

Cookbook

Judy Falzone

She'd rather barbeque than eat-in

By CHARLOT M. DENMON
Staff Correspondent

"I love to cook when I have the time," said Judy Falzone of Northmoreland. "I enjoy barbequing on our gas grill and I like to prepare food for our annual family outing which we have at our home. All of my relatives and my husband, Tom's relatives come to that and I just love getting ready for it."

Tuesday through Saturday of each week, however, Judy plans easy-to-prepare menus for dinner, meals which her son, Scott, and daughter, Regina, can get ready when they come home from school, since Judy does not usually get home from work until the dinner hour.

Judy is general manager of Mary Taylor's four Hair & Skin Care Centers, but spends most of her working hours at the shop located at Hickory Corners. A native of Forty Fort, she graduated from Forty Fort High School and later, from Empire Beauty School.

Since Monday is Judy's day off, she usually prepares formal dinners, Sunday and Monday and plans casserole meals for the other evenings. Since her children were old enough to assume responsibility, Judy had assigned them various household duties including some preparation of meals. She has collected numerous recipes that are nutritious, tasty and easy to prepare.

When she has leisure time, the entire Falzone family go horseback riding, or roller-skating. Judy also is an avid reader and also crochets - afghans, sweat-



Dallas Post/Charlot M. Denmon

Giving instructions

Judy Falzone, this week's Dallas Post Cook of the Week, talks to her daughter, Regina, explaining what she should prepare for dinner.

ers, coats and dresses. She is an animal lover so the Falzones have lots of pets including dogs and geese among others.

The Falzone family moved to the Back Mountain six years ago when they built their home in Northmoreland.

This week Judy shares three of her easy-to-prepare recipes with our Dallas Post readers. They are equally as delicious as they are easy. The Chicken Casserole, served with a green salad,

makes a complete nutritious meal and topped with the Easy Dessert can also be served to guests, expected or unexpected. The dessert is as attractive as it is tasty. Scott's Favorite Peanut Butter Cheews are so easy to prepare that Scott or Regina can make them. They are so tempting if you're on a diet, don't start eating them since you'll find it difficult to stop.

CHICKEN CASSEROLE
1 chicken, cut up

6 potatoes
Herb-Ox onion seasoning
Several pats butter+
Salt and pepper

Remove skin from chicken, cut up potatoes. Place chicken and potatoes in casserole, put pats of butter on top. Sprinkle with seasonings. Cover and do in microwave on high for 25-30 minutes. Let stand 10 minutes. Serve with salad. + Margarine may be used if desired.

EASY DESSERT
1 3 oz. pkg. vanilla instant pudding

1 3 oz. pkg. chocolate instant pudding

1 c. mini chocolate chips

1 c. finely chopped walnuts

Prepare each package of pudding according to directions on package in separate bowls. Blend half of chocolate chips and walnuts into each flavor of pudding mixture. Place pudding in alternate layers in parfait glasses. Chill. If desired, top with non-dairy whipped cream before serving.

SCOTT'S FAVORITE PEANUT BUTTER CHEWS

1 c. sugar

1 c. light Karo syrup

1 c. peanut butter

1/2 stick butter

1 c. mini-marshmallows, optional

1 c. mini-chocolate chips, optional

8 c. favorite dry cereal

Bring to boil sugar and syrup in sauce pan; add peanut butter, butter, marshmallows and chocolate chips. Chill eight cups cornflakes, rice krispies or favorite cereal on cooking sheet, pour hot mixture over cereal. Let chill on cookie sheet, cut in squares and serve.

School menus

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

BISHOP O'REILLY HIGH SCHOOL
Feb. 18 - 22

MONDAY - No school.

TUESDAY - Sausage-shells, roll-butter, buttered wax beans, chilled fruit cocktail, choice of milk.

WEDNESDAY - Toasted cheese sandwich, tomato sup, rice pudding w-raisins, milk.

THURSDAY - Cold cut hoagie (ham, bologna, cooked salami, lettuce, cheese, tomato), stuffed celery, cling peaches, milk.

FRIDAY - Two cuts pizza, tossed salad, assorted desserts, milk.

LAKE-LEHMAN SCHOOLS
Feb. 18 - 22

MONDAY - President's Day - No school.

TUESDAY - Cheeseburg or hamburger on bun, pickle chips, vegetable soup-saltines, peaches, milk.

