



# Cookbook



Kathy Sapp

## She likes to cook when entertaining

By CHARLOT M. DENMON  
Staff Correspondent

John and Kathy Sapp of Dallas are newcomers to the area having moved here from Atlanta, Georgia, this past November, with their two sons, Bobby, age five and David, age two.

"We might say we moved into our house because that is where we spent most of our time during November, December and January," said Kathy. "None of us were used to the cold climate so we seldom ventured outside with the exception of John, who had to go to work."

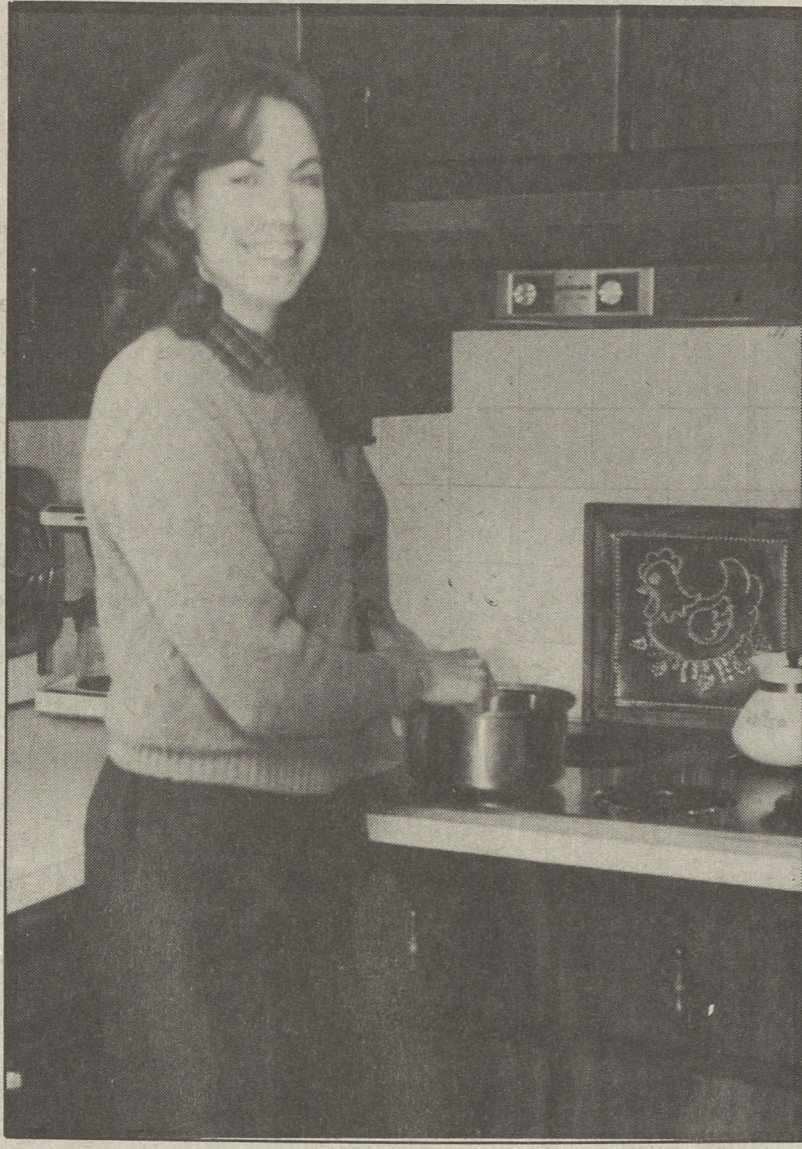
Kathy said they did get used to the cold weather and with the exception of missing their families, who live in Rome, Ga., didn't mind it too much. In January, for the first time in her life, Kathy got used to shoveling snow. She said she is not a coat person but soon got used to the fact that she had to wear one during those winter months. The children loved the snow, and had no fear about going out in it.

Presently, Kathy is looking forward to visiting her parents for three weeks. The Sapp family will leave this week but John, who works for Nabisco will return home while Kathy and the boys visit relatives for the three weeks.

