

Cookbook

Take shortcuts and save with these recipes

By JOAN KINGSBURY
Staff Correspondent

With today's high cost of groceries, homemakers are always looking for ways to save money while preserving food quality. Convenience foods make food preparation a lot easier for the family cook but they can add quite a few dollars to the grocery bill.

This week I have a collection of recipes for our readers that allow them to use shortcuts like sweetened condensed milk, seasoned salt, all-purpose baking mix by making these specialties from items kept in the kitchen.

Sweetened Condensed Milk which is used in making candy and cheesecake. Rich cookies can be

made by combining instant non-fat milk and butter with boiling water. Instant non-fat milk is used in several of these recipes, so be sure to keep a supply on hand.

Seasoned salt is flavored with a variety of spices: garlic, curry powder, oregano, onion powder, celery salt, paprika, thyme and dry mustard. This spice adds zip to stews, soups and casseroles.

Cheese Whiz, which can be purchased, can be easily made at home. Cheddar cheese makes a tastier spread although processed cheese can be used. This Cheese Whiz is nice to keep on hand for a cracker spread, or to use in recipes calling for cheese.

Bisquick is really handy to keep in the kitchen

since it makes baking cakes, making pancakes or biscuits faster and easier. Now you can make your own All-purpose Baking Mix with vegetable shortening, flour, baking powder, cream of tartar, sugar and salt. This keeps well stored in an air tight container. Use it as you would use Bisquick.

Since brisk, fall weather is on the way, stock up on Hot Chocolate Mix. Instant dry milk, sugar, cocoa and salt are combined to make a delicious, easy hot chocolate mix. Adults can add a teaspoon of instant coffee for a mocha flavored drink.

SWEETENED CONDENSED MILK
1 c. Instant Nonfat Milk
1/3 c. boiling water
3 T. melted butter or margarine

2/3 c. sugar
Pinch salt
Put ingredients into blender and process until it's smooth. Store in refrigerator.

CHEESE WHIZ
1 lb. cheese (cheddar or processed)
2 c. evaporated milk
1 1/2 t. salt
1 1/2 t. dry mustard
2 beaten eggs

Cut cheese into small pieces and melt in double boiler. When melted, add the evaporated milk, salt and mustard. Remove from heat and stir in eggs. Return to double boiler and stir and cook until eggs thicken slightly. Remove from heat. Pour into a dish and cool slowly. Stir as it cools to prevent a crust from forming. Put in jars, cover and store in refrigerator. Keeps for

several weeks.

SEASONED SALT
1 c. salt
1 t. garlic salt
1 t. curry powder
1/2 t. oregano
1/2 t. onion powder
1 t. celery salt
2 1/2 t. paprika
1 1/2 t. thyme
2 t. dry mustard
Combine and mix well. Makes 1 1/2 cups. Seal tightly. Use on meat, soups, salads, etc.

E-Z ALL PURPOSE BAKING MIX
2 c. vegetable shortening
9 c. flour
1/4 c. baking powder
1 t. cream of tartar
1 t. sugar
1 T. salt

Mix flour, sugar, baking powder and salt in large bowl. Add shortening and blend with hands or pastry blender until mixture looks like cornmeal. Store in container with tight lid.

HOT CHOCOLATE MIX
4 c. instant dry milk
1 1/2 c. sugar
1 c. cocoa
1/2 t. salt

Sift together several times. To use: measure out 4 or 5 tablespoons, mix to each cup of water. Cook over low heat about 3 minutes. Serve hot over marshmallows placed in bottom of cup. Adults can add 1 teaspoon instant coffee for a mocha flavor.



Dallas Post/Rod Kaye

Make your own

Sandy Sheehan, Huntsville Road, Dallas, was caught by a Dallas Post photographer while grocery shopping at Daring's Market, Memorial Highway, Dallas. Mrs. Sheehan - and you, too - can easily make all the things she's buying by following this week's "Cookbook" recipes.

DALLAS FIRE & AMBULANCE INC. ANNUAL COUNTRY CARNIVAL

SEPTEMBER 2, 3 & 4

Library Auction Grounds

Main Street, Dallas, Pa.

