



Kitchen Craft International

Kitchen Craft delights audiences by demonstrating the unique features of its top-quality waterless cookware and offering tasty food samples. Kitchen Craft's American-made stainless-steel cookware is not available in retail stores and can be purchased only through live demonstrations at over 4,000 events throughout the United States and Canada. These events include such venues as home shows, county and state fairs, festivals, women's shows, hunting and outdoor shows as well as RV rallies.

During the cooking show, a professionally trained chef demonstrates the waterless cooking technique that earned the brand the title of "The Original Water-

less Cookware." Audience members experience firsthand that healthy meals can be delicious without spending hours in the kitchen.

Stack cooking is one of the features that bring "oohs and aahs" from cooking show audiences. Kitchen Craft is constructed so that the smaller pots can be stacked on top of the larger ones.

An entire meal can be cooked on one burner with the foods that require a longer cooking time on the bottom of the stack, working up to the foods that require a shorter cooking time on top.

This technique reduces the amount of energy needed to cook dinner, and it eliminates the need to "shuffle" pots and pans on the stovetop when preparing a large meal.

Each purchase from Kitchen Craft is backed by a lifetime warranty. Advanced engineering and skilled craftsmanship is combined at its Green-e Certified factory to create cookware designed for lasting beauty and durability.

A unique manufacturing process merges multiple layers of metal together to create cookware that heats evenly with no hotspots. The secret to the "Waterless Cooking," in addition to the stainless-steel construction, is the specially designed Vapor Seal cover, which creates a watertight seal, preventing the food's natural moisture from evaporating. This reduces or eliminates the need to add water, oil, or grease when cooking. No oils, no fats, no boiling! Foods cook naturally in a complete cir-

cle of heat and there is no escape of food nutrients.

Flavor and color are preserved, shrinkage and odor are reduced, the maximum amount of minerals and vitamins are retained, and the product saves time and money over conventional cooking. As Americans return to their homes to prepare wholesome and healthy meals for their families, Kitchen Craft considers it an honor to be part of that revolution.

Kitchen Craft is proud to be 100 percent American made, to use Green Manufacturing and of its old fashioned ideals. It operates daily with a mission to get families back to the dinner table.

To learn more about Kitchen Craft Cookware, visit the company's website at www.kitchen-craftcookware.com.

Automatic Heat Service & Installation

Consider Automatic Heat Service & Installation your

trusted friend in the heating and cooling business. Automatic Heat has been serving Lane County since 1947. Many

of its clients say it is their most trusted heating and cooling contractor.

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Automatic Heat to give you a straight answer. Automatic Heat's staff has seen it all and knows heating and cooling like none other. The experienced and trained sales manager will help you find the right system for you.

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Beach House Gifts

Beach House Gifts on Bay Street is a unique gift shop in the heart of quaint Historic Old Town Florence. It is the area's favorite gift shop where you can always find that special gift. We carry a wide variety of items including those with a beach, river or lake theme. We also carry Michel Design Works, Baggalini, Vagabond House, jewelry, fine soaps and lotions and Italian Crystal, as well as fine cigars. Our newest addition includes unique furniture pieces and home décor. We have what you're looking for!

Berkshire Hathaway HomeServices

Berkshire Hathaway HomeServices Northwest Real Estate

is pleased to support the Florence Home and Garden Show again this year. Berkshire Hathaway is still the same local team you've come to know and trust, and it remains committed to providing excellent service backed by the most accurate real estate information around. Berkshire Hathaway's data shows the market is still strong and listings are in demand, with homes selling 22 percent faster than at this time last year.

Berkshire Hathaway has several easy ways for you to keep an eye on home values and market activity where you live or in areas of interest to you.

The newest online option is Berkshire Hathaway's instant valuation report. Enter your address on the group's website to see the latest estimated value range, plus how many active buyers are interested in a home like yours. Berkshire Hathaway also has 60-Second Market Update Videos, which are updated every month based on the latest MLS statistics. You'll find these Market Videos on the Berkshire Hathaway HomeServices website at www.RealEstateFlorence.com.

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GLUTEN FREE NO SALT SUGAR MSG CARBS

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