

Cookbook

You can dine New England style at home!

By JOAN KINGSBURY
Staff Correspondent

Salty sea air, gently rolling waves lapping against the shore, the cry of the sea gull - these sights and sounds were recently enjoyed by me and my family when we vacationed in Mystic, Conn.

This was our second visit to the Mystic area and we honestly enjoyed it more than the first visit. Mystic offers a variety of things for the tourist to do. It boasts an excellent MarineLife Aquarium where visitors are delighted by the antics of dolphins, seals and Alex, the white whale, during their behavior training demonstrations. Many varieties of aquatic life are displayed in natural habitat. Outdoors, seals, ducks and swans can be seen.

Mystic seaport, a restored whaling village and the largest maritime museum in the United States, is a well-known attraction. Established in 1929, Mystic Seaport is located on the site of a great shipbuilding yard. The 17 acre outdoor museum on the Mystic River is home to more than 200 vessels, from tall ship to small craft of the 19th and early 20th century.

The town of Mystic itself is charming with small shops lining its main street. Near the MarineLife Aquarium, Olde Mystic Village, a quaint group of 52 colonial-style shops, provides the vacationer with just about any souvenir imaginable. Olde Mystic Village is beautifully landscaped with a village millpond bordered on either side by lovely flowers. St. Alban's Anglican Church stands in the center of the village. The typical white New England Church, St. Alban's also serves as a town meeting hall.

Not far from Mystic lies

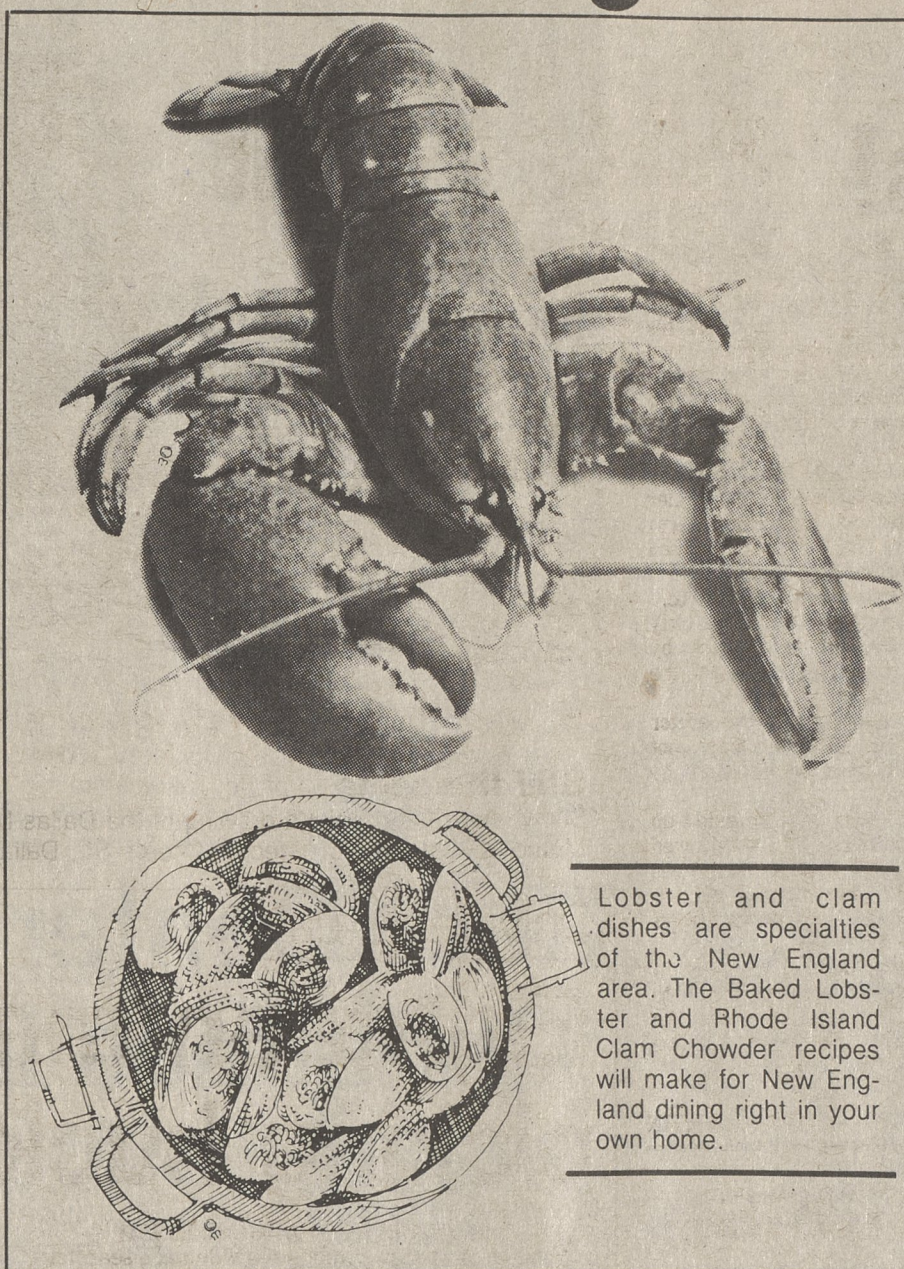
the hamlet of Stonington. Stonington is a small town that has preserved an old lighthouse for a museum. If you care to follow the narrow, winding steps that extend up to the very top, you can get a wonderful view of the ocean.

