

# Cookbook

## Eat Right, Avoid Swimsuit Bulges

By JOAN KINGSBURY

Warm, pleasant days filled with swimming and sunning. Sounds like fun, doesn't it? With summer weather just around the corner, eating properly becomes extremely important. After all, how can you hide bulges in a swimsuit? For maximum good health, a program of exercise, proper eating and good skin care is essential. Connie LaJeunesse, Mary Kay Beauty Consultant and aerobic dance instructor, has some helpful hints to help you keep looking your best this summer.

Summer sun can feel wonderful on your skin but can really be a villain, causing wrinkles and permanent skin damage. As a Mary Kay Beauty Consultant, Connie instructs people on the proper method of skin care. The introduction to Mary Kay Cosmetics is done with a free facial using cleansing products, eye, lip, and face make-up. During the summer, Connie feels that using a sunscreen is a must since damage from the sun cannot be undone. According to Dr. Myra Barker, vice president of research and product development for Mary Kay Cosmetics, "A sunburn is not the kind of simple phenomenon that is just temporary. A sunburn is very permanent and there is increasing evidence that severe sunburns early in life tend to predispose you to the most serious forms of skin cancer later in life." For maximum protection, a sunscreen with a high SPF number should be used.

As an aerobic dancer, Connie cites the importance of regular exercise. By exercising in a regular program, either with others or alone, a person will become more physically fit, look better and may lose weight, too. Connie is a qualified instructor. She received her certification from Mary Mayta, a clinician in sports medicine and college physical education instructor. Since Connie loves to dance, aerobics is the perfect form of exercise for her.

As a medical technologist, Connie recognizes the importance of good eating practices. She and her husband, Chuck, encourage their 2-year-old son Seth to eat healthy snacks, rais-

ins, granola, fresh fruit. Seth does enjoy ice cream and other treats in moderation, but has learned to enjoy healthful foods, too.

Residents of Shavertown, both Connie and Chuck are originally from Phillipsburg, New Jersey. A graduate of Warren Hospital School of technology, Connie served her internship at Evangelical Community Hospital in Lewisburg. She has been a medical technician for 11 years, holding supervisory posts in both New Jersey and Missouri. Locally, Connie worked at Pittston Hospital in the blood bank until Seth was born. Chuck, director of counseling at College Misericordia, received his bachelors degree from University of Missouri at Rolla. He obtained his Masters Degree and Phd from the University of Missouri at Columbia.

An active member of the Back Mountain Jay-Cee-Ettes, Connie was recently named Jay-C-Ette of the year.

Connie says that to look good and feel good throughout our lives taking care of our skin, eating habits and bodies are extremely important. After all, Connie notes, "You project how you feel to others".

To help our readers satisfy their sweet tooth without using unhealthy goodies, Connie is sharing three great recipes with our readers, Polynesian Bars, No-Bake Date Bars and Date Drops. All are chock full of delicious

ingredients, dates, coconut, pineapple, and will satisfy even the biggest "sugar monster".

### POLYNESIAN BARS

**Filling**  
2 c. chopped dates  
1 t. vanilla  
2 1/2 c. unsweetened crushed pineapple with juice  
**Base**  
1 c. whole wheat flour  
1 c. unsweetened, shredded coconut  
1/2 c. chopped nuts  
3 c. rolled oats  
1 c. orange juice  
1/4 c. brown sugar or honey  
1/4 c. oil or butter

Cook dates, vanilla and undrained pineapple until thick. Mix together the base ingredients and press half this mixture into a greased 9 x 12 inch pan. Spread filling on top. Cover with the rest of the base mixture. Bake at 350 degrees for 30-40 minutes.

**Variation:** Substitute grated raw apple for part of the pineapple in the filling.

### NO-BAKE DATE BARS

1 lb. pitted dates, chopped  
1 1/2 c. unsweetened, shredded coconut  
1/2 c. butter  
1/2 c. water  
1/4 c. honey or other sweetener

2 1/2 c. rolled oats  
1 t. vanilla

Combine dates, coconut, butter, water and honey. Cook three to four minutes, stirring often, until mixture is thick and blended. Add oats, nuts and vanilla. Spread into buttered 9 x 9 inch pan. Chill about two hours. Cut into 18 bars. Refrigerate in



**FAMILY EXERCISING** - Connie LaJeunesse, Mary Kay Beauty Consultant and aerobic dance instructor, exercises with her two-year-old son, Seth, in the family living room in Shavertown. Connie stresses the importance of proper eating and good exercise habits, particularly during the warm summer months.

### DATE DROPS

1/2 lb. dates, cut up  
2 eggs  
2 t. vanilla  
1/2 c. butter  
1/4 c. whole wheat flour  
1/3 c. dry milk powder  
1 c. rolled oats

1/2 c. raisins  
1/4 c. carob chips  
1/2 c. sunflower seeds  
1/2 c. chopped pecans

Grind dates. Blend with eggs and vanilla to make a paste. Cream in butter. Stir in the rest of the

ingredients. Drop by spoonful close together on greased cookie sheet. Bake at 325 degrees for 10-15 minutes or until peaks begin to brown. This recipe was created to help fight the sugar monster. It is great for trips.

## 48 Complete PSU Course

Forty-eight adults recently completed one of three-five-week beginner sewing series sponsored by The Pennsylvania State University Cooperative Extension Service in Luzerne County.

The class focused on sewing skirts using woven fabrics. Throughout the course, the participants learned how to use a sewing machine, pattern and material selection, pattern layout, cutting and marking techniques, applying interfacing, sewing darts and seams, zipper techniques, applying waistbands and hem-

ming techniques. Area residents who received completion certificates were: Mary Kuc, Kingston; Wai Arnold, Kingston; Evelyn Casey, Trucksville; Jean Mitchell, Forty Fort; Mrs. William Morris, Kingston; Kim Telford, Trucksville and Kathryn Thomas, Kingston.

For more information on clothing, contact Barbara Kosakowski at the Luzerne County Cooperative Extension Service, Courthouse Annex, 5 Water Street, Wilkes-Barre, Pa 18711, 825-1703 or 459-0736, ext. 703.

## Solo Club Lists Events for June

The Solo Club has announced its events for the month of June. They are as follows:

Saturday, June 11 - Jenkins Twp. American Legion, dancing, 9:30 p.m.

Saturday, June 18 - Atlantic City Trip, Mac's of Old Forge, dancing, 9:30 p.m.

Saturday, June 25 - Marylea's of Luzerne, dancing, 9 p.m.

Single males and females interested in becoming members of the Solo Club may receive additional information about the club by contacting Gene Schray at Dallas, 675-1704 or Ann Higgins of Chase, 696-2106.

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### DIRECTIONS:

Follow the Dallas I Highway (Rt. 309) to Duke Issacs auto dealership. Turn onto Pioneer Avenue and travel for two miles until you see the sign for The Magee Publick House at Dallas.

### SERVING TIMES:

Tuesday - Saturday: Lunch 11 a.m. till 2:30 p.m.,  
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