

Cookbook



Anne Balutis

Her habits have changed

By CHARLOT M. DENMON
Staff Correspondent

Until recent years, Mrs. Anne Balutis of Dallas prepared hearty lunches and dinners, dishes that were easy to prepare, economical but tasty and nutritious.

With a husband and four children, two sons and two daughters, all with hearty appetites, Anne enjoyed preparing foods that were favorites of the family.

Now her family is raised with only one daughter, Susie at home, and Anne no longer has to prepare many meals with the exception of holidays or special occasions. Following the death of her husband, Thomas, Anne worked in the Dallas School District cafeteria until she accepted a position cooking for Rev. William Cusick and Rev. William Langan of Gate of Heaven Church, Dallas.

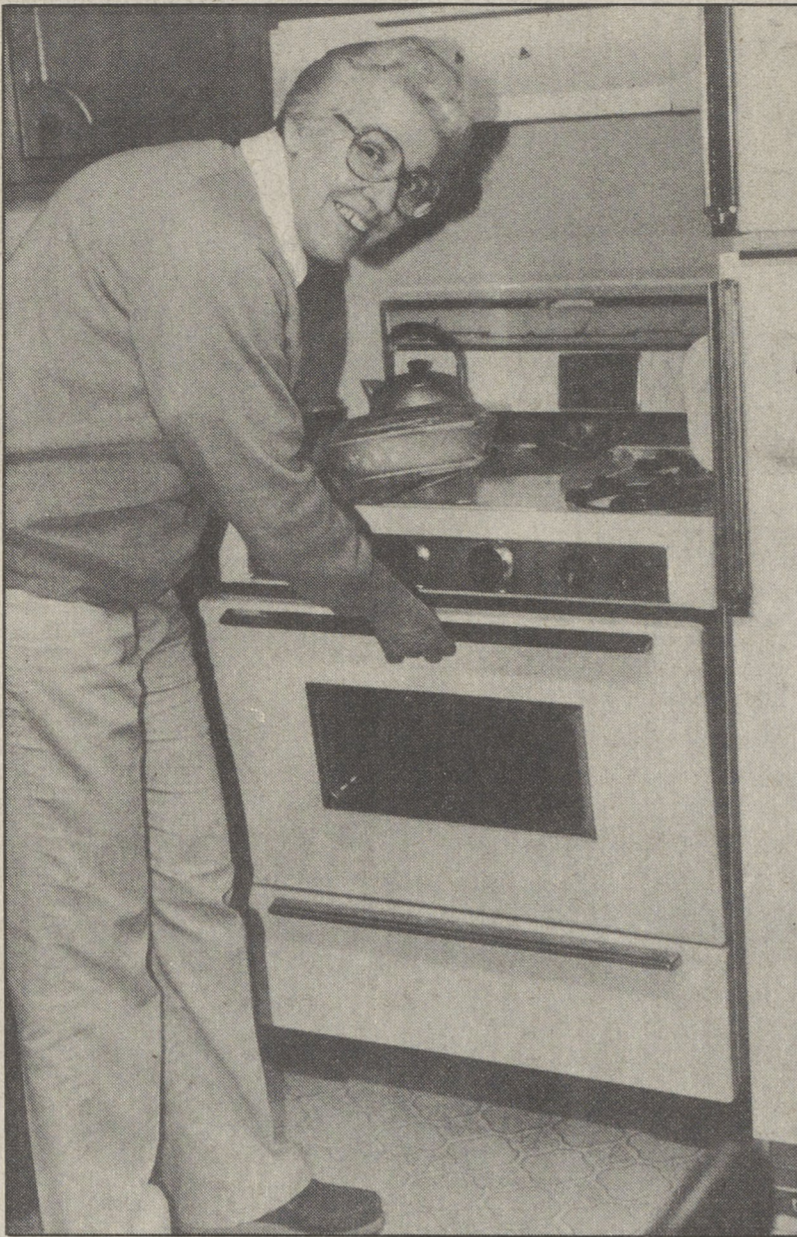
"Cooking for two men is entirely different than the cooking I did for my family," said Anne. "I enjoy it, however, for they appreciate everything that I prepare. At least, they say they do."

Anne's oldest son, Tom, is married to the former Nancy Young and they have two sons, whom Anne adores. Her son, Charles, resides in Blossburg where he is employed by PennDOT. Helene, her oldest daughter, is employed by the FBI and resides in Arlington, VA. Susie is a graduate of College Misericordia and is presently employed at The Station in Wilkes-Barre.

