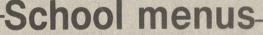
THE DALLAS POST, WEDNESDAY, NOVEMBER 9, 1983 5

Cookbook

Brightening things up!

Dallas Post/Joan Kingsbury

Jim O'Connell, senior high art student at Dallas High School, helps spruce up the cafeteria at Dallas Township Elementary School. Jim was one of several students painting characters on the wall to give the cafeteria a new appearance.



Following are the cafeteria menus that will be served in local school districts during the following week: WEST SIDE TECH bus

MONDAY - Sizzle ham on bun, glazed carrots, chilled pineapple,

snicker doodle cookies, milk. nov TUESDAY - Taco (lettuce-tomatocheese), buttered corn, chips, peanut butter kisses, milk.

WEDNESDAY - Baked chicken, buttered rice. seasoned peas. Angel

baked cornbread, or steamed hot pickle chips, potato puffs, baked don on enriched bun w-celery stick, beans, pears, milk. AuGratin potatoes, Bonus: sugar donute milk or juice. conspilated

WEDNESDAY - Italian cold meat hoagie w-lettuce-tomato or cheeseburger on enriched bun, oven baked French fries, mixed fruit melody wmarshmallows, milk or juice.

THURSDAY - Thanksgiving dinner - Roasted young Tom turkey w-giblet gravy, holiday stuffing,

WEDNESDAY - Early dismissal

Mini ravioli w meat, sauce, green beans, Parker House roll-butter, pineapple tidbits, milk.

THURSDAY Thanksgiving dinner Sliced oreast of lurkey w-dressing, mashed potatoes-gravy, cranberry sauce, buttered peas, ice cream, milk

FRIDAY - French bread pizza, lettuce w-dressing, potato chips, fruit cup, milk.

Soups and stews can be both light and satisfying

Everyone loves delicious, home made soups and stews. They can be robust enough to satisfy hungry appetites or light and delicate enough for lunch or supper fare.

This recipe for Broccoli and Ham soup from a microwave oven cookbook uses basic ingredients which can be easily obtained and takes only 26 minutes to prepare. Brunswick Stew traces its origins to Virginia where ti was made with whatever meat was available at the time. Chicken is featured in this hearty recipe, but you might want to try turkey or beef as well

BROCCOLI AND HAM SOUP Total cooking time: 26 minutes 1 med. onion, chopped 1 clove garlic, minced 2 T. butter or margarine 2 c. (10 oz.) diced, fully cooked ham 2-13³/₄ oz. cans chicken broth 2 c. chopped fresh broccoli or frozen chopped broccoli 1-71/2 oz. can tomatoes, cut up 1/2 C. water ¹/₂ c. elbow macaroni

4 t. ground nutmeg Grated Parmesan cheese, optional In 3-quart casserole combine onion, garlic and butter or margarine. Place in microwae oven.

Cook onion for 3 minutes at HIGH, till tender. Stir in ham, broth, broccoli, undrained tomatoes, water, macaroni, and nutmeg. Cover

Cook for 15 minutes at HIGH till boiling, stirring once to break up frozen broccoli. Cook for 8 minutes at MEDIUM till broccoli and macaroni are tender. Season to taste with salt and pepper, if desired. Sprinkle individual servings with Parmesan cheese, if desired. Makes 6 servings.

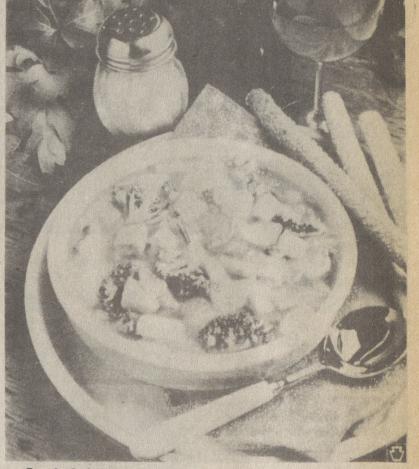
BRUNSWICK STEW Total cooking time: 40 minutes 4 c. chicken broth 2 c. cubed cooked chicken 1-10 oz. pkg. frozen cut okra 1-10 oz. pkg. frozen baby lima beans 1-16 oz. can tomatoes, cut up 2 c. chopped peeled potatoes c. chopped onion 1½ t. salt

- 1/2 t. dried marjoram, crushed t. dried rosemary, crushed
- 4 t. pepper bay leaf

In a 4 or 5 quart casserole com-

bine all ingredients, stir well. Cover and place in microwave oven. Cook for 40 minutes at HIGH CHIP JY UI vegetables are tender, stirring once. Remove bay leaf. Makes 8 servings TIPS & TECHNIQUES

HEATING SOUPS - soups are easily prepared and heated in a variety of serving containers. Heat canned ready-to-serve soups loosely covered. Prepare desired canned condensed soup in a measuring cup and heat uncovered. Packaged dry soup mix is quickly prepared in a mug or serving bowl. Stir soups before serving.



Satisfying soup

Broccoli and Ham Soup, a satisfying meal for a hungry family, can be whipped up in just 26 minutes in a microwave oven.

label and store in freezer.

To reheat, unwrap and return soup to bowl. do not freeze soups containing flour or cornstarch because these ingredients break down and become grainy when thawed

COOKING WITH CREAM - some soups are prepared with cream. These rich soups can be safely cooked in the microwave oven on High Power if stabilized by flour or cornstarch. Without a stabilizer, these soups should bf cooked at paprika or herbs.

Medium Power and stirred frequently to prevent curdling.

