Cookbook

Jane Cummings

Local woman shares easy-to-make ideas

BY CHARLOT M. DENMON aff Correspondent

Jane Cummings enjoys cooking but prefers easy-to-prepare dishes because of her busy schedule. Two boys, a two-year-old and a fifth grader, four pedigreed Lhasa Apso dogs, one of whom recently had six pups, and her part-time position at Trucksville Dog and Cat Hospital make for busy days.

Her husband, John, is employed at Dopka Construction in Plains and, after a hard day's work, enjoys a hearty meal so Jane keeps a file of easy to prepare but tasty recipes close at hand.

Many of our readers may remember Jane, who worked as production manager at The Dallas Post for several years. She is also active in 4-H and works as an asistant leader with the Evergreen 4-H Club. She also bowls on the Jean Shop team in the Imperialette League at Bonomo's Lanes in Dallas.

Jane enjoys crocheting and recently completed a 3-D animal spread for her son David's bed. She also designed and made a crochet wall hanging which she entered in "Crochet World" magazine contest. The hanging won third prize and will be published with directions in a future issue of the magazine.

Her fifth grade son, Christopher is member of Back Mountain Little League, plays mini-football and takes lessons in Kung-Fu. Her husband plays on a Back Mountain slopitch softball team.

'Taking care of our home, working and chauffering my son and husband back and forth during baseball and football season keeps me busy, so that's the reason I look for hearty but tasty dishes such as those listed below," said Jane. COUNTRY STYLE CHICKEN

2/3 c. butter ½ c. fine bread crumbs (1 slice done in blender)

Luncheon planned

The residents of the Meadows

Apartments enjoyed their annual

Easter dinner recently. It was

catered by the Regency of Wilkes-

Barre. The recreation room had been decorated by the residents. The tables were decorated with bright colored cloths and napkins.

The Meadow Larks presented sev-

eral selections and the Kitchen

Band entertained several selections

full of fun. Wilbur Hoyt gave a

The meal consisted of the follow-

ing delicious foods: roast beef, fried

Mrs. Kotch stated sodium is a minderal needed by the body, but

excessive consumption is associated

ith high blood pressure otherwise

The audience had the opportunity

to taste the salt substitute on vege-

known as hypertension. Table salt

humorous reading.

percent chloride.

Commissioners

dish.

Shavertown United Methodist Church.

Nancy Grabenstetter, Hill the Florist, will present a program on flower arranging at the Dallas Women of Kiwanis Salad

Luncheon to be held on Monday, May 16, at noon at the

Meadows Apts. residents

Learning to shake the salt habit

enjoyed Easter dinner

2 T. grated Parmesan cheese

1 t. each basil and oregano ½ t. garlic salt

1/4 t. salt 2 chicken breasts, split

1/4 c. chopped green onion 1/4 c. chopped parsley

Remove skin from chicken before coating. Melt butter, combine bread crumbs, cheese, basil, oregano, garlic salt and salt. Dip chicken in butter then in crumbs to coat. Place skin side up in ungreased nine inch square baking dish. Bake at 375 degrees for 50-60 minutes. Meanwhile, add onion, parsley to remaining butter. When chicken is golden brown pour butter sauce over it and return to oven for 3-5 minutes.

SAUSAGE SKILLET DISH

1 lb. loose sausage 1 c. chopped onion

1/4 c. green pepper, diced 1 can No. 2 stewed tomatoes

½ c. water ½ c. grated cheese

1 8-oz. pkg. noodles In a heavy skillet over medium heat brown sausage, breaking meat with fork as it cooks. Drain off most of fat and stir in onion and green pepper. Cook four minutes until onion is golden brown. Add tomatoes and water over low heat about 25 minutes. Stir several times while cooking. Add cheese and mix until melted. Taste sauce and add seasonings to taste. Cook and drain noodles according to directions on

