



(Chizuk) M

They sat in the Aish HaTorah dining room, a little out of breath after schlepping their luggage up the stairs. Fifty women sat in the room, name tags affixed to their shirts. Most focused their gaze on the Kosel right outside their window. Anything better than dealing with the awkward silence of strangers, strangers who dressed and looked so different than they did.

More than one person had a sudden urge to turn back, to the familiar comfort zone of where she came from.

California, Florida, Maryland, Minnesota, New York, Ohio and Virginia. Litvish, chassidish, Modern Orthodox. FFB and BT.

A kaleidoscope of women of all ages, gathering in Eretz Yisrael to spend a week on a Chizuk Mission run by Mrs. Barrie Feld.

They were told it would change their life. Help them find their passion and purpose. Inspire them as never before. But they were strangers to each other on that first day, those little white name tags the only means of identification, engaging in stilted conversation as they tried to overlook the vast differences between them.

But after three days, no one wore the tags. They didn't need to. Somehow, somehow, 50 strangers turned into 50 close friends.

Oh, they'd heard it a million times before: All Jews are

brothers and sisters. But they'd never truly felt it as they did that week, that openness to others, that deep feeling of connection at their core.

Differences melted away. They were taught and inspired by the best teachers Eretz Yisrael had to offer, but most of all, they inspired one another.

But who brought them together? How did it all start?

The story started long before that day... 40 years earlier, when a little 10-year-old girl named Barrie Dubin flew off to Israel for the first time.

Igniting the Spark

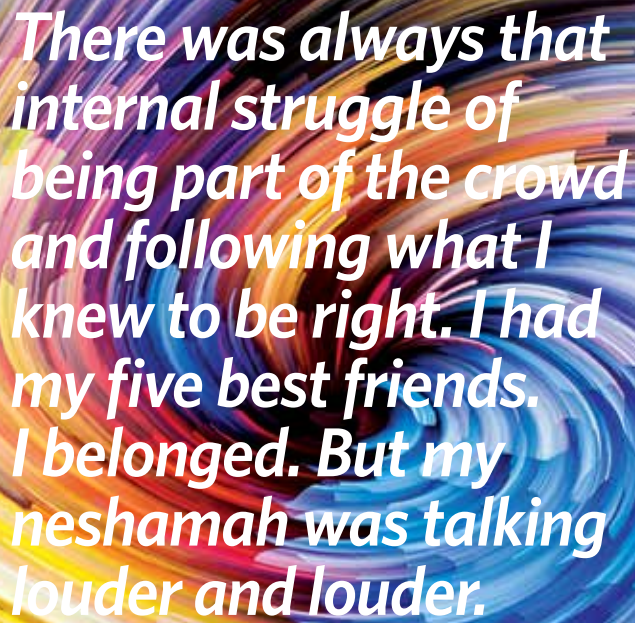
Barrie was born into a family of writers and artists living in the North Shore of Chicago, with a strong Jewish identity. Her brother Mordechai, ten years her senior, had been in Eretz Yisrael for the past two years, and her excitement at seeing him and touring Israel fought for supremacy.

When she arrived, Mordechai seemed different. He explained that although he had initially stayed on a kibbutz, after a year, he had had enough. He left the kibbutz and made plans to travel to Europe, stopping at the Kosel one last time.

There, he met Rabbi Meir Schuster. "Please come to a class," Rabbi Schuster said.

Mother On A Mission

Mrs. Barrie Feld ignites the inner flame of Jewish women



There was always that internal struggle of being part of the crowd and following what I knew to be right. I had my five best friends. I belonged. But my neshamah was talking louder and louder.

Mordechai politely refused.

“Please come,” Rabbi Schuster requested again, just as politely.

This went on no less than six times. Mordechai was a *mentch*; there were only so many times he could refuse. The class he attended was given by Harav Noach Weinberg, *zt”l*, and he made such an impression on Mordechai, it didn’t take much convincing for him to attend Rav Weinberg’s new yeshivah, Ohr Somayach.

He shared his inspiration with his family. Barrie absorbed it all, and enjoyed meeting Mrs. Raya Wasser, who often hosted Mordechai for Shabbos. Mordechai had (correctly) thought Mrs. Wasser might inspire his young sister and had invited her to join them. Right there, in the lobby of the newly opened Plaza Hotel, Mrs. Wasser taught Barrie how to say *Shema*. The meeting made a huge impression on her, speaking to her in a deep way. She started saying *Shema* every day. It became her time to talk to Hashem, to share what was in her heart.

