

# Cookbook

Mary Taylor

## She can also be creative when cooking and baking

By CHARLOT M. DENMON  
Staff Correspondent

Mary Taylor likes recipes which are easy to prepare, different and low in calories. She also enjoys creating unusual recipes and is always ready to experiment with something original.

This probably comes naturally to Mary for she is just as creative when it comes to hair fashions for her clients in her hair and skin care centers. For Mary is the owner of three Mary Taylor Hair and Skin Care Centers in the local area.

A resident of Kingston Township, Mary opened her first salon on Lake Street in Dallas. Not too long after that, due to the many requests she received from residents of Kingston Township and the surrounding area Mary opened a second salon at Hickory Corners, Carverton Road, Trucksville. Today Mary and her husband, Philip, are the owners of the Hickory Corners Shoppes in which are located Melba's Fashion Nook and Hickory Corners Ice Cream. Until recently, a furniture store also was located in one of the shops.

Mary's third salon is in Kingston where she can be found every Thursday from early morning until the doors close at night. Tuesday through Saturday, she usually spends at least 12 hours in one of her salons.

Not only does Mary Taylor style many of her clients hair but she also does beauty consultations and has done the makeup for countless bridal and fashion shows throughout this and other areas.

An instructor as well, she has taught many classes in cosmetology and skin care, taken advanced courses in hair coloring and has developed techniques that are entirely original. As there are artists who work with oils or water colors, Mary is an artist who works with hair fashions. Nothing is ever too difficult for her to attempt and the result is always the same —



MARY TAYLOR

beautiful in design and perfect for the individual.

In addition to training and supervising 10 or 12 employees, Mary also is active in the West Side Business & Professional Woman's Club where she recently was elected vice president. Her hours of work as a volunteer, specially with geriatric patients and with teenagers, are difficult to count because she seldom talks about it.

Her days and weeks revolve around a busy schedule so she particularly enjoys these easy to prepare, but equally delicious recipes she shares with Post readers this week. The Beefed-Up Tuna Noodle Cooler and the 30-Minute Chicken are originals.

### BEEFED-UP TUNA NOODLE COOLER

1-1 lb. pkg. noodle spirals  
1 dinner size can of tuna  
1 c. diced celery  
1/2 c. diced onion  
2 1/2 oz. sliced dried beef (cut in little pieces)  
1/4 c. sliced olives  
Salt to taste  
Pepper and spices to taste  
Mayonnaise (mixed with lemon juice and sweetener (Equal) or sugar.

Cook noodles and drain. Add cut up pieces of dried beef to noodles and some mayonnaise. Mix tuna, celery, onions, olives and spices with mayonnaise. Add to noodles and beef. Blend thoroughly. Let chill two hours and serve.

(May be made night before serving.)

### PASTA & BROCCOLI

1 bnch. (1 1/2 lbs.) fresh broccoli  
1/2 c. boiling water  
1/2 t. salt  
1/2 pkg. (16 oz.) spiralle or spaghetti twists  
1 T. salad or olive oil  
1 clove garlic (crushed)  
1/2 t. dried basil leaves  
1/2 c. canned condensed chicken broth (not diluted)  
1/2 c. chopped parsley  
2 T. grated parmesan cheese  
Dash of pepper  
1 c. low fat yogurt

Wash and trim broccoli, chop and arrange in bottom of large skillet. Pour boiling water over broccoli, sprinkle with salt. Cover and cook for 10-12 minutes. Meanwhile cook pasta; in hot oil saute garlic and basil. Add chicken broth, parsley, parmesan cheese, pepper and broccoli. Stir over medium heat and blend; add cottage cheese. Toss broccoli mixture with pasta.

Serves 8, 168 calories per serving. Cost 44 cents a serving.

### 30 MINUTE CHICKEN IN APPLE-MUSTARD SAUCE

4 chicken breasts halved (boneless, skinless)  
2 T. butter or margarine  
1 c. apple juice  
1 med. onion, sliced  
1 clove garlic, minced  
1/2 t. thyme  
4 t. Dijon mustard  
1 apple, cored and sliced

Flatten chicken breasts with dull side of a knife. Melt butter or margarine in a large skillet, add chicken breasts and brown. Add apple juice, onion, garlic and thyme. Cover and cook 10 to 12 minutes or until tender. Remove chicken; keep it warm. Bring liquid to a boil, add mustard to skillet and stir well; add sliced apples. Pour sauce over chicken.

Serves four. Calories per serving 250.

Suggest serving with steamed broccoli and steam small new potatoes.



### Program completed

Two college students recently completed an eight-week practicum with Wilkes-Barre General Hospital's Food Services Department. Lynn Ann O'Brien of Marywood College and Sara Romaldini of College Misericordia received first-hand experience in the areas of Clinical Dietetics and Food Management at General. Along with administrative experience such as planning work schedules, job analyses and general department operation. The students received an appreciation of the professional role of the dietetic service in the care of the patient and the importance of this service in total medical treatment. Pictured above, from left, are Kathy Agurkis, assistant director of Food Service, Laffin; Rita Nosal, director of Food Service, Freeland; Lynn Ann O'Brien, Marywood College, Avoca; Sara Romaldini, College Misericordia, Dallas; and Helen Meyer, assistant director of Food Service, West Pittston.

