Cookbook



Linda Johnson

This cook likes to experiment

By CHARLOT M. DENMON Staff Correspondent

Whether teaching, doing crafts, designing and building or cooking, Linda Johnson of Beaumont becomes deeply involved. She also likes to experiment whether it is doing crafts, cooking or working with children.

"I enjoy trying new ideas, anything that's a challenge. I find it excellent therapy. At times, I find cooking boring, other times I thoroughly enjoy experimenting with new recipes — sometimes they are my own ideas, at other times they're ideas I've obtained from someone else," said Linda.

Linda and her husband Robert built their own home in Beaumont where they have lived for the past 10 years. Linda designed the house, then she and her husband worked together building it. Because they both love the out-of-doors, Linda included lots of windows in their home letting in lots of sun and, when weather permits, fresh air. She said, however, if she had it to do over, she would make the rooms larger and include one large room for crafts.

Prior to moving to Beaumont, Linda and Bob lived in Wyalusing for four years. While there, Linda, who has her Master's degree, taught school. After they decided to have a family, the couple moved to Harveys Lake and lived there for three years while they were build-

ing their home. Linda now does substitute teaching and is contented substituting in Dallas, Wyoming Valley West, and in the near future, hopefully, in Tunkhannock. Since her daughters and son are young, the substitute teaching allows her time to spend with the children. Jennifer Tamar is in fourth grade at Evans Falls; Jessica Lynn is in third grade; and Robbie is in kindergarten.

Crafts are Linda's favorite leisure time activity and she finds it excellent therapy but she likes a change of pace and often has as many as 15 projects going at one time.

She also enjoys bowling and is a member of the Imperialette League at Bonomo's Sports Center. She is quick to say that she bowls for the fun of it, likes to win, but does not like to bowl for "blood". The Johnsons are family-oriented and most of their recreation is done as a family whether it is camping, traveling or attending Shrine conventions. They make many trips to New England states where they visit Linda's sister and tour historical

The recipes she shares with Dallas Post readers are four of Linda's favorites. The Wacky Cake fascinates her. She obtained the recipe from a college roommate, whose mother used to bake it and bring it to them at school. They used to keep it outside on their windowsill and eat it at night when studying. The Spinach Dip is a recipe given to Linda by her cousin and is not only delicious but very different from most dips. The French Onion Soup and the Reuben Casserole are from Linda's sister. The soup is easy to make and is ideal for lunch, alone, or served with bread and a salad; or as the first course at dinner. The Reuben Casserole is a great way to use up left-over corned beef, or for those who want a tasty, economical onedish they need only purchase the necessary six slices, then served with a salad or vegetable, it will make a delicious dinner for family

SPINACH DIP

1 c. sour cream 34 c. mayonnaise

1 pkg. Knorr's vegetable soup or 1 pkg. Lipton's Harvest vegetable 2 small pkgs. frozen chopped spin-

ach (thawed and drained thorl rounded pumpernickel or rye

Mix together sour cream, mayonnaise, vegetable soup and spinach. Hollow out center of the loaf of bread and break in pieces. Place spinach mixture in the hollow center of bread. Arrange pieces of bread around outside of the loaf on



Preparing lunch

Linda Johnson of Beaumont, our cook this week, places individual bowls of French Onion Soup in the oven in preparation for her family's lunch.

serving plate and use for the dip, if 2 tomatoes, sliced desired

FRENCH ONION SOUP 2 lg. onions, sliced

½ stick margarine

1 T. flour

3 c. water 1/3 c. sherry

2 beef bouillon cubes

Few dashes Worcestershire sauce Dried bread slices or melba toast Slice of Swiss cheese, grated

Saute onins until golden brown in margarine; stir in flour, add water, sherry bouillon cubes and Worcestershire sauce. Simmer for approximately 20 minutes or until strong taste of sherry is gone; add salt and pepper, if desired.

