



Cookbook



Rose Radzinski enjoys preparing ethnic foods

By CHARLOT M. DENMON
Staff Correspondent

The Theodore Radzinski family of West Center Hill Road, Dallas, thoroughly enjoys the various Polish foods, which Rose Radzinski prepares regularly. The recipes have been handed down to Rose from both her mother and Ted's mother and Rose has learned to prepare them just as they did.

"I seldom measure," said Rose. "I have prepared most of the foods for so many years, I know just about the right consistency they should be. My husband, Ted, and our three children, Tad, Gary and Jill, enjoy our ethnic foods and so do most of my friends. When I have card club or entertain on other occasions, some of them always ask if I'm going to make one or more of the recipes I am sharing with Post readers."

Ted is a sales representative for Hanover Beauty Supply and Rose is affiliated with the LIU 18 as a teacher with the hearing impaired. She received her Master's Degree in Education of the Hearing Impaired in 1977 and currently works with children from pre-school age through 12th grade in Dallas, Lake-Lehman, Tunkhannock, Wyoming Area and Hanover Area School Districts.

Her son, Tad, is a design engineer with Philadelphia Electric Co. and attends Drexel; Gary is an apprentice with the pipefitters union; and Jill is a freshman at Penn State Main Campus where she received a field hockey scholarship.

Although two members of the family are not home, Rose still prepares a cooked dinner every night for her husband and son as well as for friends, who stop in.

A well-organized person, Rose has time to bowl Wednesday and Friday nights at Stanton Lanes and at Chacko's West. She also plays a lot of golf at Lehman Golf Club where she is a member. She and Paulette Poremba recently placed third in the Better Ball Tournament at Lehman.

She is a member of the Board of Directors of the Wyoming Valley Woman's Bowling Association where she is beginning

her fourth term. She was secretary-treasurer of the Wyoming Valley 600 Club until this year when she was elected as vice president.

This past season, Rose was manager of the American Legion Women's Softball team, which recently won the playoffs. She is also a representative and director of the Northeastern Hearing Association.

Preparing ethnic is Rose's favorite culinary work for she derives great pleasure in seeing people enjoy her ancestry's types of food.

