

Cookbook



Kerr family

They're relaxing in their home

By CHARLOT M. DENMON
Staff Correspondent

Richard and Pat Kerr, residents of Plains for 13 years, moved into their new home in Dallas last June, where with their two daughters, Wendy, fifth grade student at Dallas Intermediate; and Amy, kindergarten student at Dallas Township, they are enjoying country living.

After the many years of city life, they find living in the Back Mountain very peaceful and relaxing.

"The girls love living here," said Pat. "And they have made more friends than they did all the years we were in Plains. We find the people in the Back Mountain area very friendly."

Since moving into their newly-built home only about four months ago, Richard and Pat have been kept busy doing many of the projects they wanted complete before the winter sets in.

Pat is a native of Wilkes-Barre where she graduated from Coughlin High School and Richard is a native of Kingston and a graduate of Kingston High School. He is now employed at Owens-Illinois and does not mind the drive from Dallas to the plant since he enjoys living in this area.

Pat likes to cook and is always experimenting with new or different recipes. Baking is her favorite activity in the kitchen and she continuously looks for unique, delicious, easy-to-prepare desserts.

Amy is a dessert eater but Wendy and her dad, Richard, like the different entrees Pat prepares such as those she shares with this week's Dallas Post readers.

When not busy with some project in her new home or preparing dinner, Pat enjoys crocheting, shopping or visiting with some of the new friends she has made since moving to the area.

The entire family enjoys swimming and swim as a family during the warm weather. Both daughters learned to swim when they were very young. The Kerrs usually have a garden and both Richard and Pat work in it since the weeds seem to grow faster than the produce. They find gardening takes a lot of their leisure time.

The recipes Pat shares this week are favorites of her family's and are very easy to prepare. All are delicious - the Hearty Beef Stew, Pigs in the Blanket, Elegant Chicken and the Peanut Butter Tandy Cake which tastes just like Tasty-Cakes, according to Pat.



Here's how

Wendy Kerr demonstrates to her younger sister, Amy, the correct way to stir the cold water and cornstarch into the beef stew that her mother is preparing for their dinner.

HEARTY BEEF STEW

- 2 lbs. chuck beef, cubed
- ¼ c. flour
- ¼ c. Crisco
- 4 c. water
- 1 8-oz. can tomato sauce
- ½ c. chopped onion
- ½ t. garlic salt
- 1 bay leaf
- 2 t. salt
- ¼ t. pepper
- Potatoes, pared & quartered
- Carrots, pared & cut in 1 inch pieces
- ¼ c. cold water
- ¼ c. cornstarch

Coat beef cubes with flour and brown in hot Crisco. Add four cups water, tomato sauce, chopped onion, garlic salt, bay leaf, salt and pepper. Bring to boiling, reduce heat; cover and simmer 1½ to 2 hours. Add potatoes and carrot, cover and simmer until vegetables are tender. Combine cold water and cornstarch, stir into meat mixture. Cook and stir until mixture thickens, about five minutes. Remove bay leaf.

PIGS IN THE BLANKET

- 1 hd. cabbage
- 1½ lbs. gr. beef

- ¼ c. uncooked rice
- 1 med. onion
- 1 egg
- Salt and pepper
- 2 cans Campbell's Alphabet Vegetable Soup
- 2 soup cans water
- 1 lb. bacon, fried very crisp
- 2 T. butter
- Vinegar

Partially cook rice and add to ground beef, onion, salt and pepper. When rice is cooled, add egg. Wrap meat mixture in steamed cabbage leaves. Place in roasting pan, add vegetable soup and water, top with fried bacon, butter and a few drops of vinegar. Cover and bake in 350 degree oven until cabbage is tender.

ELEGANT CHICKEN

- Boned chicken breasts
- 1 pkg. dried beef
- 16 oz. sour cream
- 1 lb. bacon
- 2 cans cream of mushroom soup

Line casserole with dried beef, wrap chicken breasts with bacon. Mix sour cream and cream of mushroom soup together. Pour over chicken breasts and beef. Marinate in refrigerator overnight. Cook for three hours at 300 degrees.

PEANUT BUTTER TANDY CAKE

- With wooden spoon beat 4 eggs
- To this add:
- 2 c. sugar
- 1 c. milk
- 2 t. baking powder
- 1 t. vanilla
- 2 c. flour
- Pinch of salt

Pour into large greased and floured cookie sheet pan. Bake at 350 degrees for 20 minutes. After cake is baked and while still hot spread one cup of peanut butter over cake. Then take 12 ounces of chocolate chips (mini-morsels) and spread over peanut butter.

Place back in oven turned down to 200 degrees for about 10 minutes. When chocolate is melted spread with knife. When cake is cooled refrigerate until chocolate becomes hard.

School menus

(Following are cafeteria menus for area school districts for the upcoming week:)

DALLAS SCHOOLS

Oct. 9-15
WEDNESDAY - Steak-cheese hoagie w-sauteed onions-peppers, cabbage and noodles, or Grilled cheese sandwich w-chicken rice soup, choice of milk or juice. Bonus: Fruited raspberry gelatin.
THURSDAY - Triple decker fluff-nutter sandwich, cheese cubes and carrot sticks, banana chunks in pineapple juice, or Italian hoagie w-lettuce-cheese, choice of milk or juice. Bonus: Cheezy machos.
FRIDAY - Ziti in our own special sauce, tossed salad greens, garlic bread, or Tuna-cheese melt on bagel w-potato chips, choice of milk or juice.
MONDAY - Teachers In-Service.
TUESDAY - Eastern roast turkey sandwich, whipped potatoes w-gravy, cranberry sauce, cabbage-carrot slaw, jeweled fruit wedges, choice of milk or juice. Or Cheesburger w-lettuce and chips.

