



Cookbook



She likes stained glass and gourmet recipes

By CHARLOT M. DENMON
Staff Correspondent

Barbara McDonald of Overbrook Avenue, Dallas, is an excellent cook and has a variety of easy-to-prepare gourmet type recipes. Barbara, however, does very little cooking any more because her husband, Michael, became disabled following a severe illness several years ago. Now they dine out most of the time, primarily to get out, meet people and enjoy a change of scenery.

Barbara, a native of Forty Fort, moved to the Back Mountain nine years ago following her marriage to Michael, who was born and raised in Edwardsville. She is a graduate of College Misericordia with a B.A. degree in art and readily admits that although she enjoys cooking once in a while, prefers to dabble in all sorts of art. Her first love, however, is working with stained glass.

In her downstairs workshop, she makes all sorts of stained glass items such as lamps, sun catchers, commission windows, music boxes, wall hangings and other items requested by friends and others interested in purchasing items of stained glass. Nothing is too large nor small for Barbara to make, she enjoys the challenge.

Stained glass is not her only interest. She does all of her own wallpapering, does floral arrangements and enjoys reading novels. Until recently she also taught craft classes for friends and neighbors.

The recipes she shares with this week's Dallas Post readers include two for micro-wave cooking and two for traditional cooking. The Chicken Stew is a recipe that has been in her family for years and handed down from generation to generation with some slight variations. Zucchini Appetizers are a hit at any dinner party or late evening event and the Beef Dip positively delicious although not recommended for persons with high blood pressure. Seafood Newburg is an easy to prepare but delicious entree to serve dinner guests and the Speedo Fudge is a tasty but economical candy.

ZUCCHINI APPETIZERS
3 c. thinly sliced unpeeled zucchini (about 4 small ones)
1 c. Bisquick
1/2 c. finely chopped onion
1/2 c. grated Parmesan cheese
2 T. parsley
1/2 t. salt
1/2 t. oregano
Dash of pepper
Dash of garlic



First love

Dallas Post/Charlot M. Denmon

Barbara McDonald enjoys preparing special recipes for friends but her first love is working with stained glass. Above, she applies patina to a small lamp to give it the true Tiffany black finish. Stained glass has become more than an art with Barbara, it has become her profession.

1/2 c. vegetable oil
4 eggs, slightly beaten
+ May substitute egg beaters
Heat oven to 350 degrees.
Grease oblong pan 13x9x2. Mix all ingredients, spread in pan. Bake until golden brown, about 45 minutes. Serve warm or cold. Cut into pieces about 2 inches by 1 inch. Yield-4 doz. Optional: Before baking, sprinkle with extra cheese on top.

BEEF DIP

8 oz. cream cheese, softened (microwave at med., one minute)
1 pt. sour cream or plain yogurt
6 oz. dried beef, chopped
1 sm. onion, chopped
1 green pepper, chopped

2-2 1/2 dashes Tabasco sauce.
Combine all ingredients in oven-proof bowl. Microwave on high for 5 minutes stirring twice. Serve with Stone Creek wheat crackers. Not recommended for persons with high blood pressure.

SPEEDO FUDGE

1 lb. confectioner's sugar
1/2 c. cocoa
1/4 c. milk or non-dairy creamer
1/4 lb. margarine
1 t. vanilla
1/2 c. chopped nuts
Sift confectioner's sugar and cocoa into an 8x8x2 microwave safe dish. Add milk and butter. Do not stir. Microwave on high for two minutes or until butter

melts. Stir well to mix ingredients. Add vanilla and nuts, stir until blended. Place in freezer for 20 minutes or in refrigerator for one hour to chill. Cut into one inch squares. Store in airtight container.

SEAFOOD NEWBURG

2 T. butter or margarine
2 T. all-purpose flour
1 1/2 c. light cream, half & half or non-dairy creamer
2 T. dry white wine or cream sherry
1 c. sliced fresh mushrooms
1/2 t. salt
1/4 t. onion salt or finely chopped onion
1/4 t. pepper
Dash of ground nutmeg
2 egg yolks, beaten
1 c. cooked crab
1 c. cooked shrimp
Chopped chives for garnish
4-5 patty shells or toast cups (may be made by cutting crust off bread and pushed down into a buttered muffin tin. Broil to toast).