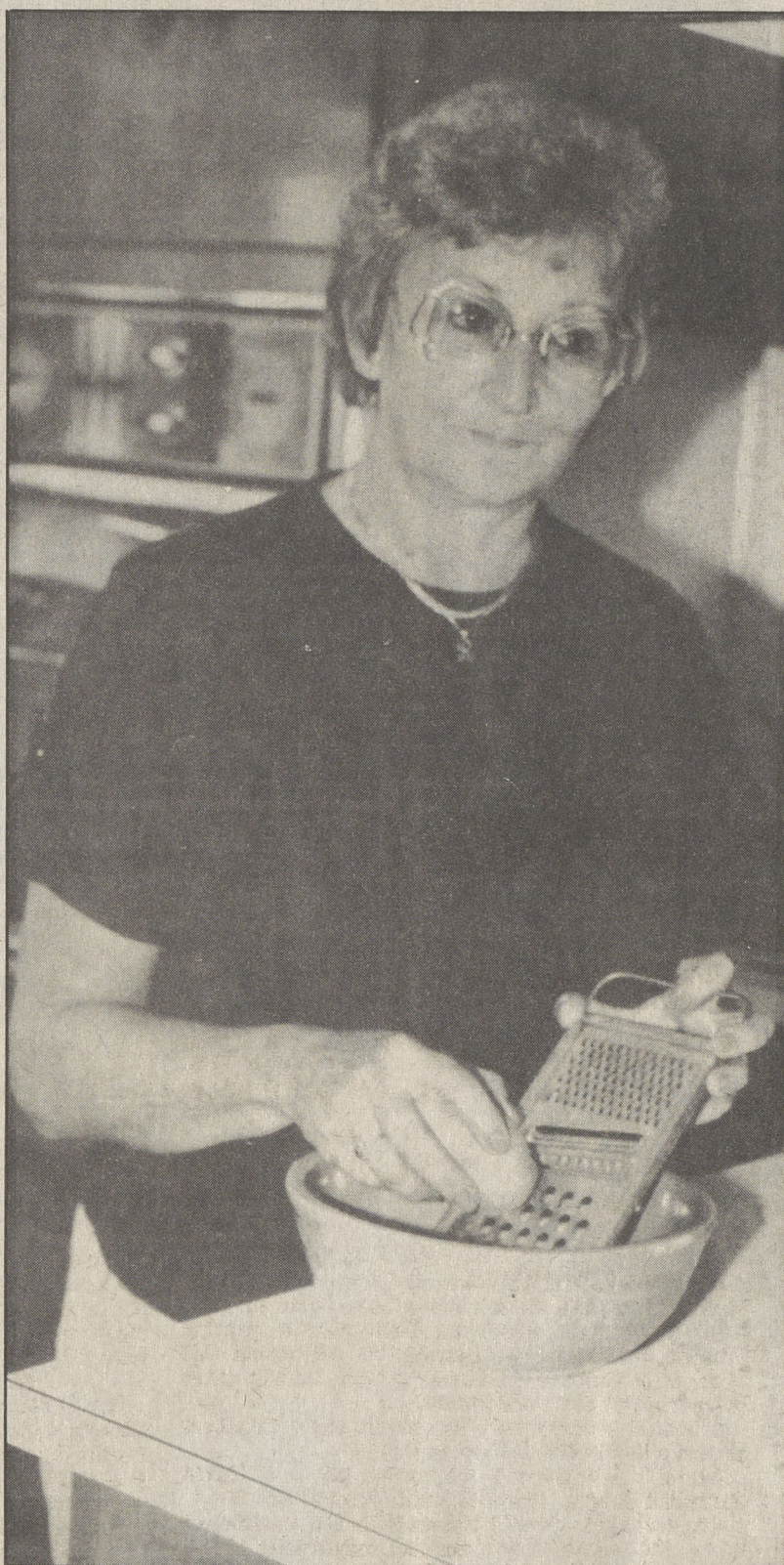
The Homemade Sauerkraut made by Rose and Ted is a family and friends favorite and declared delicious by those who have eaten it. When her friends come to visit, they also ask Rose if she is going to make Halushki and Kluski. Klopsie, her Polish meatballs, are a favorite of the family whether served with sauerkraut or with other foods for dinner. Bobka, Potato Cakes, are difficult to match and most of her friends describe them as "More".

HOMEMADE SAUERKRAUT
7-8 heads winter cabbage
½ pt. pickling canning salt
1½ T. caraway seeds

Shred cabbage and put six-inch layer of shredded cabbage in 5-gal. crock. Sprinkle with handful of salt and caraway seed mixed together. Tamp cabbage down tight with wooden tamper until juice rises to top. Repeat process until crock is filled with shredded cabbage to within two inches of top of crock. Cover with plate and weight down with heavy rock or brick. Cover and keep in warm spot for 10 days or until cabbage stops working. Skim foam from top daily. When finished working, keep sauerkraut in crock in cool place weighted with plate and rock. Will keep all winter if kept in cold place.

KLOPSI
(Polish meatballs)

2 lb. gr. pork
1 med. onion, diced
2-3 eggs
30 saltines, soaked in milk
Salt & pepper to taste
Mix together all ingredients then form into meatballs about size of a tennis ball. In skillet, saute meatballs in oil until all sides are brown. Place on layer



Kitchen work

Rose Radzinski grates potatoes for the Bobka (Potato Cakes) she is preparing for the family's dinner.

Dallas Post/Charlot M. Denmon

of sauerkraut in baking dish and bake in 350 degree oven for one hour. Meatballs can be served separately if desired.

BOBKA

(Potato Cakes)
6 slices cooked bacon & grease or Diced ham and fat or fatback.
6 lg. potatoes, grated
Scald potatoes with boiling water or milk and drain
2-3 eggs
1 c. flour
Salt and pepper to taste
Add bacon or ham with grease to potatoes, egg and flour mixture. Mix well, put in ungreased square baking pan and bake at 350 degrees for one hour or until golden brown. Slice and serve.

HALUSHKI WITH KLUSKI

1 hd. cabbage
1 stick margarine
1 stick butter
1 onion, diced
Cut up cabbage and boil for 20-30 minutes with a little vinegar in the water. Drain and set aside. In skillet simmer diced onion in

the margarine and butter. Add cabbage with salt and pepper to taste. Let simmer until cabbage is done (soft). Add kluskis or if desired, wide noodles.

