

Cook's Question

(Continued from Page B8)

Cream Puffs

- 1 cup water
- ½ cup butter or margarine
- ¼ teaspoon salt
- 1 cup flour
- 4 eggs

Preheat oven to 400 degrees. In 2-quart saucepan heat water, butter and salt until butter melts and water comes to a boil. Remove from heat. Stir vigorously with wooden spoon and add flour all at once until mixture forms a ball.

Add eggs to flour mixture, one at a time, beating after each addition, until mixture is smooth. Cool mixture slightly. Drop batter by heaping tablespoonfuls onto cookie sheet. Bake 30 to 35 minutes or until golden brown.

Filling:

- 1 small box instant vanilla pudding
- 1¼ cups milk
- 1 cup cream, whipped
- 1 teaspoon vanilla

Prepare instant pudding as directed on box, but use only 1¼ cups milk. Fold in whipped cream and vanilla.

Cut off top of puffs. Pull out filament. Fill puff with cream. Replace top. Sprinkle with powdered sugar.

ANSWER — Ruth Cantello, Somerset, NJ, wanted a recipe for communion wafers. Mary Lockard, Columbia, sent in the following recipe.

Communion Bread

- 1¼ pounds unsalted butter

- 4 pounds flour

Mix and add:

- ¾ quart milk, lukewarm

Knead for 20 minutes, divide on 3 cookie sheets. Roll out to about ¼ -inch thick. Bake on ungreased cookie sheets. Jab dough with fork and mark in squares before baking. Bake at 350 degrees for about 30 minutes. Do not overbake.

ANSWER — In response to a seafood request, Gladys Balthaser, Sinking Spring, sends in this quick and easy recipe that her family loves.

Seafood Thermidor

- 3 tablespoons butter or margarine
- 3 tablespoons flour
- 1½ cups light cream
- ½ cup shredded American cheese
- ¼ cup shredded Cheddar cheese
- 1 tablespoon lemon juice
- ¼ teaspoon nutmeg
- ¼ teaspoon paprika

- 1 pound crabmeat, torn into bite-sized pieces

Melt the butter in a deep 2-quart microwave-safe casserole. Stir in flour; add cream, stirring until smooth. Add cheeses, lemon juice and the spices. Cover with wax paper and microwave on high 3 to 4 minutes, stirring every minute. Stir crabmeat until thickened sauce mixture. Microwave on high, until hot, 1 to 2 minutes. Serves 4. Flounder fillets or other mild fish can be substituted for the crabmeat.

ANSWER — Barbara Kauffman, Denver, wanted a recipe for sweet gherkins pickles. Thanks to Karen Paoello, Blue Anchor, N.J.; Natalie Witmer, Manheim; Nancy Nolt, Millerstown; Doris Horton, Randolph, N.Y., and others for sending recipes.

Sweet Gherkins Pickles

- 7 pounds 1- to 3-inch cucumbers

- ½ cup salt

- 8 cups sugar

- 6 cups vinegar

- ¾ teaspoon tumeric

- 2 teaspoons celery seed

- 2 teaspoons mixed pickling spice

- 8 1-inch pieces stick cinnamon

First morning: Wash cucumbers thoroughly. Put in kettle and cover with water. Bring to a good boil and remove from heat. Six to eight hours later, drain and cover with fresh boiling water.

Second morning: Drain and cover with fresh boiling water. That afternoon, drain and add salt. Cover with fresh boiling water.

Third day: Drain and prick cucumbers several places with a fork. Make syrup with 2½ cups sugar and 2½ cups vinegar. Add tumeric and spices. Heat to boiling and pour over cucumbers. This syrup will partly cover at this time. That afternoon, drain syrup into kettle. Add 2 cups sugar and 2 cups vinegar and cinnamon. Heat to boiling and pour over pickles.

Fourth day: In the morning, drain syrup into kettle and add 2½ cups sugar and 1½ cups vinegar. Heat to boiling and pour over pickles. That afternoon, drain syrup into kettle and add last 1 cup sugar. Heat until boiling. Pack pickles into clean jars and cover with boiling syrup to ½ -inch from top of jar. Process 5 minutes in boiling water bath.

14-Day Pickles

2 gallon container filled with small whole cucumbers, washed

- 1 gallon water

- 1 pint salt

Boil the above and pour over pickles. Let stand 1 week. On the eighth day, pour off water and cover with 1 gallon boiling water with 1 tablespoon alum added.

On the ninth day, pour off water and cover with fresh boiling water.

On the tenth day, pour off water and make syrup as follows:

- 6 cups vinegar

- 6 cups sugar

- 1½ ounces whole all-spice, tied in cloth

Jag whole little pickles or slice and pour over boiling syrup.

On the 11th day, reheat syrup and let stand 3 days.

On the 12th day and each of the next 2 days, reheat and add 1 cup sugar. On the 14th day, bring to a boil and can.

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Kids Have Worries Too

SCRANTON (Lackawanna Co.)— Which one of the following two situations do you think would cause your child more stress: facing an operation or having to give a report in class?

Most parents would be inclined to pick the "operation" answer and they are wrong.

A study being conducted by the University of Colorado with 2,000 kindergartners through ninth-graders is revealing that children aren't worrying about major catastrophes like the end of the world or nuclear war. They're more worried about getting a bad grade on a test or having the teacher yell at them in front of the class.

Children's biggest fears are losing a parent and going blind. Next on their list are being held back a grade, wetting in class, being suspected of lying or stealing and being sent to the principal's office. Way down on their list are events that parents may think are more threatening like having an operation or adjusting to a new baby in the house.

Before parents can help their children overcome their anxieties, they need to have a clearer understanding of what really troubles children.

There are simple steps parents can take with children that go a long way toward easing their stress. Here's what the experts advise:

- Let children solve problems on their own. Antoinette Saunders, PhD, author and director of the Stress Education Center For Children And Their Families in Evanston, Illinois, teaches kids a five-step problem-solving process that works in any situation: relax, understand the problem; outline the options; rate the possible outcomes; choose the best solution.

- Set aside time each day to really listen to your child's problems.

- Pay attention to praise. Children should be praised not just for their achievements but also for their performances. If kids are praised only for their outstanding report cards or test grades, then they struggle to try to achieve at that high level. It's important to praise children for who they are as people, too.

Be aware of when your children may be feeling stressed out and try to help them cope with it. Remember, it's a fact of life -- everyone experiences stress. Help your children handle stress by talking out their problems with them and making sure they get their exercise and eat properly.

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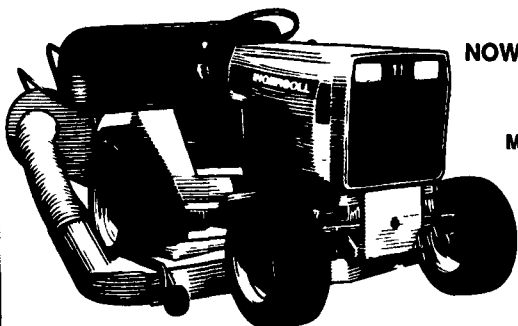
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