

Cookbook

Recipes to help take off pounds sensibly



TOPS—Officers of TOPS take a few minutes from their meeting to pose for the Post photographer. Above are first row, May Beth Alinsky, secretary; Mollie Phillips, group leader; second row, Sharon Snee, Weight recorder; Sandi Hopple, treasurer. (Joan Kingsbury Photo)

BY JOAN KINGSBURY

Taking off those holiday pounds? That's what most people are trying to do now that the holiday season is over. This week, Mollie Phillips, group leader of TOPS (Taking Off Pounds Sensibly), tells us how her organization can help us to lose those extra pounds. TOPS is a non-profit weight loss organization. The local TOPS chapter was organized Dec. 2, has 33 paid members and already has a total weight loss of 115 1/2 pounds. The group meets Thursday nights in the council chambers of the Dallas Borough Building. Members are weighed in

between 7 and 7:30. The meeting runs from 7:30 to 8:15 or 8:30.

Members set their own diet and work toward a goal set by their doctor. TOPS offers group support, education on why the individual becomes overweight, and on how harmful weight fluctuation can be controlled. Those interested are able to attend their first meeting free of charge. If an individual decides to join, a yearly fee of \$12 is paid to the national headquarters. Local chapters also set their own dues which in this case are \$1.00 per month to cover expenses. All dues collected are

used for the program.

Mollie became interested in TOPS through her sister who has been a member for about three years. When traveling into town for a weekly meeting became difficult, Mollie and her sister decided to open a Dallas chapter. They hope to feature speakers on various subjects to make the meetings more informative.

A resident of Dallas, Mollie, and her husband, Frank, are the parents of two children Mamie, 4 and Matthew, 2.

To help Post readers get started on their diets, Mollie has provided us

with two recipes, Hearty Chicken Casserole and Dutch Apple Cake. These were taken from a book "A Nutrition Monograph for Taking Off Pounds Sensibly" by Ronald K. Kalkhoff, M.D.

HEARTY CHICKEN CASSEROLE

1-10 1/2 oz. can cream of chicken soup
1/2 c. skim milk
1/2 c. cooked carrots
1/2 c. cooked string beans
1 1/2 c. cooked noodles
2 c. cooked, diced chicken
1 T. minced onion
1/2 t. seasoned salt
1/4 t. pepper
1/4 t. salt
2 slices bread made into crumbs

Blend soup and milk in a casserole dish. Mix in remaining ingredients except bread crumbs. Top with crumbs. Bake at 400 degrees for 25 minutes. Makes 4 servings at 291 calories per serving. Equals 2 lowfat meat exchanges, 2 bread exchanges and 1 fat exchange.

DUTCH APPLE CAKE

2 c. flour
3 t. baking powder
1/2 t. salt
1 T. granulated sugar substitute
3 T. butter
two thirds c. milk
1 well beaten egg
4 sour apples
Mix and sift dry ingredients. Blend in

butter. Add milk with egg. Mix quickly. Spread dough in shallow greased 9x13 inch pan. Pare, core and slice apples; press into dough in parallel rows. Sprinkle with suetless topping. Bake at 400 degrees for 1/2 hour.

STRUESEL TOPPING

1/2 c. flour
2 T. butter
1 t. cinnamon
5 T. granulated sugar substitute

Mix together by rubbing with fingers until small crumbs. Sprinkle over cake. Bake. Makes 20 servings. Each serving equals 113 calories; 1 fat and 1 bread exchange.

What's Cookin'!

RAGGEDY ANN & ANDY PLAYSCHOOL

Jan. 12-18

WEDNESDAY—Peanut butter-jelly sandwich, celery sticks, jello, milk.
THURSDAY—Chicken nuggets, fried potatoes, corn, cookies, milk.

FRIDAY—Pizza, celery-carrot sticks, pudding, milk.
MONDAY—Hot dogs w-cheese, beans, chips, fruit, milk.
TUESDAY—Vegetable soup-crackers, cheese cubes, jello, milk.

WEST SIDE TECH

Jan. 12-18

WEDNESDAY—Hoagie, lettuce-tomato, chips, juice, fruit cup, sugar cookies, milk.
THURSDAY—Shells w-meat sauce, tossed salad-choice of dressing, grated cheese, cherry tarts, milk.

