

Phoebe's Phoods

Today is the day that the importance of breakfast will be brought to light. Much research has been done along these lines and all studies lead to the same conclusion. A good breakfast is your best beginning to a good day.

"I can't eat breakfast, I don't have time." This is no excuse, on the way out the door grab a piece of fruit, and a glass of juice or milk (portable foods). This will help raise your blood sugar to an awakened state. (Blood sugar shouldn't be too high, but if you eat well, don't worry. The sugar level in the blood fluctuates throughout the day to match the energy you put out). The main importance of breakfast is to begin your day with a supply of energy (in the fuel, food).

"I'm on a diet." Well, if you're on a diet you should eat breakfast and cut down on the evening meal. My grandmother was in England for a summer and she gained about 15 pounds, because the largest meal was dinner, and afterwards they sat around! It really makes more sense to eat more, earlier in the day, so you can use the food as needed.

Someone once said "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." Think about that concept!

A breakfast should be:

- 1) High in simple material sugars (fruit, juices, honey, maple syrup, and whole grain breads).
- 2) High in protein (cooked cereal, whole grain bread, eggs).
- 3) Have enough liquids to clean your body of wastes that gathered during the night.

Ed's Pennsylvania Dutch Creamed Slaw

- 1 young cabbage
- 1 cup sugar
- 1 cup vinegar
- 1 cup heavy cream
- 1 teaspoon salt

Blend sugar, cream, vinegar, and salt. (Do not whip, just blend). Shred cabbage. Pour blended slaw dressing over the cabbage. Toss and chill. Serves 8-10. (For diversity add diced green and red peppers, or onions, or carrots. Top with shredded parsley). (P.S. - If you want to use honey instead of sugar, use ½ cup of honey and ¾ cup of vinegar. I don't know for sure how it will turn out with honey, because I never tried to make slaw like this.

Phoebe).

Lee and Linda are great people, so is Jacob, and they make bread that is of the same fine quality that their friendship has been to me.

Linda and Jacob's Super Bread

- 1 cake or 1 tblsp. dried yeast, softened in
- ¼ cup warm stock (we use soybean stock, but any kind will do)
- ¼ cup oil
- 1 tblsp. salt
- 3¼ cups additional stock, warm
- 6 tblsp. (a little less than ½ cup) honey
- ½ cup nutritional yeast (optional for the bread, but important for you)
- ½ cup sesame seeds or sesame meal (optional, but adds protein)
- 1 cup soy flour
- 9 cups whole wheat flour (sometimes we replace about 2 cups of the wheat flour with rye flour giving the bread a touch of rye flavor)

Blend the flour with all other ingredients in a large bowl until it is too difficult to stir (at this point the dough will be very stiff and heavy, but sticky). Then turn dough onto a floured surface and knead until it is smooth and elastic (by now most of the stickiness should be gone. If not, knead in some more flour). Grease a large bowl and drop the dough in it, turning over then to grease the whole surface of the dough-ball. Place it in a warm place covered with a damp, warm towel to rise until double in bulk (approx. 1½ hrs). Punch down. Cut into 3 portions, cover, and let rise 10 minutes. Shape into loaves. Place in greased loaf pans, cover and let rise in warm place until they look like loaves of bread (approx. 1 hr.). Pre-heat oven to 325 degrees. Bake about 45 minutes. Cover with foil for the last 20 minutes if needed.

A change from chicken 'n beef Marion's Duck

Remove innards. Rinse duck in lukewarm water, then scald duck. Pluck feathers. Cut out fat glands in rear end. Scrape yellow skin from tips of legs.

Make stuffing. Use ¾ of bag of Pepperidge Farm. Add ½ cup boiled water. ½ cup Kaiser roll, soft. Mix lightly. Dice 1 stalk celery, 1 green onion, 1 walnut, few sprigs parsley, 15 raisins, soaked, and 1 clove garlic. Add 1 beaten egg. Mix lightly and stuff loosely.

Cover bottom of roaster with onions. Place duck in pan. Salt duck and place parsley sprigs on top. Add a mite of pepper to top of duck. Add a little water.

Roast at 350 degrees for about 2 hours. Baste with self juice and apricot nectar as needed

This column is not a hoax. All of the recipes that appear here are for real (delicious) foods. The idea behind it is to introduce you to inexpensive, epicurian delights (not really) to make you realize that there are simple and fun alternatives to ground beef and T.V. dinners.

Good Luck

Capitol Disciplinary Board Established

Dr. John Grimm, Dean of Student Affairs, has released the names of those persons appointed by Provost Robert E. McDermott to two recently created disciplinary boards.

Named to the Hearing Board were: Phoebe Sechler, Steve Henning and James Herbst. Faculty members include Prof. Lemeul Molovinsky and Dr. John Markese. The Administrative Staff representative is Mr. Walter Slygh.

Members of the Appeals Board are: Al Herrle and Paul Kopac. Faculty representatives are Dr. Vedula Murty and Dr. Michael Bubel. Administrative Staff members is Mr. Richard R. Schulz.

All members of each board have one vote.

The boards were established here in compliance with University regulations. When students are faced with possible disciplinary action, three alternatives are available. The initial hearing of the case may be conducted before the Dean of Student Affairs, the Student Standards Board (Student Court) or the Hearing Board, at the student's own choosing. Subsequent appeals are directed to the Appeals Board.

Grimm added that only 15 individuals have received a disciplinary reprimand in the existence of the campus.

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Dr. Jdy Anderson holds son, Coll, as his buddy, Don Callander, a historical archeologist, plays the violin.

Anderson Receives Museum Grant

by Mike Welliver

Dr. Jay A. Anderson, Assistant Professor of American Studies & Folklore, has announced the receipt of a \$45,000.00 grant from the Pennsylvania State Bicentennial Committee for the purpose of construction an open air museum.

Dr. Anderson will be heading the project, which will see the restoration of a farm complex set in the period just prior to the Revolutionary War.

The unique thing about the museum is that upon its completion, it will be maintained and occupied by a family who will lead the lives of the farmers at that period of history. That is, they will farm the land, maintain the buildings, and fend for themselves just as a family of that period would have.

The complex itself consists of a large stone farm house, part of

which was built around 1690, a spring house and smoke house, and a large barn. There will be no antiques in the display, instead, all of the tools and impliments will be forged and shaped on the site of the museum as it is in operation.

Visitors will also be able to see work on the buildings and land going on as they tour the site. Dr. Anderson, Director of the Pennsylvania Colonial Farm Project, has already organized a staff of scholars, craftsmen, and farmers who are in the early stages of restoring the complex. The museum will be located in the Ridley Creek State Park, midway between Philadelphia and Lancaster.

The opening of the complex is slated for sometime in 1975, and will be open to the public from dawn to dusk, seven days a week.

Along with heading this project, Dr. Anderson is also curator of Plymouth Plantation, in Plymouth, Mass. Plymouth Plantation is the recreation of a Pilgrim village dating back to 1627.

Photo Club

The Photo Club meets every Tuesday at 7 p.m. in the rear portion of the Placement Office. The club offers new and interesting visual learning experiences and skills. If you are interested, come to the meetings as conducted by President Jerry Reich.

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