

Post Cookbook

Linda LaBar experiments with recipes

by Joan Kingsbury
Linda LaBar enjoys
experimenting with

recipes. She enjoys cooking
and likes to take her time
when preparing a dish for

her parents and family. She takes a basic recipe, adds some additional ingredients and creates an original recipe of her own.

Linda has plenty of opportunity to prepare such dishes for she lives with her parents, Mr. and Mrs. Clarence LaBar, on Ransom Road, Dallas. She is one of seven children. Linda has five brothers, Clarence Jr.; Tim, Don, Woody, and Larry, and a sister, Ruth LaBar Wolfe. She also has two nephews, David and Nathan LaBar, and a niece, Valerie Wolfe, whom she fondly refers to as "my kids".

Linda loves animals and has a dog, Duke, whom she describes as a "Heinz" variety.

A graduate of Dallas Senior High School and Empire Beauty School, Linda has her own beauty shop, located in the rear of her parents' home. When asked why she chose beauty culture as a profession, Linda said that when she was a youngster she accompanied her mother and great aunt to the hairdresser's. She was so fascinated by the fact that they went in "with

straight hair and came out with curly hair", that she decided she would like to pursue a career in hair-styling.

Linda attends various hairstyling shows where the latest in hair styles and hair products are demonstrated. Usually, both men and women's hairstyling techniques are shown. Linda has benefited from these shows and has numerous male clients. She also cuts children's hair and all well-behaved boys or girls receive a lollipop as a reward.

Linda enjoys being in business. She knows her customers quite well and finds it very interesting working with different types of personalities.

An active member of Glenview Primitive Methodist Church, Fernbrook, she is secretary for the Sunday School and a substitute teacher for the senior high girls. Linda also is leader of a youth group ranging in age from eight to 11 years which meets every other Saturday night. Recently, they went hiking and now are planning a picnic when the weather permits.

Linda is a sports enthusiast—both winter and summer. Skiing tops the list of winter sports and she skis at Elk Mountain whenever she has the opportunity. During the winter months she also goes ice skating and snowmobiling.

During the summer, she spends most of her leisure time in the family's backyard pool but also plays volleyball and badminton.

A Rainbow member for the past eight years, she is now on the board which investigates new applicants for membership. She is looking forward to joining the Order of Eastern Star later this year.

Recently, Linda began taking piano lessons for her own enjoyment. She also has dabbled in ceramics and candle-making. She enjoys sewing and crocheting in her leisure time. She makes most of her own clothes and is presently crocheting a bed spread.

Linda has made a number of crocheted animals for her niece and nephews. Although she

purchases a few gifts, Linda likes to give gifts that she has made. She believes a handmade gift means more to the recipient.

Linda has a variety of recipes that are original and unique to her. She prepares meatloaf with tomato soup and cheese which gives it an unusual flavor.

Her brothers speak highly of the brownies and banana cake Linda makes and the entire family and friends rave about the vegetable salad she prepares as a cool summer side-dish.

Linda graciously shares these recipes with Post readers this week in the hopes they will enjoy them as much as the LaBar family.

MEATLOAF

1½ lbs. gr. beef
½ c. quick oatmeal, uncooked
¼ c. chopped onion
2 t. salt
¼ t. pepper
2 eggs, beaten
1 slice of bread
½ c. grated cheese
½ can tomato soup

Combine ground beef, oatmeal, onion, salt and

pepper. Soak bread in beaten eggs. Roll out meat mixture, top with bread, grated cheese, and ¼ can of tomato soup. Roll up meat mixture into meat loaf. Make a trench on top of meatloaf, pour in remaining soup. Bake in 350 degree oven about 1½ hours or until done.

BROWNIES

two third c. flour
¼ t. salt
2 sq. unsweetened chocolate
1 c. sugar
1 t. vanilla
½ t. baking powder
one third c. butter
2 eggs

Cream together sugar and butter. Add eggs and vanilla and melted, cooled, chocolate. Mix salt, flour and baking powder. Add to sugar mixture. Bake at 350 degrees for 20 minutes.

BANANA CAKE

1½ c. sugar
½ c. shortening
2 eggs
1 t. vanilla
1 t. salt
¼ T. baking soda

½ c. butter milk
2¼ c. flour
2 very ripe bananas
½ c. chopped nuts

Cream sugar and shortening. Add eggs, and vanilla, mix well. Sift together salt, baking soda, and flour. Add alternately to sugar mixture with buttermilk. Chop bananas in very small pieces. Add bananas and nuts to cake mixture. Bake in a 9x3 pan at 350 degrees for 30 minutes.

VEGETABLE JELLO SALAD

1 sm. pkg. of lime or lemon jello
¾ t. salt
1 c. boiling water
¾ c. cold water
2 T. vinegar
2 T. grated onions
½ c. finely chopped cabbage

1 c. finely chopped celery
½ c. grated carrot
3 T. green pepper, chopped
Dissolve jello and salt in boiling water. Add cold water and vinegar. Fold in other ingredients. Chill until firm.



Linda LaBar



John Hartford

John Hartford in concert

John Hartford will appear in concert the evening of Thursday, June 1, in College Misericordia Auditorium presented by Down Home Music. No starting time was listed for the concert.

Hartford's music is bluegrass oriented, with off beat arrangements which reflect his own per-

spective. His show is a one man band affair where he performed on banjo, fiddle and guitar, while providing percussion by dancing upon an amplified piece of plywood. Humorist, poet, musician, composer, author, fine artist and riverboat Captain, John Hartford is a most talented individual.

Menus

Lake-Lehman Menu
May 29 - June 2

MONDAY—No school.