Barrie and her family spent the rest of their trip touring the land. “The trip cracked something open inside me,” Barrie says. “My *neshamah* just took to Israel.”

Leaving Eretz Yisrael tore her open. She cried as she rode the escalator up to the plane. She cried as the plane took off, and continued crying until landing.

Her essence had tied itself to Israel in the most powerful way, and it would continue to shape her life from there on.

Links in a Chain

This love for Eretz Yisrael started long before Barrie’s birth, woven into the fabric of lives that spanned generations.

Her great-great-grandmother was 84 years old when she left Anipoli, her *shtetl* in Poland, to go live (and die) in Eretz Yisrael. “I often think that everything I was privileged to do today is in her *zechus*.”

Back in the *shtetl*, her ancestors were writers and artists, with secret lives of caring for others, donating food packages in the dark of night.

Her grandmother, also from Poland, was born into a family of eleven. When she moved to Chicago as a young adult, several of her brothers went to Israel as pioneers of the land.

“I didn’t come from nothing,” Barrie said. “We had beautiful, strong Jewish roots. My grandparents both came from *frum* homes. I’m a link in a chain, connected way back to generations of proud, strong Jews.”

Talking Louder and Louder

When Barrie returned home from Eretz Yisrael, she quit her Conservative Hebrew school.

“I’m done,” she told her mother. What sparked the sudden decision? Grape Crush soda and Milky Way bars.

“They weren’t kosher at the time,” Barrie said. “I was young, and didn’t quite understand my own emotions and feelings. But there was something hypocritical about serving non-kosher food at Hebrew school. I do have *hakaras hatov* to them though. They taught me the *passuk* ‘*Torah tzivah lanu Moshe*,’ which made a big impact on me, and they taught me how to read Hebrew. But going there left me with a feeling of emptiness. I wanted more.”

More turned out to be an Orthodox Rabbi in Chicago who started teaching Barrie. She began washing *netilas yadayim* before eating lunch. “I did it secretly,” she said. “There was always that internal struggle of being part of the crowd and following what I knew to be right. I had my five best friends. I belonged. But my *neshamah* was talking louder and louder, and slowly, I took on more. I stopped mixing milk and meat as soon as I learned about it. I wasn’t eating kosher yet — I didn’t know shellfish weren’t kosher — but I was growing in awareness.”

The Turning Point

Like most of her peers, Barrie went to college at 18, first going to Ohio University for a year, before transferring to the University of Wisconsin, majoring in fine arts. She continued to struggle with her spiritual yearnings.

“I came from a place where there was a lot of focus on the externals — getting the finest education, what you wore and what you looked like. But there was always a part of me that knew there was something more.”

When she was 20 years old, her mother called to say that a dear friend was critically ill. Barrie opened a notebook and

new from FELDHEIM

TORAH LITERATURE OF QUALITY
78 Years
1939 - 2017

Torah Literature of Quality / Available at Jewish bookstores or at feldheim.com • 1-800-237-7149

What was it like to be in Israel during the legendary Six Day War?

The 28th of Iyar

Here is the dramatic, daily diary of an American family in Israel at that time, by noted author **Rabbi Emanuel Feldman**. This deeply-moving volume – brimming with a candid, vivid portrayal of those difficult days – will take you from fear to euphoria, culminating in the triumph of the 28th of Iyar. It's a six-day journey you will not want to miss!



Together, for the first time, in one convenient, beautiful, new volume!

Tehillim Eis Ratzon and ANENI

The Zichron Yocheved Edition

When you combine the inspiring Eis Ratzon edition of Tehillim with the full spectrum of personal tefillos available in Aneni, you have an elegant, bilingual volume to not only cherish, but carry with you always. For life's special moments, keep the Zichron Yocheved Edition of Tehillim Eis Ratzon/Aneni close to your heart.



WOW!
What A Story!

180 DEGREES

Some stories entertain, some inspire, and others are utterly transformative. These 25 true stories are all three!

Meet individuals, each of whom excelled in his or her field, and yet they each did a "180" with their lives to become Torah observant Jews. Intriguing lives, captivating stories that will make you think, laugh, cry, even give you the chills.

