

COOKBOOK

Pat Rusiloski shares one-pot meal

BY Joan Kingsbury
This winter, this week's cook, Pat Rusiloski and her husband Stan took a trip that would fulfill a life long dream for some people. Stan was fortunate enough to be chosen by his company, Certainteed in Mountaintop, to attend schooling in France, for a week and much to her delight, Pat was allowed to go along.

They spent an exciting weekend in Paris at the beginning of their week seeing such famous sights as the Eiffel Tower, Notre Dame Cathedral, and the Arch of Triumph. They also visited the Louvre, and saw the original Mona Lisa.

From Paris they flew to Marseille, where a car was waiting to take them to Orange, where Stan would be shown how fiberglass was made in France.

Orange is a small town containing many ancient Roman ruins. Pat admitted that it was a very interesting place but that she was hampered by the fact that she does not speak one word of French. Unlike Paris, where some individuals speak English, Orange has very few natives who do.

According to Pat, although many Frenchmen have cars, they frequently travel on either bicycles or mopeds (motorized bicycles). The Frenchmen buy their bread from local bakeries and take it home without putting it in a bag. Pat says the sight of someone carrying a long loaf of French bread while balancing a moped or bicycle is quite comical.

Pat was impressed with the beautiful French countryside. The Rusiloski's were lucky to get a glimpse of the Alps since the end of the mountain chain is visible from Orange.

French food was a different experience for Pat. For the first time she tasted escargot and frogs legs.

The foods are usually served with rich sauces. Wine is a must with meals. Pat found that the French prefer rare meat to well done. She was very disappointed one evening when she ordered lamb and it was very rare. In France one must request well done meats. At dinnertime the language was not a problem since the company provided an interpreter for each evening meal.

Pat is a native of the Lee Park section of Wilkes-Barre. Stan, who was raised in Chase, is a graduate of Penn State University. At Certainteed he is assistant plant engineer.

The Rusiloskis have resided in their home since last July. The home was entirely designed and built by Stan. The fieldstone fireplace with its barn beam mantle in the living room gives the house an Early American flavor. Stan likes working with wood and has made an attractive dark pine desk for the living room. He has just finished landscaping a beautiful flower garden alongside their home. This particularly pleased Pat since gardening is one of her favorite summer pastimes.

Pat has made many beautiful pictures for their house with Tri-chem, liquid embroidery. Her dining room is enhanced by a cozy, harvest scene. On her livingroom walls are two pictures done by Pat, one of a deer, the other of a

winter scene. Stan makes all the frames for her pictures. She has also made tablecloths and gifts with Tri-chem.

Both Pat and Stan enjoy spending time at Frances Slocum State Park. In winter they have fun ice skating and tobogganing. In summer, they make use of the pool.

For an easy one pot meal, Pat has shared her recipe for beef stew with us. Condensed beef broth and tomato soup make this stew extra tasty. Pork chops in V-8 juice are most and juicy. One of Pat's neighbors urged her to submit the recipes for chocolate mayonnaise cake and vanilla pudding icing. For a special dessert, holiday squares would be ideal.

BEEF STEW
1 1/2 lbs. beef cubes
2 T. shortening
1 can condensed beef broth
1 can tomato soup
1/2 soup can of water
1/4 t. thyme
salt and pepper
4 carrots cut in 2 inch pieces
8 small whole, white onions
4 medium potatoes, quartered

In a large pan brown meat in shortening, pour off fat. Add soups, water, and seasonings. Cover and simmer 1 1/2 hours. Add remaining ingredients, cover and cook 1 hour.

PORK CHOPS IN V-8 SAUCE
4 pork chops
1/4 t. salt
dash pepper
4 slices onion

CM creates gerontology board

College Misericordia's Institute of Gerontology has created an advisory board composed of area gerontology professionals who will aid the Institute in developing training programs.

The goal of the year-old Institute is to upgrade the care area elderly receive by providing professional training for persons engaged in care of the aging. The newly-formed advisory board will help the Institute develop resources to maintain a high level of training efficiency.

