

POST COOK BOOK

Lillian Jamgochian
shares Armenian specialties

by Charlot Denmon
The mouth-watering aroma of Cheoregs baking met us as we followed Lillian Jamgochian into her pleasant kitchen where she was doing her early morning baking.

"I like to get my baking done early," said Lillian, "then I can turn my attention to other things in my home. Cooking and homemaking are my hobbies and my special interests. I believe that it is a challenge to any woman to be a good wife, mother and homemaker."

Lillian, the wife of Ralph Jamgochian, is the mother of two boys, Leigh, student in kindergarten at the Christian Day School; and Andrew, in the Trinity Nursery School.

A native of Philadelphia, she graduated from Drexel

with a B.S. degree in home economics with a major in fashion design. Following graduation, she designed women's dresses for about a year, then taught at Marple-Newton Junior High School for two years.

Lillian started teaching the year that she and Ralph were married. Both of them are Armenian and Lillian never thought she would marry an Armenian until she met Ralph. They both have similar backgrounds, the same philosophies and same religious backgrounds. "It was just meant to be," she said.

Fourteen years ago they moved to the local area in what was to be a 'temporary' move. They lived in Forty Fort until the flood forced them from their home in 1972. It was then that they purchased their large home in Dallas.

Ralph is associated with ARA Services in Hanover Township.

Lillian taught home economics at Meyers High School for four years. She enjoyed it but now she is satisfied to stay at home and raise their children. She said that once the children are grown, she might consider working again but is not sure since she finds there are so many things to do at home.

She does some work for the Drexel alumnae and also is involved in church work at the First Baptist Church, Kingston, where she and her husband are members. She sings in the choir and is a member of the Missionary Society.

Lillian does microwave oven demonstrations for Panasonic and beginning Oct. 13, she will teach a six-week course in microwave cooking at Luzerne County Community College. The course will feature the theory of microwave cooking and how to convert conventional cooking into the microwave method.

Her kitchen was on the medical auxiliary tour in the spring and she demonstrated microwave meal preparation.

She plays tennis and enjoys skiing which she and Ralph both do. This year they plan to get the children on skis.

Her husband's favorite pastime is doing work around their home, fixing and renovating. Recently, he made a tree house for the boys in the backyard.

Lillian enjoys preparing Armenian foods because her family enjoys them so much. It is time-consuming but challenging. She uses a lot of Dolma, preparing it like rice for stuffing egg plant, tomatoes and grape leaves. She likes trying new recipes, however, whatever they might be.

She sews, mostly for the children, but not as much as she used to do. Lillian enjoys entertaining, especially dinner parties. She finds she can be most creative when preparing for guests. She loves her microwave oven, finds it a tremendous time-saver.

The Jamgochians have done a lot of traveling and have been to Europe several times. Last March she went with Ralph when he had to go to Europe on business. She is now looking forward to traveling with the children.

In the summer, she spends most of the time out-of-doors, usually playing tennis while the boys are swimming. During the winter months, she does a lot of work in her home.

For the past five years, Lillian has been a judge at the Bloomsburg Fair Flower Club exhibits and this year, also a judge at the Fall Fair.

She does a lot of freezing for the winter, doing both vegetables and fruit.

Describing the Jamgochian family is not complete, if one doesn't in-

clude "Chamick", ("raisin" in Armenian). Lillian's 12-year-old blue Persian cat. Her husband surprised her when he gave her the cat for a Christmas gift 12 years ago. She had wanted a cat but he told her "no pets", then he gave her Chamick, named by Lillian for its golden eyes the color of light raisins.

Lillian enjoys being at home and she finds no greater challenge than being a mother.

The recipes she shares with Post readers this week are Armenian, all easy to make and favorites of her family.

CHEOREG
7½ c. flour
5 t. baking powder
3 eggs
2-3 T. sugar
1 t. salt
1¼ c. lukewarm milk
½ lb. butter
½ c. crisco

Sift flour, baking powder and salt together. Dissolve sugar in warm milk, melt butter and crisco together. Add melted shortening, milk and beaten eggs to flour. Mix well with hands. (1 T. black caraway seeds may be added if desired). Knead into soft dough. Break off by pieces, roll each piece into eight inch length, half inch in diameter. Form into circle. Bake on cookie sheet at 350 degrees for 15-20 minutes or until brown. May be made into other shapes if desired.

DOLMA
(Stuffed Vegetable)
1 lb. gr. shoulder or leg of lamb, on fatty side
1 c. large wheat (Bulgour)
2 T. tomato paste
1 green pepper, chopped fine
2 T. salt
½ t. black pepper
2-3 fresh tomatoes or 1 sm. can whole tomatoes (½ No. 2 can)

Mix ingredients together and stuff squash, tomatoes, grape leaves or peppers. Place in covered pot and put in water to which has been added half cup of lemon juice. Water should fill half to three quarters of pot. Cook 20-30 minutes after vegetables start to boil.