At Groton, also not far from Mystic, we were fascinated by the USS Croaker, a World War II submarine. The Croaker is docked at Fort Griswold Moorings in Groton enabling tourists to see what the inside of a submarine is really like. I was astonished to find out that 80 people lived in the Croaker and all shared one bathroom with two showers. (And we think we have it tough with two bathrooms and a family of five!)

Although Newport, Rhode Island is about an hour away, we are certainly glad we made the trip. After picnicking along the ocean drive, which is the most scenic view of the Atlantic I have ever seen, we visited Hammersmith Farm and the Breakers. Hammersmith Farm is the summer home of the Auchincloss family; Jackie Kennedy Onassis' stepfather was Hugh Auchincloss; she and President Kennedy were married there in 1953. The Breakers was the summer home of the Vanderbilts. With its rooms made of marble, the Breakers contains such a costly interior that it seems building just one of its rooms would be almost impossible. The children's playhouse, now a gift shop, is larger than the apartment we lived in when we were first married.

A vacation near the ocean just isn't complete without a visit to the beach. We spent two wonderful afternoons at Rocky Neck State Park, enjoying the white sand and sparkling blue water.

Of course, to us a vacation isn't a vacation without sampling some of the



Lobster and clam dishes are specialties of the New England area. The Baked Lobster and Rhode Island Clam Chowder recipes will make for New England dining right in your own home.

area's traditional foods. Seafood figures significantly into the New England menu. One rainy day we warmed up with a piping hot bowl of rich fish chowder; one evening we dined on stuffed whole lobster which was really delicious. Rhode Island Clam Chowder, which I did not know existed, has a clear broth and is popular in this area of New England. Baked Indian Pudding appeared on many dessert menus while Boston Brown Bread is an old favorite.

If you are planning a vacation consider visiting Connecticut and Rhode Island where there really is something for everyone.

RHODE ISLAND CLAM CHOWDER
1/4 lb. salt pork, cubed
1 clove garlic, finely chopped
1/2 c. finely chopped onion
1/2 c. thinly sliced leeks
1/2 c. diced pared carrots
1/4 c. chopped celery
3/4 c. diced pared potatoes
2 t. salt
2 c. boiling water
2 bottles (1 pt. size) clam juice (4 c.)

2 doz. hard-shell clams
1-16 oz. can whole peeled tomatoes, undrained
1 t. dried thyme leaves
1/4 t. pepper
1/3 c. chopped parsley
1 bay leaf
1/3 c. catsup
1 T. butter or margarine
1 T. flour

In 5-quart Dutch oven or heavy kettle, slowly cook salt pork until crisp. Add garlic, onion and leek; cook until tender, about 5 minutes. Add green pepper, carrot, celery, potatoes, salt, boiling water and clam juice.

Cover and bring to boiling. Separate necks from soft parts of clams; chop necks coarsely and add to vegetable mixture. Reserve soft parts of clams. Cover kettle and simmer gently about 20 minutes, until potatoes are just tender.

Add tomatoes, thyme, pepper, parsley, bay leaf, catsup and reserved clams.

Melt butter in small saucepan, stir in flour. Remove from heat and add a little hot mixture; blend until smooth. Add to rest of hot mixture, stirring to blend. Cover, and simmer 15 to 20 minutes. Makes 8 to 10 servings.

