

Cookbook

Homegrown vegetables in abundance

Homemakers School set for Sept. 18

The 1984 Homemakers School planned for Dallas on Tuesday, Sept. 18, marks the date of the entertaining and informative "All The Best" at Homemakers School 1984 show sponsored by The Dallas Post.

Everyone is invited to Merrick Hall on the campus of College Misericordia for the 7:30 p.m. show with home economist Diane Gryger who will conduct this lively cooking and appliance demonstration.

The 1984 Homemakers School in Dallas is one of 300 locations on the Homemakers School schedule this year. Ms. Gryger will demonstrate different recipes from breads and main dishes to desserts.

Ms. Gryger is an experienced demonstrator-lecturer who travels 40-50,000 miles a year through several states. She is part of Homemakers Schools, Inc., a company with over 30 years experience in these homemaker-oriented programs.

The 2½ hour show scheduled for Sept. 18 is free to all. Recipes



DIANE GRYGER

selected for the demonstration are included in the "ALL THE BEST" at Homemakers School 1984 cookbook, which is given to all audience members. All foods prepared on-stage will be awarded as door prizes, along with numerous other prizes from local merchants.

The staff of The Dallas Post is looking forward to seeing you at Homemakers School 1984 at 7:30 p.m. on Sept. 18 in the College Misericordia auditorium. Doors open at 6:30 p.m.



By CHARLOT M. DENMON
Staff Correspondent

The season of bright red tomatoes, pearl white onions and other colorful, garden fresh vegetables is here and homemakers are serving their families with great tasting vegetables and fruits chock full of essential nutrients.

Vitamins, calcium and potassium are found in abundance in most fresh fruits and vegetables and few homemakers need worry lest their children are not getting their share.

To assure proper nutrition throughout the winter months ahead, many homemakers are canning or freezing the excess crops from their vegetable gardens.

Betty Lamoreaux of Shavertown makes chili sauce from their overabundance of tomatoes and shares an easy-to-make recipe with readers.

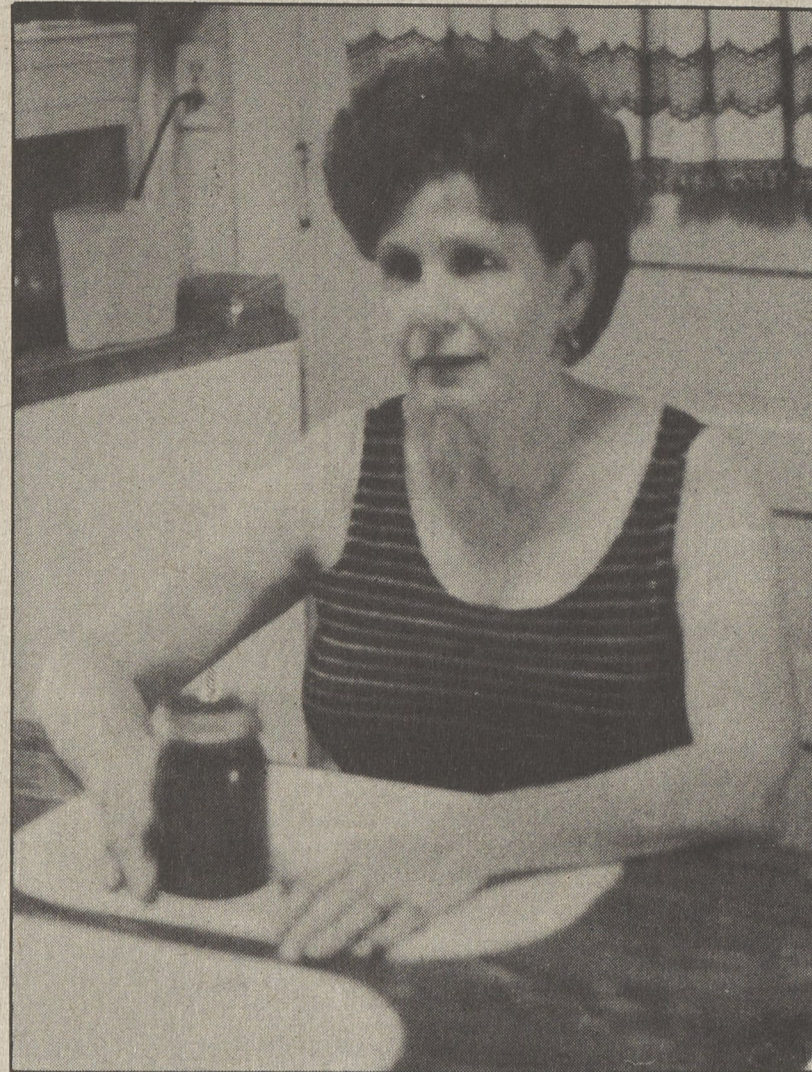
While they can't be canned or frozen, Dorothy Norbut takes advantage of summer's fresh cucumbers to serve Tangy Cucumber Salad.