Kathy, who is an exercise enthusiast, has been teaching an aerobics class every Wednesday morning at Dallas Baptist Church where she and John are members.

She likes to cook, but preferably only when entertaining friends. Kathy enjoys preparing casseroles, souffles and a variety of foods but becomes slightly frustrated because the boys like plain foods. She has a good background of training since her mother is employed by Georgia's Extension Service and her father prepares the meals at home. John's mother is an excellent cook, according to Kathy. She had four sons and Kathy got a lot of good recipes from her, some of which she shares with Dallas Post readers this week.

The Cheese and Egg Souffle can be prepared the night before and kept in the refrigerator until morning when it can be put in the oven and baked while the family gets ready for work or school. Broccoli Casserole is a tasty and easy-to-prepare dish



Dallas Post/Charlot M. Denmon

### Making Brownies

Kathy Sapp prepares ingredients for the Brownies which are a favorite of her husband's and children.

and makes a glamorous vegetable when entertaining guests. For those persons who like sweet potatoes the Sweet Potato Souffle is an easy and delicious way of serving them. Brownies, usually a difficult dessert to prepare, is simple and very tasty, always a popular snack with children as well as adults. The recipe can be doubled, if more are needed.

In her leisure time, Kathy does handwork, stenciling and crafts.

She also does a lot of reading and is looking forward to planting a garden this summer as well as the warm weather.

### CHEESE & EGG SOUFFLE

8 slices bread  
1/2 lb. sharp cheddar cheese  
4 eggs, beaten slightly  
2 c. milk  
1/2 c. melted butter  
Butter the bottom of a 4-quart

casserole or souffle dish. Trim crust from bread and cut bread into small cubes. Alternate layering bread and cheese (bread first) in casserole dish. Mix eggs, milk and melted butter together and pour all of liquid mixture over bread and cheese layers. Let stand in refrigerator overnight in covered dish. Bake at 350 degree for one hour uncovered. Serves 4-6.

### BROCCOLI CASSEROLE

2 pkg. frozen chopped broccoli  
1 stick melted butter or margarine  
2 eggs  
1 can cream of mushroom soup  
1 chopped onion  
3/4 c. mayonnaise  
1 c. grated sharp cheddar cheese  
Cook broccoli according to package directions and drain. Mix all ingredients together well. Sprinkle extra cheese on top of mixture in a two and half to three quart casserole dish. Bake at 350 degrees for 30 minutes or until brown. Serves 4-6.

### SWEET POTATO SOUFFLE

3 c. mashed sweet potatoes  
1 c. sugar  
1/2 t. salt  
2 eggs  
1/3 stick butter  
1/2 c. milk  
1 t. vanilla flavoring  
Mix all ingredients with mixer. Place mixture in a pyrex rectangular pan. Sprinkle topping over potato mixture.

### TOPPING

1 c. brown sugar  
1/3 c. flour  
1 c. chopped nuts  
1/3 c. melted butter  
Bake at 350 degrees for 35 minutes. Serves 6-8.

### BROWNIES

1 stick butter or margarine  
1/4 c. cocoa  
1 egg  
1 t. vanilla  
1 c. sugar  
1 c. flour  
1 1/2 t. baking powder  
1/2 t. salt  
Chopped nuts (optional)

Pre-heat oven to 350 degrees. Melt butter in 2-quart saucepan, remove from heat. Stir in cocoa, then sugar. Beat in eggs and vanilla with spoon. Mix in flour, baking powder and salt. Add nuts. Bake in 8x8 pan at 350 degrees for 20-30 minutes, depending on how chewy you want them.

## School menus

BISHOP O'REILLY HIGH SCHOOL  
April 22 - 26  
BREAKFAST

MONDAY - Grape juice, waffle syrup or assorted cereals, milk.

TUESDAY - Orange juice, doughnut or rice krispies w-banana, milk.

WEDNESDAY - Apple juice, toasted bagel or hot raisin bread, milk.

THURSDAY - Orange juice, English muffin or doughnut, milk.

FRIDAY - Apple juice, bagel w-cream cheese, frosted flakes, milk.