PARADE: SATURDAY, SEPT. 3 at 6:30 P.M.

FRIDAY: THE HONKY TONK HEART BAND

SATURDAY: THE COUNTRY KINGS

SUNDAY: THE BOUYS

Food, Games, Live Entertainment, Fire Truck Rides



Dallas Exxon Service Center

Across from Dallas Shopping Center
Memorial Highway, Dallas, Pa. 18612
675-3336

GRANNIE ANNIES CRAFTS

130 North Main Street, Shavertown, Pa.
675-1311

CHECKERBOARD INN

Carverton Road, Trucksville
696-9595

Luzerne National Bank

118 Main St. Luzerne 288-4511
801 Main St. Swoyersville 287-1141
MEMBER F.D.I.C.

Maple Hill Nursing Home

Lehman
675-1787

GROTTO PIZZA

Bar & Lounge - Open For The Season
11 A.M. to Midnight
Sunset, Harveys Lake
639-1264

CUSTOM FRAMING ART SUPPLIES WALL COVERINGS

Dallas Framing and Decorating
217 Memorial Hwy. Dallas, Pa. 18612
675-6933

SAYLOR'S FURNITURE

24 Main St. Dallas, Pa. 675-0118

Hilbert's Equipment & Welding

641 Memorial Highway
Dallas, Pa. Your Area
675-3003 Cub Cadet
Complete Sales And Parts Department

NATIVE TEXTILES

Memorial Highway,
Dallas

Mercy Hospital

25 Church Street
Wilkes-Barre
826-3390

Your Friends at:

WILKES COLLEGE

Wilkes Barre, Pa.
822-8413

Rep. Franklin Coslett

1265 Wyoming Avenue
Forty Fort, PA 18704
288-3990



Dallas Shopping Center Dallas 675-3651



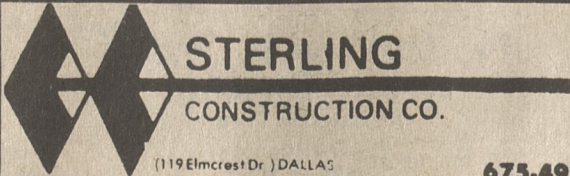
OFFSET PAPERBACK

Dr. Anthony P. Sindoni

Surgeon-Podiatrist
79 Norton Ave. Dallas
675-0673

The JEANS SHOP

Memorial Highway
Dallas, Pa.
675-5069



STERLING CONSTRUCTION CO.
(119 Elmcrest Dr.) DALLAS 675-4931



PIZZA PERFECT

16 Carverton Road, Trucksville
696-2100 696-3888
Heather Highlands, Inkerman
655-2352



United Penn Bank

Experience working for you
MEMBER F.D.I.C.



Dallas Auto Parts

688 Memorial Highway
Dallas, Pa. 18612
675-2143

Franklin's Family Restaurant

Memorial Highway
Dallas
675-5294

Best Wishes from:

Penn State

Wilkes Barre Campus
Lehman
675-2171



YOUNGBLOOD'S TV

204 Pierce St., Kingston (Next to Goldstein's Deli) 287-2255

\$5 DISCOUNT

REGULAR SERVICE CALL \$12.95
WITH THIS COUPON ONLY \$7.95
(One Coupon Per Customer) OFFER GOOD INDEFINITELY

Heart Association plans course

Meals that are exciting and delicious, but low in calories, fat and cholesterol - that's what a new cooking course called "The Culinary Hearts Kitchen" is all about.

The American Heart Association, Northeastern Pa. Region, wishes to announce that such a course, originally developed by the New York Heart Association, will be conducted at Luzerne County Community College, Prospect and Middle Roads, Nanticoke.

The course will be conducted on

five consecutive Mondays, starting Sept. 12 through Oct. 10, and is designed to teach anyone interested in leading a healthy lifestyle. It will have special interest for heart patients and their families.

Mrs. Susan Luchetti, M.S., R.D. will be instructing the Culinary Hearts Kitchen Course. She is the Chief Clinical Dietitian at NPW Medical Center, a Nutrition Task Force Member of the American Heart Association, Northeastern Pa. Region, and a member of the Northeastern District Pennsyl-

vania Dietetic Association.

