



## Roberts family

# They all pitch in to make dinner

By CHARLOT M. DENMON  
Staff Correspondent

Judy Roberts of Haddonfield Hills, Dallas, enjoys preparing foods in a crockpot and making a variety of desserts. Her husband, Benjamin, and two children, David and Stacy, are dessert eaters so Judy has a large file of dessert recipes. Many of these she has collected from friends or members of her church, Dallas Baptist, located on Memorial Highway, Idetown.

She is fortunate because both her husband and her daughter like to cook and since Ben usually gets home from work about an hour before Judy, he usually prepares dinner. But it is Judy who makes desserts, sometimes with the aid of Stacy. She tries to find recipes which can be prepared in advance rather than those made just before dinner.

A native of Allentown, Judy and her husband moved to the Back Mountain about 19 years ago, and five ago they moved into their home in Haddonfield Hills. Her husband, who was born in Wilkes-Barre, lived in the Back Mountain for many years.

Both David, now a senior at Dallas High School, and Stacy, in junior high, were born in the Back Mountain.

Judy is kept quite busy taking care of her home and in church work, since she is employed three days a week at Mr. B's in the Dallas Shopping Center. When she has leisure time, she likes to crochet or do crewel work. Her love for plants is obvious since she has many beautiful ones throughout her home.

Judy is also involved with radio statin WRGH in Sweet Valley, on the air for only a year. She also teaches Sunday School at Dallas Baptist and presently, she and her husband are participating in the second course of the discipleship program at the church.

The recipes she shares with Post readers are easy-to-prepare and can be prepared in advance. The Chicken Stnata is economical and makes a delicious entree for family or when entertaining. The Golden Puffs, Pumpkin Pie Dessert Squares and Pineapple Squares are recipes Judy obtained from friends and are three special favorites of her family. When Judy makes the Golden Puffs, her daughter, Stacy,

usually helps her and sometimes Stacy prepares them herself. All are equally tasty.

**CHICKEN STNATA**  
6 slices bread, buttered and cubed  
2 c. cooked chicken, diced  
½ c. chopped onions  
¼ c. chopped green onions  
½ c. chopped celery  
½ c. mayonnaise  
½ t. salt  
Dash of pepper  
2 eggs, slightly beaten  
1½ c. milk  
1 can cream of mushroom soup  
½ c. sharp cheese, shredded

In baking dish, layer half of the cubed bread; cover with chopped vegetables. Mix together diced chicken and mayonnaise, flavor with salt and pepper and spread over vegetables. Mix together eggs and milk and pour over all ingredients. Cover and refrigerate overnight. Before baking spoon mushroom soup over top, cover with shredded cheese and bread crumbs. Bake at 325 degrees for 60 minutes.

**PUMPKIN PIE DESSERT SQUARES**  
1 pkg. yellow cake mix  
½ c. margarine, melted  
1 egg

Grease bottom of 9x13" pan. Reserve one cup of cake mix for topping. Combine remaining cake mix, margarine and egg. Press into pan.