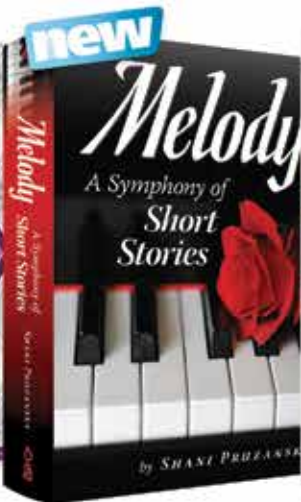


Torah, wisdom, & common sense... for today's Jewish woman!

House of Diamonds

Filled with warmth and wisdom, and based upon years of learning and experience, the author offers today's Jewish woman insights essential to unleashing the unique potential inherent to each and every *Bas Yisroel*.

These practical tips, inspirational stories, and real-life examples, imbued with Torah *hashkafah*, will help transform your life with spiritual awakening and emotional fulfillment.



Every soul has a song to sing...

Melody

Come celebrate the music of everyday life – the challenges we face, the choices we make, the lessons we learn – in this delightful, soul-stirring collection that gently reminds us of what life is really all about. Filled with humor and heartache, warmth and wisdom, these irresistible stories are sure to strike a chord within every reader's heart.



What a difference it makes when somebody cares...

GIVE OR TAKE

A pitch-perfect look at courage, forgiveness, second chances, and the power to start over. This sharply-observed novel is filled with compelling characters, crackling dialogue, and the truth one can find along the road less traveled.



Experience saying Tehillim with real meaning

PSALMS THAT SPEAK TO YOU

We all turn to Tehillim in times of joy and of trouble, but do we relate personally and with a sense of wonder to the entreaties & emotions in the *pesukim*? We are proud to present a new flowing translation, designed to help English speakers find themselves in Tehillim and say them with understanding & feeling. Here you can find the ideal words to respond to what happens in your life, and add a deeply moving dimension to your saying of Tehillim.

wrote and wrote, wondering where the truth in life really lay. She was so real with herself, she didn't have the courage to reread what she wrote. Closing the notebook, she put it away, and went back to her studies.

A couple of months later, her brother called her. He'd been *frum* for 12 years at that point, and was married with children, and a well-respected *Rebbi*.

"There's a wonderful summer program in Neve Yerushalayim," he said. "Why don't you join?"

Barrie wasn't enthusiastic. "It's not for me," she told him.

"I loved my brother so much," she explained. "He had so much wisdom. But I was afraid the program would be like going back to the *shtetl* in Poland. I imagined it as a scene from 'Fiddler on the Roof.'"

Eventually, in what she later called a small miracle, she decided to go. "This was it," Barrie says. "My turning point."

As a well-educated artist, Barrie had always hesitated to take that plunge into full-on Judaism because she felt she'd have to give it all up.

"That program shook my world," she said. "I met many young women like myself, from top-notch colleges, who were fully observant. I realized how many myths I'd believed. I realized I could be myself, fulfill my dreams as an artist, and still live in this magnificent Torah world."

As the program wound to a close, Barrie put her finger on another emotion. She felt robbed. "Here I'd been attending a prestigious college, and I learned more about the meaning and purpose in life in the two months I spent in Neve than I'd learned my entire life."

On Eagles' Wings

Barrie had an existential crisis when the summer ended. Return to college or stay in Eretz Yisrael? She wanted to continue in Neve. On the other hand, her grandfather had set up a fund for her college studies. "He was such a mentor in my life," she said. "He passed away when I was 19. He gave me this gift and I wanted to make him proud."

Her desire to fulfill her Zaidy's wish won. She returned to college, but each Shabbos she joined Rabbi Michel and Rebbetzin Feige Twerski, Rabbi Yonah and Rebbetzin Faygie Matusof, or Rabbi Ahron and Rebbetzin Rivka Levitansky. "They were a haven for me," she said of these people who profoundly impacted her growth.

When the time came to graduate, she had a strong experience of *hashgachah*. She'd spent her first year of college in Ohio. "I lost credits in transferring but was still able to graduate on time, because they gave me sixteen credits for the program at Neve. It didn't make any logical sense. It was so clearly the hand of Hashem. I started feeling Hashem's presence all the time that last year in college. I hope I don't sound too emotional or fluffy, but it was like being led on eagles' wings."

