

POST COOK BOOK

# Suzanne Artman enjoys good food

by Joan Kingsbury  
 Since her childhood days, enjoying good food has been a part of Suzanne Artman's life. Her mother, a home economics teacher, and her father, an A&P manager and gourmet cook, who "makes every food he touches special" provided their family with interesting and tasty meals.

Suzanne's parents grew many of their own vegetables, and taught her how to can and preserve. Suzanne particularly enjoys canning tomato sauce which she makes into homemade spaghetti sauce.

Suzanne grew up in Watsontown, a town located between Sunbury and Williamsport. She and her husband, Bruce, an employee of Bell Telephone, met while in high school. The Artmans and their three children, Kathy, John and David moved to the Back Mountain from Mechanicsburg a year and a half ago.

Re-locating in a new community is something Suzanne has done several times due to Bruce's job.

In adjusting to a new area, Suzanne believes "it is important to make an effort, on your own, to become part of any community in which you live and to contribute to its progress."

While living in other communities Suzanne has participated in historic preservation, school art programs, gourmet groups, federated

women's clubs, parent teacher groups and girl scouting.

The Artmans joined St. Paul Lutheran Church shortly after moving to the Back Mountain. At St. Paul's Suzanne is associate editor of the church newsletter and a member of the choir.

Interested in writing Suzanne serves as publicity chairman for Dallas Junior Woman's Club and Dallas Borough Elementary PTO. She also serves as chairman of the volunteer library program at Dallas Borough Elementary School. Suzanne is a member of Newcomers Club.

In addition to writing, Suzanne's interests include sewing, doing crafts, refinishing furniture, knitting and reading. Bruce, who enjoys woodworking, has built a Victorian dollhouse for Kathy.

The Artman youngsters all keep quite busy. Kathy, who is 13, spends her free time babysitting, crafting items for her dollhouse or doing water colors or pencil drawings. Kathy also likes to sew, having won awards for clothing she has made.

Twelve-year-old John, according to his mom, "an avid and voracious reader and book collector". An excellent student, John is interested in advanced math and science. This ambitious fellow also maintains two paper routes.

Both Kathy and John at

students at Dallas Junior High School.

David, age eight, attends Dallas Borough Elementary School where he is a member of Miss Reiss' third grade class. A real sports enthusiast, David is particularly interested in football, basketball and fishing. David takes art lessons and enjoys working in the woodshop with his dad.

Since enjoying good eating can also cause a pretty good weight gain, Suzanne has included several de-calorized recipes. Plain yogurt and low-fat cottage cheese flavored with dill, onion and parsley are ingredients in Suzanne's Dill Dip. This dip is served with cauliflower florettes, slices of cucumber and zucchini and celery and carrot sticks. Shrimp Spread is another tasty low-cal recipe. Suzanne serves Shrimp Spread on Melba Rounds. For a low-calorie main dish Suzanne suggests Diced Chicken with Almonds. A tasty blending of diced chicken breast, peas, mushrooms and celery. Diced Chicken with Almonds is served over rice or Chinese noodles.

Suzanne has graciously provided us with two recipes from her mother's kitchen, Christine's Ham Loaf and Apple Crisp. Although neither can be decalorized, both are family favorites.

DILL DIP FOR VEGETABLES  
 1 c. plain yogurt

1 c. low fat cottage cheese  
 1 T. fresh, frozen or dried dill weed  
 2 T. minced onion  
 1 T. fresh parsley  
 1 t. Beau Monde seasoning  
 dash of salt

Blend yogurt and cottage cheese together in blender at high speed. Add dill weed, minced onion, parsley, seasoning and salt. Blend for a second or two. Serve with fresh cauliflower pieces, cucumber slices, celery and carrot sticks and zucchini slices. Makes two cups.

SHRIMP SPREAD  
 1 lb. shrimp, cleaned, deveined and cooked  
 1/2 sm. onion  
 1 rib celery  
 1/2 green pepper  
 1/2 med carrot  
 3 T. lemon juice  
 2 T. fresh horseradish  
 1 1/2 t. Worcestershire sauce  
 salt and white pepper to taste  
 Tobasco to taste  
 mayonnaise or yogurt (to desired consistency)

Grind or chop all ingredients, combine. Serve with melba rounds.

