



# Cookbook



## The Kingsburys

# This family is a treat to cook for; they eat everything

By CHARLOT M. DENMON  
Post correspondent

Joan Kingsbury of Dallas enjoys preparing meals for her husband, William Jr., and their three children, Nicole, an eighth grade student at Gate of Heaven; Nancy, a sixth grade student; and Billy, who will start Kindergarten at Dallas Township in September.

"I enjoy cooking of all kinds but I particularly like to try new recipes for my family because they will eat just about everything. It's a pleasure to prepare meals for them,"

said Joan.

Joan and Bill are natives of the Back Mountain, Joan having graduated from Lake-Lehman and Bill from Dallas. Bill is project manager for Markline Industries of Pennsylvania and Joan teaches the three-year-olds at Trinity Nursery School.

She is presently pursuing a degree in Child Development at Luzerne County Community College.

Joan has been a correspondent for the Dallas Post since 1976 and thoroughly enjoys journalism. It is a career she would like to pursue but at the present time does not believe it practical because she believes it

would take too much of her time from her children.

The Kingsburys like family camping and recently returned home from Plymouth, Mass., and Cape Cod.

Joan also likes to sew and does a lot of it in her leisure time.

She and Bill are members of Gate of Heaven Church, Dallas, where Joan is a member of the Altar & Rosary Society and also of the Board of the Parent Teachers Guild.

Joan is also a Girl Scout Leader and Bill is a member of the Knights of Columbus, Lake Silworth. Joan became interested in the nursery

school through her own children.

This week with Post Readers she shares recipes for Zucchini Snacks, easy to prepare and different; Easy Lime Pie, Bess Truman's Ozark Pudding and Concord Grape Pie, three unusual but delicious desserts.

### ZUCCHINI SNACKS

3 c. thinly sliced zucchini  
1 c. Bisquick  
1 clove garlic, crushed  
½ c. chopped onion  
½ c. Parmesan cheese  
2 T. parsley  
salt and pepper to taste  
½ c. vegetable oil  
4 small eggs, lightly beaten  
Combine ingredients; spread in 13x9x2 pan. Bake in 350 degree oven for 25 minutes or until golden brown. Let cool, slice and serve.

### EASY LIME PIE

1 6-oz. chocolate flavored ready-crust  
6 oz. can frozen limeade concentrate  
1 14-oz. can sweetened condensed milk  
1 c. sour cream  
1 sm. container Cool Whip

In large mixing bowl combine limeade undiluted and frozen with condensed milk. Add sour cream, blend well and fold in Cool Whip. Mixture should be thick and mound from a spoon. If it seems too thin, chill for 30 minutes. Spoon all filling into chocolate pie crust and chill until set (about three hours).

### BESS TRUMAN'S OZARK PUD-DING

1 egg  
¾ c. sugar  
3 heaping T. flour  
1¼ t. baking powder  
½ c. raw apples, chopped

½ c. chopped nuts  
1 t. vanilla  
1 t. rum flavoring, optional  
Whipped cream

Beat egg well, add sugar beating until light and creamy. Sift dry ingredients, add to egg mixture and blend well. Fold in apples, nuts, vanilla and rum flavorings. Pour into a greased dish. Bake in 325 degree oven for 30 minutes. Serve with whipped cream or ice cream.

### CONCORD GRAPE PIE

4 c. Concord grapes  
1 c. sugar  
one third c. flour  
1 T. lemon juice

2 T. butter, melted  
9 in. unbaked pastry shell

### CRUMBS

½ c. flour  
½ c. sugar  
¼ c. butter

Slip skins from grapes, set them aside. Bring pulp to boil, reduce heat, simmer uncovered for five minutes. Sieve to remove seeds, add skins. Combine remaining ingredients and add to grape mixture. Pour into pie shell. Bake at 400 degrees for 25 minutes. Meanwhile sift flour, with sugar, cut in butter until crumbly. Sprinkle on top of pie. Bake 15 minutes more.



### One of a million

Zucchini Snacks are a favorite with the Kingsbury family and the kids are always willing to join in preparing them. Above, Nicole, left, and Billy, right, watch as sister, Nancy, begins to grate the zucchini her mother will use in the recipe.

Dallas Post/C.M. Denmon

## Microwaving is easy way to cook summer squash

The variety of squash available this season can be prepared quick and easy in the microwave oven. Josephine Kotch, extension home economist for Luzerne County offers these tips:

Wash squash. Pierce rind deeply several times with sharp knife for steam outlets. Place on paper towel in oven.

Microwave at High until squash yields to pressure and feels soft. Cut in half crosswise. Scoop out seeds and fibers. Twist out long strands of flesh with fork. Serve with your favorite sauce or seasonings.

Fresh Summer Squash (Zucchini slices ¼ inch), 2 cups, 2½-6½ min. Let stand, covered, 2 minutes

Yellow slices ¼ inch, 2 cups, 4½-7½ min. Let stand, covered 2 to 3 minutes.