Aish HaTorah

Barrie's strong yearning for Eretz Yisrael led her back to

Neve after graduation. One Shabbos, she stayed in the Old City for Shabbos at the home of Yaakov and Henny Kleinman. Everyone went around the table, introducing themselves. Barrie shared that she'd just graduated with her degree in fine arts. After the meal, another guest, Ruth Zakutinsky, approached her. "I own a publishing company," she said. "Would you illustrate books for me?"

"Sure," she said. "I'd love to."

Mrs. Zakutinsky's first call was about a job. The second call was about a date. Although that *shidduch* didn't work out, it began a chain of events that paved the way for her eventual engagement and marriage to Chaim Feld.

Immediately after *sheva brachos*, the Felds moved to Eretz Yisrael, settling in the Old City of Yerushalayim. "We wanted to stay there forever," Barrie said. "We both felt this was where we wanted to be."

When Barrie was expecting her second child, they were offered the opportunity to open a branch of Aish HaTorah in Washington D.C. "Aish HaTorah had transformed my husband's life," Barrie said. "He wanted to give back. We both wanted to give back. And suddenly, it wasn't a question of if, but when."

After training sessions in Florida and California, Barrie and her husband flew to Washington, D.C. with their new baby and very active toddler. "It was three years of amazing growth," Barrie said. "But the kids were growing up and we needed a more established community. We moved to Cleveland, Ohio, and have been here ever since, running the Cleveland branch of Aish HaTorah together with Rabbi Yehuda and Chana Appel for the past twenty-five years."

You Just Need to Try

For over two decades, Barrie's primary role was as her children's mother and her husband's partner. She did illustration work for books and taught art to children, teens and adults, work that allowed her to have her children close to her. Life was full and she was happy. Then 10 years ago, the niggling feeling of wanting more that had followed her through childhood and young adulthood surfaced.

"I joined an incredible course run by Rabbi Aryeh Nivin," she said. "Step by step, I worked on figuring out my significant role and purpose in this world. Why did Hashem bring my *neshamah* to the world at this point of the universe? Why was I here? What was I doing with my strengths and talents? It was an incredible journey. It brought all the feelings I was struggling with out into the open. I remember staring at the whiteboard I used for art, feeling that I couldn't just paint pretty pictures for the sake of pretty pictures. There had to be more. But what was it?"

The answer came a few days later. Her close friend Lori Palatnik, a fellow Aish Rebbetzin, was on the line.

"I'm starting The Jewish Women's Renaissance Project," she said. "I'm going to bring 300 women from different countries to Israel." The program's goal was to inspire participants with the beauty and wisdom of their heritage,

**SPRING IS NOT
YOUR ENEMY.
POLLEN IS.
AND WE KNOW
HOW TO FIGHT IT.**



**DON'T SUFFER NEEDLESSLY
FIGHT BACK AND DO IT FAST.**

**Take AllergEase™
Take it. Easy.**



**FAST-ACTING + LONG
LASTING RELIEF**

advanced
nutrition by
ZAHLER

*Feel Better,
Everyday*

Ask Zahler®
Have Questions? The signature Zahler
advice is now available as a free service
via the Ask Zahler® support line:
1-877-ASK-ZAHLER
PHO 201-941-1038

 
Zahler is a member of the Zahler® group of companies.
AllergEase™ is a trademark of Zahler.
© 2018 Zahler. All rights reserved. *Not intended to diagnose, treat, cure, or prevent any disease.

*Advanced nutrition by Zahler
carries a wide variety of pure
supplements designed to solve
problems and enhance lives.*

and since its inception, has ended up bringing thousands of women to Eretz Yisrael over the past years.

As she listened to Lori on the other line, she remembered how Rav Weinberg had often said that with Hashem, everything is possible; we just need to try. This was her chance to get involved in a new project, to see if it would be the answer to her desire for more. She wasn't quite sure how she would juggle yet another responsibility, but she would just try, and rely on Hashem's help.

"Count me in for 30 women," she told Lori.

The trip seemed to magically come together — with a whole lot of hard work.

The wives of her husband's students were thrilled to join. They met up weekly for months before the trip, getting to know each other, building up enthusiasm.

"It was an unbelievable trip," Barrie said. "Pioneering. Raw. An experience no one will ever forget."

When Barrie came back to Ohio, her enthusiasm spilled over into everything she did. Her group has continued to meet and learn together each week for the past nine years.

She'd wanted to inspire others and came back inspired herself.

