

Cookbook

Libby Cyphers

She cooks with fresh vegetables

By CHARLOT M. DENMON
Staff Correspondent

Libby Cyphers of East Dallas looks forward to summer and the fresh produce her husband, G. Robert, grows in a large garden every year.

"It's a lot of work canning and freezing all of the vegetables, but there's nothing like the vegetables fresh from the garden," said Libby.

Zucchini, pickles, corn, tomatoes, carrots, onions, name it and Libby has either frozen it or canned it. She also makes loaf after loaf of zucchini bread and freezes it for future use.

Libby enjoys cooking, but baking is her favorite in the preparation of food, especially when she is making goodies for her two grandsons, Jeff, a junior high student, and John, now in senior high. Both boys live nearby with their parents, Jack and Betty Jean Mokykchic, and often come to help their grandfather in the garden. They also help their grandmother by picking the produce as it ripens.

Libby's husband is retired, but Libby is employed at Gino's Shoe Store where she has worked for the past 14 years.

Libby's son, Bob, is still living at home and looks forward to his mother's home-cooked foods. Like his dad, Bob enjoys the various desserts his mother prepares.

Libby's favorite pastime is bowling. She is a member of the Tuesday night's Ladies Country League where she ranks among the top 10.

This week Libby shares some of her family's favorite recipes with Post readers. Her Zucchini Pancakes are so light they melt in your mouth. The Potato Salad Dressing was originally Libby's mother's recipe, one which she says is delicious. Dream Salad is an excellent dessert to make for entertaining and those who have tasted Libby's Moist Chocolate



Dallas Post/Charlot M. Denmon

Picking zucchini

John and Jeff Mokykchic, above, help their grandmother, Libby Cyphers of East Dallas, by picking zucchini squash from the Cyphers garden. Libby spent last Thursday making and freezing zucchini bread which the family will have during the coming winter.

Cake always ask for the recipe.

ZUCCHINI PANCAKES

GRATE:
1 or 2 med. zucchini
1 med. onion

ADD:

1 or 2 beaten eggs (according to amt. of zucchini)
2 T. flour
1 t. baking powder

Salt and pepper to taste
Sprinkle some parsley in the mixture and mix well. Fry until light brown and crispy in oil just as you would potato pancakes.

HOMEMADE POTATO SALAD DRESSING

¾ c. sugar
1 t. salt
1 t. dry mustard
1 heaping t. flour
2 eggs (slightly beaten)
½ c. water
½ c. vinegar

Mix dry ingredients together well; add eggs, water and vinegar. Stir and cook over low heat until thick. Cool.

DREAM SALAD

1 6 oz. pkg. apricot jello
1 3 oz. pkg. orange jello
1 20 oz. can crushed pineapple (drained)
1 small carrot (diced or shredded)
1 stalk celery (chopped) or cut fine
1-½ c. chopped walnuts
1 pkg. Dram Whip
1 8 oz. pkg. cream cheese (softened)

Prepare jello and add pineapple, carrots and celery. Chill until set, then sprinkle with some of the chopped nuts. Prepare Dream Whip and fold in softened cream cheese. Spread over jello and sprinkle with chopped nuts.

MOIST CHOCOLATE CAKE

1½ c. flour
¼ t. baking soda
1 t. salt
½ c. cocoa
2/3 c. vegetable oil
1 c. buttermilk
1 t. vanilla
2 eggs
1¼ c. sugar

Sift flour, baking soda, salt and cocoa together. Add oil, buttermilk and vanilla. Beat well.

In separate bowl, beat eggs until thick and foamy, gradually add sugar until mixed well. Mix with above mixture and beat well. Bake at 350 degrees about 30 minutes until done. Frost as desired.

Eat well and stay healthy this year

When it comes to picnicking, most health-conscious men and women, who should know better, find themselves indulging in the usual fatty, fried foods. This summer, forget the hot dog and hamburger routine and try something different — a health picnic menu.