COOKING DUMPLINGS - Dumplings make a hearty addition to any soup or stew. Drop the dumpling batter by spoonfuls onto a hot bubbly mixture. Cover tightly and cook, following recipe directions until they are no longer doughy. Dumplings will be light and tender. but will not brown. To add color. sprinkle with shredded cheese,

New brochure helps make shopping easier

Eating nutritionally adequate tamale pie and spinach lasagna are meals on a limited budget is a but a few. All were tested by low challenge to many families today. income families with children and Higher costs for housing, utilities their suggestions were included in and other day-to-day expenses, the final bulletin. along with increased unemployment in many areas often leaves little left

The meal plan has been designed for an ave

Flake roll-butter, pumpkin drop cookies, milk.

THURSDAY - Italian meatball with homemade sauce on hard roll, chilled fruit juice, buttered green peaches, milk.

FRIDAY - Grilled cheese, pickle spears, tomato soup-crackers, cole slaw, rainbow cake, milk.

DALLAS SCHOOLS

Nov. 14 - 18 MONDAY - Rainbow in Jr. & Sr.

3

buttered whipped potatoes, cranberry sauce, Bonus: Thanksgiving pie w-whipped topping, milk or juice.

FRIDAY - Cheese Pizza (2 slices) beans, cheese cubes, chilled or peanut butter-jelly sandwich, chicken-rice vegetable soup, sliced peaches, milk or juice. "Senior Thanksgiving Buffet"

> LAKE LEHMAN SCHOOLS Nov. 14 - 18

Junior High & Elementary

MONDAY - Hot dog on bun, cheese squares, vegetable soup-sal-Conferences. TUESDAY - Chili with freshly TUESDAY - Hamburg on bun,

Now's the time to plant lawns

Fall is the best time to establish a new lawn, according to Jack Harper, Penn State Extension agronomist. There is less competition from weeds and the grass has two cool seasons, fall and spring, to develop an extensive root system before the hot summer months. Most turfgrass varieties in Pennsylvania grow best in cool weather.

There are several important steps to take to establish good turfgrass. Begin by having the soil tested to determine its lime and fertilizer requirements. Then rough grade the area to remove all debris and large stones. Apply lime and basic fertilizers (phosphorus and potassium) according to the soil test recommendations. If you plan to apply composted organic matter, spread it evenly on the surface at this point.

Incorporate all of the materials added to a depth of four to six inches with a rotovator. You can establish the final grade and remove small stones by hand or machine raking.

Select high-quality seed of a turfgrass variety suited to your specific climate and site. Divide seed into two equal parts. Using a mechanical seeder or spreader, sow one-half of the seed in one direction and the other half at right angles to the first to assure complete coverage.



After seeding, rake or drag the area lightly to cover the seed. Do not cover the seed deeper than $\frac{1}{4}$ inch. Roll the area lightly to firm the soil around the seed.

Finally, mulch the area with clean straw or marsh hay. You may leave light mulches on to decompose, but remove heavy mulches as soon as the grass germinates. Water the area during dry spells of 10 days or more.

To help you become an expert in all areas of lawn care, you can send for a copy of Dr. Harper's corespondence course titled, Lawn Care. to get the course, you send \$9.00 includinghandling, to LAWN CARE, Dept. 5000, University Park, PA 16802. Make check payable to PENN STATE.

Senior High School

MONDAY - Hamburg or chicken patti on bun w-relish, potato puffs, pickle chips, pears, milk. TUESDAY - Roast beef hero on

bun w-relish, tri-tater, baked beans, REHEATING - Whether you've prepineapple tidbits, milk. WEDNESDAY - Meatball hoagie,

Nacho chips, green beans, apple, milk THURSDAY - Thanksgiving

dinner - Sliced breast of turkey w dressing, mashed potatoes-gravy, buttered peas, cranberry sauce, ice cream, milk.

FRIDAY - French bread pizza, lettuce-dressing, potato chips, fruit cup, milk.

FREEZING SOUP AND pared a double batch of your favorite homemade soup or have smaller portions of soup left over, you can freeze it and reheat it quickly in the microwave oven.

Line a microwave oven-safe dish or soup bowl with a double thickness of foil or clear plastic wrap or use a heavy-duty plastic bag. Fill with desired amount of soup. Freeze until solid. Remove from bowl; seal,

over for groceries

"Making Food Dollars Count" is a new bulletin that may help, according to Josephine Kotch, Extension Home Economist for Luzerne County. The bulletin has been developed by the U.S. Department of Agriculture (USDA) Food and Nutrition Service, based on a nationwide survey of the food preferences and nutritional shortcomings of the diets of 4,400 low income families.

'Making Food Dollars Count' includes two weeks' worth of menus that reflect the food likes of the families in the survey. Changes were made only as needed to meet nutritional guidelines and to keep food costs down. It also includes grocery lists and shopping tips as well as recipes for some of the foods in the menus. Tuna pizza, bean

\$58 a week for a family of four - one adult and three children between the ages of 3 and 14. An unusual feature of "Making Food Dollars Count" is its reliance on old fashioned cooking skills and careful use of leftovers, Kotch says.

Basically, the menus shift more of the scarce food dollars to the purchase of vegetables and fruits, grain products, milk and milk products, and dry beans and peas. These foods are economical sources of nutrients that were short in the diets of many of the survey households - calcium, iron, magnesium, zinc and folacin.

For more information about how to make food dollars count for you, contact Luzerne County Cooperative Extension Service office at 5 Water St., Courthouse Annex, Wilkes-Barre, PA 18711 or phone 825-1701 or in Hazleton area 459-0736

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