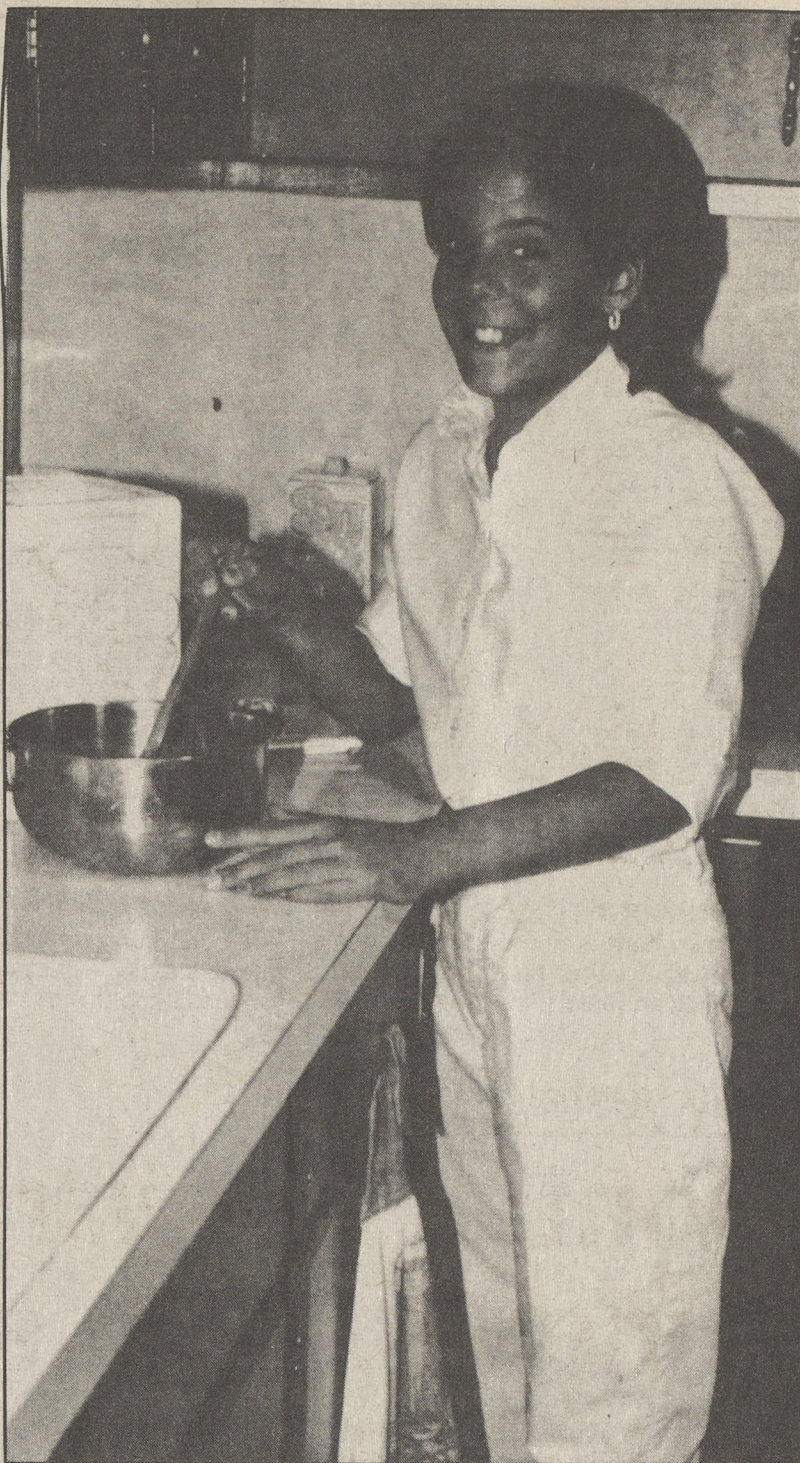
**FILLING:**  
3 c. pumpkin pie filling  
2½ t. pumpkin spice  
½ c. brown sugar  
2 eggs  
2/3 c. milk  
Mix until smooth, spread on crust. Sprinkle topping over filling.

**TOPPING:**  
1 c. reserved cake mix  
¼ c. sugar  
1 t. cinnamon  
¼ c. margarine  
Bake at 350 degrees for 40 to 50 minutes.

**GOLDEN PUFFS**  
2 c. flour  
¼ c. sugar  
3 t. baking powder  
1 t. salt  
1 t. nutmeg or mace  
¼ c. vegetable oil  
¾ c. milk  
1 egg

Measure flour and blend in dry ingredients. Add oil, milk and egg. Mix with fork. Drop by rounded teaspoon of mixture in hot 375 degree fat. Fry about three minutes, drain and roll warm puffs in

# Cookbook



Dallas Post/Charlot M. Denmon

## Making dinner

Stacy Roberts enjoys preparing Golden Puffs for the Roberts family dinner. Above, she begins to mix the dry ingredients for the puffs, a favorite of the family.

mixture of cinnamon and sugar. Makes about 2½ dozen.

**PINEAPPLE SQUARES**  
1 can pineapple, crushed  
2 T. cornstarch  
¾ c. sugar

Cook and when clear remove from heat. Cool, then sift in:

2¾ c. flour  
¼ c. sugar  
3 T. baking powder  
1 t. salt

Cut in:  
1/3 c. butter  
1/3 c. shortening  
Combine:  
1 egg, beaten  
1/3 c. milk

Divide dough in half. Press into pan. Pour in filling and cover with remaining dough. Sprinkle with two tablespoons sugar and half teaspoon cinnamon combined. Bake at 375 degrees for 25 to 30 minutes.

# Myth vs. fact

Old beliefs die hard, especially when it comes to eating.

