

# Cookbook

## We seem to love a 'backyard' taste

By CHARLOT M. DENMON  
Staff Correspondent

So many Americans have developed a taste for barbecued foods that this week's Cookbook column is written with that in mind. During the hot humid days of this summer, the aroma of barbecued ribs, charcoal-broiled burgers or steaks and grilled pork or poultry has filled the air.

Many men in families have become America's "backyard chefs", preparing food on charcoal grills or the new gas grills over the past few months. Now the days are growing shorter, children preparing to go back to school and soon winter will keep us housebound, longing for the aroma of charcoal briquettes of the summer past.

With Labor Day less than a week away, it is time to plan that special cookout for the last holiday weekend of the summer. Homemakers usually look for something different than the usual hot dogs, hamburgers or cube steaks they have had all summer so why not try Cornish Game Hens, Marinated Drumsticks served with Grilled Tomatoes, Roast Corn and Cheesed Spuds. All are inexpensive, easy to prepare and mouth-watering.

### CORNISH GAME HENS

1-lb. Cornish game hens  
1-lb. 4 1/2 oz. can pineapple chunks  
1 t. salt  
1/2 c. butter  
2 T. lemon juice  
Rinse hens, pat dry with paper towels. Lightly salt cavities (optional). Stuff with pineapple chunks, drained. Truss birds and tie cavity closed. Mount crosswise on barbecue spit, alternating front back, back front. Do not have birds touching.

Combine salt, butter, melted, and lemon juice; brush hens with mixture. Place on rotisserie over medium coals. Broil 1 to 1 1/2 hours or till done, brushing with lemon butter every 15 minutes. Serves 4.

### MARINATED DRUMSTICKS

12 chicken drumsticks  
1/2 c. catsup  
2-3 T. lemon juice

2 T. soy sauce  
1/2 c. salad oil

Combine catsup, lemon juice soy sauce and salad oil, mixing well. Add chicken legs and turn to coat with mixture. Refrigerate overnight, spooning marinade over legs occasionally. Place drumsticks in wire broiler basket. Broil over medium coals for about one hour or till tender, turning occasionally. Baste with marinade now and then. Serves 6.

### GRILLED TOMATOES

6 medium tomatos  
1 bot. Italian salad dressing  
Dried crushed basil  
Salt and pepper to taste

Cut tomatoes in halves. Brush cut surfaces with bottled Italian salad dressing; sprinkle with salt, pepper and basil. Heat, cut side up, on aluminum foil or greased grill over hot coals about 10 minutes or till heated through. Do not turn.

### ROASTED CORN

6-12 ears corn  
Soft butter  
Salt and Pepper  
Remove husks from fresh corn. Remove silk with a stiff brush. Place each ear on a piece of aluminum foil; spread corn generously with soft butter and sprinkle with salt and pepper. Wrap in foil (don't seal seam but fold or twist foil around ends.) Roast over hot coals 15 to 20 minutes or till corn is tender, turning ears frequently. Pass extra butter if desired.

### CHEESE SPUDS

6 medium baking potatoes  
Onion salt  
Celery salt  
Parmesan cheese  
Butter  
Salt & Pepper (Optional)  
Scrub potatoes; cut into 1 1/2 inch lengthwise sticks. Place individual servings on pieces of foil; sprinkle each with onion salt, celery salt, pepper and two tablespoons of grated Parmesan cheese making sure all surfaces are seasoned. Dot each with two tablespoons of butter. Bring edges of foil together and seal, leaving room for expansion of steam. Cook on grill over coals about 30 minutes or till tender. Turn several times.

## Supplies appliances

## Katyl promotes Homemakers School

By CHARLOT M. DENMON  
Staff Correspondent

Joe Katyl, owner of Katyl's TV and Appliances, Memorial Highway, Shavertown, has been a sponsor of The Dallas Post's Homemakers School since the event was first presented in the Back Mountain in 1978 at the Dallas Junior High School.

Katyl provided all the necessary General Electric appliances needed by the home economist for her demonstration including stove, refrigerator, freezer and microwave oven. Katyl has continued to provide the appliances for each of the Homemakers Schools since then, most of the years providing two stoves and one year a stove with a built-in microwave.