In a 2 quart casserole dish melt butter or margarine on high for 30 seconds. Stir in flour to make a smooth paste. Add cream, wine, mushrooms, salt, onion salt, pepper and nutmeg. Cook on high for five to six minutes stirring often. To prevent curdling, stir about half of the sauce into egg yolks, then stir egg yolk mixture into remaining sauce. Cook on medium for two minutes, stirring every 15 seconds, add crab and shrimp. Cook on high for one minute.

CHICKEN STEW

8 pieces chicken parts
4-5 T. butter or margarine
1/2 t. onion salt
1/4 t. garlic powder
1/4 t. paprika
1/2 t. salt
Dash pepper
3 med. potatoes (peeled & cut in chunks)
4 med. carrots (peeled & cut in diagonal chunks)
1 sm. onion sliced
4 pc. celery, cut in chunks
Instant Bouillon, chicken flavor

In a brown bag, mix flour, onion salt, garlic powder, paprika, salt and pepper. Clean and pat dry chicken parts. In a large deep skillet, melt butter or margarine. Shake chicken pieces in flour mixture to coat and brown in skillet over medium heat. After browned, add about 1 1/2 cups water and scrape bottom of pan to loosen chicken. Add potatoes, carrots, celery, and onions. Cover, simmer about 45 minutes. Just before ready to serve, add two tablespoons of flour to half cup of cold water. Stir and add to chicken stew to make gravy.

School menus

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

DALLAS SCHOOLS

Feb. 19 - 25

WEDNESDAY - Triple decker peanut butter-jelly sandwich w-cheese stick or Sloppy Joe on soft roll, oven baked French fries, carrot sticks, choice of milk or juice. Bonus: Chocolate cream pudding w-whipped topping.

THURSDAY - Blueberry pancakes w-syrup and sausage link or peanut butter-jelly sandwich w-cheese cube, celery stick, fresh fruit wedges, choice of milk or juice. Bonus: Soft chocolate chip cookie.

FRIDAY - Dutch tuna hoagie w-shredded lettuce or grilled cheese sandwich, vegetable soup, oven baked tater tots, choice of milk or juice. Bonus: Blueberry muffin.

MONDAY - Bacon cheeseburger on soft roll or peanut butter-marsh-mellow sandwich w-cheese cub, creamy tomato soup, pineapple tidbits, choice of milk or juice.

TUESDAY - Honey roasted chicken or Italian cold cut hoagie on french roll, fluffy rice pilaf, buttered mixed veggies, rosey applesauce, choice of milk or juice.

GATE OF HEAVEN SCHOOL

Feb. 19 - 25

WEDNESDAY - Tacos, Mexican beans, pineapple, cookies, milk.

THURSDAY - Chicken croquettes, mashed potatoes-gravy, corn, applesauce, Scooter pie, milk.

FRIDAY - Fish and cheese nuggets, salad, pears, jello, milk.

MONDAY - Hot ham on bun, pineapple, green beans, TastyCake, milk.

TUESDAY - Meat loaf, noodles, wax beans, pears, jello, milk.

WEST SIDE TECH

Feb. 19 - 25

WEDNESDAY - Hoagie-tomato-

lettuce, Italian dressing, chicken noodle soup, fruit juice, chocolate fudge cake, milk.

THURSDAY - Beef a roni, grated cheese, tossed salad, choice of dressing, apple, shortbread cookies, milk.

FRIDAY - Pizza twins, fresh relish cup and dip, chilled pears, Tech squares, milk.

MONDAY - Wafer steak on soft bun, buttered veggies, cheese sticks, chilled fruit, Ko Ko Mungas Kookie, milk.

TUESDAY - Taco and trimmings, buttered corn, Spanish rice, Tandy cake, milk.

LAKE-LEHMAN SCHOOLS

Feb. 19 - 25

Senior High

WEDNESDAY - Tacos or hamburger w-trimmings, buttered corn, pears, milk.

THURSDAY - Sliced roast beef, mashed potatoes-gravy, broccoli, roll-butter, ice cream, milk.

FRIDAY - Oven baked cheese lasagna, green beans almondine, Italian bread-butter, cherry delight, milk.

MONDAY - Cheeseburg on bun, pickle chips, minestrone soup-sal-tines, apricots, donut, milk.

TUESDAY - Meatball hoagie, corn chips, mixed garden vegeta-bles, pineapple tidbits, milk.

