

Cookbook

Stress, in the right amounts, can be healthy

By JOAN KINGSBURY
Staff Correspondent

With today's hectic lifestyle, handling stress is something each person encounters at one time or another. This week Cheryl Fuller, an ob-gyn nurse practitioner in a local doctor's office, has some excellent tips for our readers on how to handle harmful stress in their lives.

Cheryl, who lives in Elmcrest with her family, holds a Bachelor of Science Degree in Nursing from the University of Vermont and a Masters of Nursing Degree from the State University of New York in Binghamton. Her husband, Richard, is an art professor at Wilkes College. The Fullers have lived in the Back Mountain for the past 14 years. They have two children, Richard, 16, a student at Dallas Senior High; and Lori, 13, a student

at Dallas Junior High School.

According to Cheryl, stress must be kept under control in our lives although too little stress is just as unhealthy as is too much stress. To be healthy, a person must keep stress in the proper perspective. Four simple steps can help you effectively handle stress:

(1) Get enough rest; (2) Get some form of aerobic exercise at least three times a week. (example, swimming, walking, jogging); (3) Practice a stress management technique like meditation, prayer or imagery; (4) Practice good nutrition and eliminate foods that are stressful.

Stressful foods include those containing caffeine, all refined flours and sugars, and salt. Smoking also adds a great deal of stress to the body. Avoid all junk foods.

A nutritious diet should include whole grain products which are rich in Vitamin B; fresh fruits and vegetables, raw when possible, fish and chicken. Cheryl also recommends reducing your intake of alcohol.

In her job as nurse practitioner, Cheryl recommends various vitamins to her patients. Vitamin C is good for any type of infection; B complex vitamins are good in pro-

moting healthy nerve endings. Vitamin B-6 has been effective in treating morning sickness. Vitamin E is used to treat fibrocystic breast disease. Exercise is very important; Cheryl recommends 1/2 hour of aerobic exercise three times a week. She combines walking and jogging on a 2 1/2 mile route daily for her exercise regime. Sound eating is an important part of good health maintenance.

Cheryl and her family enjoy eating salads and Cheryl never uses canned vegetables because of their high salt content. The Fullers avoid all red meat because it is difficult to digest.

Cheryl has agreed to share four of her family's favorite recipes with Post readers. "Tranquilita Tea" is a combination of mint, rosemary and sage leaves. Mint helps with digestion, rosemary is a natural tranquilizer. This tea is relaxing, and makes a nice bed time drink.

"Chicken Soup with Grandma's Whole Wheat Bread" is the Fuller's favorite winter meal while "Chicken Kebobs with Rice Pilaf" is their favorite summertime meal.

To make her chicken soup, Cheryl adds any vegetables she has on hand. The Whole Wheat Bread recipe is one her mother has always used. Rice Pilaf is a complete protein meal. To make a complete protein, peas, beans and rice are needed. A combination of any two makes a complete protein. Chicken Kebobs are tasty, with the chicken



Dallas Post/Joan Kingsbury

Handling stress

Cheryl Fuller is shown here as she relaxes in her home. Fuller, a nurse practitioner, instructs her patients as to how to handle stress.

marinated in a combination of lemon juice, soy sauce and oil, flavored with oregano and garlic.

Does incorporating the four stress management recommendations really work? At one time, Cheryl's husband Richard had a problem with high blood pressure. By utilizing these simple steps, his blood pressure has been at the correct level for a number of years now without the use of medication. So you see, you can handle stress, and keep healthy just by altering your daily routine.

TRANQUILITA TEA

- 1 dry oz. mint
- 1 T. rosemary leaves
- 1 T. sage

Combine all ingredients and mix them together in a jar. Place a small amount of the tea mixture in a tea ball, steep for 5-10 minutes.

Sweeten with honey if desired. The result is a nice, relaxing drink.

HOMEMADE CHICKEN SOUP

Chicken
Desired fresh vegetables (celery, peas, corn, string beans, carrots)
Whole wheat noodles or long grain rice.

Make chicken broth. Allow it to sit until fat forms on top. Skim off fat. Add vegetables and whole wheat noodles or long grain rice.

RICE PILAF

- 1 c. uncooked long grain rice
- 1 onion
- 1 pkg. frozen peas
- 3/4 c. slivered almonds
- 1/2-1 c. raisins

Cook rice. Saute chopped onion in a small amount of butter. Add onion, peas, slivered almonds and raisins to rice. Makes a complete protein meal.

