

Cookbook

Juanita Miller prepares weekly cooked meals ahead of time

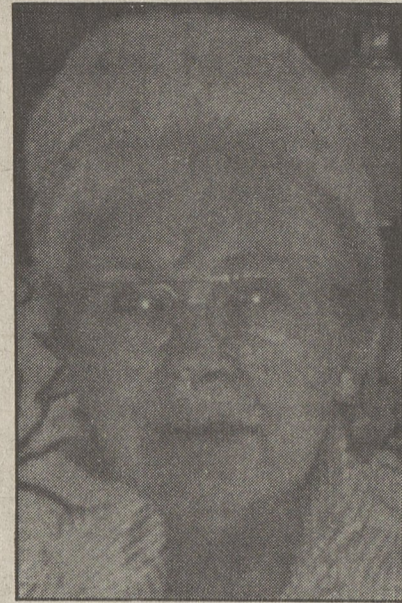
By CHARLOT M. DENMON
Staff Correspondent

Juanita Miller of Trucksville works six days each week so she doesn't have a lot of leisure time to spend preparing meals. A widow for the past three years, Juanita lives alone, but still enjoys sitting down to a cooked dinner in the evening.

Involved in the retail clothing business for the past 35 years, Juanita has been kept busy and, as a result, has collected recipes for foods that taste delicious and look attractive, but do not take much preparation. She enjoys fixing casserole foods combining meat, vegetable and fat. She adds a salad or rice and dessert and, in a short time, has a complete dinner ready to serve.

Recently, Juanita has become interested in color analysis and is working with a friend as color coordinator. After it has been determined whether the subject is spring, summer, fall or winter, Juanita puts together a custom color-coded book for each individual who attends the session. She thoroughly enjoys working with the people who come to these sessions to learn what colors are best for them.

Juanita and her late husband, Thomas, moved to the Back Mountain from Wilkes-Barre eight years ago. She has three sons, Thomas, living in New York; Willard, in Wilkes-Barre and Michael, organist for Shavertown United Methodist



JUANITA MILLER

Church who is also employed by the Cerebral Palsy Organization. She also has a grandson, Joseph.

These are the recipes she has agreed to share with this week's Post readers.

TURKEY DEVINE
thin slices of turkey (chicken if desired)

1 can cream of mushroom soup
1 c. light cream

Salt and pepper to taste
In bowl, dilute soup with the light cream, add salt and pepper and mix until creamy. Butter casserole.

Pour about one tablespoon of soup mixture on bottom of casserole. Put in layer of sliced turkey, then layer of cooked broccoli (fresh, canned or frozen). Cover with some of soup mixture then Parmesan cheese. Alternate these layers until one inch from top of casserole. Spread top with chopped onions.

Bake at 350 degrees for 40 minutes or until it browns and bubbles. (This recipe is great for using leftover holiday turkey or chicken.)

LEBANESE RICE

1 c. Uncle Ben's uncooked rice
3 c. water
1 stick butter
Thin noodles

Wash rice thoroughly and set aside. Brown butter in saucepan, when almost brown mix in handful of very thick noodles. When noodles look brown, pour in rice, water and salt. Let steam until water boils down — about 30 minutes.