### LUNCH

MONDAY - Beefaroni w-meat sauce, garden salad, fruit juice, soft pretzel, milk.

TUESDAY - Ham bar-b-que on bun, relish, onion rings, chocolate cake, milk.

WEDNESDAY - Tuna salad in a pita, waxed beans, applesauce, milk.

THURSDAY - Early Dismissal.

FRIDAY - Pizza, Manhattan clam chowder, fruit cocktail, milk.

### LAKE-LEHMAN SCHOOLS

April 17 - 19

### Senior High

WEDNESDAY - Ham or chicken patti on bun w-relish, French fries, applesauce, cookies, milk.

THURSDAY - Hot roast turkey sandwich, mashed potatoes w-gravy, buttered corn, cranberry sauce, ice cream, milk.

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

### Junior High & Elementary

WEDNESDAY - Mini beef ravioli w-sauce, green beans, wheat bread-

butter, fruited jello, milk.

THURSDAY - Turkey w-gravy, mashed potatoes, buttered corn, cranberry sauce, ice cream, milk. (Jr. High: Hot roast turkey sandwich).

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

### WEST SIDE TECH

April 22 - 25

MONDAY - Chilled juice, hot dog on bun, sauerkraut, cheese sticks, chips, chocolate cookies, milk.

TUESDAY - Hot ham, macaroni-cheese, baked beans, brownie, milk.

WEDNESDAY - Open face turkey sandwich, gravy-mashed potatoes, cranberry sauce, jello- whip cream, milk.

THURSDAY - Beef-a-roni, tossed salad-dressing, grated cheese, shortbread cookies, milk.

FRIDAY - Meatball hoagie, buttered green beans, chilled pears, Tech squares, milk.

### GATE OF HEAVEN SCHOOL

April 17 - 23

WEDNESDAY - Gatorburger, lettuce-tomato-cheese, special sauce, pears, cookies, milk.

THURSDAY - Spaghetti w-meat sauce, Italian bread-butter, celery-carrot stix, fruited jello, milk.

FRIDAY - Tuna fish on roll, lettuce, carrot-celery stix, cheese, peaches, Tastykake, milk.

MONDAY - Steak hoagies, potato rounds, carrots, pears, cookies, milk.

TUESDAY - Ham patty, buttered macaroni, green beans, cheese stix, blueberry muffins, milk.

## Play produced locally

The Wilkes-Barre Scranton area has been chosen as the site for the public television production of "Last Waltz on a Tightrope," a play written by Scranton University Professor Dr. William Zahler, Jr., Commerce Secretary James O. Pickard said today.

Academy Award winning actress Louise Fletcher and actor Tony Musante will play the leads in this story of a down-and-out writer who re-enters the life of an eccentric former actress after many years to investigate a mystery from her past.

The Commerce Department's Pennsylvania Film Bureau is currently working with WVIA to locate mansions in the area for the production. Producer-director John Alaimo and WVIA general manager Dr. John Walsh expect rehearsals to

begin later this spring.

Fletcher is best known for her Academy Award winning performance in the 1975 film "One Flew Over the Cuckoo's Nest." In her role as a nurse in a mental hospital, she played opposite Jack Nicholson. Her other film credits include "Exorcist II: The Heretic," (1977) and "The Cheap Detective" (1978). This past week, she appeared in the made-for-television film, "A Summer to Remember," on CBS-TV.

Musante has appeared in a variety of motion picture and television productions since he made his film debut in 1965. He is best remembered for his title role in the television series, "Toma," which ran during the mid-1970s. His most recent film role was in the 1984 release, "Pope of Greenwich Village."

## RSVP volunteers are sought

The Retired Senior Volunteer Program sponsored locally by the Bureau for the Aging of Luzerne-Wyoming Counties, is currently seeking senior citizens to volunteer in the Back Mountain Area. For the past 13 years RSVP has been assisting senior citizens find assignments that use their skills and talents to help others.

RSVP has volunteers in area hospitals, nursing homes, libraries,

HEAD START and many other non profit agencies. Back Mt. Library currently needs senior citizens to stock books or shelves and help in other library duties.

