

Cookbook

She just loves to cook!

By CHARLOT M. DENMON
Staff Correspondent

Mrs. Walter (Mary) Chappell of Dallas loves to cook and the more people around to prepare food for the better she likes it. She also enjoys canning fresh fruit and vegetables that are raised on her parents large farm in Bradford County.

This past summer, she and her husband, and son, Mark, spent two months on the farm helping her parents on the farm as well as planting and taking care of their own garden.

"I like Dallas and have lived here for the past 15 years but I want to make one more move. When my husband retires, I want to move back to the country, preferably the farm," said Mary.

As indicated by the recipes she shares with Post readers, Mary's favorite is baking. She also enjoys sewing when she finds the time.

The Chappell's son, Mark, age 13, is a student at Dallas Junior High School and their oldest son, Jay is married and stationed at Fort Dix, N.J. with the U.S. Army. He recently re-enlisted for a second five year tour of duty. Soon after the first of the year, he and his wife, Shauna, will go overseas where Jay will serve for three of the five years.

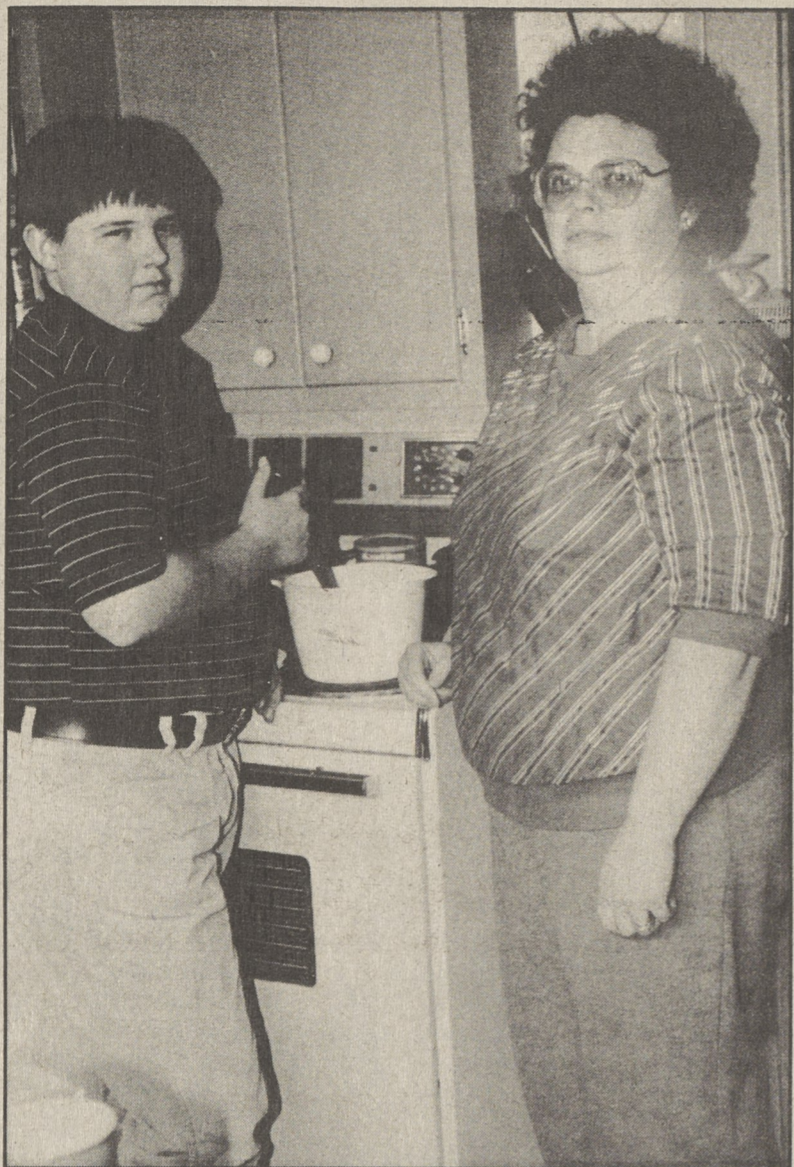
Mary is active with the Boy Scout organization and has been since her son, Mark, became involved as a young Cub Scout. She is presently Unit Commissioner for Pack 241 in Lehman and also Back Mountain-Endless Mountains Commissioner for the approximately 20 Cub Packs and Boy Scout Troops in the area. She has spent most of her time this Fall visiting with the packs.

