

Cookbook

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 it 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
2-13/4 oz. cans chicken broth
2 c. chopped fresh broccoli or frozen chopped broccoli
1-7/8 oz. can tomatoes, cut up
1/2 c. water
1/2 c. elbow macaroni
1/4 t. ground nutmeg
Grated Parmesan cheese, optional

In 3-quart casserole combine onion, garlic and butter or margarine. Place in microwave 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
1/2 c. chopped onion
1 1/2 t. salt
1/2 t. dried marjoram, crushed
1/2 t. dried rosemary, crushed
1/4 t. pepper
1 bay leaf

In a 4 or 5 quart casserole combine all ingredients, stir well. Cover and place in microwave oven.

Cook for 40 minutes at HIGH till 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.

FREEZING SOUP AND REHEATING - Whether you've prepared 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.



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 or High Power if stabilized by flour or cornstarch. Without a stabilizer, these soups should be cooked at

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, paprika or herbs.



Brightening things up!

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.

Dallas Post/Joan Kingsbury

School menus

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

WEST SIDE TECH

MONDAY - Sizzle ham on bun, glazed carrots, chilled pineapple, snicker doodle cookies, milk.

TUESDAY - Taco (lettuce-tomato-cheese), buttered corn, chips, peanut butter kisses, milk.

WEDNESDAY - Baked chicken, buttered rice, seasoned peas, Angel Flake roll-butter, pumpkin drop cookies, milk.

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

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

DALLAS SCHOOLS

MONDAY - Rainbow in Jr. & Sr. Conferences.

TUESDAY - Chili with freshly

baked cornbread, or steamed hot don on enriched bun w-celery stick, AuGratin potatoes, Bonus: sugar donut, milk or juice, scones, bread.

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

THURSDAY - Thanksgiving dinner - Roasted young Tom turkey w-giblet gravy, holiday stuffing, buttered whipped potatoes, cranberry sauce, Bonus: Thanksgiving pie w-whipped topping, milk or juice.

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

LAKE LEHMAN SCHOOLS

MONDAY - Hot dog on bun, cheese squares, vegetable soup-sal-tines, peaches, milk.

TUESDAY - Hamburg on bun,

pickle chips, potato puffs, baked beans, pears, milk.

WEDNESDAY - Early dismissal - Mini turkey w-meat sauce, green beans, Parker House roll-butter, pineapple tidbits, milk.

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

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

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, pineapple 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.

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 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 correspondence course titled, Lawn Care. To get the course, you send \$9.00 including handling, to LAWN CARE, Dept. 5000, University Park, PA 16802. Make check payable to PENN STATE.

Fashion house

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