For example, serve crispy baked chicken instead of fried; a cold rice salad instead of a mayonnaise based salad that will spoil in the sun; a green salad tossed with buttermilk herb dressing, and to top it off, a crunch apply cobbler instead of a high sugar, high-calorie dessert.

The following recipes from "Eat Well, Be Well," the nutrition and cooking series on public television sponsored by Metropolitan Life, demonstrates that good taste and healthy meals need not be mutually exclusive.

CRISPY BAKED CHICKEN

1 chicken fryer (without skin)
1 c. skim milk
1 c. cornflake crumbs
1 t. rosemary
½ t. ground pepper

Cut the fryer into pieces with the skin removed. Make a mixture of cornflake crumbs, rosemary and pepper. Dip the pieces of chicken into the skim milk. Then roll the chicken into the crumb mixture and place in a foil-lined baking pan. Bake at 400 degrees for 45 minutes or until done. Serves 4.

REFRIGERATOR RICE SALAD

3 c. cooked rice

4 oz. drained canned red beans
½ c. ea. of cooked green beans, chopped raw broccoli, sliced raw carrot, raw minced onion and low-fat cottage cheese

6 oz. grated cheddar sueese
1/3 lb. cooked choice-grade roast beef or cooked chopped lean ham or cooked chicken (light meat without the skin). Just combine all the ingredients together and toss to make a salad. Serves 6.

BUTTERMILK HERB SALAD DRESSING

1 c. buttermilk
1 T. mustard
1 t. minced onion
1 t. dill

2 t. chopped parsley

¼ t. ground pepper

Combine all ingredients in a blender and mix until smooth. Makes 16 tablespoons.

CRUNCHY APPLE COBBLER

½ c. uncooked rolled oats
6 c. thin sliced apples
1 c. apple juice
2 T. raisins
1 t. cinnamon
¼ t. cloves

1/3 c. crunchy nut cereal

Layer the oats in the bottom of an 8-inch square nonstick pan. Add the apple slices. Pour the apple juice on top and sprinkle with raisins, cinnamon and cloves. Cover with foil and bake in a 350 degree oven for one hour. Remove the foil and then cover the top of the apples with the crunchy cereal and bake an additional 15 minutes. Serves 6.

Eat heart-healthy foods

Summer, the time of vacations, sunshine and baseball. Summer is also the time when we get to enjoy the tremendous bounty of fresh fruits and vegetables that make eating so delicious and heart-healthy.

For years, the American Heart Association and its Northeast Pennsylvania Chapter have been educating the public on the importance of eating heart-healthy foods, weight control and the fundamental principles of proper nutrition and food preparation.

The Heart Association stresses these topics so heavily because our research has shown that proper nutrition is one of the most modifiable risk factors involved in cardiovascular diseases, diseases of the heart and blood vessels. Annually,

these diseases kill nearly one million Americans, making them the leading cause of death in the nation.

With this in mind and with warm weather and summer's plenty now available, it seems like an ideal time to begin eating healthier foods. Foods such as fresh fruits and vegetables, chicken and other poultry and fish are both nutritious and easy to prepare away from home. You'll find that many of these foods are perfect for snacks, garnishes and even as main dishes at picnics, baseball games and other summer activities.

And while proper nutrition should be everyone's concern, it should be of even greater concern to those people with hypertension, or high blood pressure.

EDCNP has low-interest loans available

Officials of the Economic Development Council of Northeastern Pennsylvania (EDCNP), announced the availability of low interest loan funds for business expansion-development in its seven county service area. These loan funds are available for manufacturing, industrial, export service, and advanced technology businesses.

Loans may be used for the construction or acquisition of land and building, building renovations, purchase of machinery and equipment and for working capital.

The interest rate for these funds is six percent which is fixed throughout the term of the loan. The loan term varies from three to 10 years according to its use.

Loans can be made up to \$100,000 or 20 percent of the total financing

needs, whichever is less. Businesses applying for these funds must create at least one new full time equivalent job within three years following disbursement of the loan for every \$15,000 in loan proceeds.

Businesses located in Carbon, Lackawanna, Luzerne, Monroe, Pike, Schuylkill and Wayne Counties are eligible for these low-interest loans.