Marilyn Morris uses orchard fresh apples to bake her family's favorite Cheesey Dapper Apple Squares while Libby Cyphers makes jar after jar of Kosher Dill Pickles, some of which she keeps and some of which she gives to friends.

These recipes shared with Post readers are only four of many which can be prepared from the season's pick-of-the-crop vegetables and fruits. Take advantage of these delicious dishes which are good for you too.

CHEESEY DAPPER APPLE SQUARES (Marilyn Morris)

1½ c. flour
1½ c. graham cracker crumbs
1 c. brown sugar, firmly packed
½ t. baking soda
¾ c. soft butter or margarine
Lightly spoon flour in measuring cup; level off. Combine rest of ingredients in large bowl, mix until crumbly. Save half cup of crumbs, pat remaining crumbs in 13x9 pan. 6 oz. or 6 slices shredded American or cheddar cheese (1½ c.)
Place cheese over crumbs in cake pan.
Mix 2½ c. apples with ¾ c. sugar and place over cheese.
For topping, mix ½ c. crumbs and ½ c. chopped nuts and sprinkle over apples.



Dallas Post/Charlot M. Denmon

Making chili sauce

Betty Lamoreaux poses in her kitchen with a jar of her delicious homemade chili sauce. Betty offers her favorite recipe to Dallas Post readers this week.

Bake at 350 degrees for 35 to 40 minutes or until brown. Serve warm. Store in refrigerator.

TANGY CUCUMBER SALAD (Dorothy Norbut)

3-4 small cucumbers, pared and sliced thin
1 small red onion, sliced thin
2/3 c. white wine vinegar
1/3 c. vegetable oil
1 T. lemon juice
1 t. dry mustard
1/4 t. leaf tarragon, crumbled
1/4 t. salt
1/4 t. white pepper

1 T. chopped parsley

Place cucumbers and onions in bowl; combine vinegar, oil and rest of ingredients except parsley in large jar with screw top, cover and shake well. Pour over vegetables and toss. Cover. Chill until ready to serve. To serve sprinkle with chopped parsley.

DILL PICKLES (Libby Cyphers)

Medium size pickles (enough to fill 8 qt. jars)
12 c. water
6 c. vinegar

1½ c. salt
8 lg. heads dill
8 cloves garlic

Wash and rinse jars well. Pack tightly with pickles, whole or quartered, whichever fits in jar best. Place head of dill and garlic clove in each jar.

Combine water, vinegar and salt in large pan. Bring to a rolling boil then pour over pickles in each jar filling to top. Seal with hot lids. (Makes 8 quarts)

CHILI SAUCE (Betty Lamoreaux)

6-8 lbs. tomatoes, peel and cut up
2 c. chopped celery
2 c. chopped onions
2 green peppers, chopped
2 red peppers, chopped
3 c. apples, chopped (unpeeled)
3 c. sugar
2 c. cider vinegar
3 T. salt (less if desired)
1 t. cinnamon
1/4 t. nutmeg

Mix all ingredients and bring to boil for half hour; add one small can tomato paste and boil another half hour. Pour into pint jars and seal. Makes about 7 pints.

Diets can be healthy

Parents who are concerned about good nutrition for their children will be reassured by a national study from Michigan State University which found that children who snack have healthy diets.

The researchers evaluated the daily food intake of 1,500 families, including 657 children between the ages of 5 and 12. They found that for more than 95 percent of the children, snack foods counted for 8 percent or less of their total calorie intake. The results were similar for teenagers. Out of 480 teens, 94 percent received less than 5 percent of their total calories from snack foods.

Of particular interest to the researchers was the impact of salty snacks on children's diets. The survey results indicated that 83 percent of the children studied ate salty snacks and almost all did so in moderation. Thus, the research data failed to support the widely-held belief that when children eat these foods, they have poor diets.

