

Little To Be Gained with Calorie Conscious Recipes

The expression "groaning board" is never more appropriate than on Thanksgiving Day, when eager eaters throughout the country consume so much food that by the end of the last football game, they are groaning with discomfort and asking that perennial question: "Ooooooh, why'd I eat so much?"

Still, it is possible to enjoy a traditional turkey dinner—with all the trimmings—and not feel gorged. Weight Watchers, an organization dedicated to helping chubbies reduce, promises that its collection of Thanksgiving recipes sacrifices nothing but pounds. The festive menu does in fact sound appealing—it includes Stuffed Mushroom Caps, Puree of Asparagus Soup, Roast Turkey, Savory Apple "Stuffing," Mashed Turnips, Saucy Green Beans, Squash Pie with Topping.

With this Turkey Day dinner, there is much to be thankful for, little to be gained (if you'll pardon the pun). Perhaps best of all, the dishes are not only good tasting but healthful as well—no need to worry about "creeping calories." The sumptuous repast will please any man-size appetite and delight the dainty dieter; who could ask for more?

Stuffed Mushroom Caps

16 medium mushrooms
 1/2 C. fresh chopped parsley
 1 can (4 oz.) mushrooms, stems and pieces, chopped fine
 1 T. dehydrated onion flakes
 1/4 t. thyme
 2 packets instant chicken broth and seasoning mix OR 2 chicken bouillon cubes, crumbled
 Freshly ground pepper
 1/4 C. water

Remove stems from mushrooms. Cover caps with water; bring to a boil and boil until caps are semi-soft. Finely chop stems and add to remaining ingredients.
 Heat in non-stick skillet until mixture is tender. Remove from heat and stuff into caps. Place on baking sheet and bake at 375 degrees F. for about 20 minutes. Makes 4 servings.

Puree of Asparagus Soup

1 can (14 1/2 oz.) cut asparagus
 1 C. tomato juice
 1 C. water
 3 packets instant beef broth and seasoning mix OR 3 beef bouillon cubes, crumbled
 1/4 t. celery salt
 1/4 t. onion powder
 Freshly ground pepper to taste
 Empty asparagus and liquid into blender and blend until smooth. Pour into sauce pan. Add remaining ingredients and simmer 20 minutes. Makes 4 servings.

Roast Turkey

Roast the turkey uncovered at 300 degrees F. until tender, allowing 25 minutes a pound under 12 pounds; 20 minutes a pound for larger turkey. Baste it about every half hour with diced vegetables (e.g. diced celery, green peppers and mushrooms) cooked until tender in chicken bouillon and other seasonings to taste.

Savory Apple "Stuffing"

1 package (10 oz.) frozen chopped broccoli
 1 package (10 oz.) frozen cauliflower
 1/2 C. finely chopped celery
 1/4 fresh green pepper, finely chopped
 4 t. dehydrated onion flakes
 2 medium apples, peeled, cored, and diced
 1/2 C. water
 1 teaspoon poultry seasoning
 Cook broccoli and cauliflower according to package directions, allowing an additional 2-3 minutes cooking time. Drain and place in mixing bowl.
 Add remaining ingredients and mix well with an electric or hand mixer.
 Turn into a 9x9x2 inch baking dish and bake at 350 degrees F. for 30 minutes. Makes 4 servings.

Mashed Turnips

1 pound yellow turnips, peeled and diced
 1/4 t. imitation butter flavor
 Salt and white pepper to taste
 Cover turnips with water. Bring to a boil and cook until tender, 10-15 minutes. Drain.
 Add remaining ingredients and whip until light and fluffy. Makes 4 servings.

Saucy Green Beans

2 packages (10 oz. each) frozen French style green beans
 1/2 fresh green pepper, finely diced
 2 t. dehydrated onion flakes
 1/2 t. garlic powder
 1 packet instant beef broth and seasoning mix OR 1 beef bouillon cube, crumbled
 1 packet instant chicken broth and seasoning mix OR 1 chicken bouillon cube, crumbled.
 Cook beans according to package directions. Remove from heat. Do not drain.
 Add remaining ingredients and mix. Remove 1 cup of beans and liquid and place in blender and blend until smooth.
 Pour over beans; combine, heat and serve. Makes 4 servings.

