

# Cookbook

## Frosting Friends cake club welcomes new members

Frosting Friends of Luzerne County, a cake decorators club sponsored by the Luzerne County Recreation Department, met recently in the Educational Conference Center at Luzerne County Community College.

New members welcomed into the club this month by vice-president Bernie Urban were Sandy Rinker, Karen Simoncavage, Susan Matthews and Ann Koulik. Congratulations go out to several members who placed in area cake shows. They are Diane Morrisey and Barbara Regan, in the Williamsport show. Mary Gallagher and Dave Harahus placed in both Williamsport and York.

A number of Frosting Friends attended the International Cake Exploration Society "Fall Fellowship Day" in Williamsport recently.

The Culinary Art Show in New York City was attended by Barbara Regan and Sheryl Stolarick on

November 15.

Charles McAvoy introduced Marzipan Creations to all attending the November meeting. Some of the things made were elephants, alligators, bears, turtles, snowmen and many more.

The Christmas party was held December 3 at the Golden Palace. The party served as the December meeting.

The next meeting will be held on Monday, Jan. 16, at 7 p.m. in the Educational Conference Center at Luzerne County Community College. The evening's demonstration will be "Chocolate" by Patricia Capulick and Peggy Gallagher.

Anyone interested in chocolate making is invited to attend. A fee of one dollar will be charged to non-members.



### Exercising together

Karen Arnaud and her son Christopher enjoy exercising together. Karen teaches aerobics exercise classes in the Back Mountain area.

Dallas Post/Joan Kingsbury

## Scientists agree that humans consume entirely too much salt

Salt is second only to sugar as an additive in the American diet. As a consequence, medical scientists find, we ingest 10 to 20 times the sodium our bodies need or can eliminate.

A number of recent studies have indicated that over-consumption of sodium is linked to hypertension (high blood pressure) which is, in turn, cited as a major cause of heart and kidney disease, stroke and death.

Behavioral scientists tell us that our early vegetarian ancestors ate very little salt, probably less than 500 mg. a day. Even today, it is agreed, that physiologically we need less than 1,000 mg. (1 gram) of salt in our daily diet. In spite of that we are eating, on average, 25,000 mg. to 35,000 mg. Because early man used little salt our bodies hoard sodium and excrete potassium. This creates the problems with our bodies.

It is generally agreed that desire for salt is acquired and can be controlled with very little difficulty.

Many baby food manufacturers have eliminated salt in their products without a discernable change in the eating habits of infants. In fact newborn babies express a distaste for salt.

In spite of this, many baby foods are loaded with sodium. The average baby gets about 25,000 mg. per day.

The diet of babies and young children contains so much salt that they become "hooked" and demand ever increasing amounts. The cravings are evidenced by the teenagers preference for salty snack foods, potato chips and fast foods.

The introduction of excessive amounts of highly-salted foods into the diet of our young has resulted in a population which averages two to four teaspoons (2,000 mg. per teaspoon) of salt per day in its diet although the body needs only a fraction of that amount. The result is 50 million persons in the United States suffering from high blood pressure.

A nutrition task force of the non-

profit Consumer Education Research Center has studied this situation and compiled a book to help break the salt habit. It lists the salt content of over 800 foods, liquors and medicines. The book, *Salt and Your Health*, is available for \$4 plus \$1 for mailing from CERC-Salt Project, P.O. Box 336, South Orange, N.J. 07079.

Even pets are given diets extremely high in salt content. The makers say that this is necessary to encourage the animals to eat the products. However, meat-eating wild animals eat no salt except that found in the other animals they eat. Thus we subject the pets we love to the same disease that we cause in ourselves.

The Center's study suggests that we immediately cut down to half the salt we normally use in our cooking and reduce gradually from there. Don't add salt before tasting foods. Replace foods high in salt with those low in salt content. Try to prepare as much of the food you eat as possible.

## You'll feel better if you exercise and eat well

By JOAN KINGSBURY  
Staff Correspondent

When it comes to keeping fit, Karen Arnaud of Dallas is an expert.

A graduate of Penn State with a degree in Health and Physical Education, Karen has been teaching aerobics and jazzercise classes for the past four years.

Presently, she is teaching classes at Westmoreland Elementary School, St. Hedwig's Church and the Dallas Band Association. She will also be teaching a tumbling for tots class for three and four year olds at Luzerne County Community College.

Karen, her husband Brad and their son Christopher, 7½ months old, live on Red Ledge Drive in Dallas. Brad, who is employed by Suburban Publishers, is a graduate of Lock Haven State College and a member of the Northeastern Pennsylvania Club of Printing House Craftsmen.

Karen is a member of the board of the American Heart Association and is the strutters coach at Dallas High School. Last year, Karen raised \$500 for the American Heart Association by participating in a dance for the heart.

