

Cookbook

Millie Jones

Her kids just live for dessert

By CHARLOT M. DENMON
Staff Correspondent

Mrs. Jack (Millie) Jones of Midway Manor, Shavertown, has four children, who come home from school looking for snacks and asking "What's for dessert?" Fortunately for them, Millie enjoys cooking especially desserts such as pies or cakes.

She would rather prepare nutritious, tasty snacks for her children than buy the packaged goods from the markets. Consequently, Millie likes to try new recipes and just last week cut out the recipe for chocolate fudge balls published in the Dallas Post cookbook column.

A home economics aid at Dallas Senior High School, Millie has a busy schedule but always finds time to prepare delicious and nutritious foods for her husband, Jack; sons, Jackie, 13, student council representative and member of the basketball team at Gate of Heaven; Keith, 11, class treasurer and member of the Biddie Basketball team at Gate of Heaven; daughters, Tara, nine, student at Dallas Township Elementary; and Amy, seven, second grade student at Gate of Heaven.

Monday through Friday, Millie spends her mornings in the high school's four-year-old nursery school which started March 19 and runs for seven weeks. She helps the students prepare their lesson plans for their day of teaching the youngsters. In the afternoons, Millie assists in Mrs. Nancy Goeringer's foods and nutrition classes. Last week, she helped the students prepare the recipes for the Vocational Advisory Committee Luncheon. Millie also assists Mrs. Audrey Ide in the fashion, housing and life class.

In her leisure time, Millie is unit commissioner for Gate of Heaven Cub Pack 232 after having served as Den Mother for the same pack for five years. She also served as assistant leader of Brownie Troop 696. In the past, she was active in Newcomers and Dallas Junior Women's Club. Millie also plays an active role in the Gate of Heaven P.T.G.

She enjoys going to the spa and also does ceramics, when she has the time. As she says, four children, a husband, keeping a house and working doesn't allow much leisure time.

This week, Millie shares some of her recipes with Dallas Post readers. The Meat Balls Espanol is a nutritious, tasty, easy-to-prepare one dish meal. It takes less than 30 minutes to prepare and serve with salad, fresh Italian bread topped off with a dessert makes a delicious meal.



Dallas Post/Charlot M. Denmon

What's for dessert?

Millie Jones puts pies in the oven for her family's dessert.

Easy Wackie Pies are also easy to prepare and make a favorite snack for children just as the Pumpkin Bars are great to give children on Halloween. They also make a delicious dessert as do the Lemon Bars. All of these are listed below for the benefit of Post readers.

MEAT BALLS ESPANOL

1 lb. lean ground beef
1 c. soft bread crumbs
¼ c. each finely chopped onions and celery
1½ t. Worcestershire sauce, optional
1 egg
1 T. garlic salt
¼ t. pepper
1 16-oz. can stewed tomatoes
12-oz. zucchini, thinly sliced (about 2 cups)

½ t. each crushed oregano, basil and sugar
1 T. cornstarch
1 c. beef broth, canned or bouillon
3 c. hot, cooked rice

Combine beef, bread crumbs, onion, celery, Worcestershire sauce, egg, garlic salt and pepper. Mix thoroughly, form into 12 meatballs. Place in greased shallow baking pan. Bake at 375 degrees for 20 minutes. Meanwhile, combine tomatoes, and zucchini with remaining seasonings and simmer five minutes. Blend cornstarch and broth, stir into tomato mixture. Pour over meatballs. Continue baking 10 minutes longer. Serve over beds of fluffy rice. Six servings. Serve with tossed green salad and dessert.

LEMON BARS DELUXE

2 c. flour
½ c. confectioners sugar
1 c. margarine
4 beaten eggs
2 c. sugar
1/3 c. lemon juice
¼ c. flour
½ t. baking powder
Sift 2 cups of flour and mix with confectioners sugar and margarine. Press into 9x13x2 pan. Bake at 350 degrees 20 to 25 minutes. Beat eggs, granulated sugar and lemon juice together. Sift ¼ cup of flour and baking powder with this mixture. Pour over crust and bake at 350 degrees for 25 minutes. Cool, sprinkle with confectioners sugar and cut into bars.

EASY WACKIE PIES FILLING (Make first)

1 c. milk
3 T. flour
1 t. vanilla
½ c. butter
½ c. crisco
1 c. sugar
Boil together milk and flour, let cool. Beat in remaining ingredients until smooth. Set aside.

PIES:

1 pkg. Duncan Hines dark chocolate cake mix
½ c. water
2 eggs
Mix three ingredients until smooth. Drop by teaspoon on greased cookie sheet. Bake 10 to 12 minutes at 350 degrees. Remove from oven and let cool. Place filling between two pies to serve. Pies should be kept chilled.

PUMPKIN BARS

4 eggs
1 2/3 c. gran. sugar
1 c. oil
1 16-oz. can pumpkin
2 c. sifted all-purpose flour
2 t. baking powder
2 t. ground cinnamon
1 t. salt, optional
1 t. baking soda
1 3-oz. pkg. cream cheese, softened
½ c. butter or margarine, softened
2 t. vanilla
1 c. sifted powdered sugar

In mixing bowl mix together eggs, gran. sugar, oil and pumpkin till light and fluffy. Stir together flour, baking powder, cinnamon, salt and soda; add to pumpkin mixture and mix thoroughly. Spread batter in ungreased 15x10x1 baking pan. Bake in 350 degree oven for 25 to 30 minutes. Cool. Frost with cream cheese icing. Cut in bars. Makes two dozen.

CREAM CHEESE ICING

Cream together cream cheese, butter or margarine, stir in vanilla. Add powdered sugar, a little at a time, beating well till mixture is smooth.