Spaghetti, whole, 1 lb. 4-6½ min. Let stand, covered, 5 minutes

Patty Pan immature cubes (¾ in.), 4 cups, 9-11 min. 1½ qt. covered casserole with 2 tablespoons water. Stir twice.

Frozen squash mashed, 12 oz. pkg. 5½-8 min. 1-qt. covered casserole. Break apart after 2 minutes; stir at 2 minute intervals.

Zucchini slices, 10 oz. pkg. 4½-6½ min. 1 qt. covered casserole. Stir once. Let stand, covered 2 minutes.

Fresh Winter Squash Acorn, whole (1½ lb.). ½ squash, 5-8 min. Let stand covered, 5 to 10 minutes; 1 squash, 8½-11½ min.; 2 squash 13-16 min.

Butternut, Buttercup, Banana, Hubbard, Mediterranean pieces (½ lb.), 1 piece 3-4½ min.; 2 pieces, 4-6½ min.; 4 pieces, 5½-12 min. Let stand covered 5 minutes.

Patty Pan, mature (½ lb.), 1 squash, 2 squash, 2-4½ min. Cut off tops. Remove seeds. Cover, whole with plastic wrap. Let stand, covered 3 minutes.

For more information on food and nutrition call or write the Pennsylvania State University Luzerne County Cooperative Extension Service, 5 Water ST., Courthouse Annex, Wilkes-Barre, Pa. 18711, 825-1701 or 459-0736, ext. 701.

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## Crystals in jelly

Sometimes sugar crystals will form in jellies. The cause may be excess sugar, undissolved sugar crystals from the edge of the pan getting into the jar, or cooking the jelly too long, too little, or too slowly.

There is no formula for removing these crystals, but you can try remaking the jelly with added water, says Josephine Kotch, Extension Home Economist for Luzerne County.

Start by adding about ½ cup water to the amount of jelly from the original recipe. If you have a nice, firm jelly, reheat the jelly with the added water only by rapidly bringing it to the boiling point while stirring constantly.

Immediately fill hot into clean presterilized jars, leaving ¼ inch headspace.



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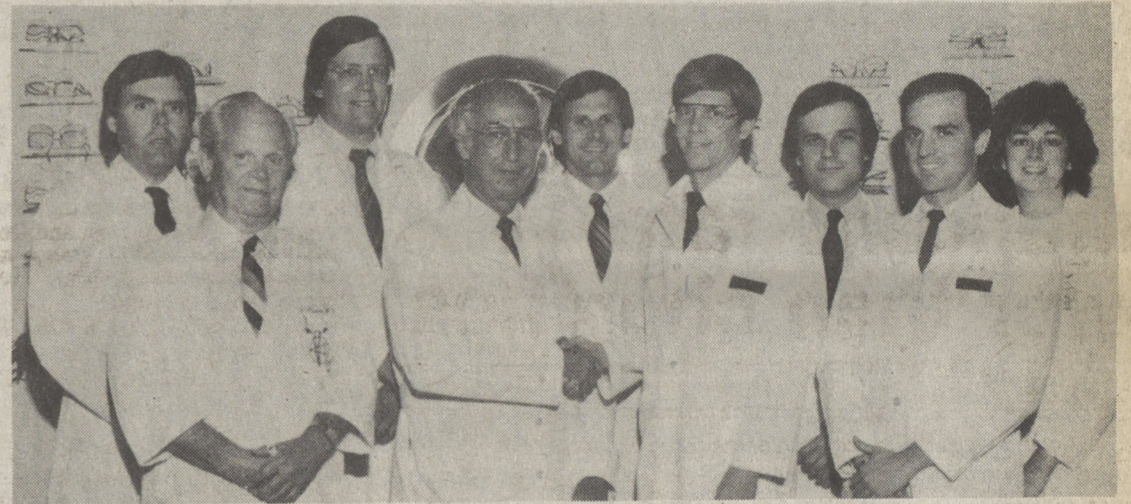
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## CORNEAL SPECIALIST JOINS PUGLIESE EYE CLINIC



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.

Pictured above are the physicians at the Eye Clinic, consisting of: (left to right) front row: ANTHONY J. KAMEEN, M.D. - Medical Ophthalmology, JOSEPH PUGLIESE, M.D. - Cataract & Lens Implant Surgery, LARRY LITSCHER, M.D. - Cornea, & Refractive Surgery, KURT J. MOODY, O.D. - Specialty Contact Lens Fittings, Refractions and Low Vision

Second Row: THOMAS G. SHARKEY, M.D. - Pediatric & Glaucoma Surgery, DONALD J. SAVAGE, M.D. - Retina - Vitreous Surgery, JAY L. ENDRUSICK, O.D. - Specialty Contact Lens Fittings, Refractions and Low Vision, ROBERT C. HARBOUR, M.D. - Neuro-Ophthalmology & Oculo-Plastics and GAIL 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 Haerberle, who is a clinical psychologist. They reside in Dallas, PA. Dr. Litscher will be accepting new patient appointments at the Eye Clinic in Kingston, at 288-7405.

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