This week Anne shares four of her family's favorites with Dallas Post readers. The Slow Cooker Chicken and Rice make a delicious one-dish family meal and is great served with a green salad. It is ideal for the woman, who works since she can put it in a slow cooker and set the time so it is done when she returns home from work.

Macaroni and Cheese is also a casserole dish which can be served with a vegetable or salad (both, if desired) for a complete meal.

The Broccoli Salad goes very well with either of the above entrees or makes an ideal luncheon dish for the dieter. It is different but delicious.



Dallas Post/Ed Campbell

Making casserole

Anne Balutis puts casserole of macaroni and cheese in oven to bake. She plans to serve it with Broccoli Salad and Apple Crisp to several friends for lunch.

Rhubarb Crisp with a topping of non-dairy cream makes an attractive and light dessert to serve after dinner or it can be served alone at an evening dessert party. It is an excellent dessert to prepare now that the warm weather has arrived and rhubarb will soon be in abundance.

All of the above recipes are easy to prepare and, more

importantly, are relatively inexpensive.

SLOW-COOKER CHICKEN & RICE

- 1 can (10 3/4 oz.) cream celery soup
- 1 can (2 oz.) mushrooms, undrained
- 1/2 c. raw, long grain rice
- 2 chicken breasts, skinned and boned
- 2 T. dry onion soup mix

Combine cream of celery soup, mushrooms and rice in slow cooker. Stir well; lay chicken on top. Sprinkle with onion soup mix. Cook on low for 4 to 6 hours.

MACARONI AND CHEESE

Grease a baking dish holding about four cups. Stir and heat slowly in a saucepan:

- 3/4 c. evaporated milk
- 1/2 c. water
- 1 c. diced American cheese
- 1 1/2 T. butter

When mixture is smooth, remove from heat. Mix in:

- 1 c. soft bread crumbs
- 2 T. finely cut onion
- 3/4 t. salt
- Few grains pepper

Put into dish. Bake at 350 degrees for 45 minutes.

BROCCOLI SALAD

- 1 bunch broccoli, chopped fine
- 8 slices bacon, fried crisp
- 1 sm. onion, chopped
- 3 T. vinegar
- 3 T. sugar
- 3 T. mayonnaise

Mix all ingredients together and serve.

RHUBARB CRISP

- 2 T. flour
 - 3/4 c. sugar
 - 1 egg, beaten
 - 3 c. cut rhubarb
 - 4 T. butter
 - 1/3 c. brown sugar, packed firmly
 - 2/3 c. flour
- Add flour, white sugar and egg to the rhubarb; mix together and pour into a greased baking dish. Combine butter, brown sugar and flour; mix until mixture is crumbly. Sprinkle it evenly over the rhubarb mixture. Bake crisp at 350 degrees for 40 minutes or until rhubarb is tender.

Items needed

Items for the Odds and Ends booth of the Library Auction may be left at the library building or will be picked up if required. The popular booth is sponsored annually by the Women of Kiwanis and includes housewares, jewelry, usable appliances, bric-a-brac, kitchen and dish-ware, and almost anything that is saleable. If pickup is necessary a call may be made to 675-5790 or 696-3364. Always welcome are leftovers from garage sales and similar events.

School menus

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

BISHOP O'REILLY HIGH SCHOOL May 6-10 BREAKFAST

MONDAY - Chilled fruit punch, buttered French toast, or rice krispies w-bananas, milk.

TUESDAY - Orange juice, doughnuts or Special K, milk.

WEDNESDAY - Chilled apple juice, English muffin w-jelly or assorted cereals, milk.

THURSDAY - Orange juice, doughnut or Frosted Flakes, milk.

FRIDAY - Chilled fruit punch, bagel w-cream cheese, Special K Cereal, milk.

LUNCH

MONDAY - Spicy tacos (lettuce-tomato-cheese), peanut butter crackers, cheese wedges, vanilla pudding topped w-almonds, milk.

TUESDAY - Hot ham-cheese on roll, mixed vegetables, jello cake-cherry topping, milk.

WEDNESDAY - Grilled cheese sandwich, hamburger soup, chilled peaches, milk.

THURSDAY - Italian style meatball hoagie, French fries, buttered carrots, chilled pears, milk.

FRIDAY - Buttered pierogies w-onions, macaroni salad, orange jello w-fruit, milk.

