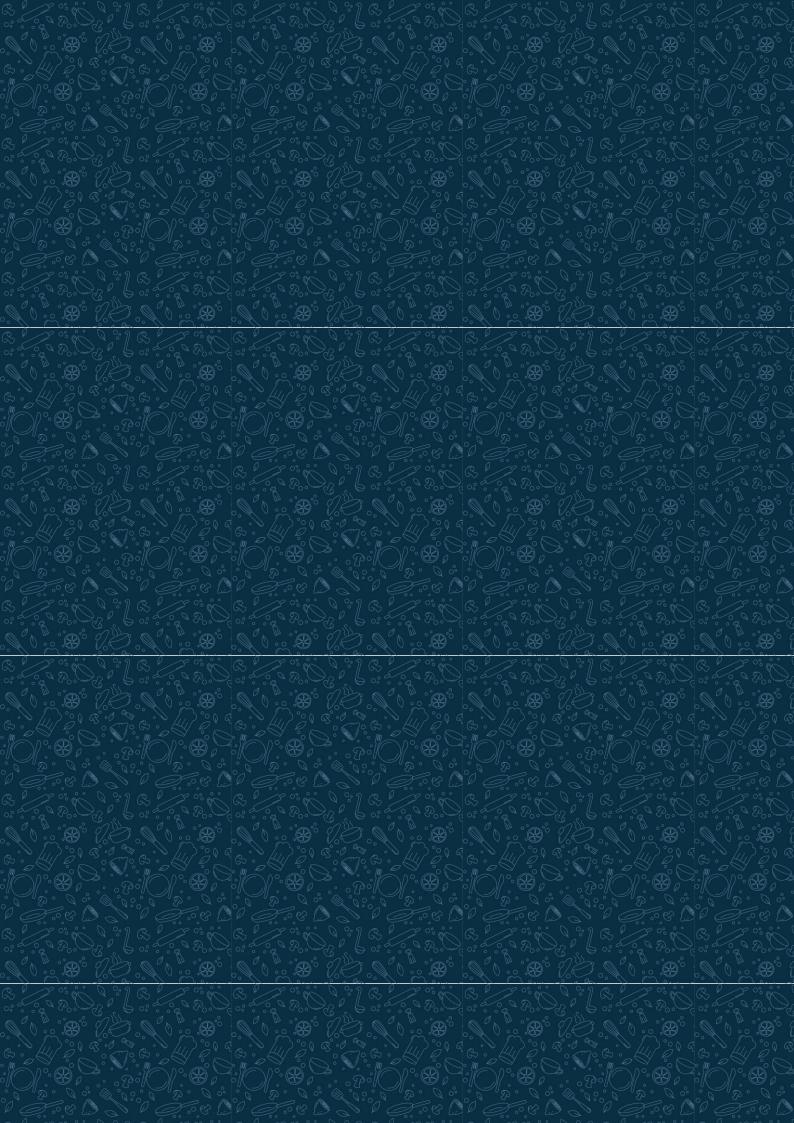


Thank you for always being there,

with good food and even better advice.

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**Intro** – This book is one of a kind, filled with recipes collected by Marlene and now added to by friends and family. To ensure this book lives on please write in your tips and tricks as you cook. Treat this like a scrapbook, glue in photos and scribble along the way. There are 10 blank pages at the end, ready to be filled with new recipe favourites. Remember to share your food with those you love. Dobar tek! Printed by Lauri, 2022

# Apple Crumble...

# Ingredients: • 4 large of the second second

- 4 large granny smith apples
- 25g melted butter
- 1tbsp ground ginger
- ½ cup castor sugar
- 1 cup plain flour
- · Pinch of salt
- 75g butter
- ¼ cup castor sugar
- ½ cup quick cook oats

### Method:

- 1. Peel apples and grate
- 2. Mix with melted butter, ginger and ½ cup castor sugar
- 3. Put in a well buttered pie dish
- 4. For the crumble sift flour and salt, add oats and remaining sugar
- 5. Mix in food processor until mixture resembles breadcrumbs
- 6. Sprinkle over apples and bake in oven on 150°C with fan for 30 minutes or until golden brown on top