package. Do not rinse. Combine

sauce and noodles, mix well and

serve at once. BAKED FILLED CUPCAKES

1½ c. flour 2 t. baking powder

½ t. salt ½ c. creamy or chunky style peanut

butter 1/4 c. margarine

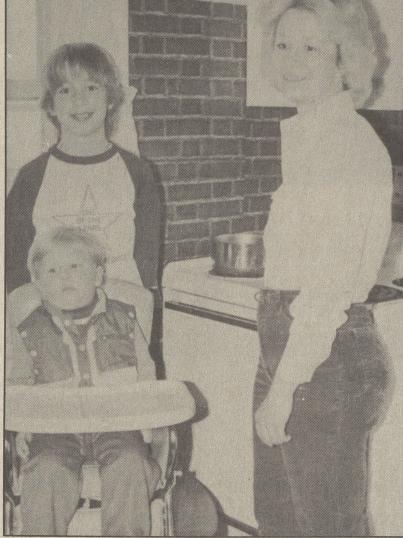
1 c. firmly packed lt. brown sugar

1 t. vanilla

1 c. semi-sweet chocolate pieces

Grease 18 21/2 inch muffin cups. Mix flour, baking powder and salt. In a bowl stir together peanut butter and margarine until creamy. Gradually stir in sugar. With spoon blend in eggs and vanilla, add dry ingredients alternately with milk blending until just smooth. Spoon about one teaspoon in each prepared muffin cup. Make slight well in each and with 10-12 pieces of chocolate. Top with second teaspoon of batter. Bake at 350 degrees for 25 minutes.

Dallas Post/Joan Kingsbury



Making dinner

David, Christopher and Jane Cummings get ready to prepare one of Jane's easy-to-make but tasty dishes.

School menus

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

LAKE-LEHMAN SCHOOLS May 7 - 11 Senior High School MONDAY - Chicken patti or pork

bar-b-q on bun w-relish, French fries or small salad, peaches, cook-

TUESDAY - Steak hoagie or hot

dog on bun w-peppers, onion rings, green beans, pudding, milk.

WEDNESDAY - Tacos or hamburg on bun w-trimmings, buttered

corn, ice cream, milk.

THURSDAY - Turkey bar-b-q on bun w-relish, potato puffs, baked beans, jello, milk.

FRIDAY - Batter dipped fish on bun, tartar sauce, macaroni-cheese, stewed tomatoes, fruit cup, milk. Junior High & Elementary

MONDAY - Chicken patti on bun w-relish, minestrone soup-saltines, peaches, donut, milk.

TUESDAY - Steak hoagie, onion rings, buttered green beans, pud-

WEDNESDAY - Tacos w-trimmings, buttered corn, ice cream,

THURSDAY - Turkey bar-b-q on bun w-relish, potato puffs, baked beans, jello, milk.

FRIDAY - Batter dipped fish on

bun, tartar sauce, macaroni-cheese, stewed tomatoes, fruit cup, milk. WEST SIDE TECH

May 7 - 11 MONDAY - Chilled fruit juice, ham patty on soft roll, buttered corn, cheese tray, pudding-whipped cream, milk.

TUESDAY - Fish on bun, tartar sauce, macaroni-cheese, stewed tomatoes, brownies, milk.

WEDNESDAY - Open face turkey sandwich w-gravy, mashed potatoes, cranberry sauce, rice pudding w-raisins, milk

THURSDAY - Ham-cheese sandwich, tossed salad w-dressing, vegetable soup-crackers, chocolate chip cookies, milk.

FRIDAY - Wimpie on soft bun, seasoned peas, fruit combo, soft pretzels, milk.

Moms invited to eat at school

Because Mother's Day is so special to remember...On Wednesday chicken, macaroni salad, candied and Thursday, May 9 and 10 Dallas School District's ARA Services invite all grades Kindergarten through sixth students to invite their Mom's to lunch.

The Mother's Day menu is: roast turkey, sage dressing with gravy, buttered whipped potatoes, chilled fruit salad, buttered roll, Mother's Day cake, and choice of milk, on 9 for all Intermediate and Westmoreland 1st and 2nd grade

carrots, roll and butter, chocolate pudding. For all township and Westmoreland 3rd and 4th graders and Mrs. Drayer's class. Adult lunches are \$1.40 and may be paid on May 9

Students were sent home flyers and blanks to return to their schools by May 4. We all look forward to having the Mom's for lunch. P.S. Dad's are welcome too.



Holidays usually mean an over abundance of delicious foods, painstakingly prepared. Easter is no exception. Many easy-to-prepare recipes can be used to make Easter ham leftovers just as special as the holiday meal itself!

Warm weather brings spring fever, so why not encourage spring by preparing left-over ham slices on the grill. A tasty pineapple, brown sugar and nutmeg baste is perfect for a special lunch or dinner entree, using the Broiled Ham Slice with Pineapple Ring recipe below.