GATE OF HEAVEN SCHOOL May 1-7

WEDNESDAY - Meat loaf, baked potato, peas, cherry jello, coffee cake, milk.

THURSDAY - Chicken patty on bun, carrots, plums, Tastykake, milk.

FRIDAY - Fish, home fries, peas-carrots, pears, pudding pop, milk.

MONDAY - Cold meat hoagie, (lettuce-tomato-cheese) pickles, pears, cucumber stix, milk.

TUESDAY - Meat loaf, buttered noodles, peas-carrots, fruit cocktail, pudding, milk.

LAKE-LEHMAN SCHOOLS May 1-7

Junior High & Elementary
WEDNESDAY - Spaghetti w-Italian meat sauce, tossed green salad, Parker House roll-butter, fruited jello, milk.

THURSDAY - Taco-s w-trim-mings, buttered corn, ice cream, milk.

FRIDAY - Batter dipped fish on bun, tartar sauce, French fries, applesauce, cookie, milk.

MONDAY - Toasted cheese sandwich, pickle chips, tomato soup-saltines, peaches, milk.

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

Senior High WEDNESDAY - Spaghetti w-Ital-

ian meat sauce, tossed green salad, Italian bread-butter, fruited jello, milk.

THURSDAY - Taco-s or hamburger w-trim-mings, buttered corn, ice cream, milk.

FRIDAY - Batter dipped fish or hot dog on bun, tartar sauce, French fries, applesauce-cookie, milk.

MONDAY - Steak hoagie or hot dog on bun w-peppers, cheese squares, onion rings, green beans, peaches, milk.

TUESDAY - Chicken nuggets w-dip, French fries, mixed garden vegetables, roll-butter, pudding, milk.

WEST SIDE TECH May 1-7

WEDNESDAY - Hoagie-lettuce-tomato, chips, Italian dressing, chilled peaches, big chip, milk.

THURSDAY - Baked chicken, candied sweets, string beans almondine, roll-butter, ice cream, milk.

FRIDAY - Pizza twins, tossed salad-dressing, pumpkin bars, milk.

MONDAY - Tech chicken on seeded bun, hash browns, chilled fruit, coconut oatmeal cookies, milk.

TUESDAY - Wimpies on soft bun, relish, buttered mixed vegetables, buttered rice, tandy cake, milk.

DALLAS SCHOOLS May 1-7

WEDNESDAY - Pork barbecue w-special sauce on roll, buttered green beans, choice of milk or juice. Bonus: Powdered mini donut. Or grilled cheese sandwich w-vegetable stick, or freshly baked pizza.

THURSDAY - Savory meatloaf, whipped potatoes-gravy, chilled fruit mix, choice of milk or juice. Or juicy cheeseburger on roll w-pickle chips, or freshly baked pizza.

FRIDAY - Hot dog on bun (plain or w-sauerkraut), creamy cole slaw, choice of milk or juice. Bonus: Peanut butter treat. Or, Italian hoagie w-potato chips, or freshly baked pizza.

MONDAY - Sloppy Joe on soft roll, peaches, choice of milk or juice. Bonus: Potato chips. Or, triple decker PB&J and chicken noodle soup or freshly baked pizza.

TUESDAY - Open faced hot turkey sandwich w-cranberry sauce, garden mixed veggies, Mother's Day cake w-fluffy icing, choice of milk or juice. (Mother's Day luncheon Westmoreland, 1st and 2nd grade; Township, 1st and 2nd grade, Mrs. Holly and Mrs. Bunney classes only.)

Farm directory available

The 1985 Pennsylvania Farm Vacation Directory is now available from the Pennsylvania Department of Agriculture's Bureau of Agricultural Development.

The Directory contains a map, pictures and descriptions of 31 Pennsylvania family farms offering a wide selection of accommodations for the seasoned or novice traveler. Rates vary according to meal plans and types of accommodations. Each participating farm has been inspected and approved by the Pennsylvania Farm Vacation Association to ensure satisfaction.

Many are working farms, allowing visitors to peek at a newborn calf, take part in farm activities, fish in a farm pond or just walk the lush green meadows and enjoy the diverse Pennsylvania wildlife.

For a copy of the 1985 directory, write Pennsylvania Farm Vacation

Directory, Pennsylvania Department of Agriculture, Bureau of Agricultural Development, 2301 North Cameron Street, Harrisburg, PA 17110-9408.

The Farm Vacation Association suggests contacting farm hosts well in advance for reservations or additional information.

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