Mark is a student in the Foods Class at the junior high school and enjoys helping his mother cook.

The recipes she shares with readers this week are family favorites. The Chocolate Chip Bars are not only a favorite of the family but also of her many friends and their children who stop in from time to time. Everyone who has ever tasted the Jelly Roll want the recipes and Mary says the secret is to beat it quickly, and get it in the oven as fast as possible.

Mr. Gordon's Cake was named by Mary after a next door neighbor of her mother's before Mary was married. He called it "cake" and for want of a better name, Mary named it for the neighbor, whose name was Gordon. The Busy Day Casserole is an ideal one-dish entree to prepare if one is going to be out for the afternoon. Just prepare it in the morning and just before leaving the house, put in a very slow (300) oven and let it simmer slowly for three hours. It will be done just in time to serve for dinner.

BUSY DAY CASSEROLE
1 1/2 lb. beef cubes
2 t. salt
1/4 t. pepper
1/2 t. basil leaf, optional
2 stalks celery, diagonally sliced
4 carrots, cut in half, then lengthwise
2 onions, cut in half slices
3 potatoes, cubed
1 can condensed tomato soup
1/2 can water
Put beef cubes, seasoning and vegetables in casserole dish, cover



Making stew

Dallas Post/Charlot M. Denmon

Mark Chappell stirs the Busy Day Stew for the Chappell family's dinner under the supervision of his mother, Mary Chappell.

with soup and water mixed together. Bake at 300 degrees for three hours.

MR. GORDON'S CAKE

1/2 c. oil
1 c. water
1 pkg. yellow cake mix
1 pkg. vanilla instant pudding
4 eggs

Beat first four ingredients together for two minutes, add four eggs one at a time blending into mixture. Bake in lightly oiled cake pan at 350 degrees for 40 minutes. When cake is done, remove from oven and while hot poke holes in it. Pour orange juice mixture over hot cake, letting it run into holes. It will also form light glaze over top of cake.

ORANGE MIXTURE

1/3 c. orange juice, concentrate
2 T. melted butter

Deadline set

Pageant officials announced Monday, Dec. 9 as the deadline for applications to the 1986 Miss Pennsylvania U.S.A. Pageant to be staged this year for the first time in Monroeville, Pennsylvania, in the Grand Ballroom of the High Rise Howard Johnson's Hotel on February 7, 8 and 9.

There is no "performing talent" requirement, all judging is on the basis of poise, personality and beauty of face and figure. Entrants who qualify must be at least 17 years of age and under 25 years of age by May 1, 1986, never married, and at least six month residents of Pennsylvania, thus college dorm students are eligible. All girls interested in competing for the title must write to: Miss Pennsylvania U.S.A. Pageant Tri-State Headquarters, 347 Locust Ave., Washington, PA 15301

School menus

WEST SIDE TECH
Nov. 27 - Dec. 3
WEDNESDAY - Wimble on seeded bun, buttered vegetables, applesauce, peanut butter cookies, milk.
THURSDAY - Thanksgiving Day.
FRIDAY - No school.
MONDAY - No school.
TUESDAY - Hamburg on bun, assorted condiments, pickle chips, French fries, cheese sticks, chilled peaches, milk.
LAKE-LEHMAN SCHOOLS
Nov. 27 - Dec. 3

WEDNESDAY - Rib-b-q on bun, French fries, fruit cup, Thanksgiving treat, milk.
THURSDAY - Thanksgiving Day.
FRIDAY - No school.
MONDAY - No school.
TUESDAY - Cheeseburg on bun, (cheeseburg or hamburger on bun at Sr. High), pickle chips, minestrone soup-saltines, pears, milk.
DALLAS SCHOOLS
Nov. 27 - 29
WEDNESDAY - Halley Watch Day - Meteor meatball hoagie or Halley Hoagie w-cold meat-lettuce-

cheese, polaris potato puffs, choice of milk or juice.
THURSDAY - Thanksgiving Day.
FRIDAY - No school.
GATE OF HEAVEN SCHOOL
Nov. 27 - Dec. 3
WEDNESDAY - Chili dogs, potato puff, pickles, pears, tasykae, milk.
THURSDAY - Thanksgiving Day.
FRIDAY - No school.
MONDAY - No school.
TUESDAY - Flying saucers (meat, lettuce, tomato, cheese), cips, pickles, peaches, tasykake, milk.

