

Carolyn Bulford shares 'burger specialties'

by Joan Kingsbury
Hamburgers, the great American favorite, are popular with young and old alike. This week Carolyn Bulford suggests a delicious variation to this popular sandwich, Pizza Burgers. To make Pizza Burgers sandwich mozzarella cheese, tomato sauce and mushrooms between two thin broiled beef patties. Place patties on a hamburger bun; top with more sauce and onion rings for a filling lunch.

Casseroles are ideal main dishes for the busy summer season. Most can be prepared ahead of time, then popped into the oven just before serving. Barbecued Pork and Beans is a hearty, tasty casserole. Spread pork chops with mustard and ketchup; place atop baked beans in a casserole. Onion and lemon slices placed on each chop 15 minutes before Barbecued Pork and Beans are done gives this dish a tangy flavor.

For calorie counters Chicken Tropicale is a treat. This delicious casserole contains only 285 calories per serving. Chicken breasts, potatoes and peaches flavored with brown sugar, orange juice and parsley make Chicken Tropicale a memorable meal.

Cool, light fluffy desserts are the perfect way to end a summer meal. The Bulfords enjoy Lite and Fruity Pie. This dessert takes only minutes to prepare. Although the recipe suggests placing the filling in a graham cracker crust, the filling is equally good served by itself in a dessert dish.

The president of the Back Mountain Jay-C-Ettes, Carolyn is active in community affairs. Previously, Carolyn has served as the Jay-C-Ettes external vice president and on their board of directors.

The Jay-C-Ettes provide a variety of projects and services for our community including maintaining the children's booth at the Back Mountain Library Auction. Preparations for this year's booth include setting up an obstacle course for the children. Short movies complete with popcorn will also be presented in addition to the usual games. Making Santa available for area children during the Christmas season, helping the Back Mountain Jay-Cees with their horse show in August and organizing the craft tent for the Luzerne County Fall Fair are other upcoming projects planned by the Jay-C-Ettes for this year.

Originally from Bethel, Conn., Carolyn met her husband, Doug, when she moved to the Back Mountain. For the past five years Carolyn has operated a state licensed day care home. Doug is an employee of Commonwealth Telephone Company.

The Bulfords are parents of three children, Christina, Tricia and Douglas, Jr. (D.J.). A student at Dallas Intermediate School, Christina is a member of the Shavertown Red Sox Softball Team. During the past year Christina participated in the Intermediate Chorus and inter-mural gymnastics. Six-year-old Tricia is a student at Westmoreland Elementary School. Little D.J. is four years old.

Carolyn's hobbies include reading with Sherlock Holmes and Agatha Christie books being her favorites. She is a team mother for the Red Sox team. Carolyn plays softball in the Back Mountain League.

PIZZA BURGERS
1 lb. gr. beef
½ t. garlic salt
1 c. (4 oz.) mozzarella cheese

1-8 oz. can tomato sauce
1-2½ oz. jar mushrooms, drained
½ t. oregano

1 c. onion rings, sauteed (not French fried)
hamburger buns, split.

Combine meat and garlic salt, shape into 10 thin patties. Top each of the 5 patties with cheese, then put other thin patty on top of each. Seal edges firmly. Broil on both sides to desired doneness. Heat together tomato sauce, mushrooms with oregano; simmer 10 minutes. For each sandwich spread each bottom half of bun with sauce, top with beef patty, onion and additional sauce. Makes 5 filling sandwiches.

BARBECUED PORK AND BEANS
1 lb. can baked beans
2 T. chopped onion
4-5 pork chops
prepared mustard
ketchup
lemon juice
slices of onion
slices of lemon

Combine baked beans with chopped onion; place in a baking dish. Place pork chops on top of beans. Spread chops with prepared mustard and ketchup, sprinkle with lemon juice. Bake at 325 degrees for 1¼ hours. Top each chop with one slice of onion and one slice of lemon. Bake 15 minutes more. Serves 4-5.

CHICKEN TROPICALE
¼ c. flour
salt
¼ t. pepper
4 sm. whole chicken breasts, skinned and halved
5 t. salad oil
8 med. new potatoes, halved

1 c. orange juice
2 T. br. sugar
1 t. basil
¼ t. nutmeg
1-17 oz. can cling peaches sliced, drained
2 T. cider vinegar
chopped parsley for garnish, optional

About 1½ hours before serving; on waxed paper combine flour, 1 t. salt

with pepper. Coat chicken in this mixture. Shake off excess flour.

In a large skillet over medium heat brown both sides of chicken breasts in hot oil. Add potatoes, orange juice, brown sugar, basil, nutmeg and one teaspoon salt. Reduce heat to low; cover, simmer for 30 minutes until potatoes are done. Stir in peaches with vinegar. Cook until heated through. Sprinkle with parsley. Serves 8. Each serving contains 285 calories.

LITE AND FRUITY PIE
1 pkg. 3 oz. jello, any flavor
two thirds c. boiling water
2 c. ice cubes
1 container (8 oz.) non-dairy whipped topping
thawed fruit, optional
1 graham cracker crust

Completely dissolve gelatin in boiling water, stirring about 3 minutes. Add ice cubes and stir constantly until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice. Using a wire whip, blend in whipped topping, then whip until smooth. Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into pie crust. Chill 3 hours.

Suggested fruits: 1 c. diced peeled pitted fresh peaches or apricots; 1 c. fresh raspberries, blueberries, strawberries; 1 c. diced orange sections; 1-8½ oz. can crushed pineapple drained or 1-8¾ oz. can fruit cocktail, drained.

Dinner set

A covered dish dinner will be held Sunday, June 29, at East Dallas United Methodist Church, starting at 4:30 p.m., honoring fathers and sons. Those planning to attend are asked to bring their own place settings and a covered dish. Mrs. Beatrice Ockenhouse and Mrs. Emma Fehlinger are in charge of arrangements.



Christina, Carolyn, D.J. and Tricia Bulford

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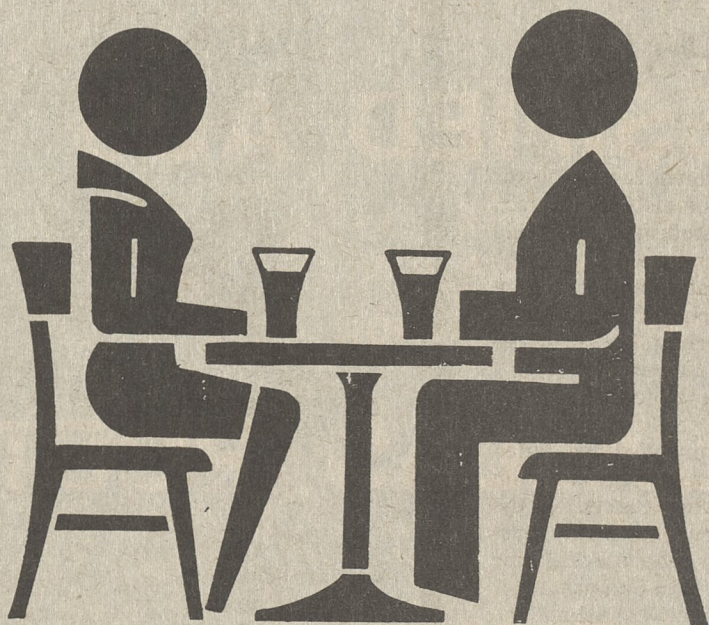
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