RSVP will assist with transportation and meal expenses incurred while volunteering. Each volunteer is provided with live, liability and accident insurance at no cost. Anyone interested in RSVP, should call 822-1158.

## Correction

It was incorrectly stated in the story on Passover that rolls were served at the Rosing family's Seder. Matzah was served since no leavened foods are served at the Seder meal which begins the Festival of Passover. Our apologies.

## Creative Kitchens and Baths

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Dallas Post/Ed Campbell

### Luncheon planned

The Dallas Women of Kiwanis will hold their annual Spring Salad Luncheon on Wednesday, May 15, at noon at the Shavertown United Methodist Church. Providing entertainment for the event will be The Meadowlarks. Shown here are members of the committee planning the luncheon. From left, first row, Jean Grimes, kitchen; Sybil Pelton, tickets; and Mary George, tickets. Second row, Shirley Moore, chairman; Claudette Banks, co-chairman; Ann Corbett, president, Dallas Women of Kiwanis; and Pamela Paculovich, tables.

## Free trees available

The National Arbor Day Foundation is giving 10 free Colorado Blue Spruce trees to people who become Foundation members during April, 1985.

The free trees are part of the nonprofit Foundation's effort to encourage tree planting for conservation and beautification throughout America.

Colorado Blue Spruces were selected for this campaign because of their many uses in the home landscape," John Rosenow, the Foundation's executive director, said. "They lend beauty to their surroundings with their silver blue-green color and compact conical shape. They can be used as individual ornamentals, an energy-saving windbreak, a privacy screen, or a living Christmas tree."

The 10 free Colorado Blue Spruces will be shipped postpaid in April or May with enclosed planting instructions. The six to 12 inch trees are guaranteed to grow, or they will be

replaced free of charge. The Foundation will give the 10 free trees to members contributing \$10 during April.

To become a member of the Foundation and to receive the free trees, a \$10 membership contribution should be sent to Ten Blue Spruces, National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by April 30, 1985.

### Chamber has trees

The Greater Wilkes-Barre Chamber of Commerce, continuing a long-standing tradition, is currently coordinating the sale of Kwanson Cherry Trees. These are the stunning pink-white blossoms that help mark the arrival of Spring in the Wyoming Valley each year.

The saplings average six feet in height and fill out to about 25 feet. They will be sold through Green Valley Landscaping, located on Northampton Street in Kingston, at a cost of \$25.00.

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Martin L. Freifeld, M.D. has recently joined Harry Reich, M.D. in the practice of Gynecology, Infertility and Obstetrics.  
Dr. Freifeld, born in Springfield, Mass., grew up in Pennsylvania. He graduated from Easton Area High School and Lafayette College with a B.S. in Biology.  
He received a masters degree in Medical Physiology from the Hershey Medical Center of Penn State University. While at Penn State Dr. Freifeld was invited to London and Paris to further his research. His field of study and main interest is in reproductive endocrinology, where he has several publications.  
Dr. Freifeld received his medical degree at the University of Paris. He did his internship at Georgetown University Hospital in Washington D.C. and his residency at Temple University Hospital in Philadelphia. During his residency he received extensive training in operative laparoscopy, infertility and microsurgery, including reversal of sterilization.  
Following his training, Dr. Freifeld was associated with Group Health Association in Washington, D.C. as an Obstetrician/Gynecologist. In Washington, he was a Clinical Instructor in Gynecology and Obstetrics at George Washington University Hospital, and was attending physician at George Washington University Hospital and Columbia Hospital for Women.  
Dr. Freifeld and his wife, Lara Marcolina of Philadelphia, have one child, Andrew, and are presently residing in Shavertown.  
Dr. Freifeld and Dr. Reich's office is located on Pierce Street in Kingston, at The New Bridge Center. Their practice specializes in, Gynecology, Infertility, Operative Laparoscopy and Microsurgery, with a special interest in pelvic infection and endometriosis. Recently Dr. Freifeld collaborated with Dr. Reich on a paper describing removal of tubal ectopic pregnancy through the laparoscope.  
Anyone desiring an appointment with Dr. Freifeld may call the office at 283-0502.