Generic drugs are now competitive

Diazepam, lorazepam, propranolol hydrochloride, methyl dopa, chlorpropamide, tolazamide.

Recognize these names? Probably not. They are the chemical or general names of six popular medications prescribed by physicians for their patients.

Those same patients would immediately recognize the drugs by their brand names. In the same order they are Valium, Ativan, Inderal, Aldomet, Diabinese, Tolinase.

The first two are tranquilizers, the next two are high blood pressure

medications, and the last two are for oral diabetes control.

According to Lloyd Kreider, R.Ph., coordinator of the Pennsylvania Generic Drug Formulary, published by the state Health Department, the patents on these drugs recently expired and they are now available in competitive brands.

"The way it works is, a company that develops a drug retains the sole right to manufacture, market, and sell the drug for a period of 17 years, the length of time a patent is valid. When the patent runs out other drug companies are permitted to manufacture and sell the drug," Kreider said.

"The competing drug manufacturers cannot use the brand name so it is sold under the generic name, usually at 20 to 50 percent less cost. The product quality is equal to that of the brand name drug since all drugs are required to meet rigid state and federal standards. The competitive brand drugs can be sold less expensively because there is no need for the manufacturer to recover research, development, testing, marketing and advertising costs incurred by the original manufacturer.

Kreider pointed out that the six drugs mentioned here must be prescribed by their generic names until they can be included in the state Generic Drug Formulary. Once they are printed in the formulary the physician need only indicate on the prescription that a substitution may be made.

He said there are more than 600 drugs presently listed in the formulary. Patients can get them and save money by asking their physician to permit the substitution.

November is Generic Drug Month in Pennsylvania. For a free pamphlet, "Think Generic", write: Pamphlet Library, Room 808, Health & Welfare Building, P.O. Box 90, Harrisburg, PA 17108, or call toll-free (800-692-7254).



Wallace honored

Linda Wallace has been selected as the Meadows Nursing Center, Dallas, Employee of the Month for October. This is the third time Mrs. Wallace has been so honored for an award winning idea. A graduate of Coughlin High School, Mrs. Wallace joined the Meadows in August, 1983, as a nurses aide. In December, 1983, she accepted the position of laundry coordinator and was promoted to laundry supervisor in December, 1984. Mrs. Wallace resides in Loyalville with her husband, Jack, and sons, Scott and Dale. A cash award is shown being presented to Mrs. Wallace by her supervisor, Thomas Thorne, Executive Housekeeper. Shown here, from left, are Linda Wallace, Employee of the Month; Thomas Thorne, Executive Housekeeper.

Mrs. Anna Shaver honored

The Idetown United Methodist Church of Idetown recently honored Mrs. Anna Shaver who has resigned as treasurer after 40 years. The catered dinner was held at the Idetown U.M. Church hall with an aard ceremony led by Henry Bergstrasser.

Those in attendance included: Steve and Estella Sedler, Bel-Air, Maryland; Charles and Arlene Rattigan, Trucksville; Herbert and Mildred Marley, Dallas; William and Marjorie Goss, Shickshinny; Keith Goss, Elizabeth Ann and Adam Walker, Wilmington, Del.; Russell and Margaret Ide, King-

sohn; Bob and Linda VanGorder; Bill and Claire Kleinfelder; Henry and Dorothy Bergstraser; Beatrice Hadsel, Carlton Hadsel, Mabel Hoover; Charlotte Calkins, Clyde and emmina Brown, Susan Dodd, Bill and Beth Casterline, Margaret Gregory, Lorraine Coburn, Gertrude Davenport, George and Louise Thomas, Frank and Betty Kelmel, Reg Beck, Willis and Loy Ide, Elwood and Shirley Ide, Richard and Lois Ide, Mildred Welsh, Steve Descick, Rev. Michael Shambora and Deborah Shambora, Helen Dymond, Shirley Mahle.
The beef dinner was served by Betty Weaver.

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Beauty Talks
with Ruth

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Damp skin retains perfume much better than dry, best to apply after your shower.

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