One day, her friend Edna Jaffa approached her. "Barrie," she said, "You're living in a world of *kiruv*. That's beautiful. But there's a whole world of *frum* women out there who also need to be inspired."

Chizuk Mission

With that statement, the Chizuk Mission was born. The vision is to ignite and spread the unique inner light of every Jewish woman. The trip is a whirlwind of learning from some of the greatest Jewish minds, a hefty dose of pampering and fun, mixed with late-night discussions that dig to the depths of life's purpose.

The women come from different countries, from widely different backgrounds. Somehow, all differences melt away as the women learn and laugh and cry, and are replaced by a sense of oneness. They come out with the following message: At our core, we all want the same thing. We all have the same deep connection with Hashem. They are me, and I am them.

"The barriers peel away and suddenly, you know who you really are," Barrie said. "The magic of this trip is that it doesn't leave you. It's not just an amazing experience with inspiration that's here today and gone tomorrow. This trip is totally based on *Toras chaim*. The core of it is learning together, in an environment of growth. And of course, we have a wonderful time touring Israel, making new friends, talking late into the night. But that's not the focus. The focus is on growth and inspiration, and real change."

One *shiur* was given by one of the participants, Amy Lefcoe, a *baalas teshuvah*.

After the class, Debbie Rosalimsky, a participant from Teaneck, New Jersey, noticed that one of the chassidishe women waiting in line to speak with Amy had tears streaming

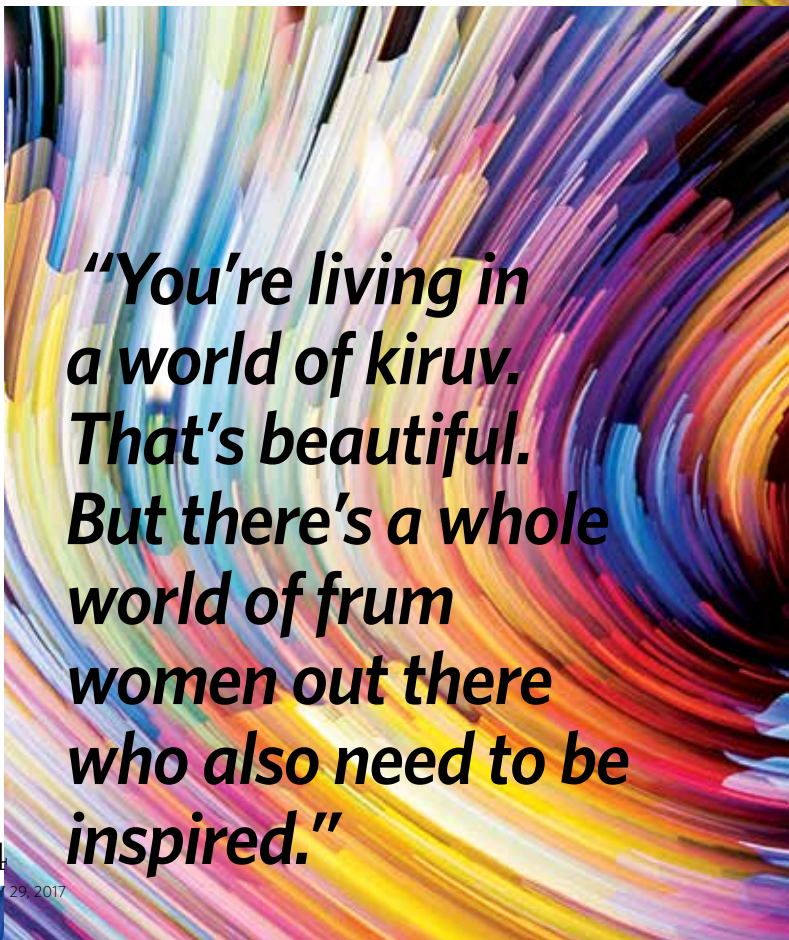
down her cheeks. "I gently held her by the shoulders and asked why she was crying. She told me it was because this *baalas teshuvah* felt so much more connected to G-d than she was, and she wanted to tap into that. This was truly an 'aha' moment for me. I always looked at chassidishe women and thought they were so far ahead of me religiously... that they had much more knowledge than me, and in turn, had access to a direct line to G-d Himself. I realized at that moment that no matter what our appearance may be on the outside, we are all women with very similar desires... who are yearning to connect, grow and be the best mothers, wives and Jews we can be."

