

Cookbook

Coupon Clipping Cuts Your Kitchen Costs

BY JOAN KINGSBURY
During the past few years, couponing and refunding have become a national pastime.

According to statistics, out of the 102 billion coupons distributed in 1982, almost a billion dollars were returned to the consumer. Bonnie Turchin of Ceasetown an avid couponer and refunder, has been saving money in this way for the past nine years.

Bonnie says that a shopper can save between \$10 and \$15 per week on a grocery order utilizing coupons and shopping where double or triple coupons are offered. Bonnie never shops without her shoe box full of coupons filed alphabetically.

For the past four years Bonnie has been able to feed her family of four spending \$60 per week, with little variation in that weekly price.

When refunding, Bonnie says that saving all brand labels is a must. Working with a partner makes

things easier. Storage can be a problem, as all labels must be filed to be used efficiently. Getting friends and family members to save their labels and unwanted coupons is a great help, too.

One could say that Bonnie is an expert on this subject. She has given talks at the Lake-Lehman Junior High, Lehman Jackson Elementary School and Lake-Noxen Elementary School on this subject. She will be speaking for the Ross PTO meeting in the near future. Feedback concerning her talks has been good.

One question often asked is "Where do I get the coupons?" Bonnie suggests clipping them from the papers. Sunday newspaper supplements, magazines, swapping and from Carol Wright, a company that sends coupon packets through the mail. Refunding magazines such as Refund Digest and Moneytalk make it

possible to exchange coupons through the mail.

Bonnie admits that refunding and couponing takes a lot of time, but can result in substantial savings. According to an article in Martin Sloan's column, the average coupon clipper saves \$200 to \$400 a year. That's enough for a nice day trip or some other luxury item.

Bonnie, her husband Edward and their children Pamela, 13 and Eddie, 8 live in Ceasetown. Both Bonnie and Edward are originally from Hanover Twp. A graduate of Wilkes College, Bonnie is a substitute teacher. Pamela attends Lake-Lehman Junior High School while Eddie is a student at Lehman-Jackson Elementary School.

Bonnie has provided our readers with some great recipes. Bonnie's Meatballs and Macaroni Salad both make large quantities, and are perfect for weddings,



Pamela and Eddie Turchin stand to learn a great deal about coupons and refunding from their mother, Bonnie. The children are pictured above with Bonnie (standing) at their home in Ceasetown. (Mark Moran Photo)

showers and graduation parties. The meatballs are moist and tasty. The macaroni salad's special dressing of Miracle Whip, Eagle Brand Sweetened Condensed Milk and vinegar not only gives the salad a good flavor but lasts longer than the usual

dressing. For dessert lovers Bonnie has two special treats, Yummy Pistachio Dessert, a divine combination of cream cheese, pistachio pudding and Cool Whip, and Peanut Butter Pie, a frozen confection.

BONNIE'S MEATBALLS
10 lb. gr. chuck
2-15 oz. containers Italian bread crumbs
1 t. club soda
3 med. onions, chopped fine
5 eggs, well beaten
garlic salt, to taste
garlic powder, to taste
season-all, to taste
course black pepper, to taste
1 c. Parmesan cheese

Put bread crumbs in a large pan (roaster size). Wet crumbs with club soda. Add onions, beaten eggs, and seasonings to taste; Mix well.

Divide meat and bread crumb mixture in half. Mix together half at a time until well blended. Roll in balls. Brown, then finish cooking in your favorite sauce. Makes 400 medium size meatballs.

MACARONI SALAD
1 lb. macaroni, cooked, drained
6 hard boiled eggs, cut up
1 gr. pepper, chopped
2 stalks celery, chopped
1 carrot, grated
DRESSING
2 c. Miracle Whip

1 can Eagle Brand Sweetened Condensed Milk
¼ c. vinegar
2 t. mustard, optional
Mix all ingredients together. Refrigerate. Keeps well. Very good.