BAKED LOBSTER
2 (1 1/4-1 1/2 lb.) lobsters, each split and claws cracked
1 c. finely crushed round buttery crackers
1/3 c. melted butter or margarine
Few grains pepper
1 1/2 T. Worcestershire sauce
1 T. dry white wine
1/2 t. paprika
Chopped parsley

Heat oven to 375 degrees. Remove any tomalley (green liver) from lobsters; mash it and reserve. Place lobsters, split side up, in large flat baking pan. In bowl, combine crumbs, 1/4 cup of the melted butter, pepper,

Worcestershire and wine. Add tomalley.
Lightly spoon mixture into lobster cavities. Sprinkle exposed meat of lobster with remaining melted butter. Bake, uncovered 35 to 40 minutes. Sprinkle with paprika and parsley. Serve with additional melted butter. Serves 2.

BAKED INDIAN PUDDING
1/2 c. yellow cornmeal
4 c. hot milk
1/2 c. maple or maple-flavored syrup
1/4 c. lt. molasses
2 eggs, slightly beaten
2 T. butter or margarine, melted
1/3 c. brown sugar, packed
1 t. salt
1/4 t. cinnamon
3/4 t. ginger
1/2 c. cold milk
Vanilla ice cream or light cream

In top of double boiler, slowly stir cornmeal into hot milk. Cook over boiling water, stirring occasionally, 20 minutes. Preheat oven to 300 degrees. Lightly grease 8 1/2 inch round baking dish.

In a small bowl, combine rest of ingredients, except cold milk; stir into cornmeal mixture; mix well. Turn into prepared dish; pour cold milk on top, without stirring.

Bake, uncovered, for 2 hours, or just until set but quivery on top. Do not overbake. Let stand 30

minutes before serving. Serve warm, with vanilla ice cream or light cream. Makes 8 servings.

BOSTON BROWN BREAD
3 c. flour
2 c. yellow cornmeal
2 t. baking soda
1 t. salt
1 1/3 c. milk
1 1/3 c. buttermilk
3/4 c. dark molasses
3/4 c. dark raisins
Grease 2 (1 lb.) coffee cans. Into a large bowl, sift together flour, cornmeal, soda and salt. In small bowl, combine milk, buttermilk and molasses. Gradually add milk mixture to flour mixture and beat with spoon until well combined. Stir in raisins. Pour mixture into coffee cans, filling each about two thirds full. Tightly tie pieces of heavy aluminum foil over top of each can. Place cans on rack in deep kettle. Add boiling water to kettle to come halfway up sides of can. Cover kettle. Steam 2 1/2 to 3 hours. Add more boiling water to kettle as needed to maintain level around cans. Remove cans to wire rack and cool, about 5 minutes. Remove leaves and cut in slices. Serve hot.

To reheat, place covered cans on rack in large kettle of boiling water, and steam about 30 minutes until heated through.


Governor declares August 'Food Month'

Governor Dick Thornburgh has proclaimed August as Pennsylvania Food Products Month, recognizing agriculture as the keystone of Pennsylvania's economy, a major resource growing better year-by-year.

"Our food processing industry is also famous for quality foods such as potato chips, pretzels, dairy products and baked goods for human consumption," said Thornburgh. "The abundance of these quality products and the state's central location have made Pennsylvania the breadbasket of the Northeast, a good cause for Keystone Pride."

Thornburgh said, "Pennsylvania is nationally known for the great diversity of its food products and its leadership in the production of mushrooms, eggs, apples, milk, broilers, peaches, veal, sweet corn and snap beans."

State Agriculture Secretary Penrose Hallowell noted that August is the traditional month for peak harvest of Pennsylvania fruits and vegetables.



Fall Semester Evening Courses

• Credit • Non-Credit • Self-Enrichment
Day — Evening — Weekend Classes
• Main Campus • Dallas • Hazleton
• Pittston • Wilkes-Barre • Kingston • Tunkhannock

\$33 PER CREDIT HOUR
(2 General Service Fee Per Credit Hour)

LUZERNE COUNTY COMMUNITY COLLEGE

Prospect Street and Middle Road
Nanticoke, Pa. 18634

KINGSTON AREA SECTION 64

Class Location:
Wyoming Valley West School District
Middle School, Chester Street
Registration: Thurs., Aug. 25, 6:30-8:30 p.m.

