

Cookbook

Says Carol Carroll

Cooking for man who isn't 'picky' can really be fun

By CHARLOT M. DENMON
Staff Correspondent

No matter how busy she might be, Carol Carroll always finds time to try new recipes, especially if she has relatives or friends coming for dinner. She also enjoys preparing meals for her husband, Tim, because she says he is not "picky" and will eat most anything she makes. She particularly likes preparing desserts.

"I like to entertain," said Carol, "whether it is members of the family or some of our friends and I always try something new to serve."

Carol and her husband, Tim, who live in Dallas, are the parents of two boys, Timothy, age 2; and Jonathan, eight months. Formerly from Edwinstown, Carol moved to the Back Mountain shortly before she and Tim were married several years ago.

A graduate of West Side Vo-Tech High School where she studied cosmetology, Carol owns Carol Carroll's No-Appointment Hair Salon, Memorial Highway, Dallas. With the aid of a sitter, she manages to work in her shop practically full time during the summer months when her other employees take vacations. She also has a lot of confidence in her shop manager, Karen Spudis.

Carol said when she was growing up, she was used to Polish food, especially pigs-in-the-blanket, pierogies, cabbage, etc. Since she is married to Tim she has had a lot of salads and casseroles and has learned to like them.

Since the Carrolls have been living in their present home for only eight months, they have only a small garden, but next year Carol plans to have a larger one as well as some fruit trees. Whenever she has any leisure time, Carol spends it with the children, going for walks to visit the horses nearby or the peacocks out on Reservoir Road.

Tim was recently appointed to the Dallas Borough Council to fill the seat left vacant by Russell Stone's resignation. That and his work keep him busy most of the time.

Carol and her seven employees are looking forward to classes they will attend on Techno-Kayr, a new personal skin analysis program to determine what types of cosmetics a person should use. Following their instruction, they will instruct their customers, who come into the shop.

This week Carol shares several easy but tasty recipes with Post readers including Iced Tea, Broccoli Salad, Poppy Seed Bread, Piggies and Chicken Cordon Bleu, a variety of recipes readers will enjoy. For

those who have a difficult time making good iced tea, try Carol's recipe, it's easy and delicious.

ICED TEA

5 tea bags
3 sprigs mint
2 heaping scoops of sugar (to taste)
Approximately one third to 1/2 c. lemon juice
2 1/2 quarts water

Boil the tea and mint in 1 1/2 quarts water. Let stand till partially cool. Pour into pitcher, add sugar and lemon juice; stir well. Add water to make approximately 2 1/2 quarts. Serve over ice.

BROCCOLI SALAD

1 bunch fresh broccoli
1 med. sweet onion, sliced
1 c. sharp cheese, shredded
1/4-1/2 lb. bacon, fried and crumbled
Cut just flowerets of broccoli into pieces, add sliced onion and cheese. Toss with dressing and put bacon on top.

DRESSING

1/2 c. Miracle Whip
1 1/2 t. vinegar
1/4 c. sugar
Mix ingredients well before tossing on salad.

POPPY SEED BREAD

1 t. salt
5 1/2 c. flour
1/2 c. sugar
2 sticks butter
3 eggs, beaten
1 c. sour cream
2 small yeast cakes
1/2 c. warm water

In mixing bowl, place salt, flour and sugar. Melt sticks of butter, let cool. Mix butter, eggs, sour cream and yeast cakes dissolved in the warm water, to flour and sugar mixture. Mix together well, if necessary add flour to reduce stickiness. Divide dough and form into six balls. Chill in freezer for two hours until firm. Roll dough on floured and sugared board. Spread filling on dough with butter knife. Roll into loaves and brush egg whites on top of loaves. Bake at 350 degrees for 20-30 minutes or until brown. When done brush with butter.

FILLING

3 cans poppy seed
3/4 c. sugar
1 T. honey
1/2 bag coconut
1/4 c. hot milk
Mix all ingredients in bowl until thoroughly blended.

