

Cookbook

Cooking for a busy family

By CHARLOT M. DENMON
Staff Correspondent

Mrs. Lee (Cheryl) Wagner of Orchardview Terrace, Dallas, enjoys cooking especially if it is baking or making desserts for her husband, Lee, and three children, Lee, Jr. Mike and Beth Ann. Cheryl likes to try new recipes, particularly Italian foods which are a favorite of the family.

The Wagners moved to their home in Dallas from Forty Fort, five years ago. Lee, Jr. is a freshman at Dallas Junior High, Mike is a fifth grade student at Dallas Intermediate, and Beth Ann, in second grade at Dallas Township.

Lee Sr. is self-employed, owner of MacGeorge Auto Parts in Kingston.

The Wagners are an active family and take part in a wide range of activities. Cheryl is a member of Dallas Township PTO; is an assistant Brownie Girl Scout troop 654 and is also active in the Forty Fort U.M. Church where the Wagners are members.

Lee Sr. has a keen interest in youth sports programs and is manager of the Back Mountain Baseball Organization's Major League Reds. He also coaches a basketball team for boys age eight to 13 in the Willie O'Bremski Memorial League, Kingston. Lee also bowls in the Wilkes-Barre Business League at Chacko's East. As a leisure time activity, Lee collects classic cars.

Lee Jr. is a member of the Teeners baseball team and also plays junior high basketball. His brother, Mike, plays Little League baseball and is a member of a Back Mountain Youth soccer team. He also plays on his dad's team in Kingston. Like his dad, Mike is a collector, but his specialty is collecting baseball cards. Beth Ann is a member of 654 Brownie Girl Scout Troop and the Wilkes-Barre Ballet Theatre.

The Wagners are a snowmobile family and look forward to the snow during the winter so they can enjoy their favorite family sport. During the summer, they spend time at their family cottage at Sylvan Lake where they enjoy getting together with other members of the family.

The recipes Cheryl shares with Post readers this week are some that have been in the family and are favorites of the Wagner and Coslett families, Cheryl having been the former Cheryl Coslett. All are easy to prepare, plus delicious and nutritious. The Chicken Bake takes very little time and is great for a crowd as is the Baked Ziti. The Pumpkin Pie Dessert Squares are very appropriate for this time of the year and the No Bake Fudge is a favorite of all young people.

CHICKEN BAKE

Prepare 8-oz. bread as on package. Lay this on bottom of 13x9x2 pan. Place three cups cubed chicken over stuffing.
1/2 c. melted butter
1/2 c. flour

School menus

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

LAKE-LEHMAN SCHOOLS

Dec. 4-10
Senior High School
WEDNESDAY - Chicken nuggets w-dip, French fries, Parker House roll-butter, peaches, Dixie cup, milk.
THURSDAY - Cheese lasagna w-sauce, tossed green salad, Italian bread-butter, jello w-topping, milk.
FRIDAY - Pizza or egg salad sandwich, potato chips, carrot-celery sticks, banana fruit cup, milk.
MONDAY - Toasted cheese sandwich or chopped ham-cheese sandwich, pickle chips, tomato soup-saltines, peaches, milk.
TUESDAY - Steak hoagie or hot dog w-peppers-onions, onion rings, buttered corn, chocolate pudding, milk.

Junior High & Elementary
WEDNESDAY - Chicken nuggets w-dip, French fries, Parker House roll-butter, peaches, Dixie cup, milk.
THURSDAY - Hamburg gravy, mashed potatoes, corn, roll-butter, jello w-topping, milk.
FRIDAY - Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, banana fruit cup, milk.
MONDAY - Toasted cheese sandwich, pickle chips, tomato soup-saltines, peaches, milk.
TUESDAY - Steak hoagie, onion rings, buttered corn, pudding, milk.

WEST SIDE TECH

Dec. 4-10
WEDNESDAY - Hoagie (lettuce-tomato-Italian dressing), spiced applesauce, brownies, milk.
THURSDAY - Beef-a-roni, grated cheese, chilled juice, creamy cole slaw, Italian roll-butter, raisin bars, milk.
FRIDAY - Pizza subs, tossed



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Sampling the goods

Sampling some of the No Bake Chocolate Fudge her mother made for the Thanksgiving holiday is Beth Ann Wagner while her mother, Cheryl Wagner, reminds her not to eat too many pieces before her dinner.