WEDNESDAY - Ash Wednesday - Orange juice, deli or tuna hoagie, French fries, cherry cobbler, milk.

THURSDAY - Hot dog or kielbasi on bun, macaroni-cheese, baked beans, fruit cocktail, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, fresh apple, milk.

Junior High & Elementary
MONDAY - President's Day - No school.

TUESDAY - Cheeseburg on bun, vegetable soup-saltines, peaches, milk.

WEDNESDAY - Ash Wednesday - Batter dipped fish-tartar sauce, macaroni-cheese, stewed tomatoes, roll-butter, fruit cocktail, milk.

THURSDAY - Hamburg bar-b-que on bun, potato puffs, buttered corn, cherry cobbler, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, fresh apple, milk.

GATE OF HEAVEN SCHOOL
Feb. 18 - 22

MONDAY - No school.

TUESDAY - Baked ziti, salad, Italian bread, fruit cocktail, cookies, milk.

WEDNESDAY - Pierogies, carrot-celery stix, peaches, Tastykake, milk.

THURSDAY - Spaghetti-meat-balls, cheese tix, green beans, pineapple rings, cookies, milk.

FRIDAY - Shrimp shapes, buttered noodles, carrots, pears, jello, milk.

WEST SIDE VO TECH
Feb. 18 - 22

MONDAY - President's Day.

TUESDAY - Hot dog on bun, sauerkraut, chips, apple, shortbread cookies, milk.

WEDNESDAY - Ash Wednesday - Fish-cheese nuggets, French fries, cole slaw, roll-butter, brownie, milk.

THURSDAY - Beef-a-roni, tossed salad-dressing, grated cheese, roll-butter, peanut butter kisses, milk.

FRIDAY - Pizza twins, buttered veggies, chilled juice, Ko-Ko Kungas Cookies, milk.

DALLAS SCHOOLS
Feb. 13 - 19

WEDNESDAY - Spaghetti topped w-meat sauce, Italian bread-butter, garlic bread in Jr. & Sr., green beans, choice of milk or juice.

Bonus: Chocolate chip cookie, or Toasted cheese sandwich w-turkey noodle soup and potato chips or freshly baked pizza.

THURSDAY - Breaded chicken dinner, whipped potatoes w-gravy, sweet potatoes, choice of milk or juice.

Bonus: Valentine's Day treat, or triple decker PB&J sandwich w-beef vegetable noodle soup and potato chips or freshly baked pizza.

FRIDAY - Sweetheart dinner and special: Heart Sticker Day.

MONDAY - Schools closed.

TUESDAY - Taco Jo Special (grd. beef on roll w-taco sauce), buttered rice w-gravy, kernal corn, choice of milk or juice. Bonus: Mini donut. Or Italian hoagie w-vegetable soup, and potato chips or freshly baked pizza. (Shroud Tuesday).

Oops, we forgot Maureen's recipes

By CHARLOT M. DENMON
Staff Correspondent

Last week's "Cookbook" story featured Maureen Doerfler from Harveys Lake, but inadvertently omitted Mrs. Doerfler's recipes.

Mrs. Doerfler, a member of the Dallas Intermediate School faculty for the past 12 years, is married to John Doerfler. The Doerflers have two sons, Doug, age 14; and Michael, age 11, both students in the

Program set

The Luzerne County Medical Society Auxiliary recently appointed a committee to provide public education on "PARENT-INFANT WELLNESS" in observance of the upcoming "OK HEART" project in Luzerne County.

The committee will design and present a free class for new mothers and fathers of infants under three months of age. The class will address: Infant care; Feeding-both breast and bottle; coping with the pressures and problems of parenthood; and health practices to decrease the risk of heart disease.

Classes and informal discussions will be led by three members of the Wilkes College Nursing Department Faculty. The class will consist of one session on Wednesday evenings from 7 to 9 p.m. beginning Feb. 27. It will be repeated each week through April 3. Classes will be held at the new Family Practice Building, 540, Pierce St., Kingston. Babies are welcome. Reservations will be provided. For reservations call 823-0917.

Tax assistance

Senior citizen volunteers representing the Retired Senior Volunteer Program (RSVP) are offering their assistance to other senior citizens in filling out their Federal and State Income Tax forms and Property-Rent Rebate forms.