Squash Pie with Topping

2 packages (10 oz. each) frozen summer squash
 2 envelopes (2 tablespoons) unflavored gelatin
 1/4 C. cold water
 1/4 C. boiling water
 1/2 t. pumpkin pie spice
 One third C. instant non-fat dry milk powder
 3/4 t. vanilla
 Artificial sweetener to equal 10 teaspoons sugar (or to taste)
 Topping (see below)
 Cook squash according to package directions. Pour cold water into blender and sprinkle gelatin over it to soften. Add hot water and blend. Add squash and remaining ingredients to blender and blend until smooth.
 Pour into individual foil tart pans (or custard cups) and place in a shallow baking dish. Add hot water to about 1/2 inch depth and bake at 350 degrees F. for 30 minutes or until firm.
 Pie may be served warm or chilled. Serve with topping. Makes 4 servings.

Topping

1/2 C. chilled evaporated skimmed milk
 1/4 t. vanilla
 Artificial sweetener to equal 8 t. sugar (optional)
 1/4 t. lemon juice
 Combine all ingredients into chilled mixing bowl. Whip until stiff peaks are formed. Serve at once. Makes 4 servings.

Eggshells, Tin Cans Yield Novel Holiday Creations

Glue, paint, tin can lids, eggshells and a variety of other items yield many novel and lovely Christmas decorations when combined with creativity by Mrs. Loren Samsel of Warren Drive, Dallas.

"I enjoy putting things together," comments the young-looking grandmother, who has taught courses in needlecraft and Christmas decorations for the last 10 years at the Wilkes-Barre YWCA.

As she carefully unwraps exquisitely decorated eggshells, Mrs. Samsel says that one thing leads to another. "I see something in craft books or other places and change it to fit my own ideas."

Her eggshell tree ornaments are made from whole, hollow shells, using sequins, velvet ribbons, beads, gold thread, etc., to embellish.

Some shells have deep, extremely rich colors in baroque designs; others, in pastels, have airy flowers and butterfly scenes—all are beautifully made.

She admits that when she does one for herself she also usually does another for her daughters, Hope Lansky, Edwardsville, and Carol Hoeschele, Topton, or for a grandchild. She has started an egg-ornament collection for her grandchildren.

Her nine grandchildren (the oldest is a student at Kutztown College) usually enter her home, she says with a smile, asking to see the latest things "Nana" has created.

Pointing to various decorations on walls and tables in her livingroom, Mrs. Samsel shows proof that she enjoys working with her hands.

Pieces of material and bits of lace and yarn have been transformed into a gilded madonna.

Milk pods are used to make poinsettias on a star frame for a silver wallpiece.

Pine cones and nuts, in their natural colors, form a rich Della Robbia wreath. Another attractive and shiny wreath is made from tin can lids. Some 150 lids were cut in medallion form to look like flowers and wired to a ring.

Mrs. Samsel, a widow, reveals that she likes to keep busy. She does not make ornaments or decorations for others, but is happy "to help

people make their own or show them how."

Naturally, her decorations are not restricted to those of the Yuletide season. She has unusual and appropriate decorations for other holidays too.

As she leans forward in her chair to emphasize her words, the petite grandmother, a resident of the Back Mountain since 1931, stresses that she is always looking for new ideas, and her variety of Christmas pieces and articles shows that she finds them.



Photo by J. Kozemchak

Christmas decorations are going up at the home of Mrs. Loren Samsel on Warren Drive, Dallas, as the talented grandmother creates her own decorations and ornaments.



Mr. and Mrs. Wilfred Anderson Sr.

Wilfred Andersons Observe 38th Wedding Anniversary

Mr. and Mrs. Wilfred Anderson Sr., of Harveys Lake and Norwich, N.Y., will observe their 38th wedding anniversary Nov. 25. The couple, who recently moved to the Lake from Truckville, where they resided for 25 years, were married in Taylor. They are members of the Truckville United Methodist Church.

Mrs. Anderson is the daughter of the late Mr. and Mrs. John Deinger. She is employed at Natona Mills, Dallas. Mr. Anderson, retired from the Burroughs Corp., is

the son of the late Mr. and Mrs. Albert Anderson.

The couple has five children, Mrs. John Lenchan, Trucks-ville; Wilfred Anderson Jr., with whom they reside at Harveys Lake; Mrs. Robert Rau, Pocono Farms; Mrs. John Barty, Trucksville; John Anderson, a senior at Wilkes College, Wilkes-Barre. They also have 10 grandchildren.