Howard J. Grossman, Executive Director of EDCNP, stated that, "The Council has committed \$2,151,000, representing 42 projects, totalling 1,000 jobs in Northeastern Pennsylvania over the last several years as a result of its low interest Revolving Loan Fund Program. The business and industrial community of the region should consider these loan opportunities."

Spencers wed 25 years

Mr. and Mrs. Frederick A. Spencer of Sorber Mt. will celebrate their 25th wedding anniversary on July 22.

They were married on July 22, 1960 in the Ruggles United Methodist Church by Rev. John Gordon.

William McGovern was best man. Ushers were John Honeywell and Claud Sorber. Jeff Honeywell was ring bear. Karen (Besteder) Stash was maid of honor. Bridesmaids

were Susan Honeywell and Joyce (Spencer) Faux. Karen Kocher was flower girl.

Mrs. Spencer is the former Betty Honeywell.

They are the parents of six children, Belinda Yanchick, George Spencer, Donna Weaver, Sharon Sorber, Beth Spencer and Kari Spencer. They also have two grandchildren, Brian Weaver and Melissa Sorber.

Boy Scouts enjoy canoe trip

Ten boys and five adults from Boy Scout Troop 281 recently completed a successful canoe trip on the Susquehanna River.

Starting above Laceyville, the 16 mile journey ended at Camp Lackawanna at Vosburg.

Also included were two overnight camping experiences, and some fishing from which the boys enjoyed

the fruits of their labor.

Attending were Pete Williams, Ed Reabuck, Sean Price, Greg Steuben, Andy Strengheim, Aric Gingo, John St. Clair, Reggie Gehling, Kurt Fetterman, and Darren Michael. Adults participating were Henry Steuben, Scoutmaster; John Fetterman, Bruce Davies, Clarence Michael and Gene Gingo.



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Cornell Iron Works Promotes Staff Members

Cornell Iron Works, Inc., Crestwood Industrial Park, Mountaintop, announces the promotion of members of the company's staff.

The company is one of the nation's leading manufacturers of rolling metal doors, counter doors and fire doors used in industry, and rolling metal grilles for closures in mall store fronts and commercial buildings.



John R. Wengrzynek has been appointed to the position of Manager of Engineering Services. A graduate of Crestwood High School and Penn State University, he joined Cornell in 1972. He has since received seminar training in electrical controls at General Electric Company and has also taken special management courses at Penn State. He resides in Dorrance, with wife Sandra Jean and son John Jr.



Leonard J. DeBias, Jr., who joined the company in 1972, has received the appointment of Manager, Product Engineering. He attended Luzerne County Community College and Penn State. He has served with the U.S. Army Reserve for 6 years. He lives in Hazleton with his wife Sandra and children Chris and Lauren.

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We are pleased to announce that Robert Yanoshak, D.O., has recently joined Eugene Gorski, M.D., at the Geisinger office in Dallas, providing your family with personal health and medical care.

In this tradition of Geisinger quality care, Doctors Gorski and Yanoshak are supported by: Sandra Cooper, R.N.; Carla Kuznicki, L.P.N.; Georgia Hogan, radiology technician; and Rebecca Votapka, receptionist.

Members of the Geisinger family at the Dallas office are shown, seated from left: Sandra and Carla. Standing: Becky, Dr. Gorski, Dr. Yanoshak, and Georgia.

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Appointments: 675-2000 (Appointments are not necessary but are suggested for your convenience)



Shirley M. Barry joined the Cornell staff in 1977. Previously a member of the Estimating Department, she has been promoted to the position of Contract Coordinator. She is a graduate of Crestwood High School and has attended King's College, Wilkes-Barre and United Wesleyan College in Allentown. She resides in White Haven.



Frances Hess, a Cornell employee since 1983, has been appointed a member of the Contract Department staff. She is a graduate of Crestwood High School and attended Luzerne County Community College. She resides in Mountaintop with her husband William and children Brenda and Brian.

Pd. Advt.