Board members are: John Baldi, Research Bureau Director, University of Scranton; J. Marshall Lewis, Executive Director, Governor's Regional Office on Aging, Scranton; John O'Hara, Administrator, Leader Nursing and Rehabilitation Center, Kingston; Margaret R. Spencer, Executive Director, Heritage House, Wilkes-Barre; Sister Jayne Pruitt, Director of Misericordia's Institute of Gerontology; Frank C. McCormack, Region Coordinator, P.A.O.P., Wilkes-Barre; Joan G. Buchanan, Office of Governor's Special Assistance for Aging, Harrisburg; and Sister Therese Regina, Administrator, Little Flower Manor, Wilkes-Barre.

Also, Ben Ashcom, Consultant in Health Care Delivery, Philadelphia; John Bakima, Librarian, National Council on Aging, Washington, D.C.; Carol McLellan, Director, Area Agency on Aging, Northern Tier, Townada; and Thomas Saxon, Administrator, Wilkes-Barre General Hospital.

1 cup V-8 juice
1 T. brown sugar
2 T. water
1 T. flour
Brown chops. Season with salt and pepper. Place onion slice on each chop. Add V-8 juice, and brown sugar. Cover-cook for 45 minutes. Gradually blend water and flour, slowly stir into sauce.

CHOCOLATE MAYONNAISE CAKE
3 cups cake flour
1 1/2 c. sugar
two thirds c. unsweetened cocoa
2 1/4 t. baking powder
1 1/2 t. baking soda
1 1/2 c. mayonnaise
1 1/2 c. water
1 1/2 t. vanilla

Sift together dry ingredients into large mixing bowl. Stir in mayonnaise gradually with water and vanilla until smooth. Pour into oblong pan. Bake at 350 degrees for 35 to 40 minutes.

VANILLA PUDDING ICING
1 c. milk
1 3-oz. pkg. vanilla pudding
1/2 c. sugar
1/2 c. crisco
1/2 c. butter

Bring milk and vanilla pudding to a boil. Let cool. Beat together sugar, crisco, and butter. Beat until fluffy, add pudding mixture.

holiday squares
1 1/2 c. sugar
1 c. butter
2 c. flour
1 T. lemon juice
4 eggs
desired flavor of pie filling
Add sugar to butter and cream until fluffy. Add eggs one at a time beating well after each addition. Add flour and lemon juice. Beat well. Flour and grease bottom of cookie sheet. Press dough into cookie sheet. Mark off 20 squares. Place 1 tablespoon of filling in center of each square.

Bake at 350 degrees for about 30 minutes.

NOTE: In last week's cookbook feature, 2 cups of flour was omitted from the Pumpkin cake recipe. Please correct recipe for future use. Thank you.

Lehman board meets

The regular monthly meeting of the Lake-Lehman Board of School Directors will be held on Tuesday, July 11 at 8 p.m. in the Music Room of the Lehman-Jackson Elementary Building, Lehman. Gilbert D. Tough, president, will preside.



Pat Rusiloski

CONSUMER GUIDELINES

Some homeowners waste water in the warm season because they water and cut lawns too frequently. Water the lawn only in the evening and do not overwater. Cut the lawn less frequently. The extra growth will hold moisture.

KUNKLE COMMUNITY HALL CLOTHING CLOSE-OUTS "We're Back Again"
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DOUBLE MANUFACTURERS THE COUPON SAVINGS

Between now and July 8 we will redeem all national MANUFACTURER'S CENTS OFF COUPONS FOR DOUBLE THEIR VALUE. This offer is good on national coupons only. The double savings cannot exceed the price of an item and free items are exempt as well as any other items excluded by law. THE MAXIMUM REDEMPTION VALUE IS NOT TO EXCEED \$1.00 PER COUPON. Coffee coupons are limited to one for instant and one for ground. This offer expires SAT., JULY 8, 1978.

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100 WINNERS '50 WINNERS '25 WINNERS

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HERE'S THE WAY IT WORKS:

- 1.- Visit Dallas Holiday Market.
- 2.- Fill Out Registration Slip And Deposit In Box
- 3.- Watch Each Weeks' Ad For Identification of Winners.