The children will entertain their parents at a family dinner Nov. 24 at the Checkerboard Inn, Carverton Road, Trucksville.

Service Club Board Meets at Harveys Lake

The official board of the Harveys Lake Women's Service Club met at the home of Mrs. Joseph Rauch recently. Mrs. Raymond Grey and Mrs. Theodore Heness were co-hostesses.

Mrs. Carl Swanson presided after a Thanksgiving prayer by Mrs. Heness. Mrs. Howard Jones, education chairman, thanked the club on behalf of two Lake-Lehman High School girls for the donation presented to them toward cost of attending a journalism course. Mrs. Jones announced that four girls from Lake-Lehman High School, will be honored at the December meeting as girls of the month.

Mrs. Malcolm Nelson, finance chairman, reported on the suc-

cess of the recent dance.

Mrs. Harvey Kitchen, club representative, gave a report on the county federation meeting.

Mrs. Charles Austin and Mrs. C. Wesley are co-chairmen for the Christmas party Dec. 2 at the Lake Elementary School. Committee will be: Mrs. Swanson, Mrs. Taft Truska, Mrs. Nicholas DeLeur, Mrs. Forrest Sorber, Mrs. Burton King, Mrs. Calvin McHose, Mrs. Kenneth Austin and Pauline Davis. Mrs. Charles Williams, program chairman, announced a program will be presented by the Girl Scouts and special music will be featured. Reservations are to be made by Nov. 29 with Mrs. Austin or Mrs. Boyle.

Book Club Views Films of Micronesia

The November meeting of Back Mountain Memorial Library Book Club was held in the library annex with Mrs. Clarence Anker presiding.

The program was given by Mrs. Thomas Shelburne, whose daughter and son-in-law was with the Peace Corps in Micronesia for two years. These islands are north of Australia and New Guinea, and were formed by volcanic action.

Mrs. Shelburne showed slides and told many interesting

things about the natives and the beautiful islands. She brought many fans and baskets made by natives, showing beauty of the weaving, color and design.

Mrs. William Pierce, Mrs. John Coon and Mrs. Thomas Graham served on the refreshment committee. Tea was poured by Mrs. Ben Edwards and Mrs. Edgar Brace.

On Dec. 13, Mrs. Myne Shapiro Levy and Gertrude McGlynn Anker will present a program on "Chanukah and Christmas."

Rotaryans Complete Plans For Annual Poinsettia Ball

Plans for the annual semi-formal Christmas dance sponsored by the Dallas Women of Rotary are in the final stages. The affair, chaired by Mrs. Herman Otto and co-chaired by Mrs. Edwin Delaney, will be held at the Irem Temple Country Club Dec. 4, starting

with cocktails at 6:30.

There will be a choice of entree, braised pot roast of beef or stuffed chicken breast, which must be staked when making reservations with Mrs. Don Peterson or Mrs. Paul Priebe. It is requested that reservations be made by Nov. 29.

Additional treats promised are a cocktail punch bowl, dinner wine, a continental breakfast and strolling minstrels throughout the dinner portion of the evening.

Dancing with Bob Baird's Orchestra will complete the evening.
 Other committee members are: Mrs. Peter Arnaud and Mrs. Charles Albert, decorations; Mrs. Paul Priebe and Mrs. Don Peterson, reservations.

Valley Crest Christmas Party Planned by Welcome Wagon Club

The board of the Welcome Wagon club of Wyoming Valley met recently to discuss plans for the Valley Crest Christmas party which is sponsored by the club. The party will be held Dec. 13 at 6:30 p.m. Mrs. Ronald Landa, Christmas program chairman, has made arrangements for the College Misericordia Glee Club to provide entertainment. Mrs. William Alexander, in charge of gifts, announced the second work night for giftmaking will be Nov. 17 at 8 p.m. at the Alexanders'. Cookie-packing night will be Dec. 8 at the Alexanders'.

Various ideas for fundraising projects were discussed. The board decided to sell stationary products. Mrs. William Sigman is chairman.

Mrs. Thomas Joiner announced the Nov. 22 membership meeting will include an "abilities auction". Mrs. Joseph Lauer will be head auctioneer. All items will be made by the club members. The meeting will begin at 8 p.m. at the UGI Building, Kingston. All newcomers to the area and guests are welcome to attend.

Mrs. Frank English, club president, announced there will be a board meeting or a membership meeting in

December.
 Seventy-two Valley Crest residents were included in an afternoon of games sponsored by the Welcome Wagon Club. Fifty-three prizes were awarded.