To begin a good exercise program, Karen recommends starting off slowly, not pushing too hard, and taking into consideration any special health problems. If you are over 45 years of age or excessively overweight, she recommends seeking your doctor's advice before beginning an exercise program.

If you are exercising at home, choose an area with enough room to exercise freely. Wear loose clothing and good fitting sneakers. Always warm up with a period of stretching. If you want to lose weight, diet in conjunction with exercise. Exercising with a television program like the Joanie Greggins Show is a good motivator.

Aerobics exercise is Karen's favorite because its benefits cardiovascular fitness. Aerobics must be done from 12 to 15 minutes following overall body toning exercise, at least three times a week for maximum benefit. When doing only aerobics, exercise for 30 to 45 minutes.

Karen says that one of the best exercises is brisk walking. This form of exercise is inexpensive and can be done by the entire family.

New mothers trying to regain their figures should never start exercising without their doctor's

permission. A nursing mother should not worry about dieting. Joining a class outside of the home can pick up a new mother's spirits and have her exercising regularly. Learning to do some exercises with your baby can be fun for both mother and child.

Karen has several tips for those interested in losing weight without going on a strict diet. Cut down on salt. Broil meat, and use spices instead of salt for flavoring. If possible, have your bigger meal at lunchtime. Don't overeat just because the food is there. Notice when you are full, then stop eating. Try not to eat at night. Eat raw vegetables for snacks. When dieting, stay away from alcohol beverages.

To help make cutting those calories easier, Karen has several delicious recipes for our readers. Fruity Baked Chicken combines the flavors of soy sauce, lemon juice, ginger, peaches and pears with chicken breasts. Baked Fish seasoned with rosemary, paprika, chopped green onions, tomato slices and white wine.

### FRUITY BAKED CHICKEN

1 T. lemon juice  
2 t. soy sauce  
¼ t. salt, optional  
¼ t. gr. ginger  
¼ t. pepper  
½ lb. boneless chicken breasts  
1 can, 8 oz. water packed peaches, drained  
1 can, 8 oz. water packed pears, drained  
Combine lemon juice, soy sauce, salt, ginger and pepper. Pour over chicken in shallow baking dish. Bake in preheated oven at 350 degrees for 15 minutes. Arrange fruit around chicken, baste with pan liquid. Bake 10 minutes or until chicken is done.

### BAKED FISH

¼ c. chopped celery  
4 fish fillets, sole or flounder  
¾ t. salt, optional  
¼ t. rosemary  
¼ t. gr. pepper

¼ t. paprika  
1 tomato, sliced  
½ c. chopped green onions  
¼-½ c. dry white wine

In a shallow pan sprinkle celery, then arrange fish over celery slightly overlapping. Sprinkle with salt, rosemary, pepper and paprika. Top with onion and tomato, add wine. Bake in preheated oven at 350 degrees for 20 minutes or until fish flakes.

### LEMONY TUNA STROGANOFF

4 green onions, cut small  
1 med. clove garlic, minced  
2 T. butter or margarine  
1 can cream of mushroom soup  
2/3 c. plain yogurt  
1/3 c. milk  
Grated peel and juice of ¼ fresh lemon  
Generous dash pepper  
2 cans tuna drained and flaked  
1 can sliced mushrooms  
Paprika  
Hot cooked noodles or rice

In skillet, saute onions and garlic in butter. Add soup, yogurt, milk, lemon peel and juice and pepper. Stir in tuna and mushrooms; heat. Serve over hot noodles or rice. Sprinkle with paprika.

### TURKEY SCALLOPINI WITH MUSHROOM SAUCE

1 lb. turkey, sliced for scallopin  
½ c. seasoned dry bread crumbs  
3 T. lightly salted butter or margarine  
3 T. vegetable oil  
½ lb. fresh mushrooms, sliced  
1 c. water  
2 t. cornstarch  
1 chicken-flavored bouillon cube  
Plain yogurt  
Pound turkey, bread it. In a skillet heat 1 tablespoon butter and oil. When melted, cook turkey to lightly browned, then remove and put aside. To skillet add mushrooms, cook 2 to 3 minutes. Add cornstarch, water and bouillon cube. Bring to a boil, stirring constantly. When cube is dissolved and sauce is slightly thickened, pour over turkey and serve with yogurt.

## School menus

Following are cafeteria menus for area high schools for the following week:

### DALLAS SCHOOLS

Jan. 11 - 20

**WEDNESDAY** - Honey baked chicken or triple decker peanut butter-jelly sandwich w cheese cube, buttered whipped potatoes w-gravy, tangerine, choice of milk-juice.

**THURSDAY** - Beef macaroni creole with Italian bread-butter (Jr.Sr.) or salami-cheese sandwich

on seeded roll w-fresh celery stick, buttered corn, choice of milk-juice. Bonus: Gingerbread w-whipped topping.