FRESH WHOLE FRYING CHICKENS lb. 49¢	HOLIDAY'S OWN BOX-O-CHICKEN lb. 55¢ 3-LEG QTS. 3-BREAST QTS. 3-WINGS 3-GIBBLET PACS	FRESH SPLIT FRYERS 59¢
BONELESS BEEF ROUND CUBE STEAKS lb. \$1.89	CHOICE WESTERN BONELESS ROUND STEAK (FULL CUT) lb. \$1.89	SANDY CANADIAN STYLE HAM STORE SLICED lb. \$2.49
BONELESS SIRLOIN TIP ROAST lb. \$1.89	BONELESS RUMP ROAST lb. \$1.89	1/2 NEEK MAID PASTRAMI STORE SLICED lb. \$1.69
BONELESS ROUND STEW BEEF lb. \$1.49	BONNIE BRAND SLICED BACON 1-lb. vac. pac. 99¢	HOLIDAY FARMS HOT DOGS 1-lb. vac. pac. \$1.09

HI-C FRUIT DRINKS 7-varities
2 46-oz. cans 89¢

GATORADE 2-varities qt. **59¢**

SUGAR 2 1-lb. bags **89¢**

SWEET BUTTER CHIPS 22-oz. jar **79¢**

TRASH BAGS gallon size **79¢**

BLUE LABEL PEAS 4 16-oz. cans **\$1**

BLUE LABEL CUT BEETS 4 16-oz. cans **\$1**

BLUE LABEL WHOLE CORN 4 16-oz. cans **\$1**

PEANUT BUTTER 28-oz. jar **\$1.59**

PRINCE DINNERS 4 7-oz. pkgs. **\$1**

C&C COLA 6 12-oz. cans **89¢**

TIDE giant size **\$1.29**

ROYAL SWAN OLEO 1-lb. pkgs. **2 79¢**

VLASIC ICICLE PICKLES qt. jar **69¢**

SHOP LOOK COMPARE

5-lb. PRIVATE LABEL SUGAR 1.25
TALL CARNATION CANNED MILK 39¢
5-lb. KING MIDAS 39¢
4-pk. WHITE CLOUD TOILET TISSUE 95¢
10-oz. NESCAFE INSTANT 5.19
13-oz. FOLGER FLAKE COFFEE 2.79
PAMPER OVERNIGHT 1.43
24 PAMPERS EX.-ABSORB. DAY 2.69
28's J&J DIAPER NEWBORN 2.09
1-lb. CHIFFON SOFT OLEO 85¢
12-oz. KRAFT WH. AM. CHEESE SINGLE 73¢
1-lb. FLEISCHMANN Qr. OLEO 1.29
14-oz. HEINZ KETCHUP 99¢
1-lb. KRAFT MAYONNAISE 53¢
11-oz. KELLOGG SPECIAL-D 1.47
10-oz. CHEERIOS 89¢
8 1/2-oz. TRIX 75¢
16-oz. POST GRAPENUTS 95¢
24-oz. WYLLERS DRINKS 91¢
2-qt. KOOLAIDE 1.83
46-oz. HAWAIIAN PUNCH 47¢
24-oz. WEAVERS TOUCH-O-HONEY CHICKEN 63¢
72-oz. KEN-L-RATION BURGER 2.79
5-lb. DOMINO SUGAR 2.67
48-oz. CHEER (GIANT SIZE) 1.29
5-lb., 4-oz. TIDE (KING SIZE) 1.59
24-oz. WESSON OIL 2.75 99¢

produce

WHITE SEEDLESS GRAPES lb. **79¢**

WESTERN ICEBURG LETTUCE head **49¢**

U.S. NO. 1 WHITE POTATOES 10-lb. bag **\$1.69**

CALIFORNIA BING CHERRIES lb. **89¢**

TANGY GOLDEN RIPE BANANAS 4 lbs. **\$1**

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