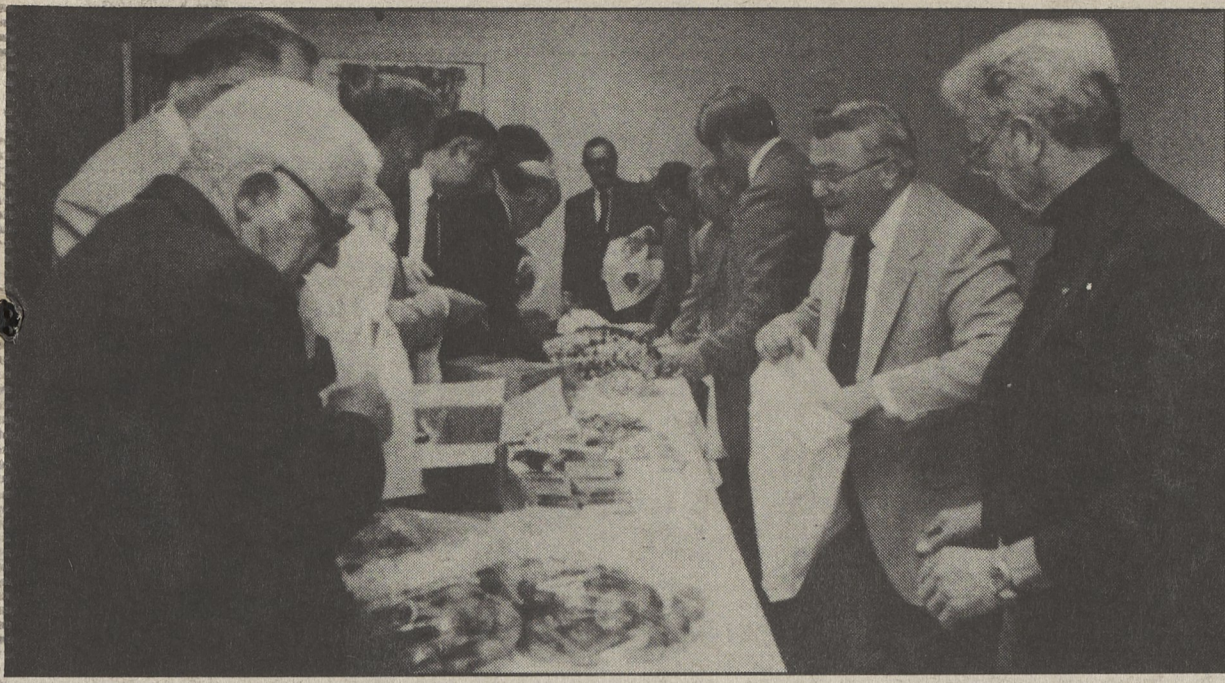
CHERRY CHEESECAKE

1 lg. pkg. Philadelphia cream cheese, softened to room temperature

½ c. sugar
2 c. heavy cream, whipped
1 t. vanilla

Combine above ingredients and mix till creamy. In pre-baked graham cracker crust, pour in filling. Cover with No. 10 can of cherries with the liquid.

Refrigerate until firm. Serve immediately when removed from refrigerator. Strawberries may be used in place of cherries if desired.



Dallas Post/Ed Campbell

Packing 'goodie' bags

Members of the Dallas Kiwanis Club are busy here as they pack bags for the annual Halloween Parade held last Sunday in the Back Mountain. The club members, who sponsor the biggest Halloween Parade in the valley every year, met at the Irem Temple Country Club last week to pack "goodies" bags for the parade.

School menus

Following are cafeteria menus for area school districts:

DALLAS SCHOOLS

Nov. 1 - 6

THURSDAY - Special peanut butter sandwich (peanut butter with marshmallow cream topping with sliced banana with cheese cube) or juicy meatloaf with gravy and fresh carrot stick, buttered whipped potatoes, choice of milk, juice. Bonus: Baked brownies ala mode in Jr. & Sr.

FRIDAY - Oven-baked fish on roll w-lettuce-tartar sauce, or cheesy pizza (2 slices), creamy cole slaw, choice of milk, juice. Bonus: Raspberry gelatin w-whipped topping.

MONDAY - Cheeseburger on soft roll or pork bar-b-que w-special relish on roll, au gratin potatoes, pear slices, choice of milk, juice.

TUESDAY - Italian hoagie w-lettuce-onions-mayo or Sloppy Joes on crisp bun, seasoned green beans, choice of milk, juice. Bonus: Peanut butter treat.

LAKE-LEHMAN SCHOOLS

Oct. 31 - Nov. 6

Senior High School

WEDNESDAY - Jack O'Lantern apple juice, Witches hamburger bar-b-q or Goblin ham patti on bun, Spook cheese sticks, Happy Halloween cake, Boo milk.

