

Cookbook

Loeffler family offers tasty, economical dishes

By CHARLOT M. DENMON
Staff Correspondent

Ron and Judy Loeffler moved to Dallas from Wilkes-Barre about four years ago. They have two sons, Sean, in ninth grade at Dallas Junior High; and Kevin, fifth grade student at Dallas Intermediate, and a daughter, Laura, age three.

Judy is a native of Nazareth, Pa. and Ron was born and raised in Wilkes-Barre. Both of them enjoy living in the Back Mountain area and find it a wonderful place to raise children.

Since Judy works full time as a nurse at The Meadows in Dallas, she looks for easy-to-prepare, nutritious but economical recipes to serve her family. Since she is working full time, her husband, Ron, also assists her in preparing meals.

The Loeffler's favorite dishes are casserole dishes such as Tuna Casserole, beef stew or one dish meals such as homemade pizza or spaghetti. This suits Judy fine because she likes to cook one-dish meals.

The entire family is involved in the Back Mountain Youth Soccer program and in previous years, Ron was coach of one of the teams. They

are also active in the various events at St. Paul's Lutheran Church where they are members. Ron teaches Sunday School and also works actively with the men's organization. Judy is a music director at the church. The boys are involved with the Luther League. Judy is hoping to become a member of the Dorcas Society in the near future.

When they have the time, especially in the warm weather, the Loefflers go camping at their family's cabin in the Poconos where they have a wonderful time, according to Judy.

"It's really primitive living — no modern facilities but we love it," said Judy. "It's so wonderful to get out among the trees and lakes with everything so green and so much fresh air."

Sean is studying Foods in junior high and sometimes brings home recipes which he shares with his mother.

The Pizza Dough and Pizza Sauce are recipes he obtained at school when the members of his class made the pizza. It is delicious and since it is made at home, any toppings one desires may be used. The Spaghetti Sauce is a favorite of the entire family and served on

pasta cooked a la dente, with meatballs and a salad makes a tasty family dinner or a dinner great for serving to unexpected guests. The Beef Stew is Ron's favorite and the cookies are ideal for the holiday season, especially the cutouts.

The recipes shared with Post Readers this week are not only tasty but economical as well, ideal for this Christmas season.

PIZZA DOUGH
½ pkg. Yeast
1 c. warm water
¼ t. sugar
¼ t. salt
2 c. flour

Dissolve yeast in warm water, add sugar and salt. Mix with the two cups of flour. Set in warm place, covered, for one hour.

PIZZA SAUCE
2 8-oz. cans tomato sauce
1 sm. onion
1 clove garlic
Oregano, salt, pepper to taste
8-oz. cheese, grated

Combine tomato sauce, onion, garlic and seasonings. Spread evenly over rolled pizza dough. Sprinkle grated cheese over sauce. Bake at 450 degrees for 20 minutes.

SPAGHETTI SAUCE
2 12-oz. cans tomato paste

2 12-oz. cans water
1 lg. onion, diced fine
1 T. sugar
1 clove garlic, chopped fine
¼ c. chopped parsley
1 t. salt
2 T. parmesan cheese
Pepper to taste
1-2 T. oregano

½ c. green pepper, diced fine
1 stalk celery, cut fine
2 8-oz. cans tomato sauce
1 T. A-1 sauce or Worcestershire sauce
2 bay leaves

Combine and mix all ingredients in large pan. Simmer on stove for two hours.

BIG FELLOW CUTOUT COOKIES
2 c. flour
½ t. baking powder
½ t. salt
½ c. butter
1 t. vanilla

¾ c. sugar
2 eggs
Mix together all ingredients but two eggs, beat; gradually add eggs while beating. Chill cookie dough. Grease cookie sheet; lightly flour board and roll out dough, cut in shapes desired. Bake at 375 degrees for 10 to 12 minutes.