1/2 t. salt
1/2 t. pepper
Mix together above four ingredients with
4 c. chicken broth
6 slightly beaten eggs
Bring mixture to a boil and pour over chicken and stuffing. Bake at 325 degrees for 45 minutes. Heat together in saucepan - 1 can cream of mushroom soup
1 c. sour cream
Pour soup mixture over chicken bake before serving. Bake serves 12.

BAKED ZITI

1 box ziti noodles
2 lbs. ricotta cheese
1 lb. mozzarella cheese, grated
1 or 2 eggs
1 qt. jar spaghetti sauce
Cook ziti noodles per direction on package. Drain. Stir in cheeses and spaghetti sauce and mix. Sprinkle grated parsley and grated cheese on top. Bake at 350 degrees for one hour or till cheese is melted.
PUMPKIN PIE DESSERT SQUARES
1 pkg. yellow cake mix
1/2 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
2 1/2 t. pumpkin spice
1/2 c. brown sugar, packed
2 eggs
2/3 c. milk
Mix all ingredients together till smooth, spread on crust, sprinkle on topping.

Topping:

1 c. reserved cake mix
1/4 c. sugar
1 t. cinnamon
1/4 c. margarine
Bake at 350 degrees for 40-50 minutes. When cool cut into squares and serve.

NO BAKE FUDGE

5 1/2 c. sifted confectioners sugar
1 8-oz. pkg. cream cheese
4 sq. Bakers chocolate (or may substitute Nestles Chocolate Bake Premelted) - 4 pkg. equals 4 sq. Bakers chocolate
1 t. vanilla
1/2 c. nuts
Dash salt
Mix all ingredients together and pat into 6 1/2 x 10 1/2 pan. Let set in refrigerator.

Tradition is important during holiday season

Tradition is important during the Christmas holidays, but so is the time needed to enjoy the festivities with family and friends. Luckily, today's cooks have found that an old-fashioned roast beef dinner is easy to prepare, and this gives them more time to celebrate the holiday.

An impressive and succulent beef rib roast is a traditional holiday food. Rib roasts usually contain two to four ribs, depending on their size. Rib roasts contain meat from the tender eye. However, the small end of the ribs, adjacent to the loin section, contain more of the tender eye muscle.

Holidays need not be disastrous for dieters

The turkey, roasted to moist, golden brown perfection and smelling delicious with its savory stuffing, is Mom's gift of love. So are the creamy mashed potatoes, the thick dark gravy, the fresh ears of yellow corn and the melted butter, the mincemeat and deep-dish apple pies, and all the other good things.

"Eat," says Mom, smiling at you - you, who have spent nearly 10 months fighting off temptation, counting calories and faithfully attending aerobics. You have shown up for the traditional family feast in a dress two sizes smaller than the one you wore last Thanksgiving, and you have just 10 pounds to go.

The siege has begun. Even if you pass this test, ahead lie Christmas, Hanukkah, New Year's Eve, office parties, leftovers and who knows what other trials.

"To a dieter," says Susan Tannenbaum, "the holidays can be a disaster. If you don't prepare for them - prepare yourself, that is - they can wipe out part of, or even all that you've accomplished."

"It's hard," she said. "The pressure can be very intense. Sometimes it can seem that the whole world - even your loved ones - is against you."

Tannenbaum knows whereof she speaks. She is manager of Behavior Education Program Development for Nutri-System, Inc.

Tannenbaum ticked off some of the many perils that dieters face in the treacherous last five weeks of the year.

"Holiday meals for starters. How are you going to reject the wonderful food your mother worked so hard to prepare for you? Won't you share a toast with Pop's eggnog?"

"The office party: Not eating the goodies that the boss has sprung for, or hoisting a few drinks with the rest of the staff may be bad business."

"Gifts of food, and food in sight almost everywhere - bowls of candy and cookies, grandmother's fruit-cake, etc."

