

Cookbook

School menus

Following are cafeteria menus for area school districts for the following week:

WEST SIDE TECH May 1-4

TUESDAY - Hoagie-lettuce-tomato, Italian dressing, buttered green beans, vanilla cake-chocolate frosting, milk.

WEDNESDAY - hamburger on bun, buttered corn, chilled fruit juice, Ko-Ko Mungas cookies, milk.

THURSDAY - Beef-a-roni, creamy cole slaw, grated cheese, pan roll-butter, Tech squares, milk.

FRIDAY - Pizza twins, tossed salad, choice of dressing, chilled pears, peanut butter cookies, milk.

LAKE-LEHMAN SCHOOLS April 30 - May 4

Junior High & Elementary Schools

MONDAY - Beef ravioli w-sauce, buttered peas, Parker House roll-butter, pineapple tidbits, milk.

TUESDAY - Hot dog on bun, cheese squares, bean-bacon soup, saltines, peaches, milk.

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

THURSDAY - Oven baked chicken, mashed potatoes w-gravy, corn, Parker House roll-butter, ice cream, milk.

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

Senior High School

MONDAY - Ham pattie or hamburger on bun w-relish, French fries or small salad, peaches and donut, milk.

TUESDAY - Meatball hoagie, corn chips, green beans, pineapple tidbits, milk.

WEDNESDAY - Hot dog or kielbasi on bun w-sauerkraut, bean-bacon soup, saltines, orange wedges, milk.

THURSDAY - Oven baked chicken, mashed potatoes w-gravy, peas, Parker House roll-butter, ice cream, milk.

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



Dallas Post/Ed Campbell

Luncheon committee

Dallas Women of Kiwanis Salad Luncheon Committee met recently to finalize plans for this annual club event. Shown here, from left, are Mrs. John Luke Jr., Adrienne Camp, Mrs. Reese Pelton, Mrs. Peter George, Mrs. Paul Selingo and Mrs. Leonard Harvey.

Spring Luncheon planned

Kiwanis women offer recipe

By JOAN KINGSBURY
Staff Correspondent

Each Spring, the Dallas Women of Kiwanis hold their annual Salad Luncheon. This event, featuring a wide variety of gourmet salads made by the club members, is looked forward to by many Back Mountain women.

This year's luncheon will be held on May 16 at noon at the Shavertown United Methodist Church, Pioneer Avenue, Shavertown. Pat Luke is chairman of the luncheon. The Luncheon committee includes Pauline Selingo, club president; Pat Luke, chairman; Shirley Moore and Claudette Banks, tables and decorations. Tickets, Mary George and Sybil Pelton; Marion Harvey, kitchen.

Tickets for the luncheon are available from any member of the club. Tickets will not be available at the door. All proceeds will be used to sponsor the club's community service projects such as the annual Thanksgiving and Christmas food baskets given to

needy families throughout the area.

In addition to featuring delicious salads, a program and demonstration will be presented by Nancy Grabenstetter and staff of Hill the Florist.

To give our readers a sneak preview of the delightful luncheon they could enjoy, Dallas Women of Kiwanis president Pauline Selingo has submitted the following recipe for Summer Rice Salad. This colorful vegetable and rice mixture is molded for an attractive luncheon dish.

SUMMER RICE SALAD

3/4 c. mayonnaise
2 c. chopped or shredded green onions, carrots, green peppers, red peppers, pimento or radishes, or tomato
3/4 c. Italian Dressing
1/4 c. French Dressing
2 c. boiled long grain rice

In a large bowl blend mayonnaise and dressing. Stir in vegetables and mix well. Add cooked rice and let set in a bowl for a half hour. Spray a mold with Pam, add mixture and chill.



Dallas Post/Ed Campbell

Fashion show held

The Fashion and Design Club of Dallas High School recently held a fashion show entitled "Prom Thriller." Prom gowns were furnished by Diana Designs of Shavertown and tuxedos were furnished by Sarno & son. Total Woman and Modern Male guided the models in fashion modeling skills. The club is a forerunner of the Fashion Design Class which will be part of the Home Economics curriculum next year. From left, first row, Paulette Niznik, Suzanne Infantino, Kathy Pierce. Second row, Lori Falcone, Sharon Mitchell, Sue Desiderio, Lisa Kerpovich, Robb Musto, Connie Hughes and Laura Hughes.

Trinity Presbyterian Women held annual Salad Luncheon recently

The United Presbyterian Women of Trinity United Presbyterian Church recently held their annual Salad luncheon in the church social room. Hostess for the luncheon was Meryl Davis. A wide variety of homemade salads were served.

Following the luncheon, a program was held in which funds earned throughout the year were tary, Erma Kelchner; treasurer, Meryl Davis. Committee members include, mission interpretation, Catherine Bolinski; concern, Loretta Iveson; sewing, Marianne Williams; nominating Barbara Barakat; kitchen, Barbara Koehl; Wednesday Circle, Frances Linkskill; Evening Circle, Virginia Swanson, Edith Pillarella; Adopted child, Elaine Flint; Finance Committee, Meryl Davis, chairman, Ann Thomas, Shirley Davis, Catherine Bolinski, Rachel Hale, Joann Hall, Barbara Koehl; Presbyterian Home, Virginia Swanson; Closet, JoAnn Hall; Calling, Marguerite Fry, chairman, Dorothy Jones, Dana Dunney, Peg Howorth, Marjorie Connolly.