DICED CHICKEN WITH ALMONDS  
 1 T. cooking oil  
 1 t. salt  
 3 c. diced raw breast of chicken  
 2 T. soy sauce  
 1 c. fresh or frozen peas  
 1 c. diced celery  
 1 c. fresh sliced mushrooms  
 1 c. boiling water  
 1 T. cornstarch  
 1/4 c. cold water  
 1/2 c. toasted, slivered almonds

Heat oil and salt in a deep teflon frying pan; when oil is hot, add chicken and saute for

three minutes. Season with soy sauce and stir well. Add peas, celery, mushrooms and boiling water very slowly, stir well. Cover pan and cook for about four minutes. Add cornstarch mixed with cold water and lower heat. When sauce thickens and becomes clear, remove from heat and transfer to a shallow plate. Sprinkle with almonds. Serve very hot with rice or Chinese noodles. Serves 4 to 6.

CHRISTINE'S HAM LOAF  
 1 1/2 lbs. gr. cured ham  
 1/2 lbs. gr. fresh pork  
 2 eggs  
 1 c. milk  
 1 c. bread crumbs  
 1 t. salt (unless ham is very salty)  
 pepper

Form mixture into a loaf. Bake at 350 degrees for 1 1/2 hours. Baste frequently with following sauce.  
 SAUCE  
 1 1/2 c. brown sugar  
 1/2 c. water  
 1/2 c. vinegar  
 1 t. dry mustard  
 Combine ingredients and use for basting. This loaf is a good company meal. Serve with buttered noodles or baked sweet potatoes and green vegetable and tossed salad. Serves 6 to 8.

APPLE CRISP  
 4 c. sliced apples  
 1/2 c. water  
 1 t. cinnamon  
 1 c. brown sugar  
 3/4 c. flour  
 1/2 c. butter

Place apples in a buttered baking dish, sprinkle with cinnamon, add water.

Blend sugar, flour and butter. Sprinkle over apples. Bake at 350 degrees until apples are done and topping is browned. Serve with cream. Serves 6 to 8.



Suzanne Artman

NOTICE IS HEREBY GIVEN that letters testamentary have been granted in the estate of Michael Good, late of Plymouth, PA (died December 21, 1979) to Anne Lambert, 43 Elm Street, Plymouth, PA 18651. All persons indebted to the said estate are requested to make payment and those having claims or demands to present the same without delay to the executrix named, or her attorney.  
 EDWARD E. HOSEY  
 Attorney at Law  
 74 East Main Street  
 Plymouth, PA 18651

The Franklin Township, of Luzerne County, Zoning Hearing Board will conduct a public hearing in the basement of the Orange United Methodist Church, Orange, PA at 8:00 P.M. on Thursday, January 31, 1980, for the purpose of hearing the following request:  
 Rudolph and Gladys Anduze of 19 Orchard St., Wilkes-Barre, PA request a variance to place a single family home 10 feet from rear property line. Their property is located in Parrish Development, Carverton, PA.  
 Harold M. Hoover  
 Township Secretary  
 51-2

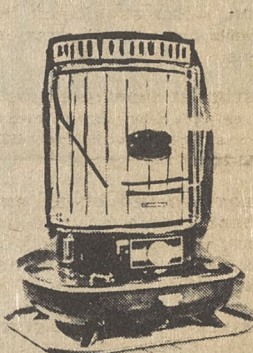
LEGAL NOTICE  
 Notice is hereby given that the regular monthly meetings of the Dallas Area Municipal Authority for the calendar year 1980 will be held at the Wastewater Treatment Plant located at Route 309, Kingston Township, PA. The meetings will be held on the following dates and times:  
 January 10, 1980 at 8:00 P.M.  
 February 14, 1980 at 8:00 P.M.  
 March 13, 1980 at 8:00 P.M.  
 April 10, 1980 at 8:00 P.M.  
 May 8, 1980 at 8:00 P.M.  
 June 12, 1980 at 8:00 P.M.  
 July 10, 1980 at 8:00 P.M.  
 August 14, 1980 at 8:00 P.M.  
 September 11, 1980 at 8:00 P.M.  
 October 9, 1980 at 8:00 P.M.  
 November 13, 1980 at 8:00 P.M.  
 December 11, 1980 at 8:00 P.M.  
 Copies of the meeting notices can be obtained at the business office of by sending a self-addressed stamped envelope to DAAA, Box 28A, R.D. 7, Shavertown, PA 18708.  
 Kenneth N. Rogers, Secretary  
 Dallas Area Municipal Authority  
 51-1