Katyl is once again a sponsor of the 1984 Dallas Post Homemakers School which is scheduled for Tuesday evening, September 18, at 7:30 p.m. in Merrick Hall on the campus of College Misericordia.

After the first year, the program was moved from Dallas Junior High School to Merrick Hall, where it has been held every year since. In 1979, Katyl videotaped the entire presentation and still has the tape in his place of business.

Katyl opened his first business, a TV Service, in 1953 in Dallas Borough. In 1965, he moved his business to the Charles Gosart building, now the site of Roth Jewelry where he sold and serviced appliances, primarily television sets.

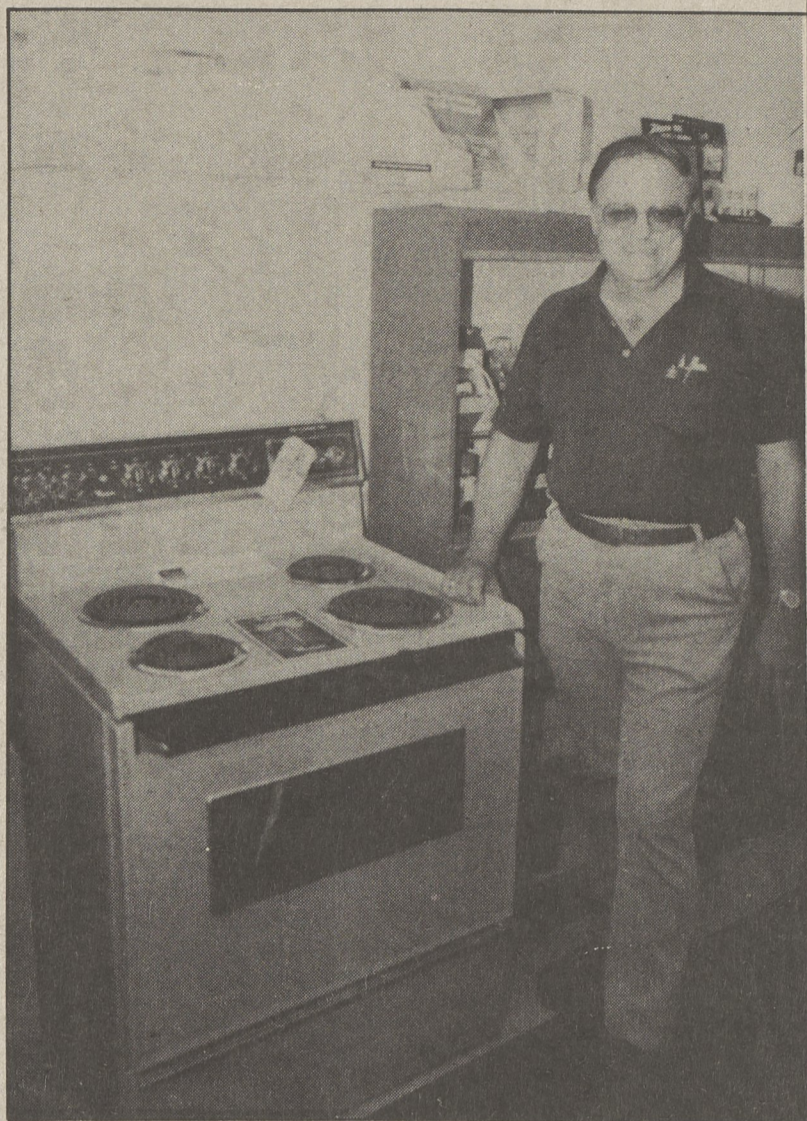
In 1976 Katyl purchased his current building, which at one time was a church, located along Memorial Highway, Shavertown, and in 1980 he opened his business on East Northampton Street, Wilkes-Barre. Throughout the years Katyl has added a complete line of appliances, large and small, to his inventory. He sells and services televisions, radios, washers, stoves, refrigerators, microwaves, satellites, video equipment and numerous small appliances.