Classes Begin: Tuesday, Sept. 6, 1983
Classes End: Thursday, Dec. 15, 1983
Final Exams: Week of Dec. 19, 1983

ACC 111	Prin. of Accounting I	6:30-9:35 M.
ACC 112	Prin. of Accounting II	6:30-9:15 Th.
ACC 211	Intermediate Accounting I	6:30-9:15 W.
ACC 212	Intermediate Accounting II	6:30-9:15 T.
ACC 213	Managerial Accounting	6:30-9:35 M.
BIO 101	Intro. to Biological Sci. I	6:30-9:15 T.
BUS 105	Business Math	6:30-9:15 W.
BUS 124	Stenograph-ABC Shorthand	6:30-9:15 Th.
BUS 131	Medical Terminology II	6:30-9:15 W.
BUS 201	Principles of Marketing I	6:30-9:15 Th.
BUS 210	Intro. to Data Processing	6:30-9:15 T.
BUS 231	Principles of Management	6:30-9:15 Th.
BUS 251	Personnel Administration	6:30-9:15 W.
BUS 261	Business Law I	6:30-9:15 Th.
BUS 262	Business Law II	6:30-9:35 M.
ECO 111	Fund. of Chemistry	6:30-9:15 T.
ECO 151	Principles of Economics I	6:30-9:15 T.
ENG 152	Principles of Economics II	6:30-9:15 W.
ENG 101	English Composition I	6:30-9:15 Th.
ENG 102	English Composition II	6:30-9:15 T.
ENG 221	World Literature I	6:30-9:35 M.
HIS 202	Amer. History Since 1865	6:30-9:15 Th.
MAT 107	Basic Statistics	6:30-9:35 M.
MAT 121	College Algebra	6:30-9:15 Th.
POS 211	American Government	6:30-9:35 M.
PSY 103	General Psychology	6:30-9:15 T.
RET 101	Real Estate Fundamentals	6:30-9:15 Th.
SOC 215	Principles of Sociology	6:30-9:15 W.
SOC 217	The Family	6:30-9:15 Th.
SPE 125	Fundamentals of Speech	6:30-9:15 W.
DSP 060	Fundamentals of Algebra*	6:30-9:15 M.

TUNKHANNOCK AREA SECTION 88

Class Location:
Tunkhannock Senior High School
Thursday, August 18, 1983, 6:00-8:30 P.M.
Classes Begin: Tuesday, September 6, 1983
Classes End: Thursday, December 15, 1983
Final Exams: Week of December 19, 1983

COURSE NO.	TITLE	TIME	DAY
ACC 111	Principles of Accounting I	6:50-9:45	M
BIO 101	Intro to Biological Science I	6:50-9:45	M
BUS 101	Intro to Business	7:00-9:45	W
BUS 125	Beginning Typewriting	6:30-9:50	W
BUS 210	Intro to Data Processing	7:00-9:45	Th
ECO 151	Principles of Economics I	6:50-9:45	M
ENG 101	English Composition I	7:00-9:45	T
HIS 201	American History to 1865	7:00-9:45	W
MAT 101	Survey of Mathematics I	7:00-9:45	Th
MAT 105	Basic College Math	7:00-9:45	Th
SOC 215	Principles of Sociology	7:00-9:45	W
SPE 125	Fundamentals of Speech	7:00-9:45	W

ALL MONDAY CLASSES ARE SCHEDULED TO RUN 10 MINUTES EXTRA IN ORDER TO MAKE UP FOR TIME MISSED BY MONDAY CANCELLATIONS.

WILKES-BARRE AREA SECTION 35

Class Location: Coughlin High School
Registration: Thurs., Aug. 25, 6:30-8:30 p.m.

Classes Begin: Tuesday, Sept. 6, 1983
Classes End: Thursday, Dec. 15, 1983
Final Exams: Week of Dec. 19, 1983