# Tips and Tricks

# Carrot Cake...

WI O Somo B. HI	Ting and Triales
Ingredients:	Tips and Tricks
• 3 eggs	
1 cup white sugar	
• ¾ cup cooking oil	
<ul> <li>1 ½ cup plain flour</li> </ul>	
1 ⅓ teaspoons bi carb soda	
1 ⅓ teaspoons baking powder	
• 1 ⅓ teaspoons cinnamon	
2 cups grated carrots	00
2 cups of nuts (walnuts are best)	
1 teaspoon vanilla	- EC
<ul> <li>1 heaped tablespoon crushed</li> </ul>	°o -
pineapple	Ø .
Method:	
1. Grease a 20cm square tin	8
2. Heat oven to 150°C	
3. Beat eggs and sugar until frothy	0
4. Add oil and stir in sifted dry ingredients	
5. Lastly, fold in carrots, nuts, pineapple,	9
and vanilla	
6. Bake for 1 hour, decorate when cool	
	0 (
Topping	
Ingredients:	
<ul> <li>115g of Philadelphia light cream cheese</li> </ul>	0
<ul> <li>250g of icing sugar</li> </ul>	<i></i>
<ul> <li>2 tablespoons butter</li> </ul>	
1 teaspoon vanilla essence	
Method:	
Beat all ingredients together until	
smooth	8
2. Crush some walnuts and sprinkle over	
the top	P (
20000 L 00000	

# Cheesecake...

# Ingredients:

- · 2 packets malt biscuits, crushed
- 250g melted butter
- 500g cream cheese
- · 800ml sweetened condensed milk
- ¾ cup fresh lemon juice
- 1 medium heaped tablespoon gelatine, dissolve with ½ cup of warm water

### Method:

- Line tin with baking paper then add biscuit base of thoroughly mixed biscuits and melted butter
- Beat cream cheese, lemon juice and condensed milk until smooth
- 3. Slowly add gelatine when cooled and beat for a few minutes
- 4. Pour into biscuit base immediately and allow to set in fridge
- Decorate with greeted chocolate or fruit to your own liking

# ...Edits by Damian

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# Corn, Bacon, and Zucchini soup... 6

5	TO BOTH	0	Ting and Trioks
	Ingredients:	0	Tips and Tricks
11	30g butter	3	1
/\	4 shallots thinly sliced		
	4 shortcut bacon rashers (thin strips)		
1)	2 medium zucchinis (diced)  120 medium zucchinis (diced)	3	
7	420g corn kernels drained (low salt)	•	
2	420g creamed corn (don't drain)  500ml chicken stock (no selt)	06	
00	500ml chicken stock (no salt)		
	Method:	0	
	1. Melt butter in saucepan, add shallots	St	-
0	and bacon then cook for 5 minutes or	0	
2	until golden	0	
ת	2. Add the zucchini then cook for 1 minute	0	,
11	3. Stir in corn kernels, creamed corn and	3	
/\	stock then cover and bring to a boil		
):	4. Reduce heat to medium low and	0	
1	simmer partially cover for 10 minutes or	2	
	until zucchini is soft		
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# Craisin Shortbread...

2	Ting and Trioleg	
	Ingredients: Tips and Tricks	
1	300g softened butter	
/\	1 cup icing sugar	_
	1 packet of craisins	
	• 1 cup cornflour	_
	2 cups plain flour	
2		
0	Method:	_
0	Beat butter and icing sugar until well	
	creamed	_
)	2. Add dry ingredients	
2	3. Mix together, make balls then put on tray and flatten with fork	
00	4. Bake 175°C no fan for 15-20 minutes	_
	(don't brown too much)	
/	5. When ready, turn off and leave in oven	_
	a little longer to dry leaving door open	
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### Ingredients:

- 115g butter (cut up)
- 225g dates (chopped)
- ½ cup walnuts (chopped)
- 3/4 cup sugar
- 1 teaspoon bi carb soda
- 1 cup boiling water
- 1 egg beaten
- 2 cups self-raising flour
- 1 teaspoon vanilla

