

Mary Lou Nichols goes back to basics

BY JOAN KINGSBURY

After taking a class on holistic health a few years ago, Mary Lou Nichols of Pollies Road decided to introduce a more nutritious, natural foods diet to her family. No more white flour and cocoa; honey is substituted for sugar in most recipes. Mary Lou also uses bran in muffins. Coffee and tea are out because of caffeine. Mary Lou drinks Cof-Brew, a wheat, bran and molasses drink similar to Postum.

Cooking with whole grains does not mean cooking boring meals. Mary Lou is sharing four delicious recipes with Post readers this week. Orange Cinnamon Waffles; Baked Chicken Breasts with Raisin Stuffing; Energy Bars and Cranberry Pie.

Orange Cinnamon Waffles are perfect for a special weekend breakfast. The recipe calls for either buttermilk or yogurt. Mary Lou usually uses yogurt. For convenience, Mary Lou doubles this recipe and freezes waffles for later use. At breakfast time just pop the waffles into the toaster for a tasty, quick meal.

Baked Chicken Breasts with Raisin Stuffing combine skinned chicken breasts with an unusual stuffing. Raisins, chopped walnuts, basil and thyme add to its flavor.

Energy Bars, a rich cookie made with carob, wheat germ, raisins, carob chips, are a favorite at the Nichols. Mary Lou uses only carob chips and carob powder which she purchases at the health food store.

Combine chopped cranberries, chopped raisins and chopped apples with honey and you have the filling for Mary Lou's Cranberry Pie. For her pie crust Mary Lou uses half whole wheat flour and half brown rice flour.

She has found the cookbook "Natural Healing Cookbook" by Mark Bricklin very helpful in preparing tempting foods. She also has made substitutions of whole wheat flour and honey in many of her own recipes.

Mary Lou and her husband, Verlon, an employee of Sears, have three children, Doug, Sandra and Susan. Doug, 21, is a student at Johnson School of Technology, Scranton, where he is studying carpentry. Sandra, 18, is a medical secretary in the office of Dr. Barras in Kingston. Susan, 16, is a junior at Lake-Lehman Senior High School.

The Nichols are active members of the Dallas Baptist Church where Verlon heads the RA's, a young boys group, and Susan sings in the youth choir.

Gardening is a favorite pastime for Mary Lou. Recently the Nichols built a greenhouse, so Mary Lou is looking forward to growing lettuce and other fresh greens during the winter months. Raw, fresh vegetables are a favorite snack at the Nichols. Solar energy is another interest of Mary Lou's. She enjoys reading various articles on that subject.

ORANGE CINNAMON WAFFLES
1 c. whole wheat flour
1 t. baking soda
1/4 t. cinnamon

1 egg
1/2 c. orange juice
1/2 c. buttermilk or yogurt
2 T. oil

Combine dry ingredients. In a small bowl break the egg and add other liquid ingredients, mixing well. Add liquid to dry ingredients stirring just until com-

bined. Bake on a hot waffle iron. (Double the recipe, prepare all batter, freeze waffles. Just heat in the toaster when ready to eat.)

BAKED CHICKEN BREASTS WITH RAISIN STUFFING

2 c. whole wheat bread cubes, soft

2 stalks celery, chopped finely
1 sm. onion, minced
1/4 c. raisins
2 T. chopped walnuts
1 beaten egg
one third c. skim milk
1/2 t. basil
1/4 t. thyme
2 whole chicken breasts, skinned

Combine whole wheat bread cubes, celery, onion, raisins, walnuts. Stir egg and skim milk together. Combine with cubes. Season with basil and thyme. Divide stuffing between chicken breasts. Put foil over stuffing to hold in place. Place chicken breasts in a lightly oiled shallow baking dish. Cover with aluminum foil. Bake at 350 degrees for 1 hour.