"Stress is the most common cause of overeating. Food is a sedative. Emotions - including loneliness - run high at holidays."

"Food can also be thought of as a reward for all the hard work we've done getting ready for the holiday cooking, wrapping, presents, working late at the office to clear time for that trip to your parent's place. We can give ourselves all kinds of reasons for forgetting the diet and caving in."

"Food has become the center of our socializing. And the dieter is no more antisocial than anyone else."

Facing all this, it would seem the dieter has a choice of retrieving last season's clothes from the back of the closet or hibernating. Not so, Tannenbaum says.

There are defenses, she says, that can help get the dieter from Turkey Day to January 2nd with waistline and spirit pretty much intact. Some are mental, some physical. First the

mental ones: Positive Planning: Think thin. Don't give up before the battle begins.

"I have a greeting card that says 'On a scale from one to 100' how many pounds do you expect to gain this Holiday Season?," Tannenbaum noted. "Self predictions tend to be accurate. If you expect to gain 15 to 20 pounds, you probably will, and that's liable to make you feel so bad about yourself that it'll be a long time before you get back where you were. Just the same a person who thinks he or she can get through the season without gaining any weight very well may do it."

Reinforcement: Reinforce this positive thinking by wearing your "skinny clothes," the clothes in which you feel slimmest, to all holiday functions. They will not only be a psychological aid, but a physical help, since they probably fit snugly and will be uncomfortable if you eat more than you should.

Diet Diplomacy: While you don't want to be antisocial, there is nothing wrong with being a little assertive. Your friends and family should know that you've worked hard to lose weight. If they do, they will probably be supporters, rather than tempters.

There are diplomatic ways of getting off the hook without offending your well-meaning provider:

- You really outdid yourself, Mom. This is the greatest. I wish I could eat more. Can I take some home? If you do wind up with "doggy bag," give it away or freeze it until after your battle of the bulge.

- Great party, Boss. Great spread. I have to stay away from that party tray, though. I'm trying to lose weight and gain speed." This only if he or she asks why you're not eating; otherwise, say nothing.

Should you slip and eat something

you shouldn't, it is important to get back on your diet right away. Overeating can become a vicious cycle if the wayward dieter just lets guilt and remorse take over. Guilt can lead to another eating binge, and so on. Misery begets more food, and more misery.

"It doesn't have to be that way," Tannenbaum says. "Remind yourself that you've lost a battle, not the whole war."

Here are some words of advice concerning things you can do to lessen, if not avoid the temptations of the holidays:

- The pen can be an effective weapon. When you have established your goals for the season, write them down. If there's one party that's so special you know you'll go off your diet, admit it and write it down. Also write down how you plan to make up for it, by eating less than usual the day before, and getting back on track the day after.

- Do not starve yourself the day of the big party. Arriving famished is a sure way to defeat. Eat a little something just before you go.

- Eat slowly. Take small bites. Give your stomach time to tell you it has had enough. Research has shown that it takes about 20 minutes for the digestive tract to react to food intake and give you a "full" feeling.

- If at all possible, sit or stand next to someone you like to talk to - about something other than food. There really are such things.

- Drink a lot of water. Have a glass or two before the dinner or the party. If it's a party, a tall glass of water with a twist of lemon in it, and maybe a dash of bitters, will allow you to mingle without having to drink alcohol.

- Alcohol is the dieter's enemy. It not only is loaded with "empty" fat-producing calories, but can

Try walking to lose weight

If you want to lose weight, but hate strenuous exercise, try walking instead. Losing weight is important to overall health. A brisk walk will burn almost as many calories as running. How long you walk matters more than whether you walk or run.

A 180 pound man and 130 pound woman, for example, can burn 96 and 75 calories by walking one mile in 15 minutes. The same persons will burn only 15 to 25 more calories if they slowly jogged the same distance.

Walking is the most popular exercise in the United States. According to the President's Council on Physical Fitness, close to 44 million Americans choose this form of exercise. It is widely regarded as the best and safest way to begin an exercise program.

So, dust off those old tennis shoes and join the crowd.

The first place to walk is out of the house and into the fresh air.

For good health, go take a walk!

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