- 1. Put dates, sugar, butter and soda in a bowl and cover with boiling water
- 2. Stir until butter melts
- 3. Add remaining ingredients
- 4. Bake fan forced at 150°C for 1 hour

Tips and Tricks

# Easy Rocky Road...

## Ingredients:

- 200 g milk chocolate
- 50 g dark (50%) chocolate
- ⅓ cup Allen's Ripe Raspberries candy (or similar)
- ¾ cup, packed marshmallows (15 medium)
- ¼ cup peanuts
- 5 small shortbread cookies

- 1. Line a loaf tin, roughly 10x20cm / 4x8 inch, with baking paper.
- 2. Cut the jellies and marshmallows in half. Roughly cut the cookies to a small bite size. Set aside.
- 3. Finely chop the milk chocolate and dark chocolate then combine in a large bowl.
- Microwave on high for 30 seconds. Stir well and repeat another 2-3 times stirring really well between each until it's just melted. Don't overheat.
- Add the raspberries, marshmallows, peanuts, and cookie pieces to the chocolate and mix well.
- 6. Tip into the prepared tin and nudge it into the corners.
- 7. Place in the fridge to set for about 2 hours to set firm again. Cut into slices and serve or wrap to give away.

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## Ingredients:

- 115g Arnott's coconut delight
- 115g slivered almonds
- 140g butter
- 1 cup icing sugar
- 3 eggs separated
- 1 teaspoon vanilla
- 2 tablespoons Tia Maria
- 225g dark cooking chocolate
- 2L vanilla ice cream

- 1. Crush biscuits coarsely combined with slivered almonds
- 2. Spread on the oven tray, heat slowly until biscuits are crisp and almonds are golden brown.
- 3. Cream butter and sugar, add egg yolks, vanilla and Tia Maria, beat until fluffy.
- 4. Melt chocolate, cool, and add to butter mixture
- 5. Fold in firmly beaten egg whites
- 6. Press half the biscuit mixture in the base of an aluminium foil lined 20cm square tray.
- 7. Pour in half the chocolate mixture on top and press down so the nuts are held in place.
- 8. Spoon ice cream over chocolate
- 9. Top with remaining chocolate, then biscuit mixture, press nuts into chocolate and then freeze.

Tips and Tricks	

# Fruit Cake...

# Ingredients:

- 1kg mixed fruit (sunbeam)
- 600ml banana milk
- · 2 cups self-raising flour

### Method:

- 1. Soak fruit in milk overnight covered
- 2. In the morning add flour and mix by hand
- 3. Bake 150°C fan forced in alfoil tray

# Tips and Tricks

# Ham and Vegetable Penne Bake...

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Ingredients:	Tips and Tricks
300g penne pasta	
50g butter, chopped	9
1 onion, finely chopped	
2 tablespoons plain flour	
• 2 cups milk	8
1 cup grated cheddar cheese	
<ul> <li>½ cup finely grated parmesan</li> </ul>	° (
• 1½ cups chopped ham	
1 cup frozen peas	0.0
1 cup frozen corn	<u> </u>
1 zucchini, grated	ŠČ
<ul> <li>½ cup chopped fresh parsley</li> </ul>	°o ————————————————————————————————————
Salt and pepper	a
Gait and pepper	
Method:	
Lightly grease a large ovenproof dish	9
2. Cook pasta in a large saucepan of boiling	
salted water until tender, drain and	
transfer to a large bowl	F
3. Meanwhile, melt butter in a medium	
saucepan over a medium heat. Add onion,	° €
cook, stirring occasionally until soft	
4. Sprinkle flour over onion, cook, stirring for	
about 1 minute or until mixture is	
bubbling.	
5. Gradually stir in milk until combined then	°0
return pan to heat. Cook, stirring, until	<i></i>
sauce boils and thickens. Stir in half of	
each cheese.	3
6. Pour sauce over pasta in a bowl. Add	
ham, peas. Corn, zucchini, and parsley,	
add salt and pepper then toss to combine.	0
7. Spoon into prepared dish and sprinkle	~
over remaining cheeses and cook	D (6
uncovered at 200°C for 25 minutes or until	
golden	0 -