School menus

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

BISHOP O'REILLY HIGH SCHOOL April 1 - 5

BREAKFAST
MONDAY - Chilled orange juice, corn flakes w-banana, or waffle w-syrup, milk.

TUESDAY - Frosty apple juice, doughnut or toasted raisin bread, milk.

WEDNESDAY - Chilled grape juice, frosted apple or blueberry tart or assorted cereals, milk.

THURSDAY - Easter vacation.
FRIDAY - Easter vacation.

LUNCH
MONDAY - Hot ham-cheese on roll, cheese sticks, green beans, chocolate pudding, milk.

TUESDAY - Steak hoagie on seeded bun, sauteed onions, potato rounds, chilled mixed fruit, milk.

WEDNESDAY - Buttered cabbage and noodles, fresh dinner roll, cherry jello w-fruit, milk.

THURSDAY - Easter vacation.
FRIDAY - Easter vacation.

DALLAS SCHOOLS March 27 - 29

WEDNESDAY - Texas hot dog w-beef sauce or plain hot dog, honey baked beans, mixed fruit salad, choice of milk or juice. Or: Toasted cheese sandwich w-turkey noodle soup and potato chips. Or: Freshly baked pizza.

THURSDAY - Spaghetti 'n meat-

balls, Italian bread-butter, garlic bread in Jr. & Sr., buttered corn, choice of milk or juice. Bonus: Peanut butter treat. Or: Triple decker PB&J sandwich w-beef vegetable soup and potato chips. Or: Freshly baked pizza.

FRIDAY - Tuna melts (tuna salad w-melted cheese on bagel) fresh veggie sticks, choice of milk or juice. Bonus: Raspberry gelatin w-banana and whipped topping. Or: Egg salad sandwich w-cream of celery soup and potato chips. Or: Freshly baked pizza.

GATE OF HEAVEN SCHOOL March 27 - 29

WEDNESDAY - Pork bbq, potato rounds, fruit cocktail, jello, milk.

THURSDAY - Meatball hoagie, cheese stix, French fries, cole slaw, milk.

FRIDAY - Pizza, salad, pears, scooter pie, milk.

WEST SIDE TECH April 1 - 5

MONDAY - Chilled fruit juice, wafer steak on seeded bun, buttered green beans, big chip cookies, milk.

TUESDAY - Hoagie-lettuce-tomato, Italian dressing, chips, vegetable soup-crackers, cherry cream pie, milk.

WEDNESDAY - Beef-a-roni, grated cheese, creamy cole slaw, roll-butter, soft pretzel, milk.

THURSDAY - Baked chicken, candied sweet potatoes, seasoned peas, roll-butter, soft pretzel, milk.
FRIDAY - Happy Easter.

Homemade cereal better

A breakfast of cereal and milk may seem like a nutritionally sound way to start your child's day, but it could be contributing to mid-morning blahs and hunger pangs before lunch according to ARA Services which provides food service for elementary and high school cafeterias at 200 school districts across the country.

Most prepared cereals don't provide enough protein to give the kind of energy that lasts throughout the morning. You could add protein foods such as wheat germ, nuts, seeds or more milk, but you're likely to end up with unrecognizable mush.

A better idea would be to make your own high-energy breakfast cereals that have enough protein to keep a student's energy level up until lunchtime. What's more, homemade cereals are rich in fiber, low in salt and are not made with refined sugars.

Fiber is also important because most prepared cereals lack it. Besides aiding digestion, fiber has been credited with lowering cholesterol, keeping blood pressure down and discouraging bowel cancer. A new source of fiber that's both light and tasty is oat bran. It has been found to lower cholesterol levels unlike the bran which is commonly used in prepared cereals.

High levels of sodium and refined sugars can be found in many prepared cereals. Refined sugars give you a rush in the morning but it's usually followed by a big sag. Fruits and juices are much healthier sources of sugar. Homemade cereals, made with fresh or dried fruits, can be delicious as well as excellent sources of high fiber and protein. A single serving in the morning will give your child a good head start, and heighten his attention at school.

Enter egg contest now

Time is growing short for those adults and students in grades 6 through 12 who wish to enter the 1985 Egg Recipe Contest. The entry deadline is April 15, 1985. Recipes are being accepted in both junior and adult divisions, with seven regional champions being picked in each division.

Local champions in both categories will be awarded a cash prize of \$200 each and have a chance to display their talents on May 17 at the Viewmont Mall in Scranton.

They then move on to the State finals and a chance to win \$1,000. The State Champions then compete on a national level with a chance to win \$4,000 with their taste-tempting dish featuring the "Incredible Edible Egg." Consolation prizes will also be awarded.

Recipes should include at least one egg per serving, and provide exact amounts of each ingredient in the order used. Cooking utensils, time and temperatures used in the recipe method must be identified.

Mail in as many recipes as you want in the same envelope, but make sure each is on a separate piece of paper. Include your name, address, county, phone number and specify student or adult division.

Students between grades 6 and 12 and all adults are encouraged to participate and exhibit their culinary "Eggspertise."

Entries should be mailed to: Eggs, Bureau of Markets, Pennsylvania Department of Agriculture, 2301 N. Cameron Street, Harrisburg, PA 17110-9408.



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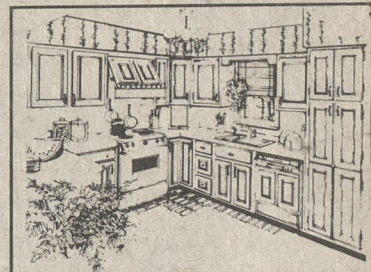


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