Women aiding in the club's community service project were: Mrs. Adolph Sappe', Mrs.

Frank English, Mrs. Matthew Mors, Mrs. B. S. Applegate, Mrs. Leo Linesch, Mrs. Thomas Joiner, Mrs. Ronald Landa, Mrs. Annes Barakat, and Ruth McDowell.

The next games afternoon is Dec. 8. Club members are urged to volunteer their services for this worthwhile project.

Dennises to Observe Silver Anniversary

Mr. and Mrs. Arthur Dennis, 190 Huntsville St., Dallas, will observe their silver wedding anniversary Nov. 30.

They were married in Valley View Union Chapel, Larksville, by the Rev. Harold Hatten and the late Rev. Thomas Clemow. Attendees were Mrs. Dennis's sister, Mrs. Albert Hicks, and Edwin Burkhardt of Silver Springs, Md.

Mrs. Dennis is the former Florence Law, daughter of

Harry L. Law and the late Louise Law. Mr. Dennis is the son of the late Mr. and Mrs. Frank Dennis Sr.

The couple has two children, Donald, a member of the faculty of Council Rock School District, Newtown; and Diane, a 12th grade student at Dallas Senior High School.

Open house will be held at Valley View Union Church, Nov. 27, from 4 until 8 p.m. No invitations have been issued.

Dreher's Observe 45th Anniversary

Mr. and Mrs. Max Dreher, Park Street, Dallas, observed their 45th wedding anniversary, Nov. 18.

They were married in St. Nicholas Church, Wilkes-Barre, by the late Msgr. Goebel. Attendees were Mr. Dreher's brother, John Dreher, and Mrs. Dreher's brother, Ferdinand Schreiber.

Mr. Dreher, now retired, was

formerly employed by Hess-Goldsmith.

They are the parents of two children, Max, member of the faculty, Campbell Senior High School, Campbell, N.Y.; and Herbert, tilesetter, 140 Elizabeth St., Dallas. They have two grandsons, and two granddaughters.

Prior to moving to their home on Park Street in 1932, the Dreher's lived in Kingston.

Loreen Lewis to Mary Joseph Priest in June

Mr. and Mrs. H. Malcolm Lewis, 33 Fort St., Forty Fort, and Harveys Lake, announce the engagement of their daughter, Loreen, to Joseph T. Priest, son of Mrs. Fiana Walsh Priest, 121 N. Main St., Shavertown, and Morris T. Priest, Chattanooga, Tenn.

Miss Lewis graduated from Wyoming Valley West High

School and Wilkes-Barre City Schools Practical Nursing Program. She is a member of the pediatric staff at Wilkes-Barre General Hospital.

Mr. Priest is a graduate of Dallas Senior High School. He is part owner of the Camel's Hump Boutique, Wyoming Avenue, Kingston. A June wedding is planned.

Band Sponsors Plan Annual Holiday Banquet

Plans were completed at the Lake-Lehman Band Sponsors Association meeting for the annual Holiday Band Banquet.

Mrs. Ed Niezgoda and Mrs. Albert Ashton are in charge of reservations for the affair which will be held Dec. 11 at the high school.

Band members will be given invitations for their parents who are to make reservations by Dec. 3. Mrs. Niezgoda and Mrs.

Ashton will be in the school cafeteria the mornings of Dec. 1 and 2. Money must accompany reservations.

The group was entertained by Linda Tough, Debbie McKeel and Helen Earl, who played several selections on flutes, accompanied by Vera Tough on piano. A different group of band members will play at each meeting. Jean Holcomb is in charge of arrangements.



Members of the committee for the annual Christmas dance sponsored by the Dallas Women of Rotary are shown above, left to right, first row: Mrs. Peter Arnaud, Mrs. Edwin Delaney, Mrs. Herman Otto. Second row: Mrs. Charles Albert, Mrs. Earl Phillips, president of Rotaryans; Mrs. Paul Priebe. Absent from photo is Mrs. Don Peterson.

Births

Mr. and Mrs. Marvin Lahood, 162 Lake St., Dallas, announce the birth of a son, Nov. 12, in Wilkes-Barre General Hospital.

Mr. and Mrs. Frank Michael, 25 Michael Drive, Dallas, announce the birth of a daughter, Nov. 13, in Mercy Hospital, Wilkes-Barre.