

# Cookbook



## Kathy Barlow loves to cook for people who like to eat

By CHARLOT M. DENMON  
Staff Correspondent

Mrs. James (Kathy) Barlow of Dallas enjoys preparing food for people who like to eat. She enjoys preparing meals for a large group of people. Most of all, she enjoys baking and finds it relaxing to spend time in her attractive, modern kitchen baking pies, cakes or bread.

Kathy and her husband have six children, five boys and one girl. She says she had such a big family she had to prepare food that was easy, nutritious and filling.

"I had no time to do gourmet cooking until the children were grown," said Kathy. "I never used written recipes, but learned to cook by watching my mother. It is only in recent years that I have used recipes."

The Barlow children are, Mark, with Commonwealth Telephone in Bangor; Michael, caretaker at Chapel Lawn Memorial Park; Matthew, employed in Tunkhannock; John, attending school; Nora, married recently and teaching in Lancaster; and Jamie, who will graduate tomorrow evening from Dallas High School.

In addition to cooking, Kathy likes doing all kinds of crafts, although quilting seems to be her favorite. Her latest is tin pounding and she made gifts for all members of the family for Easter. She also does macrame and crewel. Recently, she took a class in floral arrangements and did all the flowers for her daughter Nora's wedding, as well as for three of her friends' weddings. Kathy works with either fresh or silk flowers.

Her home abounds with lovely plants and beautiful African violets. The violets are in various shades, some of them quite unusual.

The recipes Kathy shares with Post readers are easy to prepare and very tasty. The Broccoli Cheese Soup served with homemade bread makes a delicious lunch. Chinese Pork Chops are a



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### Is it soup yet?

Cathy Barlow of Dallas prepares the broccoli for the broccoli cheese soup she plans to serve her family for lunch.

favorite of Kathy's and if desired, veal chops maybe substituted for the pork. The Apple Chip Cake is ideal to serve to guests and the Cheese Cake is a great warm weather dessert for it does not require baking.

1/4 t. pepper  
1/4 t. celery salt  
Few grains paprika  
2 c. milk  
2 c. shredded cheese  
2 chicken bouillon cubes  
1 1/2 c. boiling water  
1 c. chopped broccoli

### BROCCOLI CHEESE SOUP

2 T. butter  
1 1/4 t. minced onion  
3 T. flour

Melt butter in three quart saucepan over low heat, add onion and brown. Stir in flour

and seasonings, add milk gradually, stirring constantly until thickened. Add cheese and stir until melted then remove from heat. Dissolve bouillon cubes in hot water and stir into cheese mixture. Add broccoli, heat to serving temperature and sprinkle with paprika.

May use cheddar or white American cheese. Recommend doubling the recipe.)

### CHINESE PORK CHOPS

4 med. pork chops  
1 med. green pepper, cut lengthwise  
1 med. onion, sliced in rounds  
1 small can mushrooms  
Flour pork chops and brown in frying pan, add green pepper and onion. Drain and reserve liquid from small can of mushrooms. Add mushrooms to pork chops. To mushroom liquid, add  
2 T. molasses  
2 T. vinegar  
2 T. soy sauce

Mix well and pour over browned pork chops, onions, pepper and mushrooms. Simmer covered until cooked.