FRIDAY—Fish-cheese filet on bun, tartar sauce, cole slaw, fruit assortment, milk.

MONDAY—Hamburg on bun, chopped onions, pickles, chicken noodle soup-crackers, fruit, milk.
TUESDAY—Pork bar-b-que on seed roll, French fries, spiced applesauce, milk.

DALLAS SCHOOLS

Jan. 12-18

WEDNESDAY—Baked chicken or ham-cheese sandwich, whipped potatoes-gravy, celery stick w-peanut butter dip, milk. Bonus: Peanut butter treat.

THURSDAY—Baked macaroni creole, Italian bread-butter, garlic bread in Jr.Sr., or chicken pattie on enriched bun, lettuce-mayo, corn, orange wedges, milk.
FRIDAY—Tuna fish hoagie or cheesy pizza (2 slices), fruit punch, applesauce, milk.

LAKE-LEHMAN SCHOOLS

Jan. 12-18

Senior High School

WEDNESDAY—Meatball hoagie, corn chips, green beans, pears, milk.

THURSDAY—Honey baked chicken, mashed potatoes-gravy, carrots, Parker House roll-butter, ice cream, milk.

FRIDAY—Pizza or peanut butter-jelly sandwich, potato chips, stuffed celery, fruit cup, milk.

MONDAY—Chicken patti w-lettuce or ham pattie on bun, pickle chips, French fries or small salad, pears, milk.

TUESDAY—Steak hoagie or tuna hoagie, onion rings, green beans w-mushrooms, choco chunky bar, milk.

Junior High & Elementary Schools

WEDNESDAY—Beef ravioli w-sauce, green beans, Parker House roll-butter, pears, milk.

THURSDAY—Honey baked chicken; mashed potatoes w-gravy, carrots, Parker House roll-butter, ice cream, milk.

FRIDAY—Pizza or peanut butter-jelly sandwich, potato chips, stuffed celery, fruit cup, milk.

MONDAY—Chicken pattie on bun w-relish, minestrone soup-saltines, pears, milk.

TUESDAY—Early dismissal. Beef stew over noodles, pickled beets, Parker House roll-butter, pineapple tidbits, milk.

Just Around the Corner

Dallas graduate Harry Davenport had a very exciting New Year's Day this year. A trumpet player in Penn State's Blue Band, Harry had the honor of performing at the Sugar Bowl. Penn State's win over Georgia made the trip even more memorable, although

visiting New Orleans itself was quite an experience. Harry, a sophomore, is the son of Sally and Harry Davenport, Elinore Street, Shavertown.

Elizabeth A. Cotter, RN, was recently named nursing supervisor for the

Geisinger Group, Wilkes-Barre. A graduate of Nesbitt Hospital School of Nursing, Betty earned her bachelor of science degree in nursing education from Wilkes College.

At Geisinger Medical Group, she has served as staff nurse in the department of physical medicine and rehabilitation.

Betty and her three children, Christopher, Jeffrey and Jennifer, live in Shavertown.

Betty, congratulations and good luck!

Mr. and Mrs. Harry Cooper, 2 Glendalough Road, Dallas, are happy to announce the birth of their daughter Erin Marty, Dec. 20 in General Hospital.

Mrs. Cooper is the former Debra Muessig, daughter of Mr. and Mrs. Carl Muessig, Noxen. Mr. Cooper is the son of Mr. and Mrs. William Cooper, Shrine Acres.

Best of luck to Debra

Lee Watkins and Michael Rudick who recently announced their engagement.

A graduate of West Side Vocational Technical School, Debra is employed by Encon Inc., Dallas. Her fiance, also a West Side Tech graduate works for Sterling Industrial Corporation.

The couple plans an early May wedding in St. Therese's Church, Shavertown.

Congratulations to Mr. and Mrs. Richard Sabatura, Shavertown,

who became the proud parents of a daughter, Nicole Marie, born Dec. 29 at Mercy Hospital.

Nicole Marie is the grandchild of Mrs. Bernadine Aimetti and the late Clarence Aimetti of Berwick and Mr. and Mrs. Harry Sabatura of Shavertown.