PEANUT BUTTER COOKIES
½ c. oil
¾ c. honey
1 egg
½ c. non-hydrogenated peanut butter

1½ c. whole wheat flour
1 t. baking powder
½ t. salt
1½ t. orange juice
1 t. vanilla

Mix together oil, honey and egg, blend in peanut butter. Mix flour, baking powder and salt with orange juice. Blend in peanut butter mixture, add vanilla. Shape into small

balls and flatten with fork dipped in flour. Bake on a greased cookie sheet at 350 degrees for 10 minutes.

BEEF STEW
2-3 lbs. chuck steak or beef cubes +
1 c. flour
2-3 c. water

2 T. tomato paste
salt and pepper to taste
1 clove garlic, chopped (optional)
1 bay leaf, optional
4 carrots, sliced
1 med. onion

1 lg. potato, quartered
1 lg. turnip, quartered

Dredge meat cubes in half cup of the flour and brown in heavy stew pan over moderate heat. Add water, tomato paste, salt, pepper, garlic and bay leaf. Simmer for one hour; add vegetables desired for last 20 minutes. Simmer until tender. Add more flour for desired thickness.

+Turkey, chicken or any favorite meat may be used in place of beef.

School menus

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

LAKE-LEHMAN SCHOOLS
Dec. 18 - 20
Senior High

WEDNESDAY - Orange juice, hot-diggety on bun, French fries, peaches, cookies, milk.

THURSDAY - Oven baked chicken, mashed potatoes w-gravy, peas, cranberry sauce, roll-butter, Christmas treat, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, fruit cup, milk.

Junior High & Elementary
WEDNESDAY - Hamburg on bun, sliced cheese, potato puffs, baked beans, pineapple tidbits, milk.

THURSDAY - Oven baked chicken, mashed potatoes w-gravy, peas, cranberry sauce, roll-butter, Christmas treat, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, fruit cup, milk.

DALLAS SCHOOLS
Dec. 18 - 20

WEDNESDAY - Christmas dinner-breaded chicken, mashed potatoes w-gravy, candied sweet potatoes, golden corn kernals, fresh pumpkin cupcake, milk.

THURSDAY - Soup-sandwich special-grilled ham-cheese sandwich or juice cheeseburger on roll, vegetable beef soup, crunchy celery sticks, choice of milk or juice. Bonus: Giant peanut butter cookie.

FRIDAY - Juice bacon burger w-cheese-lettuce, or Italian hoagie w-lettuce-cheese, oven French fries,

choice of milk or juice. Bonus: Creamy rice-raisin pudding.

GATE OF HEAVEN SCHOOL
Dec. 18 - 20

WEDNESDAY - Hot dogs, beans, sauerkraut, peaches, tastykake, milk.

THURSDAY - Baked ham, sweet potato, potato salad, peas-carrots, pineapple, brownies, milk.