Mrs. Luchetti will teach basic principles of nutrition, food selection and preparation, ways to modify favorite recipes, menu planning at home and when eating out and entertaining. Students also will see recipe demonstrations and taste a variety of dishes.

For further information on the Culinary Hearts Kitchen Course, contact the American Heart Association, Northeastern Pa. Region, 71 N. Franklin St., Wilkes-Barre at 822-6247.

Leaflet helps you to shop wisely

The next time you shop for groceries, read the nutrition labels on the food you buy.

Compare the calories and nutrients found in one food against those provided in another product. You may be surprised to find that some of your favorite products are not giving you the most nutrition for your food dollar.

To help you read food labels and get better nutrition for your food dollar, the American Heart Association offers a leaflet called, "Nutrition Labeling."

This leaflet shows you how to compare one product against another for cost per serving, calories and nutrients per serving. It also gives guidelines to help you shop for foods that are low in saturated fat and cholesterol.

The United States government

requires nutrition labeling on foods that are enriched or fortified, and on foods that make nutritional claims. Nutrition labels include information about serving size, servings per container, calories per serving, and protein, carbohydrate, fat in grams per serving. The percentage of the U.S. Recommended Daily Allowance of certain vitamins and minerals also is listed.

The Heart Association's easy-to-read leaflet is illustrated with a variety of sample labels. One label lists the nutrition information that might be found on a container of skim milk. The leaflet then shows how to evaluate this information and compare, for example, the fat content of skim milk with whole milk. Other labels show how to interpret information about calories, fats and cholesterol.

The leaflet goes on to explain that most packaged foods list ingredients on the label. Each ingredient must be listed in the order of its concentration in the product with the largest quantity first, down to the smallest. Mayonnaise, for example, which consists largely of vegetable salad oil, would list vegetable salad oil first in its list of ingredients.

If you would like to be a nutrition-wise shopper, ask the American Heart Association for a free copy of its leaflet, "Nutrition Labeling." Or attend the Culinary Hearts Kitchen Course during which a whole session is spent on food selection, comparison buying and label reading.

For more information, contact the American Heart Association, Northeastern Pa. Region, 71 N. Franklin St., Wilkes-Barre, Pa.

Now you can feed Rover for less money

Imagine slashing the cost of feeding each member of your family by 20 percent every week.

Over the course of a year, a family of four, spending \$125 each week for groceries, would save \$1,300. While price reductions of 20 percent won't be found

in every supermarket aisle, at least one member of your family can now cost you less to feed - your dog.

Substantial cost savings can be realized because of the current battle among dog food manufacturers - especially producers of

semi-moist dog food (the burger, soft, moist types). It's a battle waged with lower prices and more coupons.

Manufacturers of soft-moist dog food have just cut their prices by up to 20 percent. Leading the way are manufacturers like General Foods, and brands like Ken-L Ration Burger 'N Bones and Ken-L Ration Special Cuts. Of these two brands, for example, prices haven't been lower since 1979.

Combined with these price reductions, manufacturers consistently are making more coupons available to the consumer, giving them greater savings than ever before. Now, when you return from the grocery store, you can teach an old dog new tricks - Fido won't have to beg for seconds anymore!

We used too much salt

A recipe for "Refrigerator Kosher Dills" while appeared in the Cookbook section of The Dallas Post recently and which was submitted by Bonnie Turchin should have called for 1/4 cup pickling salt instead of 1/2 cup.

We regret our error and hope our readers were not caused too much inconvenience.

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



Sears Carpets and Upholstery Professionally Cleaned

\$24 First room additional rooms \$20

\$39.99 any 6 ft. sofa or any 2 chairs

Our skilled professionals arrive on the day scheduled. We move and replace furniture at no extra cost.

CALL... 343-8701

SEARS CLEANING SERVICES Residential • Commercial Carpeting • Upholstery Satisfaction guaranteed or your money back. Use your Sears Credit Card. Commercial estimates available.