The Sabaturas' have two older children, Jennifer, 6 and Brian 2.

Best wishes to three couples who were recently married.

Mr. and Mrs. Michael James Kreidler, married

in Trinity United Presbyterian Church. Mrs. Kreidler is the former Cynthia Anne Barakat, daughter of Mr. and Mrs. Anees B. Barakat, Jr., Sterling Avenue, Dallas.

Michael is the son of Mr. and Mrs. Robert J. Kreidler, Govier St., Wilkes-Barre.

Mr. and Mrs. Paul McCue, married in Gate of Heaven Church. Mrs. McCue is the former Cheryl R. Cleasby, daughter of Mr. and Mrs. Thomas Cleasby, Trucks-ville. Paul is the son of Mr. and Mrs. Paul

McCue, Dallas.

Mr. and Mrs. R. Douglas Kross, married in a candlelight ceremony in Chelton Baptist Church, Dresher. Mrs. Kroll is the former Linda J. Fink, daughter of Mr. and Mrs. Ronald E. Fink, Dallas. Her husband is the son of Mr. and Mrs. Raymond Kroll, Glenside.

Congratulations to the following new parents—Doug and Dawn Ellsworth, Diane and Tom Sayre, Michelle and William Wagner, all proud parents of lovely

baby girls.

It was a very Happy New Year's at the Andrew Denmon's home in Dallas over the holiday weekend. Their son and daughter-in-law, Warren and Sandy of Fairfax, Va., visited his parents, Mr. and Mrs. Andrew Denmon, Sr. The entire family spent New Year's Eve together, Andrew, Jr. and his wife, Jeannette; Del and his wife, Cheryl; Warren, Sandra and Andy and Charlot, for the first time in several years.

Joan Kingsbury 675-0835

30% Off EVERYTHING IN THE STORE!

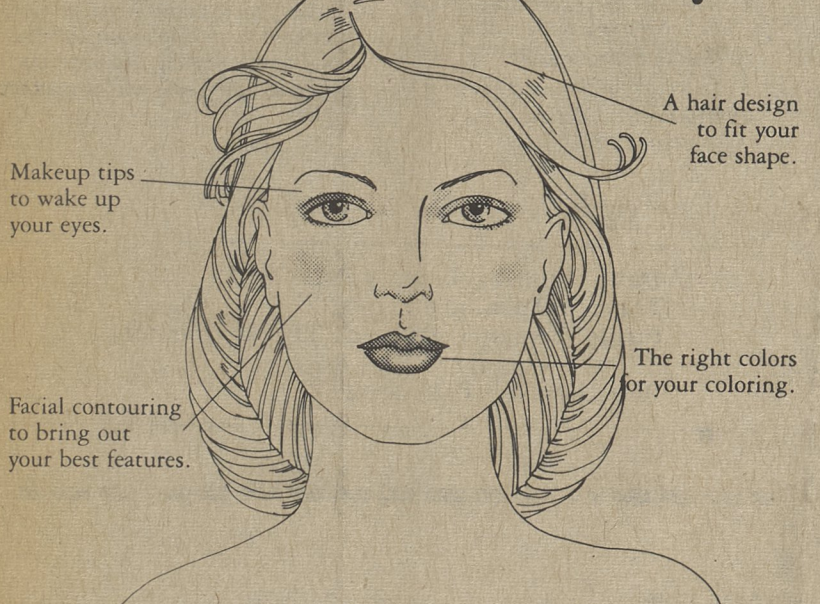
(EXCEPT VALENTINE'S DAY, ST. PATRICK'S DAY AND EASTER.)

We Also Have A 50¢ table With Lots and Lots of "Stuff" On It

DELLA ROBBIA

697 Market St., Kingston Corner Building
OPEN: MONDAY, WEDNESDAY, THURSDAY, 9:30-9
TUESDAY, FRIDAY, SATURDAY, 9:30-6

We'll give the world a whole new view of you.



A total makeover. That's the Redken® Design Prescription. It's a lot more than you'll get at a makeup studio or department store. And it's available right now. Right here. Call today for your free consultation.