Anyone needing this assistance is urged to go to the Dallas Senior Citizens Center, Mercy Center, College Misericordia, Thursday, Feb. 28, March 14, 28 from 10 a.m. to 3 p.m.

Books available

The Regional Energy Center of the Economic Development Council of Northeastern Pennsylvania (EDCNP) has available free asbestos publications which were obtained from the U.S. Environmental Protection Agency (EPA).

To receive these publications, contact Lynne Breza, Information Coordinator, of the EDCNP, by calling 1-800-982-4332.

Lake-Lehman School District.

Between her career and her family, Mrs. Doerfler finds herself rather busy, however, she always manages to find time to whip up some scrumptious meals for her big eaters. Maureen's recipes are included here.

CHICKEN ORIENTAL

3 whole chicken breasts
1/4 c. salad oil
2 c. sliced celery
1 green pepper, sliced
5 green onions, sliced
1 pkg. frozen Chinese pea pods, thawed

1/4 lb. fresh mushrooms

1 4 or 5 oz. can water chestnuts, drained & sliced

2 c. chicken broth

2 T. soy sauce

1 t. sugar

Salt & pepper to taste

2 T. cornstarch

1/4 c. water

Use wok or skillet to prepare this recipe.

Remove bones from chicken, slice meat in short, narrow strips. Sauté chicken in oil until slightly brown; add all vegetables. Stir fry a few minutes, mix chicken broth, soy sauce, sugar, salt and pepper and pour over chicken and vegetables. Steam approximately five minutes. Dissolve cornstarch in water and pour into broth. Stir til thickened. Serve while hot over rice or noodles. If desired, serve over rice, top with noodles.

PINEAPPLE SALAD

1 fresh pineapple

1 small, tart apple

3 green onions

1 bunch Romaine lettuce

Peel and chink pineapple; cut apple in small pieces, slice green onion in tiny pieces. Toss with dressing.

DRESSING

1-3 c. oil

2 T. lemon juice

1 T. soy sauce

1 t. brown sugar

Shake ingredients well; toss with fruit and onions. Serve on Romaine lettuce on platter or in scooped out pineapple shell.

SUGAR COOKIES

2 1/2 c. flour

1/2 t. salt

3/4 c. butter or margarine

1 1/4 c. sugar

1 egg

2 t. vanilla

Sift together flour and salt, set aside. Blend together and beat at high speed for three minutes the butter, sugar and egg. Add vanilla and blend. Stir in flour mixture to make stiff dough. Chill for at least three hours. Roll quarter of dough at a time, cut with favorite cookie cutter. Place on ungreased cookie sheet and bake at 350 degrees for eight minutes or until cookies are light brown around edges. Ice with favorite frosting, or sprinkle tops with sugar before baking.

Creative Kitchens and Baths
Rt. 309, Tunkannock, Pa.



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Calendars on sale

The Greater Wilkes-Barre Chamber of commerce has 1985 Planning Calendars currently available at no charge.

The Calendars, approximately 2 feet by 3 feet in size, are ideal for posting on walls to help mark the dates of special events throughout the upcoming year.

Copies of the Planning Calendars are available at the Chamber office, 92 South Franklin Street.

If you would like a calendar, please stop at the Chamber of Commerce office. We are opened from 9 a.m. - 5 p.m. Monday thru Friday.

Arbor Day to be celebrated

The Luzerne County Conservation District is urging County residents to celebrate Arbor Day, April 26. Pennsylvania has observed Arbor Day since 1941 when it was officially designated by a legislative act. This is an excellent opportunity for every citizen to work toward the enhancement of natural beauty, the improvement of the environment, and the perpetuation of our valuable resources.

In order to encourage the celebration of Arbor Day by planting trees, the Conservation District is offering several varieties of seedlings for sale at a nominal cost. This year,

three varieties of evergreens are being sold - Colorado Blue Spruce, Douglas fir and Scotch Pine, along with Sugar Maple and White Flowering Dogwood. A new item this year is the ground cover Pachysandra which is important in controlling erosion in shady areas and on embankments.

Orders will be accepted until March 22. Orders will be filled on a first-come, first-served basis. For additional information on this annual project, contact the Luzerne County Conservation District by calling 735-8700.

For Your Valentine

Cupid Bouquet
A loveable, soft sculpture cupid holding a red satin heart and hugging a bud vase filled with roses, baby's breath and mixed greens.
From \$17.95 c/c

Cash and Carry
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