### APPLE CHIP CAKE

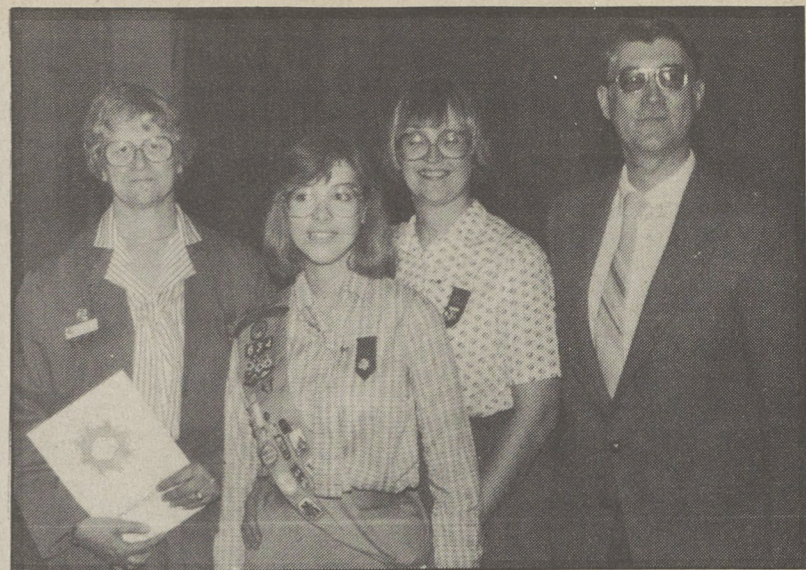
1 1/2 c. salad oil (scant)  
1 3/4 c. sugar  
2 eggs  
3 apples cut in cubes  
1 c. chopped nuts  
1/2 t. salt  
1 t. baking soda  
1 t. cinnamon  
1 t. vanilla  
3 c. sifted flour

In mixer blend salad oil, sugar and eggs. Add remaining ingredients in order given above and mix with spoon. Batter will be stiff. Pour into ungreased oblong baking pan. Bake at 350 degrees for 45 to 60 minutes.

### CHEESE CAKE

Line a 13x9" glass baking dish with whole graham crackers. Mix together:  
1 c. milk  
1/2 pt. sour cream  
12-oz. container Cool Whip  
8 oz. pkg. cream cheese  
1 sm. pkg. vanilla instant pudding

Mix until smooth, pour over graham crackers. Chill well; cover with cherry or blueberry pie filling.



### Locals honored

Shown here, from left, are Virginia Denn, Program Director, Penn's Woods Girl Scout Council, Mary Elizabeth Craft, Gold Award winner, and her parents Margaret and Olney Craft.

## Girl Scouts honored at Court of Awards

Three Cadette and Senior Girl Scout Troops from Penn's Wood Girl Scout Council held a joint Court of Awards at College Misericordia recently. Troop 622, 631 and 634 from the Shavertown/Trucksville Neighborhood 25 combined to award the recognitions earned by their members during the year just passed.

The Gold Award, Girl Scouting's highest award was presented to Mary Elizabeth Craft by Virginia Denn, Program Director from Penn's Woods Council. Mary Elizabeth is the daughter of Mr. and Mrs. Olney L. Craft, Jr. of Shavertown. She is a sophomore at Dallas Senior High School and a member of the Dallas Senior High School Band Silk Squad and the High School Chorus. Mary Elizabeth is also a member of Explorer Post 232, Dallas.

The newest Gold Awardee has been involved with Girl Scouting since becoming a Brownie in second grade. She has served her troop and community by volunteer service in Day Camp, serving on the Cadette-Senior Planning Committee for World-A-Rama, 1984, and serving as an interpreter for the award-winning Swetland Homestead Victorian Christmas tours. She has also been President and Vice-president of her Girl Scout Troops.

Virginia Denn also presented the Silver Award to Debbie Balonis, Laura Dover, Jennifer Farely, Gwen Larson and Cathy Zikor.

Debbie Balonis recently completed another year of volunteer service to her church as an instructional aide in the Confraternity of Christian Doctrine classes at St. Therese's Church, Shavertown. Debbie's Challenge project for her Silver Award involved teaching fifth graders, thus fulfilling her Girl Scout Promise to serve God and help people. She is the daughter of Mr. and Mrs. Ronald Balonis, Trucksville, and is the recipient of the 10 year award in Girl Scouting and is a member of the graduating class at Bishop O'Reilly High School in Kingstons.