**FRIDAY** - Oven baked pizza (2 slices), or baked fish on enriched roll w-lettuce, cole slaw, choice of milk-juice. Bonus: Orange gelatin with snowy whipped topping.

**MONDAY** - Mountaineer cheese-burger on seeded roll or balogna-cheese sandwich on seeded roll, au gratin potatoes, fresh apple, choice of milk-juice.

**TUESDAY** - Sliced hot turkey sandwich w-gravy or steak-cheese hoagie, butteredrice, sweet potato marshmallow delight, tropical pineapple, choice of milk-juice.

**WEDNESDAY** - Ball Park hot dog on roll w-condiments, macaroni salad, potato chips, carrot sticks, choice of milk-juice. Bonus: Soft pretzel. (Wear your sunglasses for an extra special Ice Cream Treat.)

**THURSDAY** - Baked lasagna w-buttered Italian bread, garlic bread in Jr.and Sr., or peanut butter-jelly sandwich w-cheese cube, Italian green beans, cherry gelatin with sliced bananas and whipped topping, choice of milk-juice.

**FRIDAY** - Cheese pizza (2 slices), or tuna salad hoagie w-lettuce, chicken-n-rice soup w-veggies, chilled peaches and pears combo, choice of milk-juice. Bonus: Cheese curls.

### LAKE-LEHMAN SCHOOLS

Jan. 16 - 20

Senior High

**MONDAY** - Ham patti or chicken patti on bun w-relish, French fries or small salad, applesauce, donut, milk.

**TUESDAY** - Hot dog or kielbasi

on bun, sauerkraut, mashed potatoes w-butter, peaches, milk.

**WEDNESDAY** - Meatball hoagie, corn chips, green beans, pudding, milk.

**THURSDAY** - Turkey w-gravy over biscuits, buttered carrots, cranberry sauce, ice cream, milk.

**FRIDAY** - Pizza or egg salad sandwich, potato chips, carrot-celery sticks, fruit cup, milk.

### Junior High & Elementary Schools

**MONDAY** - Mini ravioli w-meat sauce, buttered peas, hillbilly bread-butter, pears, milk.

**TUESDAY** - Hot dog on bun, cheese squares, minestrone soupsaladines, fresh apple, milk.

**WEDNESDAY** - Meatball hoagie, corn chips, green beans, pudding, milk.

**THURSDAY** - Turkey w-gravy over biscuits, buttered carrots, cranberry sauce, ice cream, milk.

**FRIDAY** - Pizza or peanut butter jelly sandwich, potato chips, carrot-celery sticks, fruit cup, milk.

### WEST SIDE TECH

Jan. 16 - 20

**MONDAY** - Sizzled ham on bun, buttered vegetables, chilled pineapple, oatmeal raisin cookies, milk.

**TUESDAY** - Oval spice-cheese on seeded roll, vegetable soup-crackers, potato chips, pickles, brownies, milk.

**WEDNESDAY** - Open face turkey sandwich-gravy, buttered green beans, soft pretzel, milk.

**THURSDAY** - Chilled juice, Italian meatballs on hard roll, buttered peas, cheese sticks, strawberry shortcake, milk.

**FRIDAY** - Fish-cheese fillet on seeded roll, tartar sauce, creamy cole slaw, chilled peaches, milk.

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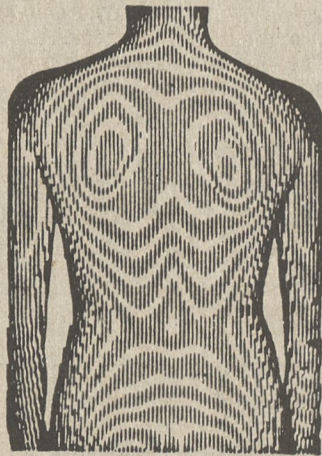
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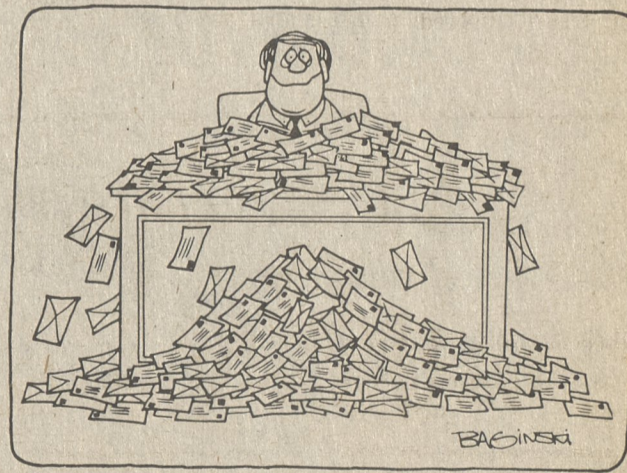
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