# Ice-cream Sandwiches...

# Tips and Tricks Ingredients: 2 packets Arnott's malt-o-milk 600g whipping cream 1 can condensed milk 1 packet Oreo biscuits (150g) Method: 1. Line a baking tray with foil with two sides overlapping 2. Line the base of the tray with a single layer of malt-o-milks 3. Whip cream till fluffy 4. Fold in condensed milk and crushed Oreos till mixed through 5. Pour over the biscuits in the tray and then line another layer of the malt-omilks 6. Cover with foil and then freeze overnight 7. Once frozen use the foil to take the biscuits out of the tray and peel off the foil, then cut around the biscuits 8. Dust with icing sugar to serve



# Tips and Tricks Ingredients: 250g plain flour 210g butter (soft) 100g almonds (crushed) 70g icing sugar Method: 1. Rub butter and flour together by hand, until smooth 2. Add icing sugar and almonds 3. Roll into a small ball, then into a long shape and bend into a half moon 4. Bake at 160°C fan only for approx. 15 minutes 5. While hot, sprinkle with icing sugar then leave on tray to cool 6. Once cool sprinkle with castor sugar

# Kroštule...

ngredients:	Tips and Tricks
• 2 eggs	
3 tablespoons sugar	<u> </u>
• 1/2 teaspoon salt	9
1 drop yellow colouring	
• 1/2 teaspoon vanilla essence	5
2 tablespoons brandy	
3 drops kruskovac essence	
2 cups plain flour	00
lethod:	E C
1. Beat egg and sugar with hand beater	Po -
until a bit thick	
2. Add salt and all wet ingredients one at a	
time then mix	8
3. Add sifted flour one cup at a time while	
hand mixing	<u> </u>
4. Knead until mixture is not too sticky	
5. Cut into 3 or 4 pieces, wrap in gladwrap	9
and refrigerate	° (°
6. Roll out to required thickness and cut	
into strips about 2.5cm wide x 10cm	0 (
long	Q
7. Cut a line in the middle and fold one	
end through it	0
8. Fry them in vegetable oil until there is a	¥ ———
slight colour change	0
9. Leave on paper towels to dry and cool	9
10. Finally dust with icing sugar when	
ready to serve	
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# Lasagna...

Ingredients:	Tips and Tricks
• 1.5kg mince	F - I - I - I - I - I - I - I - I - I -
1 packet barilla lasagna	
1 packet mozzarella	
Method:	· &
Layer in preferred pattern	
2. Cook 200-220°C for half an hour	
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# Tips and Tricks Ingredients: 4 tablespoons icing sugar 500g butter 4 egg yolks 125g slivered almonds, crushed 1 teaspoon baking powder 3 tablespoons brandy 300g self-raising flour 320-350g plain flour Method: 1. Cream butter and icing sugar approx. 20 minutes then add egg yolks one at a time while mixing 2. Add brandy and while still mixing add crushed almonds 3. Add self-raising flour, small amount at a time and plain flour the same 4. Bake at 175°C fan for approx. 15-20 minutes 5. When cool, cover each one in icing sugar

# Mary E's Scones...

# Ingredients:4 cups s

- 4 cups self-raising flour
- 300ml cream
- 300ml lemonade (room temperature)
- · Pinch of salt
- ¼ teaspoon vanilla
- 1 tablespoon sugar

### Method:

0 0

- 1. Mix all ingredients together in a bowl
- 2. Empty on to board and flatten
- 3. Cut to shape then bake in oven at 200°C for 15-18 minutes

Tips and Tricks	
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# Mary I's Scones...