TUESDAY—Beef ravioli with sauce, buttered green beans, wheat bread and butter, fruit, milk.

WEDNESDAY—Hamburg r-b-q on bun w-relish, buttered corn, applesauce and cookie, milk.

THURSDAY—Oven baked breaded chicken, mashed potatoes and gravy, buttered carrots, Parker House roll and butter, cranberry sauce, rice pudding, milk.

FRIDAY—Tuna burger, potato puffs, pickle chips, buttered peas, fruit, milk.

Gate of Heaven Menu
May 29 - June 2.

MONDAY—No school.

TUESDAY—Hot dog on bun, saurkraut, chips, mustard, ketchup, apricots, milk.

WEDNESDAY—Chicken croquettes, gravy, green beans, bread and butter, jello, milk.

THURSDAY—Hoagie, chips, pickles, pudding, chocolate milk.

FRIDAY—Beef over noodles, carrots, bread and butter, peaches, milk.

DALLAS MENU
May 30 - June 2

Monday - No School.

Tuesday - Wafer steak sandwich on roll; with cheese ketchup - relish; potatoe chips, buttered green beans, choice of fruit or pudding, chilled milk

Wednesday - Club hamburger (Hamburger - tomato-lettuce and pickle chips); Potato salad, peaches, cookie, and chilled milk; Bag Lunch - Westmoreland.

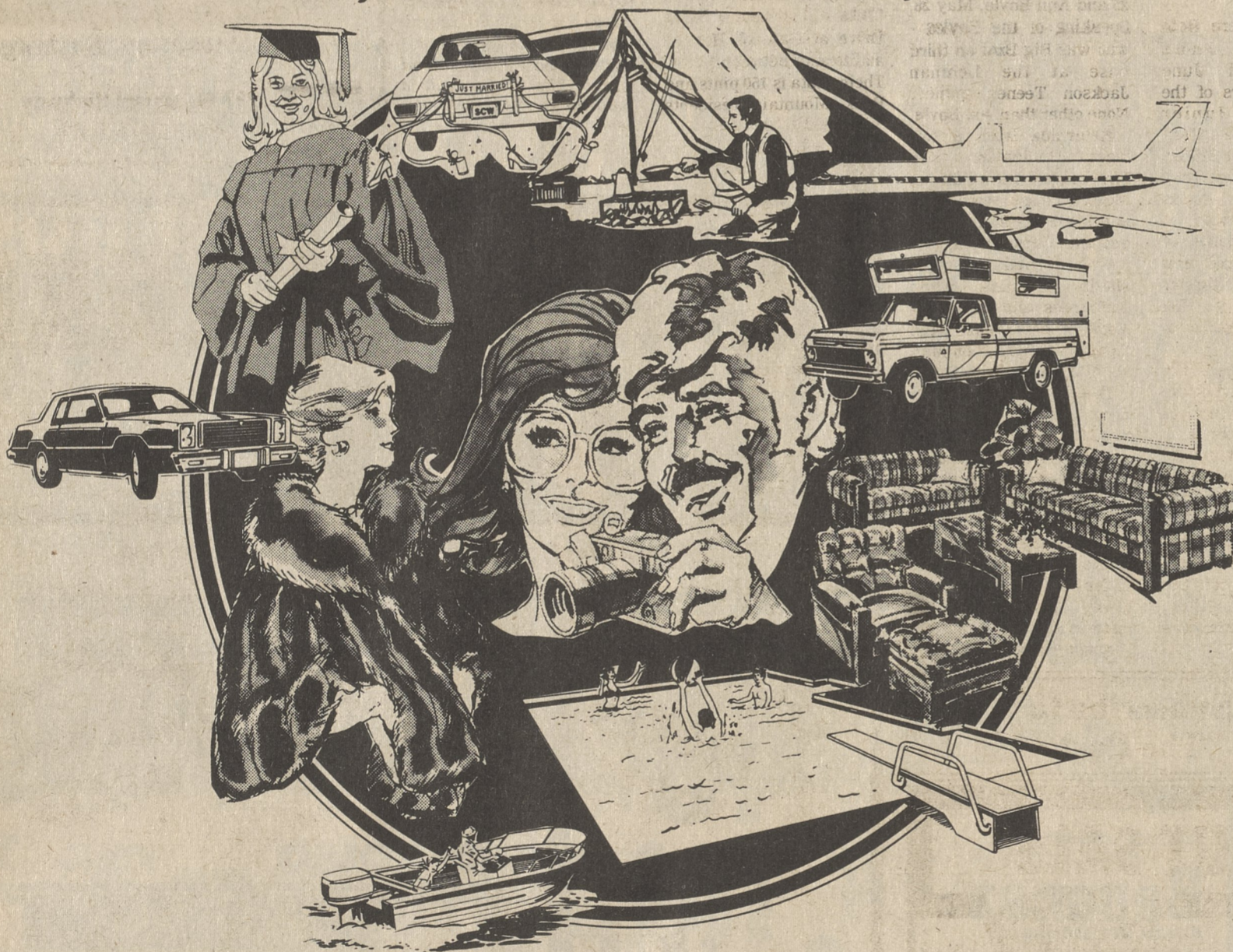
Thursday - Turkey Bar-B-Que on roll, relish, French fries - Jr. Sr.; potato rounds - Inter. Elem.; cranberry sauce, corn, ice cream, chilled milk.

Friday - Pizza, celery stuffed with peanut butter, lettuce wedge - dressing, fruit cup, and chilled milk.

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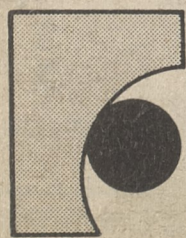
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