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Waiting for Mom

Jonathan and Timothy Carroll wait for a glass of their mother's special iced tea to drink with their bedtime snack. Timothy is trying to keep his cookie away from his brother.

PIGGIES

1 head cabbage
2 lb. hamburger
1 lb. gr. pork
3/4 c. rice
2 eggs
Bread crumbs
Dash salt and pepper
Boil head of cabbage until soft. When done core and let cabbage cool. In bowl, mix together hamburger, pork, rice, eggs, bread crumbs and seasoning. Form into balls and wrap in cabbage leaves. Place in pot with one can tomato soup and two to three cans water. Cover top with ketchup. Cook on low heat for two hours.

CHICKEN CORDON BLEU

4 chicken breasts (boneless)
Slices of cooked ham
Slices of American cheese
Italian bread crumbs
Hellman's mayonnaise
Wash chicken breasts, pat dry. Place one slice of ham and one slice

of cheese on each chicken piece. Roll and fasten each one with toothpick. Brush on Hellman's mayonnaise and roll in Italian bread crumbs. Place on ungreased cookie sheet, add one tablespoon of oil to each cutlet. Bake one hour at 350 degrees, turning when top browns.

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Fish helps make a healthy heart

Here's some advice to take to heart: eating fish may lower your risk of heart problems.

According to the August Reader's Digest, some of the oils found primarily in cold-and deep-water varieties of fish - salmon, mackerel, herring and sardines - are rich in the kind of polyunsaturated fats (PUFAs) that give your body "a preventive tuneup against heart disease."

These PUFAs, a form of omega-3 fatty acids, are two to five times more potent in lowering blood cholesterol than their omega-6 counterparts from vegetable oils. They also make blood "thinner," slower to clot and less likely to contribute to atherosclerotic lesions on artery walls - "all pluses for people at risk for heart disease," The Digest notes.

A number of researchers believe that PUFAs are used by the body to

build the oily membranes that surround cells, making the membranes more fluid. With a high intake of PUFAs, the clots that trigger most heart attacks may not form as easily.

Researchers are also encouraged by the way in which omega-3s sweep cholesterol out of the blood. Fish oils somehow change the delicate balance of blood components, called lipoproteins, that shuttle cholesterol around the body. Omega-3s force down the levels of low-and very-low-density lipoproteins that carry cholesterol and particularly - triglycerides into body tissues, and may push up the level of high-density lipoproteins that are thought to carry cholesterol away.

In light of the emerging benefits of omega-3s, especially in preventing heart disease, Americans should add more high-fat fish to their diets, researchers say.

Girl Scout leaders are needed immediately

Girl Scout Leaders are special people! First of all, they are volunteers. Second, they are people who enjoy being with children, and sharing their special skills. And finally, they are people who believe in Girl Scouting and what it can offer girls. Would you like to be one of those special people?

Every Fall, as the new Girl Scouting year begins, it is obvious that there are more girls who would like to be Girl Scouts than can be, because there aren't enough Leaders to go around. That can be a terrible disappointment to a girl who has been dreaming about all the things she will do when she's a Daisy, Brownie, Junior, Cadette, or Senior Girl Scout. You really don't

want to disappoint that girl, do you?

Being a Girl Scout Leader can be good for the Leader too. Penn's Woods Girl Scout Council supports Leaders with training, program helps, and consultants. The Council is a United Ways Agency and is a prime example of people helping people. And so when you become a Leader, you become part of a group that offers you an opportunity to learn and grow too.

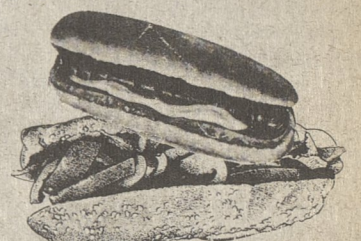
The year ahead will be a year of growth and discovery for girls who are lucky enough to be Girl Scouts. If you volunteer to be a Leader, more girls will be lucky. Call or write Penn's Woods Girl Scout Council, 10 South Sherman Street, Wilkes-Barre, PA 18702, (717-829-2631).

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