

Cookbook

This cook has some 'easy does it' recipes

By CHARLOT M. DENMON
Staff Correspondent

For those who work during the day, rush home to prepare an evening meal and race against time for their bridge club or bowling league, Marilyn Morris has a variety of "easy does it" recipes that are just as delicious as they are easy to prepare.

With the crisp, cool fall days now with us, Marilyn tends to lean toward casseroles, quick to fix entrees or flavorful stews or soups served with crunchy bread for one terrific easy meal.

Marilyn is employed in the cafeteria of the Dallas School District and since only she and her husband are at home, she looks for "easy does it" recipes that make downright good eating. She and her husband, Melvin, bowl in early leagues, one evening each week she goes shopping with her mother and at least one evening, sometimes more, they go out with friends. Marilyn also spends time visiting her daughter or her son, and grandson, the latter two living at Harveys Lake.

Marilyn looked through her book of easy to prepare recipes to find a few of her favorites to share with Post readers. She decided on Chicken Vegetable Dinner since fresh vegetables are plentiful this time of year; Mushroom Steak, quick to pre-

pare but very tasty; Quick Chicken Chowder, served with Parmesan Rounds.

Readers should find these recipes just the thing for these first Fall days which bring sunny afternoons but crisp, cool evenings.

CHICKEN VEGETABLE DINNER

1/3 c. flour
1 t. salt
1 t. paprika
1/4 t. pepper
2 1/2-3 lb. broiler-fryer chicken, cut-up
3 T. vegetable oil
1 1/2 c. water
1/2 t. dried savory leaves
1/4 t. dried thyme leaves
3 med. carrots cut into 3x1/4" strips
1/2-14 oz. frozen crinkle cut potato slices
1-10 oz. pkg. frozen asparagus spears or cuts, broken apart
1 1/2 t. salt

Mix flour, one teaspoon salt, paprika and pepper; coat chicken pieces. Brown chicken in oil in skillet or Dutch oven; drain. Add water, savory and thyme. Heat to boiling; reduce heat. Cover, simmer for 30 minutes.

Add carrots, cover and simmer 10 minutes. Add frozen asparagus and potatoes; sprinkle with 1/2 teaspoons of salt. Heat to boiling; reduce heat. Cover and simmer until chicken is done and vegetables tender, 10 to 15 minutes. Serves 4-6.



MARILYN MORRIS

MUSHROOM STEAK

6-8 beef cubed steaks (about 2 lbs.)
2 t. salt
1/4 t. lemon pepper
2-4 oz. cans sliced mushrooms
1/2 c. dry white or red wine
1 med. green pepper, chopped (1/2 cup)
1 sm. onion, chopped (about 1/4 cup)

Sprinkle steaks with salt and lemon pepper. Brown few steaks at a time in skillet over medium heat, 5 to 10 minutes on each side. Stir in mushrooms (with liquid), wine, green pepper and

onion. Heat over low heat until mushrooms are hot about 5 minutes. Serves 6-8.

QUICK CHICKEN CHOWDER

1 10 1/2 oz. can condensed tomato soup
1 soup can of milk
2 T. instant minced onion
2 T. dried green pepper flakes
1 T. instant chicken bouillon
1/2 t. minced garlic
1/4 t. lemon pepper
10 oz. boned cooked chicken, broken into chunks
16 oz. lima beans, cooked (canned or frozen)

1 15 oz. can sliced or whole new potatoes, drained and chopped
1 1/4 c. cheese-flavored croutons
Heat soup, milk, onion, pepper flakes, bouillon, garlic and lemon pepper to boiling in 3-quart saute pan over low heat, stirring constantly. Stir in chicken, beans with liquid and potatoes. Heat to boiling, stirring occasionally. Garnish with croutons.

PARMESAN ROUNDS

Cut 1/2 pound French bread into 1/4 inch slices. Brush slices on both sides with 1/2 cup butter or margarine, melted; place on ungreased baking sheet. Set oven to broil or at 550 degrees. Broil slices 4 to 5 inches from heat until golden brown, about 30 seconds. Turn and sprinkle with about 1/2 cup grated Parmesan cheese. Broil until golden, about 30 seconds. Makes 28-30 slices. For Garlic Rounds substitute garlic salt or powder for Parmesan cheese.

Alcohol is a deadly killer

By WALLY KOCHER
Staff Correspondent

What if we were to be told that a new bacteria had been found, and because of this bacteria, more than 205,000 persons would die each year? A cry would definitely rise from society to research this illness and find a cure.

There are some 10 million cases of alcoholism in the United States today. Out of that population, an estimated 205,000 persons die annually from alcoholism and alcohol-related causes. And 50 percent of all automobile fatalities are "alcohol-related."

Yet advertisers portray alcohol as acceptable, glamorous and fashionable.

There is, however, a local Alcoholics Anonymous organization that is attempting to help the alcoholic.

John C., an alcoholic himself, and a member of the Back Mountain A.A. explained basically what A.A. does for a person coming to them for help.

