

Cookbook

Judy Gudman

She enjoys making favorite foods for her family members

By CHARLOT M. DENMON
Staff Correspondent

Judy Gudman of Vernon enjoys preparing favorite foods of her husband such as chicken, muffins, cookies, and other entrees her husband, Frank, and her daughters, Erin and Crystal enjoy. She especially likes to try new baking recipes such as those she shares with Dallas Post readers this week.

The former Judy Schoonover, daughter of Mr. and Mrs. Loren Schoonover of Centerville, Judy graduated from Tunkhannock Area High School. She and her husband, Frank, moved into the Gudman family home following their marriage and are presently renovating the house. They have added two large rooms, one upstairs and one down, doing most of the work themselves.

When she has the time, Judy likes to go four-wheeling in her Jeep on top of the high hill above their property. She also likes swimming and boating. When the weather permits, she likes to go hiking out in the country.

They do a lot of family camping and each year during the warm weather they travel to a different campsite.

Judy gets most of her recipes from members of the family or from her close friends.

Nona's Chocolate Cake is a recipe her mother used to make when Judy was a child. As far as she knows, the recipe has been in the family for years and Judy says it is absolutely delicious.

The Six Week Bran Muffins are excellent to have on hand. It is easy to dip out just as much

batter as you need to bake and serve muffins for breakfast, a snack or for an evening meal. They are easy to prepare and the batter keeps well under refrigeration.

The Soft Chocolate Chip Cookies are just like the old-fashioned sugar cookies with chocolate chips added and they make a delicious snack for children when they come in from school or for the younger children when they wake from an afternoon nap and are hungry.

The Hot Broccoli Dip is different than most dips and is terrific to serve when entertaining. It is so easy to prepare that Judy says it is almost impossible to believe that it could taste so good.

All of the recipes are easy to prepare and inexpensive to prepare which is good news to families living on a budget.

NONA'S CHOCOLATE CAKE

- 1 1/2 c. flour
- 1 c. sugar
- 1/2 c. cocoa
- 1 t. baking soda
- 1/2 t. salt
- 1/3 c. oil
- 1 t. vanilla
- 1 t. vinegar
- 1 c. cold water

Mix together flour, sugar, cocoa, baking soda and salt in a cake pan. Make three holes in dry ingredients. Mix together oil, vanilla, vinegar and cold water and pour into holes. Stir well until mixture is blended. Bake in same pan at 350 degrees for 30 minutes.

SIX WEEK BRAN MUFFINS

1 15-oz. box raisin bran



Dallas Post/Charlot M. Denmon

Waiting for goodies

Judy Gudman's daughters and their friend, Laurie Hawk, wait patiently until the cookies Judy is baking come out of the oven. Left to right, with their Easter rabbits, are Laurie Hawk, Crystal Gudman and Brin Gudman.

- 5 c. flour
- 2 c. sugar
- 5 t. baking soda
- 2 t. salt

- 4 eggs, lightly beaten
- 1 qt. buttermilk
- 1 c. oil

Mix dry ingredients in large mixing bowl; mix together eggs, buttermilk and oil, add to dry ingredients and stir until just moist. Store in refrigerator for up to six weeks. Bake as much as needed at one time. Bake at 400 degrees for 18-20 minutes.

SOFT CHOCOLATE CHIP COOKIES

- 1/2 c. butter
- 1 1/2 c. sugar
- 2 eggs
- 1 t. vanilla
- 1/2 t. baking soda
- 1/2-3/4 c. sour cream
- 1 12-oz. pkg. chocolate chips.

Cream together butter and sugar, add eggs and vanilla then add half of sour cream. Mix together dry ingredients and add to mixture little at a time, mixing continuously. When half of dry ingredients are added, mix in remainder of sour cream,

then rest of dry ingredients. Add chocolate chips and mix. Drop by teaspoonful on baking sheet. Bake at 400 degrees for 10 minutes.

HOT BROCCOLI DIP

- 2 10-oz. pkgs. frozen chopped broccoli
- 2 cans cream of mushroom soup
- 1 lb. hot pepper cheese

Let broccoli thaw at room temperature. Melt cheese and soup together, add broccoli and simmer. Keep dip warm. Use as dip for any hors d'oeuvres such as raw vegetables, shrimp, breadsticks, crackers, etc.

School menus

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

WEST SIDE TECH

April 2-8

Breakfast
WEDNESDAY - Assorted cereal, fruit cup, pumpkin bread, milk.

THURSDAY - Ham and French toast, juice and milk or cereal, pastry, juice and milk.

FRIDAY - Variety of cereal, apricots, cookies, milk.

MONDAY - Cereal assortment, cup cake, juice, milk.

TUESDAY - Waffles & syrup, fruit, milk or cereal, pastry, fruit, milk.

Lunch

WEDNESDAY - Steak hoagie-lettuce, tomato-cheese, sauteed noodles-cabbage, chocolate cake-peanut butter frosting, milk.

THURSDAY - Ham-cheese-lettuce on seeded bun, chicken noodle soup-oyster crackers, pickles, chips, Snicker Doodle cookies, milk.

