

The Book Shelf

C.A.N.D.Y

by Carmella Kennedy

Mother's, have you ever asked yourself, "how can I get my kids to eat less sugary, salty, junk foods without sacrificing convenience or good taste?"

Take heart mothers of America "The Taming of the C.A.N.D.Y. Monster." Continuously Advertised Nutritionally Deficient yummies can show you how.

Between the pages of this ring-bound cookbook you will find such delectable delicacies as Peanut Butter Balls, Egg Sailboats, Aggression Cookies, Polnesian Popsicles, Unbirthday Cake and Wise Crax. This new cookbook by Vicki Lansky comes complete with a contemporary glossary of kitchen terms such as, "Cookie (last one) an item that must be eaten in front of a sibling, Casserole, a combination of favorite foods that go uneaten because they are mixed together and Fish, a form of protein with too many bones."

Although Ms. Lansky's book is humorously written, it is primarily dedicated to the improvement of our children's nutritional needs. She covers such areas as, "Nutrition is a Matter of Parenting, Brownbagging It to School, Tasty Alternatives to Junk-Food Snacks and If Your Child Can't Drink Milk." She also touches on the dangers of salt and sugar in our children's diet.

Weight Watchers International Cookbook offers an outstanding collection of recipes for the dieter. It includes a wide variety of best-loved foods such as veal picata, chicken cacciatore and beef stroganoff with noodles. The cookbook is introduced by Jean Nidetch, founder of Weight Watchers International, Inc.

The Vegetarian Epicure Book One and Two by Anna Thomas contains hundreds of dishes completely without meat, fish or fowl. With the interest in vegetarianism on the rise, these two books offer an unlimited variety of recipes.

Carla Emery's "Old Fashioned Recipe Book, An Encyclopedia of Country Living", contains everything the back-to-nature lover needs to know. It includes such topics as butchering livestock, growing vegetables, soap and candle making, old fashioned recipes, drying and smoking, canning and freezing and "much much" more.



MEMORIES LIVE ON-The Old Dallas Borough School has been razed and in its place is a playground for elementary students but memories linger on in the

minds of the many local residents who were students in the school years ago.

SHAVERTOWN FIREMEN'S AUCTION JULY 27 - 28 - 29 7:30

LIBRARY NEWS

by Nancy Kozemchak

It was Thomas Edison who claimed that library books gave him the scientific information he needed for his early experiments. You may not be an Edison, but we know you want to improve yourself - get ahead.

The Back Mountain Memorial Library has hundreds of books on virtually every subject, making it possible for you to improve your knowledge in any field. Take advantage of this privilege - read books from your public library!

Elizabeth Cadell has been highly acclaimed for her richly wrought and delicately spun works and her latest novel "The Round Dozen" is now on the shelves at the library. This is her thirty-second and most delightful mystery-romance novel to date. London bachelor, William Helder, unexpectedly finds himself next in line to

Get ahead

track down a priceless family heirloom - the last antique silver flagon missing since 1702. William's sleuthing leads him into the rural countryside and face to face with a cast of the author's most memorable characters.

The most recent book to arrive for the memory shelf in memory of Alice and Fred Howell is a gift of Mrs. Janet Smith. "The Collector's History of Dolls" by Constance Eileen King is the most complete study available of the historical development of the doll, traced in relation to the social context of the lives of the child owners. A truly beautiful book, as are the other Howell Memorial Books, in this book a pictorial survey is given in the illustrations, with many previously unphotographed dolls from private collections.

"Sand Dollars" by Robert Terrall is a new novel of the adventures of an accountant on the run from the Mafia in a Caribbean paradise. At first glance Benn Barron looks like a typical accountant - mild-mannered and nervous, A Clark Kent who never disappears into a phone booth. In his own way, however, Ben is a superman. How Ben wins the love of a beautiful Jamaican girl with a mind of her own, leaves the reader cheering for one of the wildest, most entertaining and unusual adventure tales to come along in years.

Denise Sigworth, who has been a page at the library for several years, has left for a period of travel and then to continue her education in New York.

The summer reading program in the children's annex is reaching the mid-way point and is quite an enthusiastic endeavor. There are approximately 100 children registered in the program which is to be completed by the end of August with an awards party.

The Fresh Air Children visiting the Back Mountain were entertained at a special story hour with a visit from Chapo the clown. Both sessions of the summer story hour are filled to capacity with more than 70 children involved and registration had to be closed.

Barb's Wire

Up in the air

by Barbara T. Evans

Almost everyone has taken a friend or relative to the bus station or airport and watched as they boarded for departure, wishing that it was he or she who was going. Well, your time comes and it can be an adventure on a magic carpet or a dull trip. For those who must travel often boarding a plane or bus can be old hat with all of the thrill of adventure passed. For those of us who seldom travel, it can be as exciting as the actual vacation itself.

Air travel seems to be a popular form of travel today. There are all kinds of people hurrying somewhere with all kinds of expressions and problems. Many very young children are seen on planes and they appear to weather the trips very easily. The most shaking part of the trip is at the beginning when you are shown the emergency equipment.

Somewhere inside a tiny voice says, "Are they trying to tell me something?" After take-off and when in the air, the apprehension disappears and you finally relax and enjoy the journey.

There are so many interesting people. Each passenger who sits next to you has a story and special personality all their own. You suddenly realize how small your world is and how much there is to see and learn. People as a whole are very friendly and willing to share their little worlds with you.

Did you know that the wind blows most of the time in Kansas? A plane leaves O'Hare Airport every four minutes? Sections of the Rio Grande River are so dry you can walk across them? You don't fall over when a plane banks to the left or right and you do feel very close to God 35,000 feet in the air.

A smile that comes from within can open the door to many short but meaningful friendships and usually these friendships produce bits of knowledge that are amazing. It certainly beats traveling alone on a covered wagon.

Magistrate Earl S. Gregory celebrates his birthday July 29 and we wish him a very happy day and coming year. To help make the occasion more meaningful, his son Jeff will be home for a two week vacation from school in Pittsburgh.

Don Evans, Church Street, Dallas is recuperating at him home following surgery. Don, a very amiable gentleman, has the prayers and wishes of all his friends for a very speedy and thorough recovery.

There are many forms of art but probably the most used is needlework. Many, many people, men and women use needlework to express their artistic talents. We are fortunate to have in our community a very special person whose artistic talents are unbelievable considering she is an arthritic. Gert Pokorny who lives on Rice Street in Trucksville is an artist in every sense of the word.

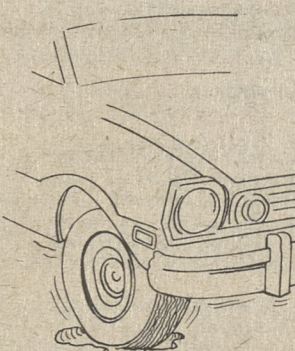
Gert uses an old Scandinavian 'counted thread' method to draw beautiful pictures with her needle. The process is slow but the results are breathtaking. She has several of her items framed and they are a credit to her effort. Although her hands are crippled and sometimes it is difficult to hold a needle she persists and she can be very proud of the results. She must use a magnifying glass at times to count the threads.

There are probably a lot of Back Mountain residents who have special hobbies which should be shared with others and be enjoyed. We would love to hear from anyone who would like to have others enjoy their work.

Thought for the week: Better do a little well than a great deal badly.

Auto Service Tips

Keeping front wheel suspensions properly aligned means longer tire wear and safer handling. Alignment should be checked after spring driving when potholes are frequently encountered in driving. Check alignment if tires wear unevenly or if car pulls to right or left.



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