KLUSKI

2-3 med. potatoes
½ med. onion
1 egg
Salt and pepper
Flour
Grate potatoes with onion, drain to remove liquid; add salt and pepper to taste and the egg. Add two tablespoons flour to potato mixture. In meantime, have large pot of boiling salted water on stove. Place two tablespoons of potato mixture on small flat plate and push off time portion with a knife into boiling water. If first drop falls apart, add another tablespoon of flour and try second or third drop. If it still falls apart add more flour, a little at a time until balls float to top. Skim out with slotted spoon and drain in sieve. Continue until all are done. Add to Halushki 10-15 minutes before serving.

School menus

(Following are cafeteria menus for area school districts for the following week.)

WEST SIDE TECH

Sept. 16 - 20
MONDAY - Tech chicken on seeded bun, baked beans, veggies and dip, banana cream pie, milk.
TUESDAY - Hoagie-lettuce-tomato, Italian dressing, spiced applesauce, pumpkin bars, milk.
WEDNESDAY - Grilled cheese, vegetable soup-crackers, pickle spears, chips, peanut jumbo cookies, milk.
THURSDAY - Ham patty on bun, macaroni-cheese, chilled juice, fruited jello, milk.
FRIDAY - Pizza, creamy cole slaw, chilled peaches, big chip, milk.

GATE OF HEAVEN SCHOOL

Sept. 16 - 20
MONDAY - Chicken patties, lettuce, mashed potatoes, corn, applesauce, milk.
TUESDAY - Veal pattie-sauce, mashed potatoes, green beans, peas, cookies, milk.
WEDNESDAY - Spiced ham sandwich, cheese, zucchini-tomatoes, apricot halves, milk.
THURSDAY - Pierogies, carrot-celery-cucumber stix, fruit festival, strawberry jello pops, milk.

FRIDAY - Shrimp shapes, French fries, salad, fruit cocktail, Tastykake, milk.

LAKE-LEHMAN

Sept. 11 - 17
Junior High & Elementary Senior High
WEDNESDAY - Spaghetti w-Italian meat sauce, tossed green salad, Parker House roll-butter, (Italian bread-butter in Senior High), fruit cup, milk.
THURSDAY - Chicken nuggets w-dip, French fries, buttered garden vegetables, jello, milk.
FRIDAY - French bread pizza, potato chips, fresh vegetable chunks, peaches, milk.
MONDAY - Jr. High & Elementary-Cheeseburg on bun, hash brown oval, applesauce, tastykake, milk.
MONDAY - Sr. High-Salisbury steak, mashed potatoes w-gravy, broccoli, Parker House roll-butter, pineapple tidbits, milk.
TUESDAY - Jr. High & Elementary-Beef stew over buttered noodles, pickled beets, Parker House roll-butter, peaches, milk.
TUESDAY - Sr. High-Hot dog or kielbasi on bun, steamed sauerkraut, potato puffs, applesauce, tastykake, milk.

Take care against oral cancer

It is well known that smoking can cause lung cancer. Yet, few people realize the risk of smoking and getting cancer of the mouth (oral cancer). Of the cancer forms, oral cancer is particularly bad because it often spreads to other organs. The risk of oral cancer is four times greater for a smoker than a non-smoker says the Pennsylvania Dental Association (PDA).

Dentists are in a unique position to thoroughly examine a patient for oral cancer on a regular basis. The dentist has professional training to diagnose oral cancer in the early stages. Changes usually occur in the mucous membrane that lines the oral cavity. Since many of these changes are painless, people often ignore them. This can be a serious mistake. Early detection helps in successfully treating the cancer. Unfortunately, most oral cancer is detected too late. As a result, only about 35 percent of the cases will be cured.

The oral cancer warning sings are a red sore(s) on the lips or gums or inside the mouth that does not heal for several weeks; white, scaly patches inside the mouth or lips; swelling or lumps in the mouth, neck, lips or throat without any apparent cause; and repeated bleeding in the mouth without any apparent cause. Approximately 27,000 new cases of oral cancer will be diagnosed this year says the PDA. It may also cause 9,000 deaths this year.

