

# Cookbook

## Barbara loves to cook for people who love to eat

By CHARLOT M. DENMON  
Staff Correspondent

Barbara T. Evans enjoys preparing meals, especially for family and friends who enjoy eating. She especially likes to prepare full course dinners, including appetizer, entree and dessert.

Kept busy by her duties as a minor judiciary court administrator for District Justice Earl Gregory, whose offices are in Shavertown, Barbara solves meal preparation by using a crockpot — "the greatest" to save time. "Put the food in before you leave for work, set it at low, and when you come home, dinner is just about ready to serve," said Barbara.

Barbara resides in Shavertown with one of her children, Barbara Anne. Her son, Corporal Matthew Evans, is stationed with the U.S. Army at Fort Irwin, Calif.; daughter, Jean, resides in Shavertown; daughter, Carol Honko and son-in-law, Tony, live in Clearfield, Pa. with their two children, Tony and Tracy; and her daughter, Chris and her husband, Bob Moran, reside in Mahanoy City with their daughter, Katie.

Barbara goes to visit her children whenever possible. She and her daughter, Barbara Anne, also enjoy traveling and have been to Florida and New Mexico during the past several years.

In her leisure time, Barbara T. likes to crochet afghans for her children and also does a lot of crafts. Recently, she has been making hoop wall hangings for the various members of her

family.

Barbara T. is also very active in Gate of Heaven Church. She is a lector, and also is a member of the Altar and Rosary Guild. She is also coordinator for the Light of Christ Prayer Group.

Recently, Barbara has been trying various recipes in her new microwave and in the near future plans to enroll in a class to learn how to prepare various gourmet foods.

The recipes Barbara shares with Post readers this week are favorites of her's and her family. The Crock Pot Vegetable Beef Soup is a favorite of Barbara's. She said she makes a different kind of soup at least once a week. The Banana Bread is a favorite of the entire family and the Poached Fish is easy to prepare and make a very tasty entree for family or friends. The Fresh Fruit Cup recipe is made by Barbara every time the entire family is together or whenever she is asked to bring something to a covered dish or buffet type luncheon.

### CROCK POT VEGETABLE BEEF SOUP

¾ lb. cubed beef  
1 soup bone  
1 med. onion  
1 med. carrot, unpeeled

Place into crock pot and cover with water (3 qts.). Cook overnight at low heat. Strain beef broth, removing onion, bone, carrot and meat. Return broth to crock pot with beef, carrot sliced and add 10 oz. pkg. frozen mixed vegetables, 1 16-oz. can tomatoes, two diced raw potatoes, 1 teaspoon parsley. Cook on high heat for 2-3 hours, serve.

**FRESH FRUIT CUP**  
1 16-oz. can Lite peaches  
2 sm. apples, diced  
1 pear, diced  
1 orange, sectioned and cut into pieces  
1 banana, sliced



### Cake for the guests

Dallas Post cook, Barbara Evans, removes the banana cake from the oven which she planned to serve to guests Friday evening.

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### POACHED FISH

1 lb. filet of flounder  
½ lemon, squeezed  
1 sm. onion, grated  
Salt & pepper  
Place ingredients into fry pan with water. Bring water to a fast boil, cook five minutes. Drain, saute in 1 teaspoon margarine for two minutes. Place on warm platter, sprinkle with parsley and serve.

Grapes or other fresh fruit  
½ c. orange juice  
Mix all fruit together, chill and serve

### BANANA BREAD

2 c. flour  
¾ t. salt  
2 t. baking powder  
½ t. baking soda  
4 ripe mashed bananas  
1 egg  
½ c. sugar  
¼ c. oil  
1 t. vanilla  
Mix sugar, eggs, oil and vanilla together. Add mashed bananas and dry ingredients. Put into greased loaf pan. Bake one hour at 350 degrees.

## School menus

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

### LAKE-LEHMAN SCHOOLS

Feb. 26 - March 4  
Junior High & Elementary

WEDNESDAY - Pork bar-b-q on bun w-relish, minestrone soup-saltnes, chocolate pudding, milk.