Junior High & Elementary

WEDNESDAY - Veal parmesan, buttered macaroni, broccoli, Parker House roll-butter, fruited jello, milk.

THURSDAY - Tacos w-trimmings, buttered corn, ice cream, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, cherry delight, milk.

MONDAY - Mini ravioli w-sauce, green beans, Parker House roll-butter, apricots, milk.

TUESDAY - Apple juice, hamburger on bun, potato puffs, baked beans, donut, milk.

Bisquick Co. sponsors annual baking contest

Create an original recipe for a dinner entree that's quick, delicious, affordable and appealing to contemporary tastes. And make sure that one of the ingredients is a baking mix that's been around since 1930.

That's the premise of The Bisquick Invitational, a national event that challenges professional chefs and cooks to invent main dish recipes made with Bisquick baking mix.

Anyone who is a food preparation professional can enter a recipe in the invitational, including chefs, cooks, caterers, and cooking teachers.

Six Invitational participants whose recipes are judged the best will receive a \$500 cash award and an expense paid trip to New York in June. They will be guests of honor at a luncheon featuring their recipes and attended by food editors and

writers from the national media. They will also be the subjects of a national publicity campaign.

All participants will have the opportunity to be selected as media spokespersons who will appear in television and newspaper interviews on behalf of Bisquick.

Entry blanks and complete rules can be obtained by writing The Bisquick Invitational, P.O. Box 5402, Dept. 861, Minneapolis, MN 55460 or calling 1-800-328-6787 Monday through Friday from 7:30 a.m. to 5 p.m. CST. Entries must be post-marked by midnight Tuesday, April 1.

"Since food professionals are often leaders in creating new uses for familiar ingredients, we're eager to learn how they would use Bisquick in innovative ways," said Pam Becker of General Mills.

Guidelines can speed up check-out lines

One of the frustrating parts of food shopping is the long wait at check-out lanes. Josephine Kotch, Extension Home Economist for Luzerne County has some suggestions from checkers and store managers to help speed you through.

At the cash register, tell checkers immediately if you wish any special handling (such as packing all frozen food together), whether you have coupons, and if you have a food stamp order. Usually it is best to put coupons with products as the cart is unloaded or follow store procedures.

Follow the posted directions when using express lines. Don't exceed the number of items for express lane check-out. Express lanes are usually open only at the busiest times. If express lanes are to be really helpful, we need to use them in the way the store suggests. When express lanes are not open and you are waiting in a regular check-out lane, be courteous to others. If the person behind you has only a couple of items and you have a basketful, let them go ahead of you. You know how you appreciate this kindness when done for you. Also, allow easy access to other shoppers who must cut across lines.

Have your money ready and be sure to have enough. If writing a check, have as much of the check filled out as possible, such as store name, date and signature, so that all you have to do is fill in the amount when the total is run up. Have your check-cashing card or driver's license ready if needed for further identification.

If your grocery store does not have the new electronic cash registers that read the UPC codes, place all the items selling at multiple prices ("2 for's" and "3 for's") together. Place all purchases with the prices up facing the checker. It's also a big help if you separate non-taxable items from taxable ones. Send the non-taxables through first. It helps if foods are grouped - because cash registers have a separate key for ringing up different categories. On food stamp orders, separate the non-foods and those not eligible and place on the conveyor last.

Of course, the electronic cash registers that read the bar codes get all the above information from the code.

Finally, store managers suggest that if you see checker practices that are a disservice to the shopper, such as lengthy chats with

customers, charging regular prices for sale items, cash register mistakes, let your concerns be known to store managers. The management wants your shopping trip to be a pleasant one, and the only way they will know your complaints is if you tell them.

By following some of the guidelines offered by managers and checkers, your wait in line will be shortened and you'll be doing your part to speed up the process. Everyone, store manager, checkers and customers alike recognize the problem, so working together is the best way to accomplish the speediest, most efficient check-out.

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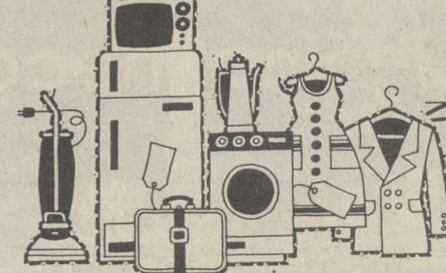
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