Rev. Andrew Pillarella is pastor of Trinity United Presbyterian Church.

distributed to various community organizations. Donations were made to Operation Ride, Meals on Wheels, Layettes for Indian Missions, Back Mountain Memorial Library, Hospice St. John, The Closet, a boutique of good used children's clothing earns funds to finance these contributions.

Women from the Camptown and Williamsport United Presbyterian

Women were guests. Helen Harned, Camptown U.P.W. and her daughter Mary Chappell, Trinity U.P.W. are both president of their chapter of United Presbyterian Women. This is the first time that a mother-daughter has served during the same year in our area.

Officers for this year are president, Mary Chappell; vice president, Marianne Williams; secre-

LCCC plans Microwave Oven Cooking Course

The Office of Continuing Education at Luzerne County Community College will offer a four-session food preparation seminar in Microwave Oven Cooking at the college's main campus in Nanticoke.

The course, which will meet on Tuesday evenings, from 7 to 9 beginning May 1 through May 22; will present a variety of food preparation techniques adapted for microwave cooking.

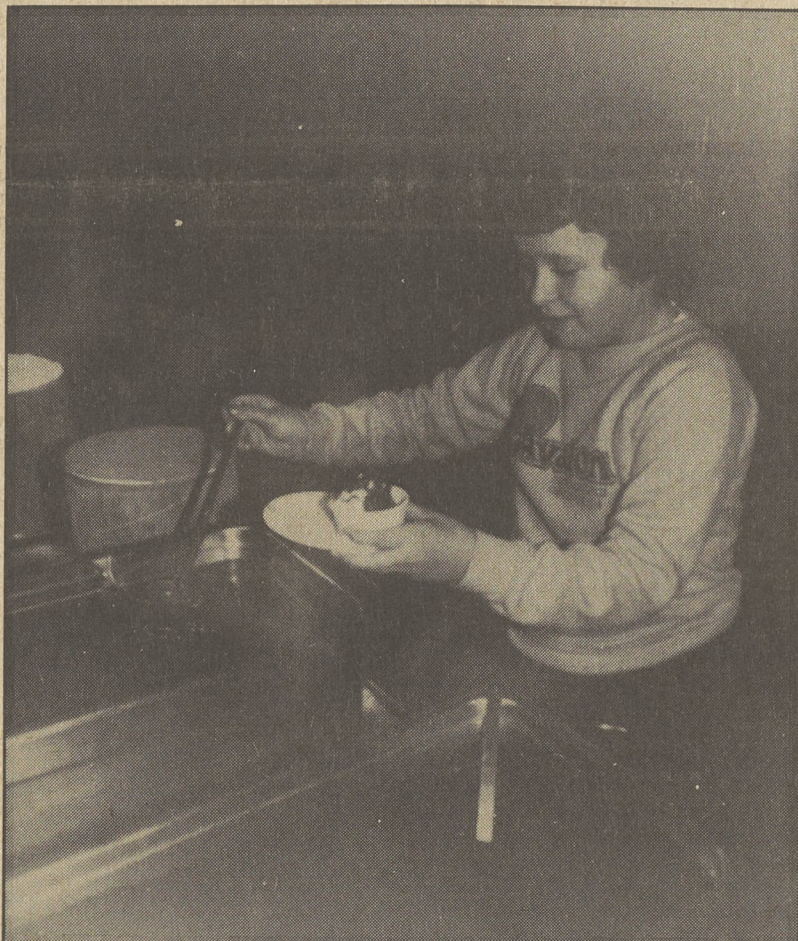
With the long hot Summer months just around the corner, more time

can be allocated for the average housewife to enjoy the vacation months through microwave cooking. The seminar will instruct individuals on how to use the ovens efficiently as well as receive information on purchasing, preparation and storage of food.

For more information on the Microwave Oven Cooking course, or to register to attend, contact the Office of Continuing Education at Luzerne County Community College, 829-7477.

Making a sundae

Megan Sheehan helps herself to her favorite topping during "Make Your Own Sundae" day held at the Dallas Intermediate School. After purchasing a school lunch, students enjoyed making their own sundaes from tubs of vanilla, chocolate and strawberry ice cream with crocks of hot chocolate, marshmallow and peanut butter sauce and a variety of toppings including pineapple, coconut, sprinkles, raisins and more. The event was sponsored by the cafeteria service ARA, to attract students to buy school lunches. Assistance with the program was provided by members of the Dallas Intermediate PTO.



Dallas Post/Ed Campbell

Nesbitt schedules Festival

With summer on the way, the Nesbitt Memorial Hospital Auxiliary has begun plans for the annual June Festival, to be conducted on Wednesday, June 20 on the grounds of the Medical Arts Building. To kick off the festival, the auxiliary is now selling tickets for the popular "Big Chance" Drawing.

More than 73 prizes have been generously donated by local businesses to award to this year's Big Chance winners. The grand prize is a Tunturi Exercise Bicycle, valued at \$550, furnished by Patient Care Corporation in Kingston. Second prize is a 19-inch color television set with stand, courtesy of Mar-J Enterprises, Forty Fort and third prize is a back yard barbecue for 25 people, compliments of Coscia's Restaurant in Dallas. Additional prizes include a wide variety of cash awards, gift certificates and services all provided by local shops, banks and businesses.

Tickets are available from any Nesbitt Memorial Hospital auxiliary member, employee or volunteer. The drawing will be conducted at 7:30 on the evening of June 20 on the grounds of the festival. Gertrude Sarsfield is serving as Chairman of the Big Chance Ticket Sale.

Times of specific festival events will be made available in the near future. For more information, contact the Nesbitt Memorial Hospital Community Relations Department at 288-1411, ext. 4025.

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