

Cookbook

Cindy Urziak

She's enthusiastic about everything

By CHARLOT M. DENMON
Staff Correspondent

Cindy Urziak of Dallas is an exceptional person. She is one of those few individuals who seldom meet — a person who finds the best in everyone and everything. She starts each day with a smile and cheerful greeting and within a very short time has those around her just as happy and optimistic as Cindy, herself. Cindy refuses to look at the bad side of anything because she firmly believes her faith will carry her through and it always does. In fact, many times Cindy's faith has helped carry others through bad times.

A resident of Haddonfield Hills, Cindy, her husband, Richard, and sons, Jonathan and Erik, moved to the area from Pittsburgh approximately six years ago. Richard was transferred to this area as district manager of International Rehabilitation Associates.

The Urziaks are members of Dallas Baptist Church, Memorial Highway, Idetown, where Cindy teaches the babies and toddlers Sunday School Class and during the summer, teaches Vacation Bible School.

"I love teaching the infants and toddlers," said Cindy. "Jonathan is in eighth grade and Erik is in fifth, so I take great delight in loving and working with other people's little ones. It's amazing the things you can teach small babies through love."

Cindy said she attended a seminar the past summer where she learned a great deal about teaching infants and toddlers. She has been putting that knowledge to work and finds that it is very successful.

Since coming to this area, both Cindy and Rich have taken an active part in community activities, particularly those pertaining to children. They are both involved with the Back Mountain soccer program with Jonathan a member of the Arrow team and Erik with the Stallions. Rich is a coach with the Stallions.

During the summer months, the Urziaks enjoy outdoor cookouts with close friends; in the winter, they enjoy gathering with these same friends at one another's homes where they gather in front of the fireplace joining in friendly conversation or spend an evening playing indoor games such as trivial pursuit or similar ones.

For the holidays, Cindy makes chocolate candy, including peanut butter cups, peanut clusters and chocolates made in molds. It is a form of relaxation for her.

Recently, she has been assisting



Dallas Post/Charlot M. Denmon

Eternal optimist

Cindy Urziak relaxes at her desk in her Dallas home. Mrs. Urziak is an "eternal optimist" and always finds the best in everyone and everything. And, even better, Cindy is an exceptional cook and shares some of her recipes with our readers.

her friend, Melba Boudreaux, the owner of Melba's Fashion Nook, which Cindy enjoys tremendously.

Cindy is just as enthusiastic about preparing food as she is about everything else in her life.

"I like to prepare foods my family enjoys, nothing too elaborate but tasty and eye appealing," said Cindy.

Her family enjoys meat loaf and to make it more tasty than usual

Cindy makes a special Meal Loaf Sauce. She also makes Doodleburger, sandwiches her husband and sons say are delicious. Two of the Urziaks favorite desserts are Lemon Squares and Quicke Cheese cake.

All of these recipes, Cindy shares with Post readers this week.

MEAT LOAF SAUCE

1 c. catsup

1/2 c. warm water
2 T. brown sugar
1 T. yellow mustard
Mix above ingredients together. Pour over meat loaf, baste occasionally while meat loaf is baking. Gives meat loaf a tangy flavor.

DOODLEBURGERS

1/4 c. butter or margarine
2 t. poppy seeds
2 T. chopped onions
2 T. horseradish mustard
Chopped ham
Slices of Swiss cheese
6 egg buns (other type buns may be used)

Melt butter or margarine, add poppy seeds, onion and mustard. Spread some of mixture on both halves of each egg bun. Place amount desired of chopped ham on bun and add one or two slices of Swiss cheese.

Wrap each bun individually in aluminum foil. Bake at 350 degrees, 20 minutes. When cool, sandwiches may be frozen to be heated and used later.

LEMON SQUARES

1 c. flour
1/2 c. butter or margarine
1/4 c. sugar (confectioners)
2 eggs
1 c. granulated sugar
1/2 t. baking powder
1/4 t. salt
2 T. lemon juice

Heat oven to 350 degrees. Blend flour, butter, confectioners sugar thoroughly. In 8x8x2 pan, press mixture evenly. Bake for 20 minutes.

Beat remaining ingredients together. Pour over crust in 8x8x2 pan above and bake for 20 to 25 minutes. Do not over-bake.

QUICKEE CHEESECAKE

1 pkg. yellow cake mix
1 lg. can cherry pie filling (other filling may be used if desired)
4 eggs
1 1/2 c. milk
1/2 c. sugar
3 T. lemon juice
3 t. vanilla

2 lg. (8 oz.) pkgs. cream cheese (softened to room temp.)
Lightly grease 13x9 pan. Set aside one cup of cake mix.

Blend together rest of cake mix, one egg, and two tablespoons of oil. Mix well and pat mixture in bottom of pan, spreading it up three-quarter sides of pan.

With mixer, mix together cream cheese, three eggs, milk, lemon juice, vanilla, sugar and remaining cake mix. Pour this mixture into pan lined with cake mix.

Bake at 300 degrees 45-55 minutes. Let cool, top with cherry or desired filling. Refrigerate until ready to serve.

Great for holiday dessert and serves a great many persons.

School menus

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

WEST SIDE TECH

Oct. 24 - 31
WEDNESDAY - Open face turkey sandwich-gravy, mashed potatoes, cranberry sauce, oatmeal raisin cookies, milk.

THURSDAY - Beef and macaroni, tossed salad, choice of dressing, jello-banana, milk.

FRIDAY - Grilled cheese, pickle cjhops, tomato soup-crackers, brownie, milk.

MONDAY - Wafer steak on soft bun, honey glazed carrots, apple cookies, milk.

TUESDAY - Pork bar b que on seeded bun, relish, tossed salad-dressing, cheese and macaroni, peanut butter kisses, milk.