Over the years, many people have accumulated myths about food and eating habits from their families, from what they read or from their own experiences. Here are some popular myths and the facts about each:

1. MYTH: It is impossible to lose weight if you travel or eat out frequently.

FACT: Meal options approved by the American Heart Association can be found in many restaurants, hotels and even airplanes. To reduce portion size, choose appetizers as the main course, order a la carte or share food with a companion. Order dressings and sauces on the side. Look for terms on the menu that signify low-fat preparation, such as steamed, poached and broiled. Avoid foods that are buttery, buttered, fried, creamed, "in its own gravy" or in hollandaise or cream sauce. Ask for low-fat and non-fat dairy products and margarine instead of butter and trim visible fat from meat and remove skin from poultry.

2. MYTH: Overweight people eat more because they are hungrier.

FACT: People who are overweight begin with the same appetite as those who are not overweight. Overeating may come from a genetic hormone disorder, but most overweight individuals eat out of habit or psychological need.

3. MYTH: Carbohydrates should be avoided, especially if you are trying to lose weight, because they are high in calories.

FACT: Not all foods high in carbohydrates are high in calories. Complex carbohydrates found in

vegetables, beans, cereals and some fruits contain essential nutrients with the calories. Simple carbohydrates found in refined sugars contain primarily calories, no nutrients.

4. MYTH: Nondairy creamers are better for your health than cream.

FACT: Although the American Heart Association recommends using low-fat and non-fat foods rather than whole dairy products, beware of most imitation dairy products, including nondairy creamers. Many of these contain coconut oil, a highly saturated fat, as a substitute for butterfat.

5. MYTH: All vegetable oils and shortening are high in polyunsaturates.

FACT: Not all vegetable oils are unsaturated. Certain vegetable oils, such as palm and coconut oils, are high in saturated fats. You will find these primarily in commercially baked goods, cookies and candies.

6. MYTH: Children can eat what they want because they are unaffected by the dangers of atherosclerosis.

FACT: Dietary changes begun in childhood and maintained for a lifetime may reduce the risk of heart disease, since atherosclerosis (a buildup of cholesterol and other fats in the arteries) often begins in youth and progresses through adulthood. It also seems that minimal or "early" atherosclerosis, expected in younger patients, may be more likely to regress than the advanced disease would. The American Heart Association recommends a prudent modification of diet in healthy children over the age of two years through adolescence and into their adult life.

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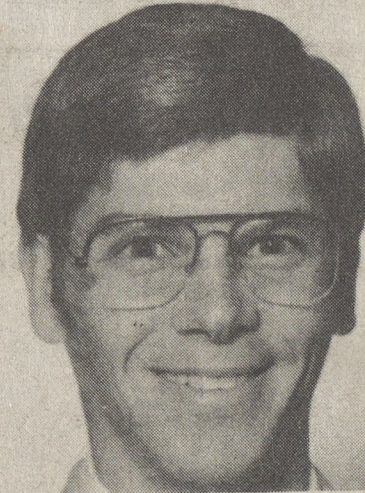
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### CORNEAL SPECIALIST JOINS PUGLIESE EYE CLINIC



Dr. Larry A. Litscher, a specialist in diseases of the cornea joined the Joseph Pugliese Eye Clinic, in Kingston on June 1st. Dr. Litscher specializes in corneal transplants and corneal refractive surgery.

Dr. Litscher will be accepting new patient appointments at the Eye Clinic in Kingston, at 288-7405. Since the addition of Dr. Litscher, the Eye Clinic staff now consists of six ophthalmologists and three optometrists covering the following specialties: JOSEPH F. PUGLIESE, M.D. — Cataract & Lens Implant Surgery, THOMAS G. SHARKEY, M.D. — Pediatric & Glaucoma Surgery, DONALD J. SAVAGE, M.D. — Retina-Vitreous Surgery, ANTHONY J. KAMEEN, M.D. — Medical Ophthalmology, ROBERT C. HARBOUR, M.D. — Neuro-Ophthalmology & Oculo-Plastics, and LARRY A. LITSCHER, M.D. — Cornea & Refractive Surgery, JAY L. ENDRUSICK, O.D., KURT J. MOODY, O.D. and GAIN A. EVANS, O.D. — Specialty Contact Lens Fittings, Refractions and Low Vision.

Dr. Litscher attended Dartmouth College in New Hampshire where he was elected to Phi Beta Kappa and graduated summa cum laude with a bachelor's degree in biology. He received his medical degree from McGill University in Montreal, Canada, where he was named a University Scholar.

After an internship in internal medicine, Dr. Litscher served a three year residency in ophthalmology at the State University of New York Upstate Medical Center in Syracuse, N.Y. While in Syracuse, he served as chief resident of ophthalmology at both the University Hospital and the Veterans Administration Hospital. His training included all aspects of eye surgery, including intraocular lens implants and laser surgery.