YUMMY PISTACHIO DESSERT

1 c. flour
½ c. butter or margarine
2 t. sugar
¼ c. chopped walnuts
Combine above ingredients. Spread and press into a 13 x 9 inch pan. Bake at 400 degrees for 10-12 minutes. Cool.

LAYER 1:
8 oz. cream cheese
two thirds c. confectioners sugar
½ lg. container Cool Whip
Combine cream cheese, sugar and Cool Whip. Spread on cooled crust.

LAYER 2:
2-3 oz. pkg. pistachio

instant pudding
2½ c. cold milk
Mix together and beat for two minutes. Spread on cream-cheese layer. Cover with remaining Cool Whip. Refrigerate for several hours. A delicious summer dessert.

PEANUT BUTTER PIE
4 oz. cream cheese, softened
1 c. powdered sugar
one third c. creamy peanut butter
½ c. milk
1-9 oz. container Cool whip
1-Graham cracker or baked pastry pie shell 9-inch

Whip cream cheese until fluffy. Beat in powdered sugar and peanut butter. Slowly add milk blending well. Fold in Cool Whip. Turn into the crust, freeze until firm. Allow to stand for ½ hour before serving.

What's Cookin'

LAKE-LEHMAN SCHOOLS April 18 - 22

JUNIOR HIGH & ELEMENTARY

MONDAY--Toasted cheese sandwich, pickle chips, tomato soup-saltines, fruit cup, milk.
TUESDAY--Meatball hoagie, corn chips, green beans, pineapple tidbits, milk.
WEDNESDAY--Hamburg gravy, mashed potatoes, peas, Parker House roll-butter, ice cream, milk.
THURSDAY--Turkey bar-b-q on bun w-relish, potato puffs, corn, pudding, milk.
FRIDAY--Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, fruited jello, milk.

SENIOR HIGH

MONDAY--Veal parmesan or batter dipped fish on bun, French fries or small salad, fruit cup, milk.
TUESDAY--Beef turnover (Jamaican style) w-gravy, peas, Parker House roll-butter, pears, milk.
WEDNESDAY--Taco's or hamburger w-trimmings, corn, ice cream, milk.

THURSDAY--Turkey bar-b-q on bun w-relish, potato puffs, baked beans, pudding, milk.
FRIDAY--Pizza or sliced cheese sandwich, potato chips, stuffed celery, fruited jello, milk.

WESTSIDE TECH April 18 - 22

MONDAY--Fruit juice, wafer steak on seeded roll, cheese sticks, baked beans, pudding, milk.
TUESDAY--Chili, buttered rice, tossed salad-French dressing, roll-butter, oatmeal raisin cookies, milk.
WEDNESDAY--Chicken patty on seeded roll, lettuce-tomato, French fries, cup cake, milk.
THURSDAY--Shells-meat sauce, grated cheese, buttered green beans, roll-butter, sherbert, milk.
FRIDAY--Grilled cheese, pickle spears, tomato soup-crackers, heavenly delight fruit cocktail w-whip cream, milk.

DALLAS SCHOOLS April 13 - 19

WEDNESDAY--Baked chicken or balogna-cheese sandwich, buttered whipped potatoes w-gravy, fruited gelatin w-topping, milk. Bonus: Baseball Bat Day--grand slam surprise.
THURSDAY--Macaroni creole, Italian bread-butter, garlic bread-butter in Jr. & Sr. or peanut butter-jelly sandwich w-cheese stix, carrot sticks, milk. Bonus: Freshly baked cherry tart.
FRIDAY--Cheese pizza (2 slices), or baked fish on enriched roll, creamy cole slaw, fresh orange wedges (2), milk.
MONDAY--Turkey bar-b-que on roll w-relish, or hot dog in bun, Boston baked beans, chilled applesauce, milk. Bonus: Fudge Bar ice cream treat.
TUESDAY--McChicken sandwich on roll w-lettuce-mayo or foil whipped hot ham-cheese bunwich, buttered green beans, chilled sliced pears, milk. Bonus: Sugar donut.