"A.A. is a fellowship. When an alcoholic comes to us, we shepherd him for weeks or even months until they are stable."

After stability is achieved, the alcoholics continue to counsel and support each other.

John has been a member of A.A. for the past 14 years. Before he joined the organization, John found himself drinking 24 hours a day. His wife and four teenage children couldn't do anything until he realized himself that his drinking was becoming a problem.

"I would be drunk for weeks at a time," said John. "The people where I worked just ignored my problem."

John tried to stop drinking on his own, but failed every time. That's when he finally called A.A. "I hit rock bottom," claimed John. "I was going through an emotional crisis, and I didn't want to live as a drunk anymore."

According to John, A.A. did help. They sobered him up and he has stayed that way for the past 14 years. Not all cases are as successful, though.

"About 50 percent of those who come to A.A. stop drinking and never drink again," he said. "Then

there's the 25 percent that temporarily slip, going back to alcohol, but then quit again. Lastly, there's the sad 25 percent that quit A.A. altogether.

There's no absolute profile on those who need the services of A.A. They can be doctors, lawyers, housewives, plumbers, secretaries or even psychiatrists.

Recently, more women have been coming out of the closet, also. About five or six years ago, there was one woman for every three men. Now there is just as many women as men in A.A.

There is an estimated 53,000 groups and more than 1 million A.A. members. This involves 110 countries. Locally, there is an A.A. meeting conducted every night in various locations. The Back Mountain group holds its meetings on Monday evenings at 8 p.m. at the Prince of Peace Church, Dallas.

There are two types of meetings — discussion meetings and speakers meetings. Basically, at a discussion meeting, the group discusses what problems they have encountered during the week, and ways to deal with these problems. During a speaker meeting, one or two guest lecturers are invited to speak to the group.

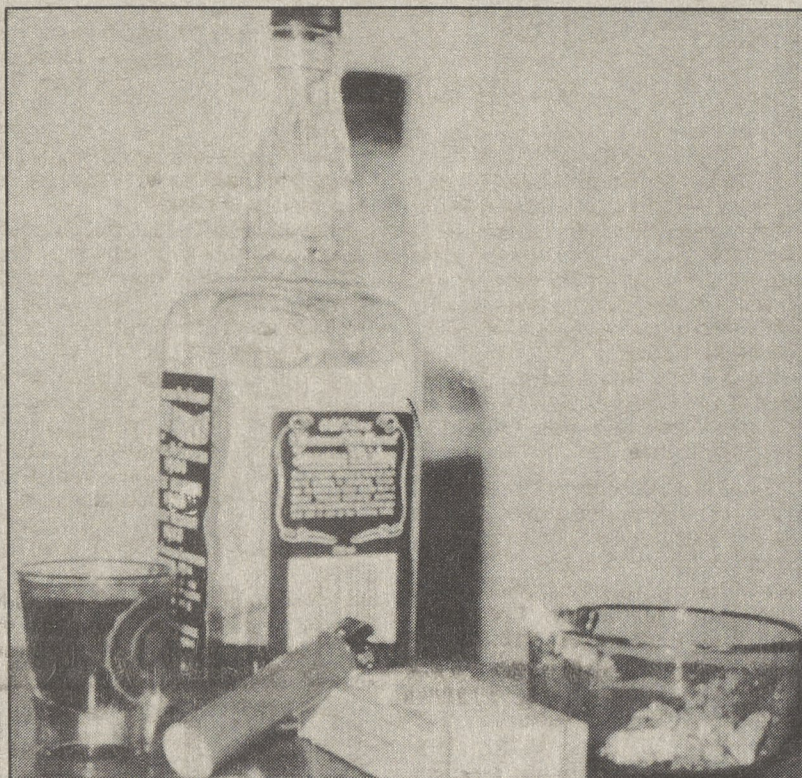
A.A. offices are run differently from other clubs.

"A person can have a leadership position for only one year," said John. "We call them trusted servants. That way, no one person can gain influence over the others."

"It's a humbling experience," he added. "After your year is up, you're just another drunk."

A.A. takes the position that alcoholism is an illness, a progressive illness, that can never be cured, but can be controlled. They have adopted a recovery program which they've nicknamed the Twelve Steps.

They are: 1) to admit that they're powerless over alcohol, 2) to believe that a Power greater than themselves could restore sanity, 3) to make a decision to turn their will and lives over to God, 4) to take inventory of themselves, 5) to admit their wrongs, 6) to be willing for God to remove their defects, 7) to ask God to remove their short comings, 8) to be willing to make amends to all persons they hurt in



Dallas Post/Dotty Martin

Fatal when abused

Alcohol, when abused, can be a lethal weapon. Today's youth are encouraged to drink moderately, if they must drink.

the past, 9) to actually make these amends, 10) to continue to take inventory and admit their wrong doings, 11) to improve their conscious contact with God through prayers and 12) to carry this message to all alcoholics.

Even though many of their steps involve help from God, John claimed that A.A. really has nothing to do with religion.