THURSDAY - Oven baked chicken, buttered seasoned rice, peas, roll-butter, dixie cup, milk.

FRIDAY - Tuna or peanut butter-jelly hoagie, French fries, applesauce, cookie, milk.

MONDAY - Cheeseburg on bun, hash brown oval, buttered corn, apple pie, milk.

TUESDAY - Hot dog on bun, western chili-saltnes, peaches, milk.

Senior High

WEDNESDAY - Pork bar-b-q on bun w-relish, hash brown oval, buttered corn, chocolate pudding, milk.

THURSDAY - Oven baked chicken, seasoned buttered rice, peas, roll-butter, dixie cup, milk.

FRIDAY - Tuna or peanut butter-jelly hoagie, French fries, applesauce, cookie, milk.

MONDAY - Steak hoagie w-peppers, onion rings, buttered corn, apple pie, milk.

TUESDAY - Hot dog on bun, western chili-saltnes, peaches, milk.

GATE OF HEAVEN SCHOOL

Feb. 26 - March 4

WEDNESDAY - Meatball hoagie, potato rounds, cheese stix, fruit cocktail, cookies, milk.

THURSDAY - Shake-bake chicken, corn, mashed potatoes, peaches, chocolate pudding, milk.

FRIDAY - Shrimp shapes, buttered noodles, applesauce, carrot-celery stix, cookies, milk.

MONDAY - Waffles-sausage, applesauce, stuffed celery, pudding, milk.

TUESDAY - Steak hoagie, onion rings, green beans, cheese stix, fruit cocktail, milk.

WEST SIDE TECH

Feb. 26 - 28

WEDNESDAY - Open face turkey sandwich-gravy, mashed potatoes, cranberry sauce, jello-whipped cream, milk.

THURSDAY - Oval spice-cheese-lettuce on seeded bun, vegetable soup-crackers, chips, pumpkin bars, milk.

FRIDAY - Pizza subs, tossed salad, choice of dressing, peanut butter cookies, milk.

DALLAS SCHOOLS

Feb. 26 - 28

WEDNESDAY - Taco salad, crisp lettuce topped w-nacho chips and chili w-shredded cheese or hot dog on roll, buttered green beans, fun finger gelatin, choice of milk or juice.

THURSDAY - Super French bread pizza w-pepperoni or juicy cheese-burger on roll, Boston baked beans, celery w-peanut butter, chilled fruit medley, choice of milk or juice.

FRIDAY - Breaded fish on roll w-tartar sauce or oven baked potato rounds, peaches in syrup, choice of milk or juice.



By THOMAS P. LAVELLE  
Social Security Manager

Do you receive Social Security or supplemental security income (SSI) disability checks? If so, by law your case must be reviewed periodically to make sure you continue to meet all requirements for benefits.

How often your case is reviewed depends on the nature and severity of your impairment, the likelihood of improvement, and other factors. Your case could be reviewed as early as six months after entitlement if you have a severe but short-term impairment that is expected to improve. If your impairment is more progressive or less likely to get better, your case may be reviewed as infrequently as every five to seven years.

Major reforms in 1984 greatly improved and streamlined the review process. New rules and procedures ensure that the process is more responsive and fair to disabled people. There will be greater uniformity in disability decisions at levels nationwide.

A key change is the new medical improvement review standard. Your benefits generally will continue unless there is substantial evidence that your impairment has improved and you can do substantial gainful work. There are some exceptions but they will apply in relatively few instances.

After you get a written notice, someone will interview you in person or by phone. He or she will explain the review process and your appeal and other rights. You will be asked how your impairment now keeps you from working and about medical treatment and any work activity since the latest decision.

Your case then will be reviewed by an agency in your State that makes disability decisions on behalf of the Social Security Administration. The people there will request medical reports from sources that treated you. If that evidence does not contain enough information, you may be asked to take a special examination or test at Government expense. It is your responsibility to cooperate fully and promptly if contacted because the sooner all needed information is obtained, the sooner a decision can be made.