# Tips and Tricks Ingredients: 4-5 cups self-raising flour 3 heaped tablespoons icing sugar 3 heaped tablespoons sunshine milk 115g butter Method: 1. Put self-raising flour, icing sugar, sultanas, and sunshine milk in a bowl 2. Rub butter in to resemble breadcrumbs 3. Make a well in the center the add about 1 cup of milk and 1 cup of water 4. Stir until combined then flip dough onto a floured surface 5. Don't knead, just pat into shape 6. Cut out and put on tray 7. Bake for approx. 15 minutes

# Raspberry Buttercake...

gredients:	Tips and Tricks
125g butter	- T
• ¾ cup caster sugar	
• 2 eggs	0
• 1 ½ cups self-raising flour	
• ½ cup milk	5
• ¾ cup raspberries	
	(
ethod:	
1. Grease deep 20cm round cake pan,	
line base with baking paper	St
2. Beat butter and sugar in medium bowl	0
with electric mixer until light and fluffy	
3. Beat in eggs 1 at a time, beating until	
just combined	A
4. Between each egg stir in flour and milk	
in two batches	
5. Fold ¼ cup raspberries into each	8
mixture	<u> </u>
6. Spread ¾ of cake mixture into prepared	9 6
pan, sprinkle with remaining raspberries	((
then spread remaining cake mixture	0
over the top	
7. Bake in moderate oven for approx. 1	a de la companya de l
hour on some simple services	°0
8. Leave cake to stand in pan for 5	<i>-</i>
minutes before turning onto wire rack to	
cool	B
	8
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# Rice Pudding...

# Ingredients:

- 1L full cream milk
- 1L semi-full cream
- ¾ cup of rice
- 1 tablespoon custard powder with ½ cup of milk mixed
- · 3-4 tablespoons of sugar

### Method:

- 1. Add rice to medium saucepan with 5cm water and bring to the boil
- 2. When boiling add full cream milk and ½ semi full cream then mix
- 3. Simmer for about half an hour and add sugar, mixing several times to avoid sticking to the saucepan.
- 4. Add more milk when needed
- When the right consistency is reached not too runny, not too thick, add custard powder while mixing continuously to avoid lumps.
- 6. Simmer for about 5 more minutes then remove

Total cooking time: 50-60 minutes

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# Stuffed Peppers...

### Ingredients:

- 8 medium red capsicums, cut tops off and keep to matching capsicums
- 3 medium sized onions, chopped finely
- 6 garlic cloves, chopped
- Parsley, chopped
- ¼ teaspoon red paprika powder
- ¾ cup oil
- 1kg mince (80% beef and 20% pork)
- 1 tablespoon vegeta
- ¼ teaspoon cinnamon and nutmeg combined
- 1 tablespoon tomato paste
- 1 cup rice
- ¼ cup water
- 2 tablespoons breadcrumbs
- 1 tablespoon plain flour

- 1. Heat oil in pan, add onions and brown slightly
- 2. Add garlic and parsley then mix often
- Add tomato paste, vegeta and the cinnamon nutmeg mix then cook on low for approx. 2-3 minutes.
- 4. Add mince and continue cooking for 10 minutes
- 5. Add rice and continue cooking for a further 3-4 minutes then add ¼ cup of water and stir
- 6. Take pan off stove and cool mixture for 1 hour
- 7. Stuff capsicums, leaving space from the top
- 8. Replace the lids and fasten with toothpicks, arrange in saucepan standing up
- 9. For the sauce, melt 2 tablespoons of butter in pan and add flour
- 10. Mix until it changes colour then add the tomato paste, vegeta, red paprika, cinnamon nutmeg mix and add ½ glass of water and continue mixing to avoid lumps
- 11. Add 1.25L of hot water and simmer for 15 minutes
- 12. Add breadcrumbs to thicken
- 13. Pour mixture over capsicums and cook in oven for 20 minutes with lid on
- 14. Take out of the oven and remove the lid then baste capsicums with juice, then cook for a further 1 hour turn the heat down towards the end.
- 15. Always ensure there is enough juice, add more water if needed.

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# Vienna Shortcakes...