FRIDAY - French bread pizza, fresh relish cup w-dip, orange slices, raisin bars, milk.

MONDAY - Hamburg on bun, chopped onions-chips, chilled fruit, vegetarian beans, chocolate cookies, milk.

TUESDAY - Wimpie-relish on soft bun, stewed tomatoes, macaroni-cheese, orange creamsicle cake, milk.

LAKE-LEHMAN SCHOOLS

April 2-8

Junior High & Elementary
WEDNESDAY - Hamburg on bun, pickle chips, potato puffs, baked beans, peaches, milk.

THURSDAY - Taco's w-trim-mings, buttered corn, ice cream, milk.

FRIDAY - Pizza or peanut butter-jelly sandwich, stuffed celery, potato chips, fruit cup, milk.

MONDAY - Mini ravioli w-meat sauce, green beans, Parker House roll-butter, pineapple tidbits, milk.

TUESDAY - Ham patti on bun, candied sweet potatoes, buttered corn, chocolate pudding, milk.

Senior High

WEDNESDAY - Steak hoagie or hot dog on bun w-peppers, onion rings, baked beans, pears, milk.

THURSDAY - Taco's w-trim-mings, buttered corn, ice cream, milk.

FRIDAY - Pizza or peanut butter-jelly sandwich, stuffed celery, potato chips, fruit cup, milk.

MONDAY - Mini ravioli w-meat sauce, green beans, Parker House roll-butter, pineapple tidbits, milk.

TUESDAY - Hot dog or kielbasi on bun, mashed potatoes, steamed sauerkraut, peaches, milk.

DALLAS SCHOOLS

April 2-8

WEDNESDAY - Zesty pork barbecue on roll w-sauce, or grilled cheese sandwich, buttered green beans, fresh fruit wedges, choice of milk or juice. Bonus: Creamsicle.

THURSDAY - Super slice of pepperoni pizza or Italian hoagie w-cold meat-lettuce, cheese, oven baked tater tots, corn kernals, choice of milk or juice. Bonus: Chocolate cake w-peanut butter icing.

FRIDAY - Meatball sub on roll or sea burger w-lettuce-tomato, tartar sauce, French fries, carrot-raisin

salad, choice of milk or juice. Bonus: Homemade cookies.

MONDAY - Cheesesteak hoagie w-sauteed onions or Sloppy Joe on roll, home fried potatoes, peaches in syrup, choice of milk or juice.

TUESDAY - Barbequed chicken in tangy sauce or peanut butter or marshmallow sandwich w-cheese cube, whipped potatoes w-gravy, buttered carrot coins, choice of milk or juice. Bonus: Soft Choco-CHIP cookie.

GATE OF HEAVEN SCHOOL

April 2-8

WEDNESDAY - Chicken croquettes, mashed potatoes, green beans, pears, milk.

THURSDAY - Beef-a-roni, corn, fruit cocktail, cookies, milk.

FRIDAY - Tuna fish on roll-lettuce, cheese cubes, carrot-celery sticks, peaches, cookies, milk.

MONDAY - Pork bar-b-que, pickles, French fries, corn, fruit cocktail, cookies, milk.

TUESDAY - Chicken noodle soup-saltines, peanut butter-jelly sandwich, peaches, milk.

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Backyard cooking is unique form

The backyard barbecue is a uniquely American form of entertaining and chicken is a favorite on grills from coast to coast.

Whether the mood - and the food - are relaxed and casual or the party takes on a more formal air, chicken is the ideal choice to highlight the menu. The guest list and the meal can be as simple or as complex, as small or as large as your style, space and budget allow.

According to the National Broiler Council, cooking chicken outdoors is a leisurely process to be savored and enjoyed by guests and hosts alike, never hurried. As the aromas of chicken sizzling on the grill fill the air, conversation flows easily and anticipation of the feast to come intensifies.

The meal won't disappoint either. Succulent chicken, marinated and grilled or carefully basted with a tasty sauce as it cooks, will please the most discriminating palate. Guest serve themselves right off the grill, buffet style.

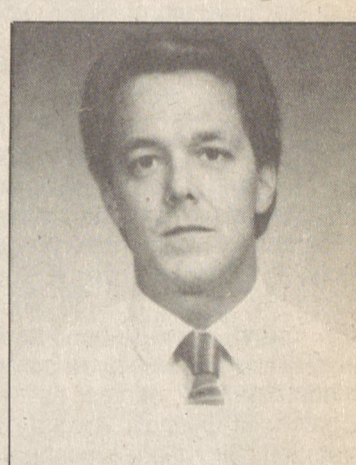
There are about as many different ways to grill chicken as there are outdoor chefs, who frequently pride themselves in developing recipes which become their hallmark. And when it comes to outdoor cooking, the man of the house is often the star of the show. Many teenagers are also proficient at the art of barbecuing chicken and even those younger can learn how with proper supervision.

When the weather is warm, backyard barbecues are the epitome of hospitality. Even an unexpected guest can be welcomed with ease - just toss another piece of chicken onto the grill and add another plate to the stack.

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