General Electric, Whirlpool, Amana, Speed Queen, Oasis, RCA, Zenith, Sony, Quasar, all types satellite equipment and VCR's — you name it, Katyl has it. He and his technicians also service all the equipment and issue their own two-year warranty.

The father of four sons and two daughters, Katyl employs three of his sons as Markwb david and William all work with their father in the business. His fourth son, Robert, was affiliated with the business until recently when he went to California where he is associated with an electronics firm. Katyl's daughter, Nadine, is employed at First Eastern Bank and Donna is married and living in Evans Falls.

Datyl has 13 employees, half of them family, and all but two or three reside in the Back Mountain area.

His sons are factory trained service technicians and David handles



Dallas Post/Ed Campbell

### Homemakers sponsor

Joe Katyl, shown here in his Shavertown store, will supply the appliances needed for the 1984 Homemakers School sponsored by The Dallas Post. The school is scheduled for Tuesday, September 18, at 7:30 p.m. in Merrick Hall on the campus of College Misericordia.

all of the satellite services.

This year Katyl will provide the appliances which will be used by home economist Diane Gryger for the 1984 Homemakers School. As he has done in the past, he will once again contribute a door prize to be awarded at the Homemakers School.

A resident of Dallas for many

years, Katyl now resides in his family's home in South Wilkes Barre. Despite living in the Valley he is still interested in the Back Mountain and spends a great deal of his time here. He believes it is a progressive, fast-growing area and believes in supporting community events whenever possible.

## Straight 'A' snacks can satisfy kids

After-school snacking doesn't have to be a "no-no." In fact, active children and teens can use snacks to meet high energy and nutrient needs. But if left to chance, these snacks can be low in food value and high in cost. Instead, plan snacks in advance to be both healthful and easy on the budget.

Since youngsters' diets are often lacking in calcium, iron, thiamine, and vitamins A and C, plan snacks around the four food groups. Nutritious choices are wholegrain breads and crackers, fresh fruits and vegetables, milk, peanut butter, cheese and yogurt.

Stretch food dollars by purchasing nonfat dry milk, pint-size containers of plain low-fat yogurt, bulk process cheese, peanut butter in the economy size and fruits and veggies which are "in season."

Encourage good eating habits in children by letting them help plan and prepare after-school treats. Suggest breads, cookies and blender drinks which contain wholesome ingredients such as rolled oats, fresh and dried fruits, vegetables and wheat germ.

Zucchini bread is chock-full of vegetables, raisins and nuts. Blender drinks made with rolled oats, fresh fruit and milk or yogurt double as a wonderful snack and a quick breakfast. Oats and wheat germ are "naturals" for cookies. For added crunch, shape dough into balls and roll in additional oats or wheat germ before baking.

### ABC COOKIES

1 cup all-purpose flour  
1 1/2 teaspoons cinnamon  
1 teaspoon baking powder  
3/4 teaspoon salt  
1 cup margarine  
1 cup firmly packed brown sugar  
1 egg  
1 teaspoon vanilla  
2 3/4 cups oats (quick or old fashioned, uncooked)  
2 cups shredded carrot  
1 cup chopped nuts (optional)

Heat oven to 350 degrees F. Grease cookie sheet. In small bowl, combine flour, cinnamon, baking powder and salt. In large bowl, beat together margarine and sugar until light and fluffy. Blend in egg and vanilla. Add dry ingredients; mix well. Stir in oats, carrot and nuts. Drop by rounded tablespoonfuls onto prepared cookie sheet. Bake for 15 to 17 minutes; cool. Store in loosely covered container. Makes about 4 dozen cookies.

Other nutritious snack ideas along with budget-stretching shopping tips are free for the asking. Simply send your name and address to: Quaker "Stretching Food Dollars" Booklet Offer, P.O. Box 11257, Chicago, Illinois 60611.

## School menus

### LAKE-LEHMAN SENIOR HIGH SCHOOL

Wednesday, August 29 - Pork Bar-B-Q or Chicken Patti on Bun with relish, french fried, apple sauce, cookies and milk.