After his residency, Dr. Litscher spent an additional year as a Clinical Fellow in corneal disease and surgery with the Department of Ophthalmology at the University of Florida in Gainesville. While there, he studied diseases of the cornea and the external eye as well as advanced microsurgical techniques for corneal transplants, cataract extractions and intraocular lens implantations.

In addition, he served as a clinical instructor for the Department of Ophthalmology at the University of Florida and the Gainesville Veterans Administration Medical Center where he continued to teach techniques of cataract surgery.

Dr. Litscher is certified by the Medical Boards of both the United States and Canada, as well as the American Board of Ophthalmology. He is a member of the PA Medical Society and has been elected a Fellow of the American Academy of Ophthalmology.

Dr. Litscher is married to Dr. Karen Hoerberle, who is a clinical psychologist. They reside in Dallas, PA.

# Back to earth movement is on

In recent years there has been a back to the earth movement. More people are putting in vegetable gardens for the sheer joy of turning up the soil, planting some seeds and watching them grow. With the experience of abundance that proves too much for family, friends and neighbors to consume while still fresh, many families would like to "put up" some of those garden goodies to enjoy later.

Billye June Eichelberger, R.D., chief public health nutritionist in the state Health Department, says precautions are necessary for home canning to prevent illness from food spoilage and injury from accidents.

Reminding would-be home canners that the organisms that cause food spoilage and illness are always present in the air, water and soil, Eichelberger says two procedures are necessary to prevent these disease-causing organisms from multiplying and contaminating canned foods.

"The first is heating the foods in their containers long enough and hot enough to completely destroy the yeasts, molds and bacteria that cause spoilage. Second is closing the container with an air-tight seal to prevent further contamination."

She says high acid foods such as fruits, tomatoes and pickled vegetables can be processed safely in a boiling water bath canner. However, a steam pressure canner must be used to process low-acid foods such as vegetables, meats and poultry.

"The length of time a food is processed varies. The length of time and the temperature at which a food must be heated should be carefully

checked in a reputable canning guide, such as one prepared by the U.S. Department of Agriculture. These canning guides are available from county agricultural extension offices," Eichelberger says.

To be absolutely sure organisms which cause botulism, a severe and generally fatal form of food poisoning, do not develop in low-acid-food, it is necessary that the pressure canner be in perfect working condition and that all canning recommendations be followed exactly.

Since botulism-causing organisms are widely found in the soil and it is possible for canned vegetables or meats to contain the organisms without showing signs of spoilage, Eichelberger recommends boiling canned vegetables at least 10 minutes before tasting if you are unsure of your canning equipment or methods. The boiling will kill the organisms.

"If during the heating process, the food has an off odor, foams, or looks spoiled destroy it so that no humans or pets will accidentally eat it. Spoiled foods may be simply

burned or treated with lye and urbried," Eichelberger says.

"Although botulism-causing organisms can sometimes be present without visible signs of spoilage when the container is opened, there is often a good indication that something is wrong with the food before it is heated."

Eichelberger recommends learning to recognize the common signs of spoilage in canned food—both home canned and the store-bought variety. The signs are, leaks in the container, which means the seal has been broken; bulging can ends, jar rings or lids; mold in the food; off-color or off-odor; and spurting liquid when the container is opened. Questionable canned foods should never be tasted.

Other precautions to take when canning food are:

—Select good quality food products that are fresh, firm, ripe and tender but without bruises and soft spots.

—Wash all fruits and vegetables thoroughly, even though they will be peeled during processing. Soil contains some of the bacteria most

difficult to destroy.

—Use suitable size canning jars, lids and rings.

—Check all jars and closures to be sure they are in perfect condition. Cracks, dents, chips or rust on either lid or jar prevent an airtight seal.

—Sterilize all jars and lids before using.

—After packing and sealing, cool hot jars on a rack or folded cloth, top side up.

Freezing is also an excellent way to preserve food. Foods that are frozen and kept at or below 0 degrees F causing loss of color, flavor, characteristic texture and nutritive value. It is important that the directions and guidelines for proper home freezing be carefully followed.

## MUMS THE WORD

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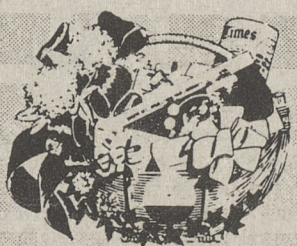
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