MOUSAKA
1 lb. gr. lamb, lean but on fatty side
1 can tomatoes
5 onions, diced large
2 green peppers, diced
12-lb. eggplant, diced large
Salt and pepper to taste

Saute meat, add diced onions and green pepper; slightly cook, then add egg plant and tomatoes. Cover and cook for 45 minutes.

RICE PILAF
Handful fine noodles, about 2 T.
Brown in:
2 T. corn oil, add
1 c. long grain rice
2 c. chicken broth
2 T. butter

If broth is homemade, add two teaspoons of salt. Bring mixture to boil and cook for 20 minutes then turn off. Bulgour may be substituted for rice, if preferred.



Mrs. Ralph Jamgochian



In Arizona there's a pit 4,100 feet in diameter and 570 feet deep gouged out by a meteorite that fell 30,000 years ago.

NOVEMBER 8
ELECTION DAY
Vote
LEONARD
"Pooch"
KOZICK
TAX COLLECTOR, DALLAS TWP.

SAVE UP TO **60%** IN HOME HEATING COSTS
CONVERT YOUR FIREPLACE INTO AN EFFICIENT HOME HEATER

Better 'n Ben's
the Fireplace Stove
\$319.

This unique combination wood stove and fireplace cover panel installs in minutes without masonry alterations. It burns seasoned wood throughout the night, will heat your home and cook your meals. Also great for camps, cabins, ski-lodges and as an emergency unit in case of power failures. Firebox: 18" high; 18" wide; 24" deep. Door Opening: 9" x 13". Weight: 150 lbs. Back Panel: Std. 34½" high x 42" wide. Other sizes available.

REISINGERS "NATURAL LIFE STYLES"
66 Main St. (Across from Library)
Dallas, Pa. 18612
MON-Sat. 9 am-9 pm PHONE 675-0475

FREE STANDING STOVE \$189. ALSO AVAILABLE

Holiday **MARKETS**
OF PENNSYLVANIA
are pleased to announce that
MR. HERB FEENEY
is operating your local
MARKET
Rt. 309 - Dallas Shopping Center
Dallas, Pa.
(formerly Dave & Dolly's)

HOLIDAY MARKETS OF PENNSYLVANIA is a commercial enterprise typical of the free enterprise system in our country. ALL of the power and punch of a national chain store with the individual characteristics achieved through independent operation...

YOUR NEIGHBOR—operating independently—IT'S HIS BUSINESS TO BE SURE OF SATISFIED CUSTOMERS

We pledge to you to do our very best to make every grocery shopping day a glorious holiday at our HOLIDAY MARKET
Signed, Herb Feeney

DOUBLE
THIS WEEK
THRU OCT. 8

DOUBLE SAVINGS ON MANUFACTURER'S COUPONS

Between now and Oct. 8 we will redeem all national MANUFACTURER'S cent-off coupons for double their value. Offer good on national manufacturer's coupons only. It does not apply to other stores' money savings coupons, whether a manufacturer is mentioned or not. It does not apply to "FREE" coupons. Cigarettes, milk, tax, lottery tickets and certain other items are excluded by law from this offer. Offer expires Saturday, Oct. 8, 1977.

AND THESE BIG MONEYSAVING VALUES!!

FANCY FRESH SHEET SPARE RIBS 98¢ LB.

REGENT LEAN COOKED HAM (BOILED HAM) \$1.88 LB.

CRISP TENDER CELERY 39¢ STALK

PROGRESSO SOUPS ASSTD. 2 20 OZ. CANS 89¢

CHEF FROZEN PIZZA CHEESE SAUSAGE PEPPERONI 10" 99¢

STROEHMAN'S FAMILY STYLE BREAD 3 18 OZ. LOAVES \$1

WE GIVE S&W WE GIVE S&W WE GIVE S&W WE GIVE S&W

VALUABLE COUPON D1 REDPACK SPAG. SAUCE PLAIN-MEAT-MUSHROOM QUARTS 59¢

WITH A MINIMUM 7.50 PURCHASE EXCLUDING MILK, CIGARETTES AND COUPON ITEM. LIMIT 1 ENDS 10-8-77

VALUABLE COUPON D2 PILLSBURY BUNDT CAKE MIX 99¢

LIMIT 1 ENDS 10-8-77

VALUABLE COUPON D3 NESTLE'S HOT COCOA MIX 24 OZ. CTNR. \$1.89

LIMIT 1 ENDS 10-8-77

VALUABLE COUPON D4 STALEY PANCAKE SYRUP 24 OZ. BTL. 89¢

LIMIT 1 ENDS 10-8-77

VALUABLE COUPON D5 PRINCE SPAGHETTI REG. THIN-ELBOW MAC. 3 1 LB. PKGS. 89¢

WITH A MINIMUM 7.50 PURCHASE EXCLUDING MILK, CIGARETTES AND COUPON ITEM. LIMIT 1 ENDS 10-8-77