

Post Cookbook

# Student, cook, teacher enjoys the kitchen

Less than 10 years ago a student at Dallas Senior High School where with Abby Jones Campbell was



Abby Campbell

other students in her class, she tried new recipes in her home eco food classes. Today, Abby is a biology instructor at the same high school. She is still trying new recipes but in her own home and serving them to her husband, Paul Campbell.

Abby enjoys cooking and baking in the kitchen of their home which they purchased four years ago...a house more than 50 years old which she and her husband are remodeling themselves from top to bottom.

The Campbells are doing their home in Early American and Abby has many pieces which belonged either to her family or her husband's family.

Her favorite leisure time interest is not cooking, however. It is sewing or needlework or accompanying Paul on flights over the area.

She takes along her camera and takes aerial photos of the numerous communities, buildings or other interesting areas.

Abby sews most of her clothes and her husband's. She also likes to knit and crochet but most of these items she makes and gives to members of her family.

Abby graduated from Dallas Senior High School in 1967 and from College Misericordia in 1971. In September of that year, she joined the faculty at the senior high school.

The daughter of Natalie Jones and the late Clarence Jones, she moved to Dallas with her mother after the death of her father, and entered ninth grade.

Her mother was a native of this area but after her marriage resided in New Jersey until her return to Dallas.

Both Abby and Paul are continuing their education. Abby for permanent certification and Paul because he enjoys taking a variety of courses.

Paul is associated with the Pennsylvania Game Commission and works out of the office at Mountain

Lake in the Poconos.

The recipes Abby shares with Post readers are family favorites and can be made and served during the holidays, especially the Russian Tea and Toffee Bars. The banana bread is delicious and may be served with a salad or iced and used for dessert if desired. All are easily made and ideal for the busy homemaker.

**RUSSIAN TEA (HOT PUNCH)**

- 2 c. sugar
- 2 c. water, boil five minutes
- 2 c. orange juice
- 3/4 c. lemon juice
- 2 qt. water
- 2 t. vanilla
- 1 t. almond extract

Combine first two ingredients and boil five minutes, add remaining ingredients and bring to boil, then simmer. Yield: 3 1/2 qts. or about 28 cups.

**TOFFEE BARS**

- 1 c. margarine
- 1 c. brown sugar (packed)
- 1 egg yolk
- 1 t. vanilla
- 2 c. flour
- 1/4 t. salt
- 1 lge. package semi-sweet chocolate bits
- 1/2 c. chopped walnuts (optional)

Heat oven to 350. Grease a 13"x9"x2" baking pan. Thoroughly mix butter, sugar, egg yolk and vanilla. Blend in flour and salt. Press mixture evenly into bottom of pan.

Bake 25 to 30 minutes until very light brown (crust will be soft).

Remove from oven and immediately sprinkle chocolate bits over top of crust. Return to oven just long enough to soften bits, as soon as chocolate is soft, spread evenly. Sprinkle with nuts. While warm, cut into bars about 2"x1 1/2".

**PUMPKIN BREAD**

- two third c. shortening
- 2 and two third c. sugar
- 4 eggs
- 1 can (1 lb. or 2 c.) two third c. water
- 3 and one third c. flour
- 2 t. soda
- 1/2 t. baking powder
- 1 t. cinnamon
- 1 t. cloves
- two third c. coarsely chopped nuts
- two third c. raisins
- 1 1/2 t. salt

Heat oven to 350. Grease two 9"x5"x3" loaf pans. In large bowl, cream shortening and sugar until fluffy. Stir in eggs, pumpkin and water. Blend in flour, soda, salt, baking powder, cinnamon and cloves. Stir in nuts and raisins.

Pour into pans. Bake about 70 min. or until wooden pick inserted in center comes out clean.

**SWEET BANANA BREAD**

- 2 pkg. active dry yeast
- 5 1/2 - 6 c. sifted flour

- 3/4 c. milk
- 1/2 c. margarine
- 1/2 c. sugar
- 1 t. salt
- 2 eggs
- 2 ripe bananas

Combine yeast with two c. flour. Heat together milk, butter, sugar and salt until warm, stirring

occasionally to melt butter. Add to dry ingredients. Add eggs and banana and beat 1/2 minute at low speed of electric mixer. Scrape sides of bowl. Beat 3 more minutes at high speed. By hand, stir in enough of remaining flour to make a moderately stiff dough. Turn onto lightly floured

surface. Knead until smooth (5-8 min.). Place into lightly greased bowl, turning once. Cover and let rise until double (about 1 hr.) Punch down, cover and let rest for 10 minutes.

Divide dough in half and shape into two round loaves. Place on greased

baking sheets. Make vertical cuts about 1/8" deep around each loaf at 3/4" intervals. Slightly beat one egg white with one teaspoon water. Brush over entire surface of loaves.

Let loaves raise again until double (30-45 min.). Bake in 400 oven for 30 minutes.



**CHRISTMAS SALESMEN**--Children pictured are prizewinners for highest sales in Gate of Heaven's Christmas Kit project. First row, left to right are: William Isopi, Catherine Brady, April Petroski, James Cunningham, Kelly Thompson, Kimberly Ellsworth, Christopher Kelly and Thomas Martin. Second row Jean

Z Nowski, Sharon Chupas, Lori Novicki, Kimberly Dougherty, Michelle McGraw and Ann Farrell. Third row Mrs. Robert O'Konski, Sister Mary Leonila-principal, Patricia O'Konski, Walter Weir, Mrs. Art Segrave-Daly, the Rev. Thomas Jordan-pastor of Gate of Heaven.

## G of H Christmas schedule

The Rev. Thomas M. Jordan, pastor of Gate of Heaven Church, Dallas, announces the following schedule for Christmas:

- Confessions, Saturday, Dec. 20-3 to 4:30 and before and after the 7:30 p.m. Mass
- Sunday, Dec. 21--An adult Penance service 2 p.m.
- Monday, Dec. 22--Confessions after the 7:30 p.m. Mass.
- Tuesday, Dec. 23--Confessions 4 to 5 p.m. and 7 to 8 p.m.
- Wednesday, Dec. 24--Christmas Eve--Confessions 3 to 5 p.m. only. No Evening Confessions.

Masses-Christmas--Christmas Eve-5:30 p.m. and Concelebrated Mass at Midnight.

Christmas Day--7, 9 (Folk Mass), 11, 12:15. Masses-New Year's Day--Same as on Sunday. Wednesday, Dec. 31-4:30 and 7:30 p.m. Thursday, Jan. 1-7, 9, 11, 12:15.

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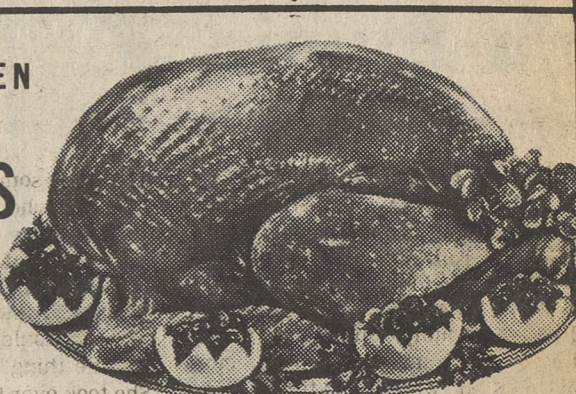
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<b>BIRDS EYE COOL WHIP</b>	9 OZ. TUB	59¢
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