# Ingredients:

- 250g butter
- ½ cup icing sugar
- 1 ½ cups plain flour
- ½ cup cornflour
- 1 drop vanilla essence
- · Raspberry or apricot jam
- Icing sugar to dust

- Sift flour, icing sugar and cornflour together
- 2. Add in butter until all mixed then add vanilla essence (I usually put all of the above through a food processor to make it quick and easy)
- Pour mixture onto a lightly floured surface and knead to form smooth dough, mixture should be a 'shortbread' consistency
- Roll the dough into small balls and place into mini muffin tins, then flatten slightly with your fingers (use nonstick pan)
- 5. Bake at 160°C (no fan) for approx 20-25 minutes, they should start to colour
- Remove from oven, while still hot make a small indentation in the top of each shortbread
- 7. Allow to cool slightly, then turn the tin over and tap the biscuits out
- Cool on racks before filling indentation with jam
- 9. Dust with icing sugar then serve

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# Zucchini Slice...

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Ingredients:	6 TIPS and Tricks
2 medium zucchinis, grated	
<ul> <li>1 cup self-raising flour, sifted</li> </ul>	<u> </u>
1 clove garlic	
1 onion, finely chopped	
• 1 ½ cups grated cheese	5
• ½ cup olive oil	
5 eggs, lightly beaten	7
	0 (
Method:	Ŷ
1. Mix together the grated zucchini, flour,	30
garlic, onion, cheese, and oil	0
2. Add the eggs, mix well and pour into a	
large greased dish	
3. Bake at 180°C for 40 minutes or until	
	(S)
top is golden brown	
4. Cool for 5 minutes before cutting into	<u> </u>
slices and serving with salad	
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Olives can be pickled green or black. A black olive is simply a ripe olive. Generally, the green olives are used for pickling and the Kalamata olives for black pickled olives. When some of the olives begin to change towards black, it will be fairly safe to pick the green olives for pickling. With Kalamata, all olives have to be black.

If the tree is large, place cloth sheets on the ground and strip the fruit from the tree with your hands or with a rake. Collect the fruit from the sheet, remove odd stems and leaves and rinse olives in clean water in a bucket.

Toss immediately into a bucket of clean water in which half a cup of coarse or cooking salt has been dissolved into every ten cups of water. A clean plate can be placed on top of the olives to keep the olives submerged. All olives must be under the liquid. Pour the liquid away each day and replace with fresh salt water (I have occasionally stretched this to every second day). Repeat this washing process for about 12 days for green olives and about 10 days for black olives. The best test is to bite the olive, when the bitterness has nearly gone the olives are ready for the final salting.

Pour off and measure the last lot of water so that you will know the volume of salt brine that will be required. Measure that quantity of fresh warm water into a pan and dissolve the salt, this time at the rate of 1 cup of salt to 10 cups of water. Bring the saltwater preserving mixture to the boil and allow to cool. Place olives in bottles and then pour the saltwater brine over them until the fruit is completely submerged. Top up bottles with up to 1cm of olive oil to stop air getting to the fruit and seal the lids on. No further preparation is required, and the bottled olives will store for up to at least 12 months in a cool cupboard.

The olives are ready to eat straight from the brine mixture. For extra flavour, take out the olives as required and put into a clean jar, add any of the following: garlic, basil, oregano, thyme, or chilli and pour over with olive oil. I always have a jar handy in the pantry with olives, garlic, and thyme in oil (I find this herb preserves well in the oil) and I top up as needed with olives from my brine mixture. This oil mix keeps well for up to a year and I occasionally add extra garlic if required.

Sit back and enjoy the unique flavour of your own pickled olives. You will probably never want to buy chemicalized commercial olives again.

One last word of warning; don't give any away to your olive eating friends to taste or you might finish up with more friends than olives.

GOOD EATING AND GOOD HEALTH!

# Sundried Tomatoes...

## Ingredients:

- Roma tomatoes
- Cooking salt
- Garlic
- Basil
- Vegetable oil

- Cut ripe Roma tomatoes in half long ways
- 2. Scoop out the inside and seeds
- 3. Lay out halves on a tray and sprinkle with cooking salt
- 4. Put in sun to dry preferably above ground level on a nice and sunny day so they go quickly
- 5. Leave until preferred dryness (bring inside overnight and turn as needed)
- 6. When finished put in a jar with chopped garlic, basil and vegetable oil then put in fridge

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