ENERGY BARS

1/2 c. butter or margarine
3/4 c. honey
2 eggs
1 t. vanilla
one third c. carob powder or cocoa
1/4 c. milk
1/4 c. dry milk powder
1/4 c. wheat germ
1 c. whole wheat flour
1/2 t. baking powder
1/4 t. baking soda
2 c. carob chips or chocolate chips
1/2 c. raisins

Cream butter, sugar, eggs, vanilla until light and fluffy. Blend in cocoa and milk. Add dry milk, wheat germ, baking powder, baking soda and whole wheat flour. Beat until well combined. Fold in carob chips and raisins. Spread in a greased 13 x 9 inch pan. Bake at 350 degrees for 35 minutes. Cut into bars.

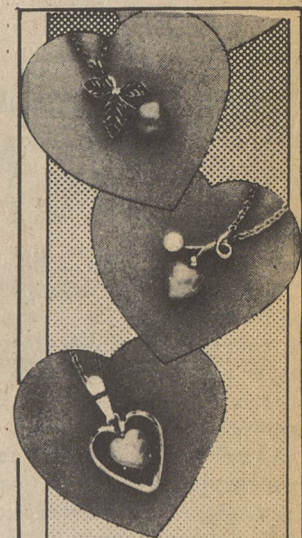
CRANBERRY PIE
2 c. cranberries, chopped
1/2 c. raisins, chopped
1 lg. apple, chopped
scant 3/4 c. honey
1 t. vanilla
double 8 inch pie crust

Combine all ingredients. Spoon into crust; top with second crust. Bake in a 450 degree oven for 10 minutes then reduce heat to 350, continue baking 45-50 minutes.

to 350, continue baking 45-50 minutes.



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Notes of Noxen

United Methodist Women of Noxen UM Church will hold a rummage and bake sale at the church on Saturday from 10 a.m. to 4 p.m. For donations to the bake sale, donors are asked to contact Nellie Marcy. Donations for the rummage sale may be left in the church basement by Friday evening.

Elwood Womer came home on Saturday after a stay at Wilkes-Barre General Hospital.

Robert Sorber, RD 1, Noxen, came home on Thursday after a stay at Wilkes-Barre General Hospital.

Rev. and Mrs. Jerry Tallent of Noxen motored

to Greenville, S.C. on Monday where their daughter, Becky, is a student at Bob Jones University. Becky was scheduled to return with her parents for surgery here.

Ella Weber is a patient at Tyler Memorial Hospital in Tunkhannock.

The adult Valentine fellowship banquet for single and married adults will be held Friday evening in the Noxen Independent Bible Church Hall.

Arnold Williams is a medical patient in the University of Maryland Hospital in Baltimore, Md.

United Methodist Women of Ruggles UM Church will meet Thursday evening, Feb. 18, at 7 at the church.

Pastor-Parish Relations Committee of the Noxen United Methodist Charge met Monday evening at the parsonage in Noxen. Members of the committee include Charles Austin, Dick Schooley, Violet Kitchen, Allen Brace, Don Consgrove, Dorothy Dodson, John Lyns, Sr., Mrs. Marty Parks and Ralph McCormack.

United Methodist Women of Kunkle UM

Church will hold their February meeting tomorrow evening at 7:30 at the home of Mrs. Dorothy Dodson, Kunkle. Mrs. Eunice Mitchell will be co-hostess.

Chairpersons of the various committees, who have agreed to serve in the Lay Witness Mission during the week end of April 30-May 2 at Noxen UM Church will meet tomorrow evening at 7:30 at the church to further plans. Rev. Donald Sperling, pastor, asks all committee chairpersons to attend.

Choir of Kunkle UM

Church will rehearse Friday evening at 7 at the church.

Eva Herdman is a medical patient in Tyler Memorial Hospital.

A Youth Rally will be held Saturday evening at the Pleasant View Church. Group from Noxen Independent Bible Church will leave the Noxen church Saturday evening at 5:45.

"It's better to have old secondhand diamonds than none at all."—Mark Twain.

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