The groups stay connected when they return, utilizing technology, reunions and *Shabbatons* to stay in touch, share inspiration and encourage one another.

Ripple Effect

"I remember my first Chizuk Mission seven years ago," said Mrs. Leba Schwebel from Flatbush. "We were at a hotel at the Dead Sea, facing a beautiful landscape. We sat in a circle and introduced ourselves. I heard the most powerful personal presentations, women describing their dreams and aspirations for *Klal Yisrael*. When I heard them talking with such passion, I thought to myself: 'I want what they have! Whatever they have, I want it! What can I do?'"

"I listened to the teachers and soaked up the information they presented. Hashem gave each one of us individual talents, creativity, parents, resources, finances, etc. He sends



"You're living in a world of kiruv. That's beautiful. But there's a whole world of frum women out there who also need to be inspired."

Are you prepared to Rise Above?

Introducing the Reflex Integration Approach through play

“ This is the missing puzzle piece that puts all the pieces together. I use it all the time. ”
 – H.S. OTR/L • Lakewood, N.J.

“ Progress that has previously taken my client six months to achieve now takes closer to a few weeks. ”
 – E.J. OTR/L • Pomona, N.Y.

“ My children wait all week for this... Plus my son's Rebbe is astounded at the results in just three short weeks! ”
 – G.A. Mother • Spring Valley, N.Y.

“ The clarity that my client gained is amazing. She is now focused and now ready to do much deeper work than before. ”
 – G.T. LMHC, CASAC • Brooklyn, N.Y.

The impact on families - and peers in the classroom - by children blocked in certain pathways, is quite real. The core issue needs to be dealt with to ensure integration into the family unit and classroom.

For over 18 years Roizy has treated and worked with special needs children and adults. Roizy Markovitz is a certified practitioner and instructor in the work of Jon Bredal, MA, HEAL THE CHILD since 2010. She is trained and certified in RMTI, CranioSacral Therapy, Lymph Drainage, and Play Therapy. She has added on a variety of modalities that have enhanced the work of all, based on her extensive experience. She has done extensive research in naturopathy studies as well, and it is well-presented in her program.

Rise Above is the brainchild of this scaffold approach meshed with hands-on techniques, unique to the familial and educational environment. It offers a course through play, designed for parents and providers working in adult and pediatric settings. Her personal experience with her premature infant, has been a personal impetus and the catalyst for this program, with an emphasis on pushing the limits of a child's prognosis.

The course covers various ways to help children integrate primitive reflexes that are blocking the individual from achieving their potential. These often result in behavioral, developmental, emotional and academic delays. Notably among them are: phobias, PTSD, anxiety, bed wetting, lazy eye, ADD, ADHD, learning difficulties, cognitive learning delays and reading difficulties.

Furthermore, the course addresses principles of developmental activation/reflex integration, developmental and integrative movements, all through play. As a seasoned play therapist, Roizy has modified her approach to incorporate the new advances in the tried-and-true playful ways. In addition to Rhythmic Movements, re-patterning, re-bonding, and re-aligning right and left brain deficiencies, the course will include case studies, home program development and lab practice as well. Done in an interactive, playful way the children respond positively to the work their parents introduce them to. The "brain open" approach is mimicked throughout the program and the teaching of the "accepting disposition" is threaded throughout. The results are a do-able program that parents and children love.

RISEabove

Revealing the colors in 'hue'

Integrate reflexes and heal through play.

A unique course designed to empower parents and professionals to help children overcome blockages affecting their behavior, development, emotions and academics.

GIVEN BY

MRS. ROIZY MARKOVITZ

From Monsey NY

Heal the child certified instructor

and practitioner since 2010

Certified provider of RMTI Rhythmic Movement Training International

CranioSacral by Upledger Institute

Lymph Drainage by IAHE and Play Therapist

New groups forming now! Brooklyn, Monsey, Lakewood, Monroe, Toronto, Baltimore, England, Montreal & Yerushalyim.

To form groups in your area, please inquire.

Information/ Registration: 845-445-9050 rmriseabove@gmail.com

ADD • ADHD • reading difficulties • cognitive learning delays • bedwetting • day wetting • phobias • anxiety • PTSD • many other issues



"I realized at that moment that no matter what our appearance may be on the outside, we are all women with very similar desires... who are yearning to connect, grow and be the best mothers, wives and Jews we can be."