Pour soup into individual oven-bake soup bowls, half to threequarters full. Place a slice of the bread on top and cover with the Swiss cheese. Bake at 350 degrees till cheese is melted and is bubbling

6 lg. slices corned beef ½ c. Thousand Island salad dress-

REUBEN CASSEROLE 1 8-oz. can sauerkraut

1/4 lb. Swiss cheese, sliced

Place sauerkraut in a quart casserole dish, top with three slices of the corned beef. Spread ½ cup salad dressing on beef, top with remaining corned beef, then remaining salad dressing. Add sliced tomatoes over the mixture and top with Swiss cheese. Bake at 375 degrees for 25 minutes. Serve with pumpernickel or other dark bread and green salad or vegetable.

WACKY CAKE

1½ c. flour 1 c. sugar

4 T. cocoa

½ t. salt

1 t. baking soda 6 T. salad oil

1 t. vinegar

1 t. vanilla 1 t. water

Sift together dry ingredients in large mixing bowl. Make three holes in ingredients, pour oil in one, vinegar in one and vanilla in one. Pour water over entire mixture, mix and pour into foil-lined pan. Bake in pre-heated oven at 350 degrees for 35 to 40 minutes.

for area school districts for the following week):

LAKE-LEHMAN SCHOOLS Jan. 22 - 28

Junior High & Elementary WEDNESDAY - Pork bar-b-q on bun w-relish, buttered corn, applesauce, frosted cake, milk.

THURSDAY - Chicken nuggets wdip, French fries, mixed garden vegetables, roll-butter, ice cream,

FRIDAY - Pizza or peanut butterjelly sandwich, potato chips, carrot-celery sticks, banana fruit cup,

MONDAY - Hot dog on bun, buttered mashed potatoes, steamed sauerkraut, peaches, milk.

TUESDAY - Orange juice, Sloppy Joe on bun, buttered corn, apple crisp, milk. Senior High

WEDNESDAY - Pork bar-b-qu or

hamburg on bun, potato chips, but-tered corn, applesauce, frosted cake, milk THURSDAY - Chicken nuggest wdip, French fries, mixed garden

vegetables, roll-butter, ice cream, FRIDAY - Pizza or egg salad sandwich, corn chips, carrot-celery

sticks, banana fruit cup, milk. MONDAY - Hot dog or chili dog on bun, chopped onion, cheese squares, minestrone soup-saltines, pudding, milk.

TUESDAY - Tuna or peanut butter-jelly hoagie, French fries, applesauce, donut, milk.

WEST SIDE TECH Jan. 22 - 28 WEDNESDAY - Spaghetti-meat sauce, grated cheese, creamy cole slaw, Italian roll-butter, Tandy

cake, milk THURSDAY - Hoagie-lettucetomato, chips, fruit juice, fruited jello, milk.

FRIDAY - Fish on bun-tartar sauce, macaroni-cheese, stewed tomato, orange creamsicle, cake,

MONDAY - Hamburg on bun, onions-relish, stewed tomatoes, cheese sticks, chips, Ko Ko Mungas cookie, milk.

TUESDAY - Meatball hoagie, buttered green beans, fresh fruit cup, dip, chocolate cake-peanut butter icing, milk.

DALLAS SCHOOLS

Jan. 22 - 28 WEDNESDAY - Macaroni creole w-zesty meatsauce, freshly made bread or peanut butter-jelly sand-wich, w-cheese cube, tossed garden salad w-dressing, peaches-pears in syrup, choice of milk or juice.

THURSDAY - Pizza special super slice of pepperoni pizza or grilled ham-cheese sandwich, chicken vegetable soup, celery stuffed w-peanut away slowly.

Bonus: Fruited jello.
FRIDAY - Spicy chili con carne w-corn muffin or cheeseburger on roll, peas-carrot medley, cinnamon applesauce, choice of milk or juice. bonus: Soft chewy warm pretzel.

MONDAY - Crunchy taco shells stuffed w-beef-cheese-lettuce (hot sauce optional), or frankfurter on bun, Mexican corn kernals, choice of milk or juice. Bonus: Blueberry

TUESDAY - Double cheeseburger on roll w-lettuce-tomato-special sauce or Italian hoagie w-lettucecheese, fluffy rice pilaf, green beans almondine, choice of milk or juice. Bonus: Sugar cookie.

GATE OF HEAVEN SCHOOL

Jan. 22 - 28 WEDNESDAY - Hot ham sandwich, cheese, green beans, fruit cocktail, milk.