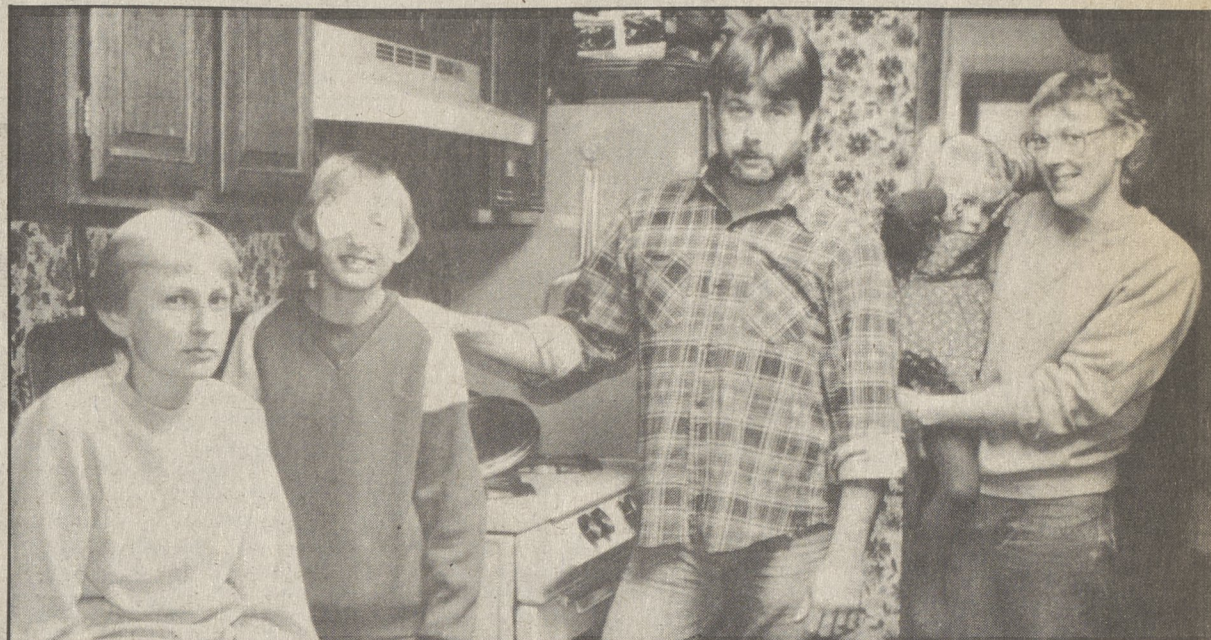
FRIDAY - Tuna fish on roll, vegetable soup, fruits, cheese stix, cookies, milk.

WEST SIDE TECH
Dec. 18 - 20

WEDNESDAY - Baked chicken, whipped potatoes, seasoned peas, roll-butter, holly berry cake, milk.

THURSDAY - Taco-trimmings, Spanish rice, buttered corn, angel kisses, milk.

FRIDAY - Pizza subs, chilled juice, green beans, pumpkin bars, Italian cream icing, milk.



Dallas Post/Charlot M. Denmon

Cooking family
Kevin Loeffler, seated; Sean Loeffler, his dad, Ron Loeffler, stirring beef stew his wife, Judy, made for their dinner; Judy and daughter, Laura, take time to pose for a photo.

Wine bill is passed

Gov. Dick Thornburgh recently commended the Senate Law and Justice Committee for its approval of a bill allowing private wine sales, calling it "a long-overdue vote of confidence in the free enterprise system and Pennsylvania wine and consumers."

The governor urged the full Senate "to quickly approve the bill and send it to the House as a message that meaningful reform of the state's liquor and wine system is indeed attainable."

"Today's vote is an important step forward in providing better service to wine consumers in our state," Thornburgh said.

Thornburgh also said that "the bill presently before the House to continue the discredited Liquor Control Board as is and even to expand its operation is totally unacceptable to me and to a majority of Pennsylvanians."

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Luzerne National Bank announces a two-part scholarship fund competition that enables high school seniors to enter local and national essay contests with a single paper. It is all part of a program sponsored by the nation's independent banks to increase public awareness of locally-owned banks' contributions to the community.

The bank is a member of the Independent Bankers Association of America, a professional trade association that is conducting the Howard and Katherine Bell Scholarship Fund competition. The national contest will award a total of \$5,000 in prizes in a contest that is open to all high school seniors without regard for financial assistance needs.

The Luzerne National Bank is adding \$400.00 in a local contest with local judging. The same entries submitted in the national competition will be judged in the local contest.

The bank is working with all West Side Area High Schools and invites seniors to submit short essays on the community role of the independent bank. Information on the contest is available both at the bank and the schools, but entries are to be made through the schools. Entries must be submitted by January 3, 1986, to be eligible for both judgments. Prizes will be awarded directly to the winners in mid-March.

The scholarship fund program has been established to honor the career of Howard Bell, retired executive director of IBAA, and his wife, for 25 years of service to the national banking association. IBAA is the only professional organization operated exclusively for the country's smaller banks.

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