GRANDMA'S WHOLE WHEAT BREAD

- 1 c. milk
- 1/4 c. oil
- 1 egg, beaten
- 2 pkg. yeast put into 1 c. water
- 1/3 c. honey
- 1 T. salt
- 1/4 c. raw wheat germ or bran
- 3 c. whole wheat flour
- 3 c. white flour

Bring milk to a boil. Cool to 110 degrees. Combine wet ingredients.

Combine dry ingredients. Add wet ingredients to dry ingredients. Knead dough.

Pour a small amount of oil into a bowl. Coat dough with oil. Allow dough to rise in bowl until it is double in bulk. When dough is double, punch it down, then remove from bowl and mold into loaves on a floured board. Place loaves in greased pans, allow dough to rise until double in bulk. Bake at 400 degrees for about 20 minutes. Makes 2 loaves.

CHICKEN KEBOBS

Deboned chicken

MARINADE

- 1/4 c. lemon juice
- 1/4 c. soy sauce
- 1/2 c. oil
- Oregano
- Xlove garlic, cut up

Combine marinade ingredients. Cut chicken into chunks. Marinate chicken for at least several hours. Alternate chicken chunks with onion, mushroom, pepper, tomatoes, grill, brushing with marinade as the kebobs cook.

Chicken is the favorite

Chicken is served in 96 percent of adult households in this country and in 69 percent it is served at least once a week, according to a new Gallup consumer survey.

Price and taste are two chief attractions of chicken, with 40 percent of those interviewed saying the main reason they buy chicken is because it is economical and 36 percent noting "good taste" as their primary reason for serving chicken.

The survey, conducted by Gallup for the National Broiler Council, showed that consumers are about evenly split between buying fresh chicken whole or in parts. Forty-nine percent purchase whole chicken and 47 buy just parts. Chicken breasts are the most frequently purchased parts, followed by legs.

Baking and frying are the favorite ways of cooking chicken. Consumers who purchase chicken primarily because it is nutritious or because it is low in calories are more likely to bake it. Those who say taste is their main reason for buying chicken prefer to fry it.

The study of consumer use and attitudes toward chicken was conducted by telephone among a national representative sample of approximately 1000 adults during a two-week period in June. Other findings include:

- Younger households tend to buy parts while older people lean toward whole uncut chicken.

- Almost a third (32%) serve chicken two or more times per week and four percent serve it at least four times a week.

This recipe scored high

It wasn't among the top prize winners but "Country Chicken Skillet," prepared by the Arizona contestant, scored high with judges at the 35th National Chicken Cooking Contest. Recipes of all 51 finalists are included in the new edition of "The Chicken Cookbook" which can be ordered by sending \$1.50 (check or money order) to: Chicken Cookbook, Department NBC, 307, Coventry, Connecticut 06238.

COUNTRY CHICKEN SKILLET

- 2 whole broiler-fryer chicken breasts, halved
- 4 broiler-fryer chicken drumsticks
- 1/4 cup instant flour
- 1 teaspoon seasoned salt
- 2 tablespoon seasoned salt
- 2 tablespoons butter
- 2 cups zucchini, unpared, cut in 1-inch cubes
- 2 cups yellow squash, unpared, cut in 1-inch cubes
- 1 large onion, cut in 1/4-inch slices, separated into rings
- 1 can (8 oz.) tomatoes, cut up
- 1/2 teaspoon basil leaves, crushed
- 1/2 teaspoon ground marjoram
- 1/4 teaspoon rosemary leaves, crushed
- 1/4 teaspoon white pepper
- 1/2 cup diagonally-sliced green onion, white and green parts included

In shallow dish, mix together flour and seasoned salt. Add chicken, one piece at a time, dredging to coat. In electric frypan, place butter and melt over medium heat. Add chicken and cook, turning, about 10 minutes or until brown on all sides. Remove chicken from frypan and set aside. In same frypan, add zucchini, yellow squash and onion rings. Cook about 5 minutes. Return chicken to frypan; add tomatoes, basil, marjoram, rosemary and white pepper. Cover and cook over low heat 35 minutes or until fork can be inserted in chicken with ease. Remove cover from frypan and add green onion; cook about 5 minutes longer. Makes 4 servings.

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