Laura Dover helped to organize a Children's Sport Day at the Trucksville Methodist Church for three to five year olds and six to 10 year olds. She planned for games, snacks, and prizes and involved children from the church and

friends of Girl Scouts. She is the daughter of Mr. and Mrs. Howard Dover of Dallas and has been a Girl Scout for nine years. She is a ninth grade student at Dallas Junior High School, sings in the Chorus and is a member of the Dallas Rainbow Girls.

Jennifer Farley finished her Challenge project with the coordination of the efforts of sister Girl Scouts and Boy Scouts from Troop and Post 232, Dallas, and several other young people, to help the Back Mountain Library move to its new quarter in the old Dallas Borough School. Working under the direction of William Frederick, Librarian, she supervised the removal of approximately 10,000 books from one section of storage to another, boxing and transporting books and other materials from the old library to the new, and shelving and arranging the transported volumes on the shelves of the new library.

She is the daughter of Mr. and Mrs. Jeffrey Farley of Shavertown and is a sophomore at Lake-Lehman High School where she is also a member of the Marching Band.

Gwen Larson is the newest Silver recipient, and is a junior at Dallas Senior High School, the daughter of Mr. and Mrs. Elwood J. Larson. Gwen's Challenge project, her final step to the Silver, was accomplished during her Cadette and Senior years. She has been assisting the Shavertown Fire Company with its annual auction.

Cathy Zikor completed her requirements for the Silver Award when she coordinated the baby-sitting services for the children of parents and teachers attending Westmoreland Elementary School P.T.O. meetings. Working with the officers of the P.T.O., Cathy devised games and activities for the children and coordinated the efforts of her sister Girl Scouts and other young people in taking care of young children ranging in age from 18 months to 9 years. She is the daughter of Mr. and Mrs. Joseph Zikor, Trucksville.

She is a sophomore at Dallas Senior High School, and a member of the High School Marching Band. Cathy currently serves as President of Troop 634.

## Meadows Social Club hosts Mother's Day dinner

The Social Club of the Meadows Apartments, Lake Street, Dallas

hosted a Mother's Day dinner recently.

Master of Cermonies was Ruth Foley. Dorothy Williams gave a reading entitled "Somebody's Mother". Group singing was enjoyed by all.

A delicious dinner was served, after which prizes consisting of corsages, candy and fancy handkerchiefs were given by the committee members to the following mothers:

Oldest mother, Ethel Johnson; youngest mother, Grace Reseigh; first married, Ethel Johnson; most recently married, Grace Reseigh;

child living nearest, Dorothy Derr; child living farthest, Theta Dickson; grandchild living nearest-three way tie, Peg Williams, Helen Parson and Ethel Johnson; grandchild living farthest, Margaret Morgan; great grandchild living nearest, Ethel Johnson; great grandchild living farthest, Margaret Morgan; great, great grandchild living nearest, Laura Watkins; great, great grandchild living farthest, Laura Watkins.

Plans are being made for the Father's Day dinner to be held on Thursday, June 13.

## Spencer named to position

Ann Spencer Stearly was recently appointed to the position of artist/designer to assist in the preparation of the Denny-Reyburn Company's custom tags and labels, catalogs and its merchandising and promotional projects. She reports directly to Wendy Whalen, Art Supervisor.

Previously, she was employe at Bloomingdale's the Art Emporium and as an artist with a custom silk-

screening and embroidery company.

Ann is a graduate of Kutztown University, Kutztown, Pa. with a Bachelor of Fine Arts Degree; also a graduate of Luzerne County Community College with an Associate Degree in Commercial Art.

Ann is the daughter of Mr. and Mrs. John Spencer of Dallas.

## Read The Classifieds

### Baird named to Dean's List

Wendy Sue Baird, 233 Cliffside Avenue, Trucksville has been named to the Spring 1985 Dean's List at Shippensburg University.

To be named to the Dean's List a students must attain a semester grade average of 3.3 on a 4.0 scale.

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