## FRANKLIN TOWNSHIP VOLUNTEER FIRE CO.

**ANNUAL BAZAAR**  
JULY 19, 20, 21

**FRIDAY 8 P.M.**  
**BARBARA & THE COUNTRY SWEETHEARTS**

**SATURDAY 6:45**  
**PARADE**

**SATURDAY 8 P.M.**  
**BARBARA & THE COUNTRY SWEETHEARTS**

**GAMES, FOOD, KIDDIE RIDES, FIRE TRUCK RIDES**



## Frosting Friends enter cake show

Frosting Friends of Luzerne County sponsored by Luzerne County Recreation Department entered the Fifth Annual Pennsylvania State Cake Decorating Show entitled A Festival of Friendship. It was held June 23 and 24 in York, Pa.

Having formed a club just one year ago, Frosting Friends presented the largest club entry in

the history of Pa. State Cake Shows. The club submitted 85 cakes. The judging was done on an overall club effort instead of individually. The club was judged Best of Show and Dorothy Sacco of Hazleton was chosen as Decorator's Choice.

Many club members attended the show and had an enjoyable time viewing the cakes, learning new ideas, and taking classes that were

offered during the two-day event.

For further information please contact any board member of Frosting Friends of Luzerne County Board of Recreation.

Next monthly meeting will be held July 16, at 7 p.m. in the Education Conference Center of LCCC.

Demonstration of the month will be fruit and vegetable garnishing, by Carmelita Zarola.

## Book on canning is now available

"How to Can Food - The Right Way" book is now available at the Pennsylvania State University Cooperative Extension office in Luzerne County.

This book is a complete revision with all methods and recipes tested by the Pennsylvania State University Food Science Dept., University

Park. This book provides answers to problems that may occur such as why lids do not seal, recipes for canning specialty foods, pressure changes according to altitude, a check list "Do Your Canned Foods Pass the Test" along with the methods for canning vegetables, meats, fruits, jellies, pickles and relishes.

The 63 page canning book is available from the Luzerne County Cooperative Extension Service for a fee of \$3.00.

For your copy, mail fee to: "How to Can Food the Right Way", Luzerne County Cooperative Extension Service, 5 Water St., Courthouse Annex, Wilkes-Barre, Pa. 18711.

## Diabetes can affect eyes

If you are among the one-half million Pennsylvanians who have diabetes, or if someone close to you has the disease, you should be aware that diabetes can affect the eyes.

Diabetes may cause several eye problems including refractive changes requiring a new eye glass prescription, cataracts and a type of glaucoma, but the most frequent and important cause of visual impairment in diabetics is diabetic retinopathy. Diabetic retinopathy is now the leading cause of new cases of blindness and the leading cause of visual disability in persons between the ages of 25 and 65, according to Charles J. Rife, M.D., consulting ophthalmologist for the Pennsylvania Association for the Blind.

Diabetic retinopathy is the deterioration of the small blood vessels that nourish the retina, the light sensitive tissue that lines the inside of the back of the eye.

Diabetic retinopathy usually causes no symptoms in its early stages, and therefore, diabetics are not aware of the pending danger to their eyesight. For this reason the Pennsylvania Association for the Blind urges diabetics to have their eyes examined by an ophthalmologist, a physician who specializes in the medical and surgical care of the eyes, as soon as diabetes has been diagnosed and as often, thereafter, as recommended by the ophthalmologist. Annual eye examinations are especially important for persons who have had diabetes for more than five years.

Diabetic retinopathy begins as a mild condition known as "background" retinopathy. At this stage, the retinal blood vessels may become enlarged in places, ballooning outward and leaking fluid into the central part of the retina, causing blurring of central vision. In about 80 percent of diabetic retinopathy cases, vision is not seriously affected and the disorder never progresses beyond the "background" stage.

Unfortunately, diabetic retinopathy can progress to the more advanced "proliferative" stage in which abnormal new blood vessels sprout and grow along the surface of the retina. These new blood vessels are fragile and may rupture and bleed into the center of the eye, interfering with the passage of light of the retina. Or scar tissue, which sometimes forms near

the retina, may contract and detach the retina from the back of the eye. In either case, severe visual loss, even permanent blindness, may result.

Advances in eye care have been made and continue to be made. As a result, the visual complication of diabetes can be substantially reduced.

One one of the new treatments currently being used to treat diabetic retinopathy is photocoagulation. During this surgical procedure, intense, precisely-aimed beams of light from a laser are used to seal off leaking retinal blood vessels and destroy diseased retinal tissue.

Photocoagulation shows real promise for diabetic retinopathy treatment, however, it is not appropriate for everyone. Despite photocoagulation, many diabetic retinopathy patients have gone blind from massive bleeding inside the eye. Now, ophthalmologists can remove the blood and scar tissue from the center of the eye with special surgical instruments. This procedure is known as vitrectomy.

Following vitrectomy, patients often see well enough to move around on their own. Occasionally, vision in the operated eye recovers enough for reading or driving.

If you have diabetes, you are probably under the care of a physician who will refer you to an ophthalmologist for regular eye examinations. In addition, listings of local ophthalmologists can be found in the yellow pages of the local telephone directory or by calling the Association for the Blind at (717) 823-1161. The Pennsylvania Association for the Blind offers a free booklet called "Diabetes and Your Eyes" for persons wanting to learn more about diabetic retinopathy.

The Pennsylvania Association for the Blind is a private, nonprofit, charitable organization founded upon two basic precepts: the support and promotion of the interests of the blind and the prevention of blindness. Programs and services conducted by the Pennsylvania Association for the Blind are available to all eligible individuals without regard to race, color, religious creed, ancestry, national origin, age, sex or handicap.

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