THURSDAY - Chili dogs, home fries, pineapple pudding pops, milk. FRIDAY - Pizza, salad, pears,

cookies, milk. MONDAY - Flying sauce, French fries, pineapples, Tastycake, milk.
TUESDAY - Hot dogs, baked beans, pears, scooter pie, milk.

Good driver can save gas

The thinking man's driver can save hundreds of dollars a year in gasoline costs, car maintenance specialist Ross Olney asserts. There are maintenance and driving techniques that can help you increase your gas mileage by as much as 30 percent, and sometimes more," he writes in the December Reader's Digest, "provided you don't mind working at the task."

Maintenance procedures include keeping your engine well-tuned and your tires fully inflated. Check your oil every time you buy fuel, Olney advises. "Without adequate lubrication, your engine will struggle against extra friction, burning extra

Check your wheel alignment too, at least once a year. "Just as it takes more effort to push a shopping cart with a cocked wheel, it takes more from the engine to push a car with wheels out of alignment," he observes.

Driving techniques include not warming up the engine--this alone can save up to two percent of your fuel, if you drive every day. Give the engine a few seconds for the fluids to circulate and the oil to get in around the bearings then drive

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Pregnant women warned against drinking alcohol A concentrated January cam- the March of Dimes are developing

alcoholic drinks can cause miscarriage or harm their unborn babies.

National Fetal Alcohol Syndrome Awareness Week, Jan. 12-18, was a major push in the continuing effort to alert women of childbearing age to the risks of drinking during pregnancy. During this time, the March of Dimes Birth Defects Foundation and other organizations intensified the message that a pregnant woman should not drink at all.

"It is 12 years since the cause and effects of Fetal Alcohol Syndrome (FAS) were spelled out for the first time, but it remains the third leading cause of birth defects that produce mental retardation," said Mary Hughes, Ph.D., March of Dimes vice president for community services.

Each year, as many as 36,000 babies are subject to some form of fetal alcohol effects. "While there is increased awareness of alcohol's damage to the fetus, more than 1,800 babies a year suffer the severe effects of Fetal Alcohol Syndrome," Dr. Hughes said. The syndrome is a pattern of central nervous system disorders, growth deficiencies, facial abnormalities and malformations of cardiac, skeletala and urogenic systems.

It was in 1973, at the sixth annual March of Dimes Birth Defects Conference, that FAS was first reported as a specific cluster of severe physical and mental defects. Since then, the March of Dimes has waged a campaign on several fronts to prevent the condition.

paign warned pregnant 'omen that new knowledge of the processes by which alcohol affects the fetus. One current project of the University of California, San Francisco, concentrates on alcohol's interference with brain development. The project builds on previous research findings there that alcohol greatly increases certain types of nerve cell receptors in the brain.

On another front, local March of Dimes chapters provide individuals and organizations with leaflets, audiovisuals and other public health education materials explaining the risks of drinking during pregnancy. Speakers on that subject also are available through the local chap-

Special materials are provided by the March of Dimes to physicians and other health-care professionals to assist them in counseling pregnant women against drinking.

Study shows

Recent government studies show that most women do not get enough calcium in their diets. The nutrient calcium is especially important during pregnancy. That's because a baby's bones start out soft and elastic. They only become hard when calcium is added. Calcium also strengthens and hardens a baby's teeth as they begin to develop.

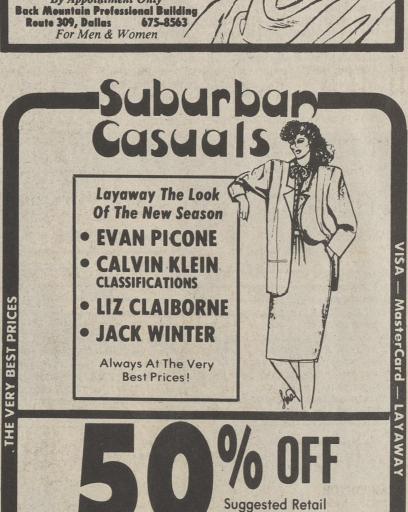
If you weren't concerned about calcium before pregnancy, start

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