THURSDAY - Chicken nuggets w-honey dip, French fries, mixed garden vegetables, Parker House roll-butter, pudding, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, fruit cup, milk.

MONDAY - Hambro or cheeseburg on seeded bun, potato chips, minestrone soup-saltines, pears, milk.

TUESDAY - Macaroni beef casserole, green salad w-dressing, Italian bread-butter, peaches, milk.

Junior High & Elementary Schools

WEDNESDAY - Jack O'Lantern apple juice, Witches hamburger bar-b-q on bun, Scarecrow corn, Spooky cheese sticks, Happy Halloween Cake, Boo milk.

THURSDAY - Chicken nuggets w-

honey dip, French fries, mixed garden vegetables, Parker House roll-butter, pudding, milk.

FRIDAY - French bread pizza, lettuce w-dressing, potato chips, pineapple tidbits, milk.

MONDAY - Steak hoagie, onion rings, green beans, pudding, milk.

TUESDAY - Hambro on seeded bun, French fries, applesauce, cookies, milk.

WEST SIDE TECH

Nov. 1 - 6

THURSDAY - Hoagie, lettuce-tomato, Italian dressing, chips, vegetable soup-crackers, ginger bread, milk.

FRIDAY - Chilled fruit juice, pizza twins, buttered veggies, orange-pineapple bavarion, milk.

MONDAY - Tech chicken on bun, lettuce-tomato, chips, cheese wedge, chilled fruit, Ko-Ko Mungs Kookie, milk.

TUESDAY - Wimpie on soft roll, relish, French fries, spiced apple-sauce, chocolate cream pie, milk.

Fire company plans dinner

The Franklin Township Volunteer Fire Company members are busy at work with their fundraising projects as the date of the Second Annual Spaghetti and Meatball Dinner is rapidly approaching.

The dinner will be held on Saturday, Nov. 10, from 4 to 8 p.m. at the fire hall in Orange. Takeouts will also be available. The meal includes all the spaghetti and salad you can eat, roll-butter, choice of cake and coffee. Tickets are \$3.50 for adults and \$2.50 for children under 12 years of age.

Christmas will soon be here for all and the firefighters would like to help you get ready by making sure you have enough Gertrude Hawk candy on hand. They are now taking orders for all kinds of chocolate

goodies for the holidays. Orders must be placed with any of the fire personnel by Wednesday, Nov. 7.

Speaking of Wednesdays, that's when all you bingo players can come out and support your local fire company. The doors open at 6 p.m. and early birds begin at 6:45 p.m. While you are at bingo, be sure to get your chance on a Coleco Cabbage Patch Doll. Homemade refreshments are available.

Anyone wishing to purchase tickets for the spaghetti dinner, place a candy order, take a chance on a cabbage patch doll, or need information, just call 333-4110, 333-5253, or 333-9998.

The firefighters are also anxiously awaiting the Franklin Township residents fund drive returns.

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DIETARY COUNSELING AND CLASSES OFFERED



DEBORAH STRISH KATRA, R.D.

Associated Internists of Wyoming Valley is pleased to announce the availability of diet counseling as an extension of their services. Individual diet counseling and group dietary/nutritional classes are offered to interested individuals on any physician prescribed diet. Deborah Strish Katra, R.D., has recently joined Associated Internists and is now accepting appointments. Mrs. Katra is a graduate of College Misericordia where she received a Bachelor of Science in Food and Nutrition. She completed a one-year Dietetic Traineeship at the Wilkes-Barre General Hospital to fulfill requirements of Dietetic Registration. Mrs. Katra is a registered member of the American Dietetic Association. In the past she has been affiliated with Mercy Hospital, Valley Crest and Wilkes-Barre General Hospital as a clinical dietitian.

For more information or an appointment please call Associated Internists at 288-5441.

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