Initiative. It hopes to empower educators with a curriculum to inspire passion for *Yiddishkeit* in children.

"I was an FFB, Bais Yaakov seminary graduate, 48 years old, mother and grandmother of a Torah-true family, and thoroughly satisfied with my life as it was," said Mrs. Tzippy Reifer. "Yet I sat there in stark realization that I knew next to nothing... I was learning about who I was, what I'm meant to be doing with my life, and how much greatness and ability lies dormant in every Jewish soul. And I learned how to connect with my Creator Who loves me more than I can ever love myself. Oh, and I made 50 new friends."

Why is the Chizuk Mission so successful? "I think everyone longs for a deep connection with Hashem," Barrie said. "This trip is a vacation for the *neshamah*. We are living in a world that moves so quickly, often getting trapped in minutiae. But at our core, we have this quiet voice that says, 'I'm here for a purpose, something precious, something special.' The trip awakens that voice, reminds us that our existence matters. So it's natural that when these women go home, their whole life is now instilled with a sense of purpose, with the deepest sense of connection to the Jewish people. Many participants have told me, 'Barrie, I've tasted this new way of life, and I can't go back.' They return to America and keep connecting to that inner voice. It's something incredible.

When Barrie first started her course with Rabbi Nivin, she worked on a personal mission statement. As an artist, she wasn't content to just write it. So she drew it, a picture of women circling around the Kosel, merging and impacting one another. She still has the picture, a drawing that unwittingly expressed what her Chizuk Missions would ultimately achieve.

"When a person is doing what she's brought to the world to do, everything falls into place," she said. "Things start coming to you."

Barrie's goal is to ignite the inner purpose in women around the world. Mission after Mission, she's succeeding. These women go on to affect countless others. It's a ripple effect spreading throughout the world, one that will continue to grow, igniting countless hearts with their precious purpose in this world. ●

Nechamie Margolis specializes in recording family histories and creating heirloom books. She can be reached at nmargolis@binahmagazine.com

For more information about the Chizuk Mission, Barrie Feld can be contacted via Binah Magazine.

us into this world and says: 'Here! You have a special light that is unique to you and you alone! There will never be another you!' How will you shine this light, which is Hashem's light within you, upon the world? Do you know yourself well? Have you taken the time to figure out what makes you tick? What makes the people around you tick? How you can connect with them to the best of your ability? How you can connect your divine spark with theirs?

"To tell you the truth, I had never heard *Yiddishkeit* expressed in those terms."

The inspiration gained from the Chizuk Mission led Leba to become an activist in her community, becoming a city leader for the Jewish Women's Renaissance Group, bringing Project Inspire to Brooklyn, teaching women's *emunah* study groups, and writing a column for the FJJ titled "Let's Get Real."

"The Chizuk Mission lit a fire under me," she continued. "It provided an opportunity for me to focus my efforts upon sharing my knowledge and excitement for *Yiddishkeit* with others in a real way."

This past year, she joined forces with Mrs. Tzippy Reifer and Mrs. Michelle Weiss, two women she bonded with at the Chizuk Mission, to create an educational initiative called the AMATZ

SARAH LOWY, CPC
718-757-9461
lowysarah@yahoo.com

ORGANIZE Now!
Maximize Your Space In Your Summer Homes
TIME MANAGEMENT COACHING AVAILABLE IN PERSON OR BY PHONE

GET A PROFESSIONAL ORGANIZER TO HELP YOU MAXIMIZE SPACE, MINIMIZE CLUTTER & MAINTAIN ORDER IN YOUR HOME AND LIFE



Table for Two

A KALLAH'S COOKBOOK

RIVKA PARIZAD



This is THE cookbook for every kallah, as well as for the beginner cook or anyone looking for a wholesome, basic cooking guide full of super-easy yet super-delicious recipes! You'll find all the basic recipes plus lots more here, from pancakes to burgers; cholent to chocolate-chip cookies; chicken poppers to potato kugel; breakfast, lunch, supper, and Shabbos meals.

- 200 tried-and-true recipes, all of which use everyday ingredients to create delicious and gourmet meals
- 115 full-color photos of recipes
- Tips and tricks to simplify meal planning
- Most recipes designed specifically for two eaters

PERFECT GIFT FOR
young marrieds,
KALLAHS, teachers,
or your wife!