Supervisors to Meet

The Kingston Twp. Board of Supervisors will hold its regular monthly meeting on Wednesday, April 13, 1983, at the Kingston Twp. Municipal Building in Trucksville. The meeting will begin at 8 p.m. and is open to the public.

Rummage Sale

A spring rummage sale, sponsored by the Dallas United Methodist Women, will be held at the Dallas United Methodist Church, Church Street, Dallas. On Thursday, April 14 from 9:30 a.m. to 5 p.m. and Friday, April 15, "dollar-a-bag" day, from 9:30 a.m. to 1 p.m. New and used items will be for sale including clothing, toys, jewelry, household items and electrical appliances. There will be books and records for children and a white elephant table. A snack bar and bake sale will be held in conjunction with the rummage sale on Thursday only.

Ambulance Meet

Jackson Twp. Ambulance Association will have its monthly meeting on April 14, at 7:30 p.m. at the Ambulance Hall. Edward Havrilla will preside.

Late Tax Hours

Kingston Twp. Tax Collector Janice Castellani will be conducting evening hours on the final day for the rebate on township taxes on Friday, April 15. Mrs. Castellani will open her office in the Municipipl Building behind the Trucksville Fire Hall on Carverton Road from 6 p.m. until 9 p.m. Her regular office hours are Monday, Wednesday, and Friday from 10 a.m. until 2 p.m.

Fishermen's Breakfast

Alderson United Methodist Church, Harveys Lake will serve its annual fisherman's breakfast on April 16. Serving will be from 6 a.m. to noon. Menu will be sausage, eggs, and pancakes. Cost is adults, \$3 and children under 12, \$2.

Widows Meet

The Back Mountain Widow's Club will meet at the Country Club, Dallas for lunch on April 16 at 12:30 p.m.

Bake Sale

The Kunkle United Methodist Church will hold a bake sale at the Dallas IGA on April 16 from 9 a.m.

Brownie Bake Sale

Lehman Brownie Troop 641 will hold a bake sale on Saturday, April 16, 9 a.m. to 3 p.m. and Sunday, April 17, 8 a.m. to 1 p.m. at Cook's Variety Store, Lehman. The sale will help the Brownies pay for their summer trip to Lancaster. Come one, come all, to the Lehman Mall and help the Brownies sell it all!
(Continued on P. 15)

Softball Meeting

Swoyersville Girls Softball league will hold a meeting this evening at 7 at the Borough Building. Fran Meyers will preside. Any member of the coaching staff is asked to make returns and anyone interested in umpiring is asked to attend this meeting. This will be the final meeting before opening day, May 14.

BAKERY OUTLET

Bargain Bakery
OPEN DAILY
9 a.m. to 6 p.m.
Mon. thru Thurs.
and Sat.
9 a.m. to 8 p.m.
Friday
Next to Towel Outlet
Memorial Highway, Dallas
675-8608



• PIZZA • SPAGHETTI • SUBS • SANDWICHES
One Of The Finest For Over 30 Years
JOE'S GROTTA PIZZA HARVEYS LAKE
639-1264
ENJOY TROUT FISHING AT HARVEYS LAKE ON APRIL 16

The famous Hotel Magee in Bloomsburg proudly announces the opening of the Magee Publick House at Dallas.