Meatless meals can be delicious

Steamed fresh vegetables topped with protein-rich Golden Egg Sauce is perfect as the main dish for a budget-wise, meatless meal. Easy on calories, this menu idea can be completed with rolls and fresh fruit for dessert.

Golden Egg Sauce is tops in flavor and high in protein, thanks to dry milk, cheddar cheese and chopped hard cooked eggs. Other flavorings include onion, Worcestershire sauce, mustard and tarragon.

"Steaming vegetables is a good way to cook them without losing color, flavor and nutrients," says Homemakers Schools Home Economist Diane Gryger. "Steam them briefly - just until they are crisp tender - on a rack or in a steamer over a small amount of boiling water in a heavy pan with a tight-fitting lid," continues Ms. Gryger. "This recipe includes the cooking time needed for a variety of vegetables," she notes.

STEAMED GARDEN VEGETABLES WITH GOLDEN EGG SAUCE (Makes 3 cups)

1 c. chopped onion
2 T. Blue Bonnet margarine
2 T. flour
1 t. Worcestershire sauce
1/4 t. dry mustard

1/4 t. crushed tarragon leaves
1/4 t. pepper
1½ c. liquid Carnation Nonfat Dry Milk
2 c. (8 oz.) shredded mild Cheddar Cheese
3 finely chopped hard-cooked eggs
1/2 t. salt
8 c. hot steamed vegetables
Saute onion in margarine in medium saucepan over medium heat. Stir in flour, Worcestershire sauce, mustard, tarragon and pepper. Stir in milk. Cook over medium heat, stirring constantly, till mixture just comes to a boil and thickens. Remove from heat. Add cheese, eggs and salt; stir till cheese melts. Serve over freshly steamed vegetables.

TO STEAM VEGETABLES
Cook vegetables on rack or in steam over a small amount of boiling water in heavy saucepan with tight-fitting lid just till crisp-tender. See chart:
Vegetable - Cooking Time
green beans 10-20 min.
Broccoli flowerettes 4-6 min.
Broccoli spears 7-12 min.
Brussels sprouts 7-10 min.
Carrot slices 4-10 min.
Cauliflowerettes 5-10 min.
Celery slices 5-10 min.
Summer squash slices 3-8 min.

School menus

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

DALLAS SCHOOLS

Aug. 28 - 31
MONDAY - No school.
TUESDAY - Hot dog on enriched roll or peanut butter-jelly sandwich w-cheese cube, Boston baked beans, crispy dill pickle, fresh peach, choice of milk or juice. Bonus: Potato chips.
WEDNESDAY - Macaroni creole w-meat sauce, Italian bread-butter, garlic bread in Jr.Sr., or Cheesebur-

ger on enriched roll w-fresh carrot stick, crisp lettuce wedge w-dressing, choice of milk or juice. Bonus: Sugar donut.

THURSDAY - Mexican taco (grd. beef, lettuce-tomato) or pork barbecue on enriched roll w-relish, buttered green beans, choice of milk or juice. Bonus: Orange gelatine w-banana and whipped topping.

FRIDAY - Hearty chicken-rice vegetable soup, Dallas famous pizza (2 slices), harvest applesauce, choice of milk or juice. Bonus: Peanut butter treat.

Tips on backyard cooking

The backyard barbecue is as much a part of the American summer as baseball and watermelon.

Barbecue safety is really a matter of common sense. Cookers and fuels have been designed with consumer safety in mind. But to make sure that nobody gets hurt, here are some simply guidelines to follow:

— Never use kerosene or gasoline to light the fire. Use only special barbecue lighter fuel, which is less volatile than fuels meant for other purposes.

— Never add fuel to hot coals. Think of the fuel can as a potential fire bomb. The vapor trail you create when you add the fuel will be the fuse that will light that bomb.

— Keep children away from the barbecue cooker. Youngsters could grab the handle and turn over the cooker, or just touch its hot exterior and get burned.

— Never dump hot coals on the ground. You might start a grass fire or someone may accidentally step on the coals.

Many people try to take shortcuts to speed up the barbecue process. Sometimes it works without mishap; however, when you take chances with fire, the odds are stacked against you, and a careless act can change your life forever.

If you are at the scene of burn accident, remember that quick action can help limit the injury.

THE DALLAS POST

PRESENTS

"ALL THE BEST"
AT

HOMEMAKERS SCHOOL 1984

TUESDAY

SEPTEMBER 18, 1984

7:30 P.M.

MERRICK HALL

COLLEGE MISERICORDIA

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