WEDNESDAY - Scare crow nectar, ghostly burger on flying saucer, flying sauce, golden nuggets, pumpkins face cookies, witches brew.

GATE OF HEAVEN SCHOOL

Oct. 24 - 31
WEDNESDAY - Waffles and sausage, syrup-butter, applesauce, cookies, milk.

THURSDAY - Cheeseburger, French fries, corn, pickles, fruit, milk.

FRIDAY - Pizza, soup, stuffed celery, jello, milk.

MONDAY - Vegetable soup-salad, cold meat sandwiches, carrot-celery stix, pudding, milk.

TUESDAY - Lasagna, tossed salad, green beans, Italian bread, milk.

WEDNESDAY - Halloween party - Food will be sold at the fair.

DALLAS SCHOOLS

Oct. 24 - 31
WEDNESDAY - Steaming hot chili, freshly baked corn bread dipped in creamy butter or toasted cheese sandwich w-fresh celery stick, apple wedges, choice of milk or juice. Bonus: Baked donut.

THURSDAY - Honey baked chicken-rice, special creamy gravy or baked macaroni creole, Italian bread-butter, tossed green salad-dressing, banana, choice of milk or juice.

FRIDAY - Cheese pizza (2 slices) or sliced turkey deli (sliced turkey-cheese-lettuce on bun), tomato soup, choice of milk or juice. Bonus: Ice cream treat.

MONDAY - Philadelphia steak-cheese hoagie on new steak roll or bunwich (sliced hot ham-cheese wrapped in foil), fried cabbage-noodles, chilled peach slices, choice of milk or juice.

TUESDAY - Veal parmesan with side dish of spaghetti, or pizza burger on hard roll, fresh vegetable sticks, choice of milk or juice. Bonus: Mini donut.

WEDNESDAY - Ghostbuster special - Frankenstein on a roll w-Dracula topping, potato skeleton bones, baked boo beans, choice of mummy milk or juice. Bonus: Pumpkin ghost cookies.

LAKE-LEHMAN SCHOOLS

Oct. 24 - 30
Junior High & Elementary

WEDNESDAY - Chopped ham-sliced cheese on hillbilly bread, pickle chips, potato chips, vegetable soup-saladines, peaches, milk.

THURSDAY - Ovenw baked chicken, buttered season rice, peas, Parker House Roll-butter, ice cream, milk.

FRIDAY - Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, fresh apple, milk.

MONDAY - Hot chipped ham on bun, pickle chips, minestrone soup-saladines, pears, milk.

TUESDAY - Macaroni casserole, green beans, Parker House roll-butter, peaches, milk.

Senior High School
WEDNESDAY - Steak hoagie w-peppers-onions, French fries, banana fruit cup, cookies, milk.

THURSDAY - Open faced turkey sandwich w-gravy, mashed potatoes, broccoli spears, cranberry sauce, Parker House roll-butter, ice cream, milk.

FRIDAY - Batter dipped fish or hot dog on bun, macaroni-cheese, stewed tomatoes, tossed green salad, pineapple lime jello, milk.

MONDAY - Pork bar-b-que or hamburger on bun w-relish, French fries, applesauce, donut, milk.

TUESDAY - Meatball hoagie; onion rings, green beans, pears, milk.

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College presents 'Foodfight'

FOODFRIGHT, a musical cabaret exploring problems of dieters, will be performed at King's College at 8 p.m. Monday, Oct. 22, in the auditorium of the Administration building at 133 N. River St. The performance will be open to the public free of charge as part of King's ongoing Cultural Events Series.

Dramatizing women's obsession with food, weight and body image, FOODFRIGHT combines humor, music and personal narratives to explore the pressures placed on all women to be thin while focusing on bulimia, anorexia and over-eating. The performance is intended to display what many girls and women face in attempting to maintain a sometimes unnaturally thin weight.

The three-member female cast consists of Barbara Harrington, Patty Huff and Gisele L'Italien. Following the performance, Harrington and L'Italien will lead a discussion.

More information about the program can be obtained by contacting King's director of student activities, Suzanne Cromack, at 826-5900, ext. 657.

Wilkes sets up water test lab

A water-testing laboratory capable of determining the presence of giardia and other water-borne pathogens, is now in place in Wilkes College Stark Learning Center.

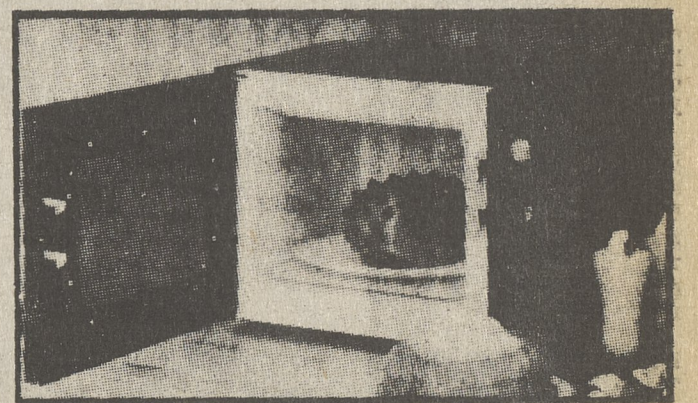
Members of the faculty from the Biology and Earth & Environmental Science Departments met recently with college administrators to discuss operating procedures and budget for the newly-developed facility.

Dr. Michael Case, E & ES, of Dallas who will serve as director of the lab, said it will fulfill a need in the community, since it will respond not only to crisis situations, such as the recent giardiasis outbreak, but it will also undertake routine sampling and monitoring of area water-supply sources.

Participating faculty also see the lab functioning as a unique educational resource for students, who will work closely with faculty to collect, test, and analyze data.

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