Another spring fever favorite, which can be done on the grill or in the oven is Aloha Ham Loaves using ground smoked ham, in single serving loaves topped with pineapple. Pineapple Herb Sauce can also give your left-over ham slices just the added zip.

Using ham in kabobs is a great taste sensation. Orange Glazed Ham Kabobs intermingled with oranges, reen and red pepper pieces, with a sauce base of orange juice, tomato paste and a touch of ginger are sure to please. Why not serve ham and eggs?

Eggs Benedict, using a toasted English muffin, split and toasted, hot smoked ham, poached egg topped with hollandaise sauce makes a royal breakfast - or special lunch. Sprinkle sever cubes of smoked

ham over your salads and in omelets, or substitute ham in your favorite recipes for a different

Today's pork is lean, high in protein and a good source of iron, making it as nutritious as it is delicious.

For a free color booklet on "Facts About Ham", send a self-addressed, stamped business envelope to HAM FACTS, Pennsylvania Meat Marketing Program, Bureau of Markets, 2301 North Cameron Street, Harrisburg, PA 17110-9408.

ALOHA HAM LOAVES 2 lb. ground smoked ham 6 slices canned pineapple

6-1/2 square pimiento 1 can (5½ oz.) evaporated milk ½ teaspoon curry powder

1 tablespoon instant minced onion 1 egg, beaten ½ cup crushed unsalted crackers

2 tablespoons catsup

1 tablespoon snipped parsley Place a pineapple slice in the bottom of each 6 aluminum pans. Fill center of each pineapple slice with a square of pimiento. Mix 2 tablespoons evaporated milk with curry powder and sprinkle 1 teaspoon of liquid over each pineapple slice. Add remaining evaporated milk to instant onion. Lightly but thoroughly combine ground ham, egg, cracker crumbs, catsup and parsley; mix in evaporated milk with onion. Divide meat mixture in sixths and place 1 portion on pinea-ple ring in each pan, pressing lightly tomound. Cover each pan tightly with aluminum foil, securing around rim of pan. Place on grill and cook at low to moderate temperature 45 to 55 minutes or until done. Invert plans to remove loaves

PINEAPPLE HERB SAUCE 1 cup unsweetened pineapple juice 4 cup finely chopped onion 2 tablespoons light brown sugar 2 tablespoons catsup

Combine ingredients in saucepan; stir until free of cornstarch lumps. Cook until thickened and clear, stirring constantly. Simmer 5 minutes to blend flavors. Keep warm. Makes



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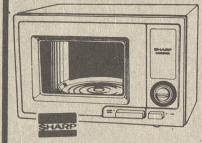
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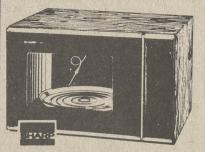
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reduce salt in their daily meals. Mrs. Josephine Kotch, Extension

contains 40 percent sodium and 60 To help people change their heavy use of salt in their meal preparation, Mrs. kotch demonstrated the various herb and spice combinations eliminating the use of table salt and still have a good tasting

plain popcorn, 1 cup, 1 mg.
Mrs. Kotch called attention to the day is enough for most adults.

Over 25 persons recently participated in a two hour program learning a variety of simple ways to

chicken, baked ham, mashed pota-

toes, green beans, relish tray, fresh

fruit cup, rolls, apple pie and coffee.

The residents of the Meadows also

decorated the nursing home for

Easter with several kinds of decora-

tions, some made by the residents.

Each holidy of the year the Mead-

ows' residents decorate the nursing

home. Many hours of enjoyment are

spent in making these decorations

for the nursing home and also for the rec room of the Meadows Apart-

Home Economist for Luzerne County, discussed foods high in sodium content. Those foods prepared by manufacturers requiring little preparation at home, smoked meats, combination dishes, examples - 1 hot dog 2 oz. size contains 675 mg of sodium - soups contain a range of 1152 mg to 892 mg. Ms. Kotch also compared the foods that contain sodium naturally and those low in sodium content. 1 apple 2 mg - carrot and celery sticks 22-34 mg -

fact that many Americans consume up to 1-4 teaspoons of sodium a day or 6000 mg. The average American recommended intake should be 1100 to 330 mg. daily, approximately 1 teaspoon. Actually 500 milligrams a

and serve pineapple side up. Makes 6 servings.

2 teaspoons cornstarch teaspoon Worcestershire sauce 1/4 teaspoon rosemary, crushed teaspoon marjoram

1 cup sauce