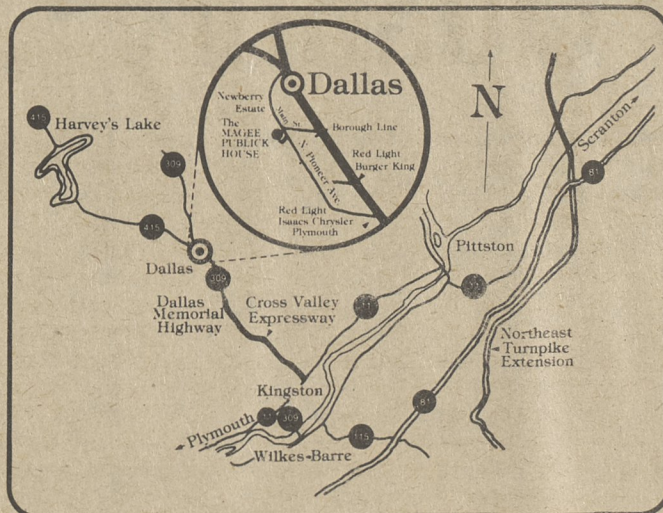
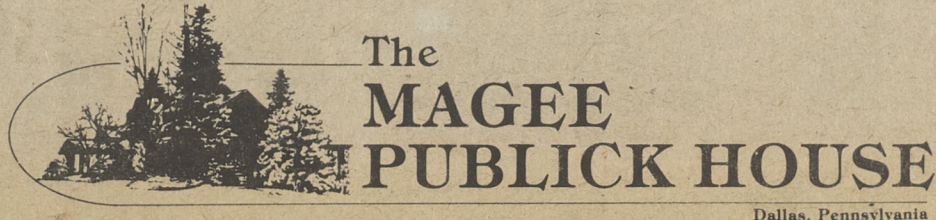
We Can't Keep A Good Thing To Ourselves.

For years, Bloomsburg has offered discriminating diners a special experience -- the Hotel Magee. Its fine dining and gracious service have become famous.

Now the same quality tradition and elegant dining which have made the Hotel Magee so famous are found at the Magee Publick House at Dallas. So more and more people can share in a good thing.

The Magee Publick House at Dallas can be found by following the Dallas Highway (Rt. 309) to Duke Isaacs. Turn onto Pioneer Avenue and travel straight for two miles for the Magee Publick House at Dallas in Newberry Estates.

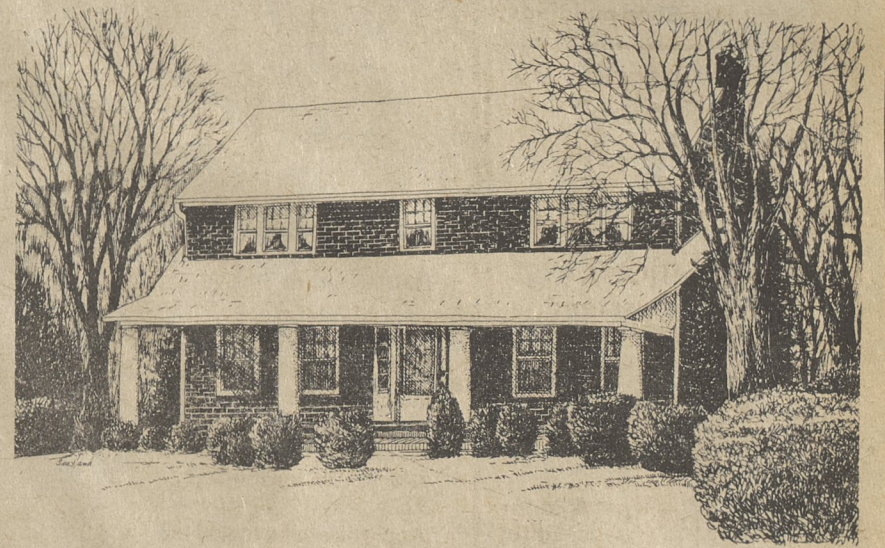
Please call for reservations -- 675-8603



SERVING TIMES

Tuesday - Saturday:
Lunch 11:00 a.m. till 2:30 p.m.,
Dinner 4:30 p.m. till 10:00 p.m.
Sunday:
Brunch 10:00 a.m. till 2:00 p.m.,
Dinner 2:15 p.m. till 8:00 p.m.
Closed Mondays

Mill Creek Farm Falls, Pa.



a somewhat different dinner menu

Thursday, Friday, and Saturday.
Dinner is served from 6:00 p.m. to 9:00 p.m.
For advanced reservations:
Please call 388-2800