ACC 111	Prin. of Accounting I	6:50-9:45 M.
ACC 112	Prin. of Accounting II	7:00-9:45 T.
ACC 214	Tax Accounting	7:00-9:45 Th.
BUS 101	Intro. to Business	6:50-9:45 M.
BUS 107	Mathematics of Finance	7:00-9:45 Th.
BUS 125-35	Beginning Typewriting	6:30-9:50 M.
BUS 126	Intermediate Typewriting	6:30-9:50 T.
BUS 130	Medical Terminology I	7:00-9:45 Th.
BUS 202	Prin. of Marketing II	7:00-9:45 W.
BUS 210	Intro. to Data Processing	7:00-9:45 W.
BUS 231	Prin. of Management	6:50-9:45 M.
BUS 261	Business Law I	7:00-9:45 T.
ECO 151	Prin. of Economics I	7:00-9:45 W.
ENG 101	English Composition I	7:00-9:45 Th.
ENG 102	English Composition II	7:00-9:45 W.
ENG 223	American Literature I	6:50-9:45 M.
HIS 101	History of Civilization I	7:00-9:45 T.
MAT 101	Survey of Mathematics I	7:00-9:45 W.
MAT 105	Basic College Math	7:00-9:45 Th.
PHI 299	Ascend of Man	7:00-9:45 W.
POS 211	American Government	6:50-9:45 M.
PSY 103	General Psychology	7:00-9:45 T.
PSY 204	Child Psychology	7:00-9:45 W.
PHY 101	Intro. to Physical Sci. I	7:00-9:45 Th.
RET 210	Appraisal of Real Estate I	7:00-9:45 T.
SOC 215	Principles of Sociology	6:50-9:45 M.
SOC 216	Contem. Social Problems	7:00-9:45 T.
DSP 060	Fundamentals of Algebra*	7:00-9:45 W.

DALLAS AREA SECTION 81

Class Location: Dallas Senior High School
Registration: Wed., Aug. 24, 6:30-8:30 p.m.

Classes Begin: Tuesday, Sept. 6, 1983
Classes End: Thursday, Dec. 15, 1983
Final Exams: Week of Dec. 19, 1983

ACC 111	Prin. of Accounting I	6:50-9:45 M.
ACC 112	Prin. of Accounting II	7:00-9:45 T.
ACC 211	Intermediate Accounting I	7:00-9:45 W.
ACC 214	Tax Accounting	7:00-9:45 Th.
BUS 101	Intro. to Business	7:00-9:45 T.
BUS 105	Business Mathematics	6:50-9:45 M.
BUS 201	Prin. of Marketing I	7:00-9:45 W.
BUS 202	Prin. of Marketing II	7:00-9:45 Th.
BUS 210	Intro. to Data Processing	6:50-9:45 M.
BUS 229	Personal Money Management	7:00-9:45 W.
BUS 248	Small Business Management	7:00-9:45 T.
BUS 261	Business Law I	7:00-9:45 Th.
CHM 111	Fundamentals of Chemistry	6:50-9:45 M.
ENG 101	English Composition I	7:00-9:45 T.
ENG 102	English Composition II	7:00-9:45 W.
ENG 223	American Literature I	7:00-9:45 Th.
ECO 151	Principles of Economics I	6:50-9:45 T.
HIS 101	History of Civilization I	7:00-9:45 T.
MAT 101	Survey of Mathematics I	6:50-9:45 M.
MAT 105	Basic College Mathematics	7:00-9:45 T.
PSY 103	General Psychology	7:00-9:45 W.
PSY 217	Developmental Psychology	7:00-9:45 Th.
RET 201	Appraisal of Real Estate I	7:00-9:45 Th.
SOC 215	Principles of Sociology	6:50-9:45 M.
SOC 216	Contemp. Social Problems	7:00-9:45 T.
SPE 125	Fundamentals of Speech	7:00-9:45 W.

ALL MONDAY CLASSES ARE SCHEDULED TO RUN 10 MINUTES EXTRA IN ORDER TO MAKE UP FOR TIME MISSED BY MONDAY CANCELLATIONS.

WEEKEND CLASSES SECTION 41

Class Location: Main Campus
Registration: Main Campus

Tues., Aug. 30, 9 a.m. to 5 p.m.
Wed., Aug. 31, 9 a.m. to 8:30 p.m.
Thurs., Sept. 1, 9 a.m. to 8:30 p.m.