You will be notified in writing when a decision has been made. If you still meet all requirements, benefits will continue. If the notice states you are no longer entitled to disability benefits, it will explain why. If you agree with the decision, you will receive checks for the decision month and for two months after that.

If you do not agree with the decision, you have 60 days to file a written request for a reconsideration with the Social Security office. You have a right to meet face-to-face with a decisionmaker to explain in person why you feel you are still disabled. Also, you can submit new evidence or information and have witnesses present.

In addition, you can have your benefits continued through a decision by an administrative law judge if you request this within 10 days after getting the notice. If your appeal is unsuccessful, though, you will be asked to repay the benefits you have received unless a waiver is granted.

(For more information about disability reviews, contact the local Social Security office. The people there will be glad to answer any questions you have.)

## Beautician bring business 'home'

By CHARLOT M. DENMON  
Staff Correspondent

Theresa Weidman opened her Unisex Salon located on Memorial Highway, Dallas, in September of 1985.

A resident of the Harveys Lake area, for three years she traveled to West Pittston every day where she had opened a hair care salon. Tired of the daily trip, Theresa decided the time had come to open a salon closer to home so when she found the location in the new building on Memorial Highway, just above the center of Dallas, she opened 'Theresa Weidman's Unisex Salon' where she provides hair and skin care services for the entire family - men, women and children.

Theresa and her assistant, Kathy Miller, of the Centermoreland area, do manicures, facials, perms, coloring and hair stylings. The salon is open Tuesday through Saturday by appointment or walk-in. The salon is also open evening by appointment.

Theresa, a native of Elysburg and later a resident of Elmira, N.Y., always wanted to be a beautician so when the opportunity presented itself seven years ago, she decided to enroll in a school in New York. Following graduation from the cosmetology school, Theresa passed her state examinations in New York then passed the Pennsylvania examination for her manager's license.

She likes being among people and thoroughly enjoys her new career. Theresa keeps well-informed of the newest styles and products and attends numerous seminars and workshops each year. She attends those held in Pittsburgh, New York and Hershey as well as various local ones.

Theresa has a daughter who is married and lives in Elmira, N.Y., and a son who just returned home after serving five years in the U.S. Army, three of those years in Germany.

Specializing in perms and correcting hair, Theresa's favorite products are Nexus and Sabastian.

Before she opens the salon in the morning, Theresa also does Home Health, working with persons who are recuperating at home, usually



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### Complete services

Theresa Weidman's Unisex Salon offers complete family service for men, women and children. Above, forefront, Theresa styles Margaret Phillips hair while in the background, Kathy Miller prepares to style Pete Isbitski's hair.

patients who have returned home from the hospital and need some special care. Theresa enjoys the Dallas area and the friends she has made since opening her Unisex Salon and is looking forward to meeting many more in the months ahead.



VERONICA FARINOLA

## ACS sets Daffodil Days sale

Whether or not the weather man co-operates, the Wyoming Valley Unit of the American Cancer Society will bring a touch of spring to our area March 10-17.

The annual Daffodil Days event will provide bunches of the first flower of spring, the Flower of Hope, to local residents. According to Veronica Farinola, Daffodil Chairman for the Back Mountain, the fresh cut flowers will be available for \$3.00 a bunch at the following locations:

Merchants Bank, United Penn Bank, First Eastern Bank, Franklin First Federal, Dallas & Shavertown, Hanover Bank, Heart In Hand, Bay Window Shoppes, The Porches, Trucksville Nursery School, Heart of Fashions, Great Beginnings, The Stretch Out, Back Mountain Video, Movie Magic, EM Video, Carol Eason Beauty Salon, Shear Magic Carol Lauer, Sam Roberts Beauty Salon, Ruth Crawford Beauty Salon, Spurlin Gas Station, Elizabeth's Beauty Salon, Roth Jeweler, Dallas Centre Hardware.

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