Smokers as well as non-smokers should ask their dentist about any unusual spots, sores or growths. The most effective way to detect oral cancer is through regular professional dental examinations.

Smokers needing assistance in quitting should ask their dentist or local health agency about available programs or clinics. Since 1964 when the Surgeon General's first report on smoking was released, 33 million people have quit smoking.



Now —
**Pick - Your - Own
McIntosh Apples**

Cider, Apples, Produce & Gift Shop
JAYNE'S ORCHARDS

West Auburn
Rt. 267 From Meshoppen
Rt. 367 From Laceyville or Lawton
Open Mon.-Sat. 8 A.M. - 6 P.M.
Open Sunday 1 P.M. - 6 P.M.

**HEY
KIDS!**

(TO AGE 12)



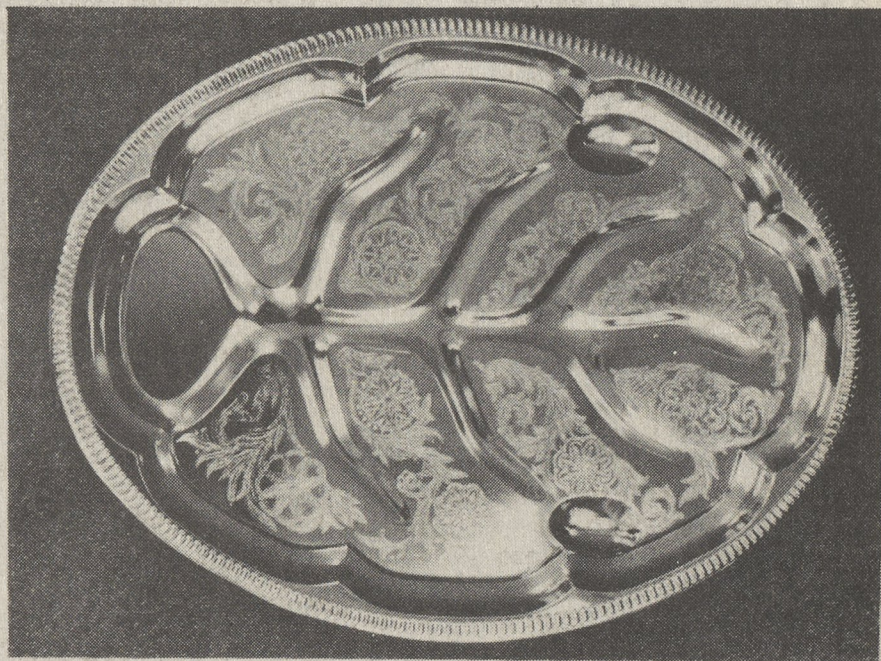
THE DALLAS POST

Wants To Tell Everyone When It's Your Birthday. Ask Your Mom Or Dad To Send Us A Picture Of You Along With All The Details Of Your Birthday And We'll Tell Everyone. But The Best Part Is IT'S FREE!

Call Dotty At 675-5211 For Details

HAVE WE GOT A DEAL FOR YOU!

For a LIMITED TIME ONLY you can receive this beautiful SILVER PLATTER ... FREE — Compliments of THE DALLAS POST.



Simply stop by our office located at the 309-415 Plaza and purchase a subscription to THE DALLAS POST. Office hours are 8:30 A.M. to 5:00 P.M.

We're really looking forward to seeing you so PLEASE STOP BY!

SUBSCRIPTION PRICES

\$12 1 year
\$23 2 years
\$32 3 years
\$14 1 yr. out of state

THOMAS PRODUCE STAND

Opposite Natona Mills
Dallas-Harveys Lake Hwy.

TOMATOES

3 LBS. FOR A \$1.00
\$3.50 HALF OF A BUSHEL
FREEZING CORN, CUCUMBERS,
BEETS, ONIONS,
CABBAGE, SQUASH



Welcome
Baby

The recent arrival of the newest member of your household is the perfect time to arrange for a WELCOME WAGON call.

I'm your WELCOME WAGON representative and my basket is full of free gifts for the family. Plus lots of helpful information on the special world of babies.

Call now and let's celebrate your baby.

675-0350

Welcome Wagon