"A.A. is spiritual," said John, "but not religious. We don't profess any one religion. People of all beliefs can come to the meetings."

According to John, 10 percent of today's children will grow up to be alcoholics. One symptom of the "disease" is the remarkable capacity for handling alcohol.

John had one word of advice to the youth, "If you must drink, drink moderately."

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School menus

LAKE-LEHMAN SCHOOLS
Oct. 3 - 5
Senior High

WEDNESDAY - Beef ravioli w-sauce, tossed green salad, Italian bread, jello-topping, milk. Or Bag Lunch.

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

FRIDAY - Tuna or deli hoagie, French fries, applesauce, Tasty-kake, milk.

Junior High & Elementary

WEDNESDAY - Beef ravioli w-sauce, green beans, Hillbilly bread-butter, pineapple tidbits, milk.

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

FRIDAY - Tuna hoagie, or peanut butter-jelly hoagie, French fries, applesauce, Tastykake, milk.

DALLAS SCHOOLS
Oct. 3 - 9

WEDNESDAY - Baked ziti in meat-sauce, Italian bread-butter, garlic bread in Jr. & Sr., or super hoagie w-lettuce-tomato-onions-mayo, honey glazed carrots, choice of milk or juice. Bonus: Soft chocolate chip cookie.

THURSDAY - Cheeseburger on roll or pork bar-que on enriched bun w-special relish, au gratin potatoes, choice of milk or juice. Bonus: Warm apple crisp.

FRIDAY - Dallas cheese pizza (2 slices) or special peanut butter w-marshmallow cream topping w-sliced banana, turkey-n-rice vegeta-

ble soup, sliced pears, choice of milk or juice.

MONDAY - No school.

TUESDAY - Pizza burger on hard roll, or potato cheese pierogie, melted butter sauce w-sauteed onions, seasoned green beans, choice of milk or juice. Bonus: Vanilla chocolate pudding pop.

WEST SIDE TECH
Oct. 3 - 9

WEDNESDAY - Shells-meat sauce, grated cheese, creamy cole slaw, Angel flake roll-butter, peanut butter kisses, milk.

THURSDAY - Hoagie-lettuce-tomato, Italian dressing, vegetable soup-crackers, chips, Tandy cake, milk.

FRIDAY - Chilled fruit juice, pizza twins, stuffed celery, creamy rice pudding-raisins, milk.

MONDAY - In Service.

TUESDAY - Tech chicken on seeded bun, lettuce and tomato, chilled fruit, chocolate cookies, milk.

GATE OF HEAVEN
Oct. 3 - 9

WEDNESDAY - Spaghetti-meatballs, tossed salad, Italian bread-butter, green beans, jello, milk.

THURSDAY - Turkey-gravy, buttered rice, peas-carrots, tasty-kake, bread-butter, milk.

FRIDAY - Pizza, carrot stix, stuffed celery, fruit, milk.

MONDAY - No school.

TUESDAY - Hamburg-rol, cheese stix, home fries, green beans, fruit and milk or orange juice.

Penn State program dealt with alcoholism

John, his father and the local Penn State campus shared a problem last spring: John's father is an alcoholic.

How his drinking affected his son and the school demonstrates why so many professionals are concerned about an alcoholic's impact on everyone associated with him.

As a result of a spree, John's father wrecked the family car, and he was fired.

Because of the accident, John's mother couldn't get to work, and there was no money for the mortgage.

She called John, a dean's list candidate, who left school after nine weeks of superior work to go home, get a job and bail out the family.

John's absence caused his grades to fall below average, jeopardizing his academic career.

Penn State had a student with great potential who was not prepared for his future courses.

Everyone suffered, as thousands of relatives, friends and associates

suffer daily in their relationships with thousands of American alcoholics.

Since the recent study and acceptance of alcoholism as a disease, however, more and more help has become available to those who suffer from association. And Penn State, which has seen many students like John with alcoholic parents, brothers, sisters and friends, is bringing help to the campus.

A four-session program on "Alcoholism, Family and Campus," conducted by Maggie Snyder, a family and marriage counselor with Family Services Assn., was held for the campus community.

The purpose of the program was to help those whose lives have been influenced by an alcoholic to understand how alcohol affects the user and his family, how those involved tend to behave, how to sort out what parts of the problem can and cannot be controlled by others, and how to keep their lives in control.

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- Relax
- Achieve Goals
- Solve Problems

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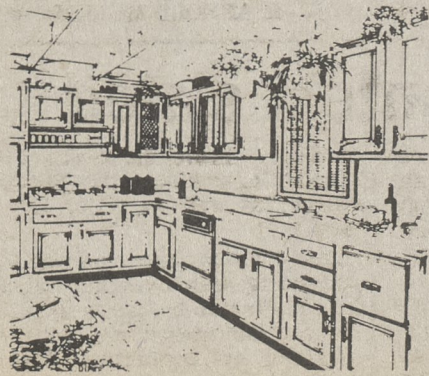
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