REDKEN
Salon Prescription Center

MARY TAYLOR'S
HAIR AND SKIN CARE CENTERS

• 28 Lake Street, Dallas 675-4222 • 630 Wyoming Ave., Kingston 283-0060
• Hickory Corners Shopping, Carverton Rd., Trucksville 696-2818

Featuring the latest in Cutting, Perming, Hair Coloring, Conditioning, Facials, Manicures, Expert Makeup Application & a complete line of professional Hair & Skin Products.

Kiwanians aid Olympics

The nearly 10,000 members of Kiwanis Clubs in Pennsylvania will support summer and winter Special Olympics games for retarded children and adults throughout the state this year.

The Kiwanians, members of international men's service organization, will be volunteer scorekeepers, timers, judges and transportation specialist, and will raise money to send Pennsylvania winners to the sixth Annual Special Olympics

Games in Baton Rouge, La., next July.

Eligible athletes generally have an IQ of no more than 75. But through the Special Olympics, they are able to demonstrate to their own communities how much they can accomplish - their courage, their determination and their skill.

Because of Special Olympics, thousands have taken their places as full and contributing members of their homes, school, jobs, and communities.

SMALL APPLIANCE—SWEEPER—LAMP—TOOL & RADIO REPAIRS
"DON'T THROW THEM AWAY — IT PAYS TO HAVE THEM FIXED!"
Most Small Appliance Repairs Cost \$4-\$9
Most Sweeper Repairs Cost \$8-\$18
Arvin, Black & Decker, Clairol, Compact, Conair, Craftsman, Disston, Dormeyer, Electrolux, Farberware, GE, Hamilton Beach, Hoover, Kenmore, McGraw Edison, Mr. Coffee, Munsey, Norelco, Oster, Presto, Proctor Silex, Regal, Regina, Rival, Sears, Skil, Sunbeam, Toastmaster, Waring, West Bend, Etc.
25 YEARS EXPERIENCE—FAST, GUARANTEED SERVICE
HAL'S APPLIANCE & SWEEPER SHOP
R. 113 E. CENTER ST., SHAVERTOWN-696-3395
Mon., Tues., Thurs., Fri. 8:30-5:30; CLOSED WED.; Sat. 9:30-3:30

Yankee Doodle Coffee House

CRAFT HOUSE NOW OPEN
Handcrafts, Antiques, Collectibles
New and unusual gift items
Stop in, enjoy our home cooking and browse awhile
Route 309 Beaumont, Pa.
Tues., thru Fri. 7 a.m.-7 p.m., Sat. & Sun. 9 a.m.-5 p.m.
Mon. 7 a.m.-3 p.m.



Maria Bigus

Student crowns Pilgrim Statue

The 40th consecutive monthly Diocesan Family Rosary Devotion took place Sunday, Jan. 2, 3 p.m., in St. Peter's Cathedral, Scranton.

Principal speaker was Rev. Phillip J. Sladicka, St. Mary's Church, Avoca.

Miss Maria Bigus, daughter of Mr. and Mrs. Russell Bigus, Elmcrest, Dallas, crowned the Diocesan Pilgrim Virgin Statue.

Miss Bigus is a fifth grade student at Gate of Heaven S.S. and a member of St. Peter and Paul Ukrainian Catholic Church, Plymouth. Maria also studies organ with Ms. Gwen Moran.

BODY WRAP
Inch Loss in Hourly Sessions
•No Pills! •No Sweating
•Private Rooms
Certified Wrapologist
SLENDER TOUCH
287-5184 or 829-2291

Grannie Annie's Crafts
130 N. Main St.
Shavertown 675-1311
Open Daily 10 to 5 plus
Thurs. 6:30 to 9 p.m.

Baby Welcome
The recent arrival of the newest member of your household is the perfect time to arrange for a WELCOME WAGON Call.
I'm your WELCOME WAGON Representative and my basket is full of free gifts for the family. Plus lots of helpful information on the special world of babies. Call now and let's celebrate your baby.
675-0350
Welcome Wagon

COOK'S PHARMACY
OPEN DAILY TIL 9 P.M.
KINGSTON 288-3633
SHAVERTOWN 675-1191