LAKE-LEHMAN SCHOOLS

Oct. 9-15
Junior High & Elementary
WEDNESDAY - Macaroni-beef casserole, tossed green salad, Parker House roll-butter, pineapple tidbits, milk.
THURSDAY - Sausage links, buttered waffles w-maple syrup, apple-sauce, orange wedges, milk.
FRIDAY - Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, milk.
MONDAY - No school. Teacher Inservice.
TUESDAY - Hot dog on bun, cheese squares, potato puffs, baked beans, peaches, milk.

Senior High

WEDNESDAY - Macaroni-beef casserole, tossed salad, Parker House roll-butter, fruited jello, milk.
THURSDAY - Batter dipped fish or ham patti on bun, potato puffs, buttered corn, pudding, milk.
FRIDAY - Pizza or tuna salad sandwich, potato chips, carrot-celery sticks, orange wedges, milk.
MONDAY - No school. Teacher Inservice.
TUESDAY - Hot dog or kielbasi on bun, cheese squares, potato puffs, baked beans, peaches, milk.

WEST SIDE TECH

Oct. 9-15
WEDNESDAY - Beefaroni, tossed salad w-choice of dressing, Italian roll-butter, Tech squares, milk.
THURSDAY - Grilled cheese, tomato soup-saltines, pasta salad, tandy cake, milk.
FRIDAY - Wimpie on soft roll, buttered vegetables, spiced apple-sauce, oatmeal raisin cookies, milk.
MONDAY - No school. In Service.
TUESDAY - Wafer steak on hard

roll, lettuce-tomato, fresh relish cup and dip chips, fresh fruit, milk.

GATE OF HEAVEN SCHOOL

Oct. 9-15
WEDNESDAY - Beef-a-roni, tossed salad, pineapple, tastykake, milk.

THURSDAY - Flying saucer sandwich, peaches, cake, milk.

FRIDAY - Pizza, stuffed celery, fruit cocktail, cookies, milk.

MONDAY - No school.

TUESDAY - Tacos, beans, pineapple, cookies, milk.

BISHOP O'REILLY HIGH SCHOOL

BREAKFAST

MONDAY - No school.

TUESDAY - Chilled apple juice, apple or blueberry pop tart, assorted cereals, milk.

WEDNESDAY - Fruit juice, hot buttered toast or corn flakes, milk.

THURSDAY - Grape juice, doughnut or Special K cereal, milk.

FRIDAY - Orange juice, toasted bagels w-jelly or raisin bran cereal, milk.

LUNCH

MONDAY - No school.

TUESDAY - Chicken pattie on bun (lettuce-spec. sauce), buttered corn, pineapple tidbits, milk.

WEDNESDAY - Zesty lasagne smothered w-cheese, roll, green beans, chilled pears, milk.

THURSDAY - Cold cut hoagie (ham, bologna, salami, cheese, lettuce, tomato), carrot-celery sticks, fruit roll up, milk.

FRIDAY - Cheesy pizza, tossed salad w-dressing, cheese wedges, peaches, milk.

Contest slated

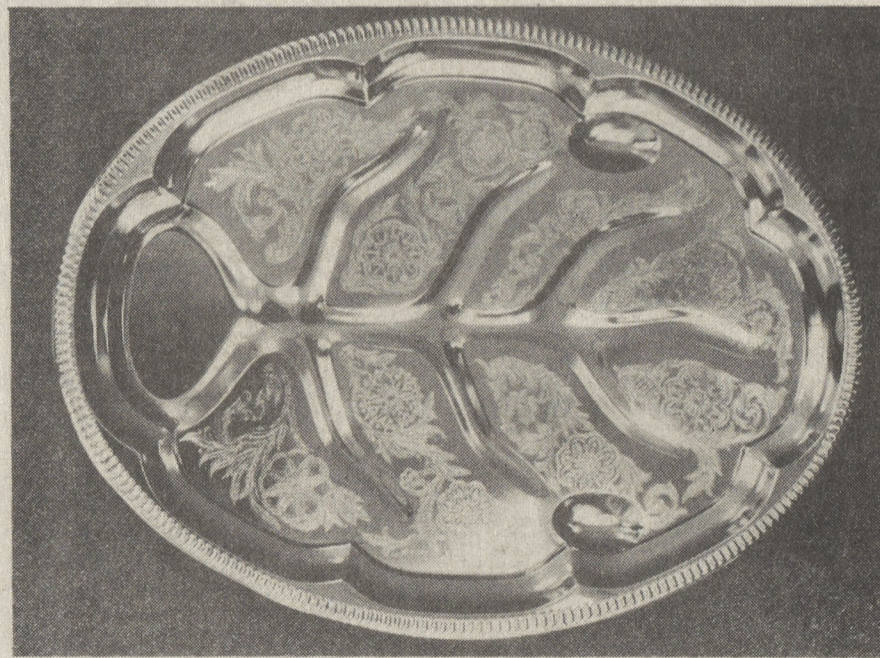
Judges for the "Nutritious Dishes are Delicious" Recipe Contest to benefit Geisinger's Children's Miracle Network Telethon met recently at the NPW Medical Center to review the ground rules for judging the recipe entries.

Sponsored by local Diet Centers, IGA Markets, WNEP-TV, and the Pennsylvania Gas & Water Company (PG&W), the contest has four categories: Appetizers and Snacks; Vegetables and Salads; Main Dishes and Desserts.

There is a \$5.00 entry fee for each recipe submitted, and individuals may enter as many categories as many items as they wish. The overall judging will be done on the basis of the recipe's low content of fat, sugar, sodium and calories, as well as its fiber content.

Entries and fee(s) may be sent to the Diet Center Recipe Contest, P.O. Box 857, Scranton, PA 18501, postmarked no later than Monday, October 15th.

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