

# Cookbook

## She likes to use her creativity

By CHARLOT M. DENMON  
Staff Correspondent

Karen Spudis of Dallas enjoys cooking, especially any type of soup or casserole or foods she can use her imagination in preparing. Soup, in particular, is Karen's specialty and she is always requested to make vegetable soup for Dallas Fire and Ambulance Auxiliary affairs.

The former Karen Strazdus of Dallas, she is a graduate of Dallas High School and Empire Beauty School. Having worked as a beautician since 1975, Karen accepted the position of manager of Carol Carroll's Beauty Salon, Memorial Highway, Dallas in November, 1983.

She is active in the Dallas Fire and Ambulance Auxiliary where she served as secretary for two years, vice president for one year and president for a year.

Reading is her favorite leisure time activity but she also enjoys knitting and crocheting when she has the time.

Karen likes to travel, but seldom finds enough free time although she has visited California several times and also made a trip to Florida.

The many beautiful plants in her home, including a blooming Christmas cactus attest to the fact that she has a green thumb.

When Karen's niece, Megan Sheehan, comes to visit, Karen takes time to teach her some of her favorite recipes such as Celery, Nut and Potato Loaf, Cauliflower Medley, Vegetable Luncheon, Potato Pancakes, Triple Layer Jello or Bread Pudding, recipes Karen shares with this week's Dallas Post readers.

These recipes are easy to prepare, nutritious and tasty as well as economical and excellent for hot summer days.

### CELERY, NUT & POTATO LOAF

2 lg. silks. celery  
3/4 c. chopped nuts  
3 c. mashed potatoes  
3 T. fat  
1 egg  
1 t. salt  
1/2 t. paprika  
2 t. grated onion  
Wash, cut in small pieces and cook the celery until tender in a small amount of boiling salted water. Drain off liquid, then add the other ingredients to the celery in order in which they are given. Combine them carefully, pack in a loaf in a greased bread pan and bake in a moderate oven, 350-400 degrees for 35 minutes. Serve with tomato sauce.

### CAULIFLOWER MEDLEY

Cauliflower  
Red onion  
Salt  
Broccoli  
Mayonnaise  
Pepper  
Cut cauliflower, broccoli and red onion into bite size pieces. Toss with enough mayonnaise to moisten well, add salt and pepper to taste. Let stand in refrigerator overnight.

### VEGETABLE LUNCHEON

1 lb. kidney beans  
1 c. diced carrot  
1 green pepper, chopped  
1 lg. onion  
2 c. cooked tomatoes, fresh or canned  
1/2 c. rice  
1/2 doz. lg. mushrooms  
Soak the beans in cold water overnight; drain and cook in boiling water slowly for about four hours. A ham bone or piece of bacon cooked with them adds to the flavor. Drain, add carrot, pepper, tomatoes and thin slices of onion. Simmer until tender. Boil rice separately in salted water, drain and add to vegetables. Garnish with sauteed green peppers and mushrooms.



Dallas Post/Charlot M. Denmon

### Lending a hand

Karen Spudis, left, of Dallas, gets some assistance from her niece, Megan Sheehan, as she prepares one of her specialties for dinner.

### POTATO PANCAKES

3 c. grated potatoes  
2 eggs, well beaten  
1 1/2 T. flour  
1/2 t. baking powder  
1 t. salt  
1/2 t. onion juice  
Pare large potatoes and cover with cold water. Let stand 12 hours. Pour off water and grate potatoes. Drain well, add eggs and mix lightly. Stir in remaining ingredients. Drop from tablespoon onto hot, well-greased skillet and brown both sides. Serve with applesauce or sour cream.

+Fluffy-Use six eggs, add beaten egg yolks to grated potatoes, then add remaining ingredients and fold in stiffly beaten egg whites last. Fry as above. Recipe makes 12 pancakes.

### TRIPLE LAYER JELLO-O MOLD

1 pkg. (3-oz.) Jello-O gelatin, orange flavor  
1 c. boiling water  
1 c. cold water +  
1/4 t. almond extract (optional)  
1 c. fresh, frozen or canned, drained sliced peaches  
2 c. cool whip  
+Or use peach syrup and water to make 1 cup  
Dissolve gelatin in boiling water. Add cold water and almond extract. Chill until slightly thickened, about 1-1 1/2 hours. Measure one third cup, pour into 9-oz whipped topping container or 4-cup mold and chill five minutes. Measure 3/4 cup gelatin, blend into 1 1/2 cups of the whipped topping and carefully spoon into container and chill about five minutes. Add peaches to remaining gelatin and carefully spoon into container. Chill four hours or overnight. Dip container just to rim in warm water for 20-30 seconds; unmold. Garnish with remaining topping and additional fruit if desired. Makes 8 servings.

### BREAD PUDDING

2 c. stale bread  
1 qt. milk  
1/4 t. salt  
1/2 c. raisins, optional  
2 eggs  
1/2 c. sugar  
1 t. vanilla  
Soak bread in milk until it is soft, then mash it fine. Heat together until nearly boiling. Beat the eggs until light and add to them the sugar, salt and vanilla. When well mixed, stir this into the bread and milk, pour the whole into an earthenware baking dish, set in a pan of water and bake in a slow oven (250-350 degrees).

Chocolate Bread Pudding - Melt two squares of chocolate over hot water and add this to the soaked bread and milk.

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## Seniors urged to renew PACE cards

Although more than 250,000 state senior citizens will be getting new PACE (Pharmaceutical Assistance Contract for the Elderly) identification cards in the next few weeks to replace cards which expire June 30, officials estimate that another 20,000 have not yet submitted renewal applications.

"They stand to lose their PACE benefits beginning July 1 if they don't renew their cards as soon as possible," a PACE official said.

"Applications for renewing these cards were sent earlier this year to every senior citizen who got a card last year," according to PACE director Howard Roath.

"These applications were simplified versions of the original application. People had only to fill in their income status, sign it and return it in the preaddressed envelopes," Roath said.

Last year, more than 297,000 PACE ID cards were issued. The number of renewals is expected to be less because of attrition—that is people have died and others have moved out of state and are no longer eligible.

"However, some people who were issued cards last year," Roath said, "have either forgotten to renew them, or have lost the renewal application forms." If the form has been lost, a replacement can be obtained by calling the program's toll-free hotline, 1-800-225-PACE.

June 30 also marks the end of the first year of the PACE program which helps Pennsylvania residents over age 65 to meet the high cost of medicine.

Through PACE, the \$100 million a year Lottery-funded program, single seniors earning less than \$12,000 and couples earning less than \$15,000 can purchase medicines ordered by their doctors for as little as \$4 per prescription. The Lottery fund plays the balance.

To date, some 376,000 seniors have

registered for PACE. Those who were enrolled after January this year won't have to renew their PACE identification cards until next year. But those who signed up during 1984 must have new cards by July 1, 1985.

## Host families sought

Host families are being sought for high school students from Sweden, Norway, Denmark, Finland, Holland, Belgium, Switzerland, Germany, France, Italy, Spain and Australia for the school year 1985-86, in a program sponsored by the American Intercultural Student Exchange (AISE.)

The students, age 15 through 18, will arrive in the United States in August 1985, attend the local high school, and return to their home in June 1986. The students, all fluent in English, have been screened by their school representatives in their home countries and have spending money and medical insurance.

Host Families may deduct \$50 per month for Income Tax purposes.

AISE is also seeking American high school students age 15 through 17, who would like to spend a high school year or a semester in Australia.

Families interested in either program should call toll free: 1-800-SIBLING.

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