Thursday, August 30 - Salisbury Steak, mashed potato with gravy, peas, roll and butter, jello and milk or bag lunch.

Friday, August 31 - Pizza or Peanut Butter & Jelly Sandwich, potato chips, carrot and celery sticks, pears and milk.

Monday, September 3 - NO SCHOOL, Labor Day.

Tuesday, September 4 - Steak Hoagie or Hot Dog with peppers, breaded onion rings, green beans,

pudding and milk.

Wednesday, September 5 - Toasted Cheese Sandwich or Bologna and Cheese sandwich, pickle chips, potato chips, baked beans, orange wedges and milk.

### JUNIOR HIGH AND ELEMEN TARY

Wednesday, August 29 - Pork Bar BQ on bun with relish, buttered corn, apple sauce, cookies and milk.

Thursday, August 30 - Salisbury Steak, mashed potato with gravy, peas, roll and butter, jello and milk.

Friday, August 31 - Pizza or Peanut Butter & Jelly sandwich, potato chips, carrot and celery sticks, pears and milk.

Monday, September 3 - NO SCHOOL, Labor Day.

Tuesday, September 4 - Steak Hoagie on bun, breaded onion rings, green beans, pudding and milk.

Wednesday, September 5 - Spaghetti with Italian meat sauce, tossed salad, roll and butter, fruited jello and milk.

### WEST SIDE TECH

Wednesday, August 29 - Wafer Steak on seeded bun, buttered green beans, tossed salad, dressing, Tech Squares and milk.

Thursday, August 30 - Hoagie with lettuce and tomato, Italian dressing, spiced apple sauce, vanilla cake with fudge frosting and milk.

Friday, August 31 - Chilled fruit juice, pizza twins, creamy cole slaw, oatmeal raisin cookies and milk.

Monday, September 3 - NO SCHOOL, Labor Day.

Tuesday, September 4 - Hamburger on bun, buttered corn, cheese cubes, chips, ambrosia and milk.

Wednesday, September 5 - Chilled fruit juice, wimpy on seeded bun, buttered peas, ice cream sundae and milk.

## Kitchen tips

Here's some tips to use in the kitchen:

Peeling tomatoes: In a 2-cup glass measure or medium bowl bring 1 cup water to boiling. Remove dish from microwave oven. Spear a tomato with a long-tined meat fork. Submerge the tomato in the hot water; hold to count of twelve. Hold the tomato under cold running tap water; peel.

Cutting into equal pieces: Fresh vegetables will cook more evenly when they are cut into uniform sizes and shapes. Irregular-shaped pieces have a tendency to overcook and become mushy in spots while other areas may require additional cooking time.

Cooking spinach: To cook leafy vegetables, such as spinach or collard greens, wash and trim leaves. Place the greens in a large casserole; cover and cook as directed in your microwave oven cooking chart. The water that clings to the leaves will be adequate moisture for cooking.

## Water is best

Heat, sweat and thirst are associated with the summer season.

So are the advertisements for "so-called" thirst quenchers such as beer, iced tea and soft drinks.

What do these liquids have to do with quenching one's thirst? Not as much as you think, according to Dr. Alexander B. Rakow, Deputy Secretary for Community Health of the Pennsylvania Department of Health.

"Soft drinks and other sugary beverages actually make you more thirsty," explained Rakow. "That's because sweet liquids tend to draw water from the body in order to dilute the sugar in them."

"In addition to sweet drinks," says Rakow, "those that contain alcohol or caffeine also increase the loss of body fluids. They act as diuretics and so take the water away from the body when it is most needed."

"When you are thirsty the best thing you can drink is water," said Rakow. As adults, we need three quarts of water daily, but we don't have to drink only water to fill the daily requirement. He pointed out that most fruits and vegetables are 80 percent water by weight and therefore can be a valuable water source in addition to their nutritional value.

"With water from food courses supplying some of the daily requirements, we should still drink six to eight glasses of water a day under normal conditions," said Rakow. On hot days, those numbers should be higher.

"Alcoholic beverages and straight liquor are the worst things to drink on a hot day, especially during strenuous physical activity," explains Rakow.

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