Classes Begin: Saturday, Sept. 24, 1983
Classes End: Sunday, Dec. 4, 1983
Final Exams: Dec. 10 and 11, 1983

ACC 111	Principles of Accounting I	9:00-12:30 Sat.
ACC 112	Principles of Accounting II	9:00-12:30 Sat.
BUS 124	Stenograph-ABC Shorthand	9:00-12:30 Sun.
BUS 125	Beginning Typewriting	8:30-1:05 Sat.
BUS 126	Intermediate Typewriting	8:30-1:05 Sat.
BUS 129	Shorthand & Transcription I	9:00-12:30 Sun.
BUS 201	Principles of Marketing I	9:00-12:30 Sat.
BUS 210	Intro. to Data Processing	9:00-12:30 Sat.
BUS 255	Machine Transcription	9:00-12:30 Sat.
BUS 256	Word Processing I	9:00-12:30 Sat.
BUS 257	Word Processing II	9:00-12:30 Sat.
CHE 111	Fundamentals of Chemistry	9:00-12:30 Sun.
ENG 101	English Composition I	1:00-4:30 Sat.
ENG 102	English Composition II	1:00-4:30 Sun.
ENG 221	World Literature I	9:00-12:30 Sun.
HIS 101	History of Civilization I	9:00-12:30 Sat.
HUS 101	Teaching Liberated Children*	9:00-4:00 Sat.
HUS 108	Preschool Children	9:00-4:00 Sat.
HUS 109	Children & Discipline**	9:00-4:00 Sat.
MAT 101	Survey of Mathematics I	1:00-4:30 Sun.
MAT 105	Basic College Math	1:00-4:30 Sun.
PSY 103	General Psychology	9:00-12:30 Sat.
PSY 217	Developmental Psychology	9:00-12:30 Sat.
SOC 215	Principles of Sociology	9:00-12:30 Sat.

* 18/15 and 18/29
** 11/5 and 11/19
*** 9/17 and 10/1

TELECOURSES

The schedule of telecourses to be offered by Luzerne County Community College for 3 credits each via Channel 44 for the Fall 1983 semester is shown below. For additional information, contact Mrs. Eleanor Miller, 829-7392.

- BUS 210 - Intro. to Data Processing
Friday, 2:30-3 p.m.
September 23 - December 2, 1983
- BUS 231 - Principles of Management
Saturday, 7-8 p.m.
September 3 - November 26, 1983
- HIS 201 - American History to 1865
Sunday, 6:30-7:30 a.m.
September 4 - December 11, 1983
- SOC 215 - Principles of Sociology
Monday and Wednesday, 7:30-8 a.m.
September 5 - December 14, 1983
- HPE 155 - Personal & Community Health
Tuesday and Thursday, 7:30-8 a.m.
September 6 - December 16, 1983
- BUS 229 - Personal Money Mngmt.
Fri., 7-7:30 a.m.; Sun., 7:30-8 a.m.
September 9 - December 4, 1983
- HIS 299 - Vietnam Tues. 10-11 p.m.
Oct. 4-Dec. 20
- BUS 101 - Introduction to Business
Independent Study
Programmed Study Center
Main Campus

PERSONAL DEVELOPMENT

SEMINAR/DAY TIME	DATE	SES.	TUIT.
Aerobics-Slimnastics	M. 8:00-8:00	9/19-11/7	8 \$14.00
Co-Ed Aerobics	M. 8:00-9:00	9/19-11/7	8 14.00
Writer's Workshop	M. 7:00-8:00	9/19-11/7	8 21.00
Beg. Calligraphy	T. 7:00-8:00	9/20-11/8	8 21.00

Many of the above courses require a materials fee. Please contact the Office of Continuing Education for more information.
*Any person enrolling in a seminar or course prefaced by an asterisk will be allowed to take one (1) guest free of charge to the program. The guest should also fill out the registration form and mail it with that of the paying student.

PERSONAL DEVELOPMENT

SEMINAR/DAY TIME	DATE	SES.	TUIT.
Aerobics-Slimnastics	T. 7:00-8:00	9/21-11/23	8 17.00
Co-Ed Aerobics	W. 8:00-9:00	9/21-11/9	8 15.00
Fund. of Interior Dec.	M. 7:00-9:00	9/21-11/14	8 20.00
Pro. in Decorating	W. 7:00-9:00	9/21-11/16	8 20.00
Neighborhood Dec.	T. 7:00-9:00	9/20-11/15	9 28.00
Country Colonial Dec.	Th. 7:00-9:00	9/22-10/27	6 25.00
Nifty Needlework	M. 6:30-8:30	9/19-10/10	3 12.50
Mini Painting With Acrylics	Th. 6:30-8:30	10/6/27	4 17.00
Adv. Wood Carving	W. 6:00-9:00	9/21-11/9	8 36.00
Christmas Macramé	T. 6:30-8:30	9/20-10/11	3 12.50

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Prospect Street and Middle Road
Nanticoke, Pa. 18634

— Telephone —
735-8300 829-7300 459-1600