Notice is given that the following ordinance will be considered for adoption by the Council of the Borough of Harveys Lake, at a special meeting of the Council to be held on the 22 day of January, 1980 at 8:00 o'clock P.M. in the Borough Meeting Room, Sanitary Authority No. 1 pump station off Route 415 at Sunset, Harveys Lake Borough.  
 ORDINANCE PROVIDING COMPENSATION FOR COUNCILMAN IN BOROUGH OF HARVEYS LAKE WITH EXCEPTION.  
 BE IT ORDAINED AND IT IS HEREBY ORDAINED:  
 1. Compensation is herewith provided for Councilmen of the Borough of Harveys Lake at the rate of fifty dollars per month.  
 2. No compensation is provided for any councilman so long as that person holds a position of a Public Defender.  
 3. All ordinances or parts thereof inconsistent herewith are repealed.  
 51-1


The West Side Area Vocational Technical School will receive bids for liquid propane fuel at the office of the Director of said school at Kingston, Pa. 18704, until 2:00 P.M. on January 28, 1980. Specifications can be secured upon application to the Business Office of said School on or after January 11, 1980. Bids will be opened at a meeting of the Operating Committee of the School on January 28, 1980 at 8:00 P.M.  
 Bernard Novicki, Secretary  
 50-3

Weight reduction classes will be held at Monroe-Noxen Clinic at Noxen on Jan. 17 and 31, Feb. 7 and 21, March 6 and 20, April 3 and 17 at 6:30 to 7:30 p.m.

LEGAL NOTICE SPECIFICATIONS  
 2-Way Communications Equipment  
 A. General  
 The Township of Kingston, Luzerne County, contemplates the purchase of all new radio equipment in addition to its present Police System. The equipment will be comprised of one (1) mobile package and two (2) portable packages, all with accessories, features, and installation as set forth below.  
 The Contractor shall have on file with the FCC (Federal Communications Commission) the Specifications for the equipment which shall meet or exceed every requirement of the Commission for this type of service.  
 All Bids, sealed, are to be addressed to the Kingston Township Board of Supervisors at 11 Carverton Road, Trucksville, Pa., 18708. Bids will be opened on Feb. 13, 1980, at 8:00 P.M. Bids must be received by 4:30 P.M. on Feb. 13, 1980. Bid Specifications can be obtained at the Kingston Township Municipal Building, 11 Carverton Road, Trucksville, Pa., from 8:30 A.M. to 4:30 P.M. Monday through Friday.  
 B. Guarantee  
 The Contractor will guarantee all equipment bid and supplied against defects in workmanship, material, and design for a period of at least one (1) year from date of installation, and shall submit with his Proposal his full warranty statement for the equipment quoted.  
 All equipment proposed shall be from manufacturers of 2-way equipment of at least ten (10) years experience.  
 Delivery date shall not be more than sixty (60) days from date of our acceptance of the successful Bid, and Bidders are requested to quote accelerated shipping cycles available, if any. A Bid Bond or Certified Check in amount of ten per cent (10%) of the Total Bid must be furnished with the Bid, and Bids shall be marked "Radio Bid" on the outside of the sealed envelope.  
 The Kingston Township Board of Supervisors reserves the right to reject any or all bids.  
 For the Board of Supervisors of Kingston Township  
 Mark A. Kunkle, Secretary  
 51-2

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Thurs., Jan. 10, 8 P.M. wdau 22 SCRANTON

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NOTICE  
 TO: JOHN BALLA, Presumed Decedent  
 Please be advised that a Petition has been filed with the Orphans' Court Division of the Court of Common Pleas of Luzerne County, to No. 1131 of 1978, said Petition requesting the Court to establish the legal presumption of the death of the presumed decedent, John Balla, and that a hearing thereon will be held at the Orphans' Courtroom of the Luzerne County Courthouse, Wilkes-Barre, Pa. on February 25, 1980, at 11:00 A.M. Anyone having knowledge or information concerning the whereabouts or disposition of the said John Balla may be present at the hearing, or may contact the undersigned prior thereto.  
 COSLETT & COSLETT  
 ATTORNEYS-AT-LAW  
 515 United Penn Bank Bldg.  
 Wilkes-Barre, Pa. 18701  
 49-4

NOTICE IS HEREBY GIVEN that Letters of Administration C.T.A. have been granted in the following Estate. All persons indebted to said Estate are required to make payment, and those having claims and demands to present the same without delay to the Administratrix named:  
 Estate of ANNA NITKOWSKI, late of Nanticoke City, Luzerne County, Pennsylvania (died December 2, 1979).  
 Carol A. Jones, co.  
 ANTHONY P. MOSES, Attorney  
 960 United Penn Bank Bldg.  
 Wilkes-Barre, Pa. 18701  
 49-3

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