

COOKBOOK

She enjoys baked goods and casseroles

By CHARLOT M. DENMON
Staff Correspondent

Margaret Dymond of Shavertown enjoys preparing a variety of foods, especially recipes pertaining to baked goods or casseroles. Because she works, does her own homemaking chores and is busy chauffeuring her two sons to and from their various activities, Margaret looks for easy-to-prepare, time-saving but nutritious recipes to prepare for her family.

She particularly enjoys making cakes from "scratch" and has a variety of delicious cake recipes that have been in her mother's family for years. She seldom has an opportunity to make them, however, since her boys prefer "box" cakes.

The former Margaret Maguire of Lopez and later, Forty Fort, she moved to the Back Mountain in 1972 where she has resided since. Her two sons, Larry, an eighth grade student at Dallas Junior High, and Timothy, in sixth grade at Dallas, take an active part in sports. Larry

recently tried out for a Teeners team and Timothy plays soccer.

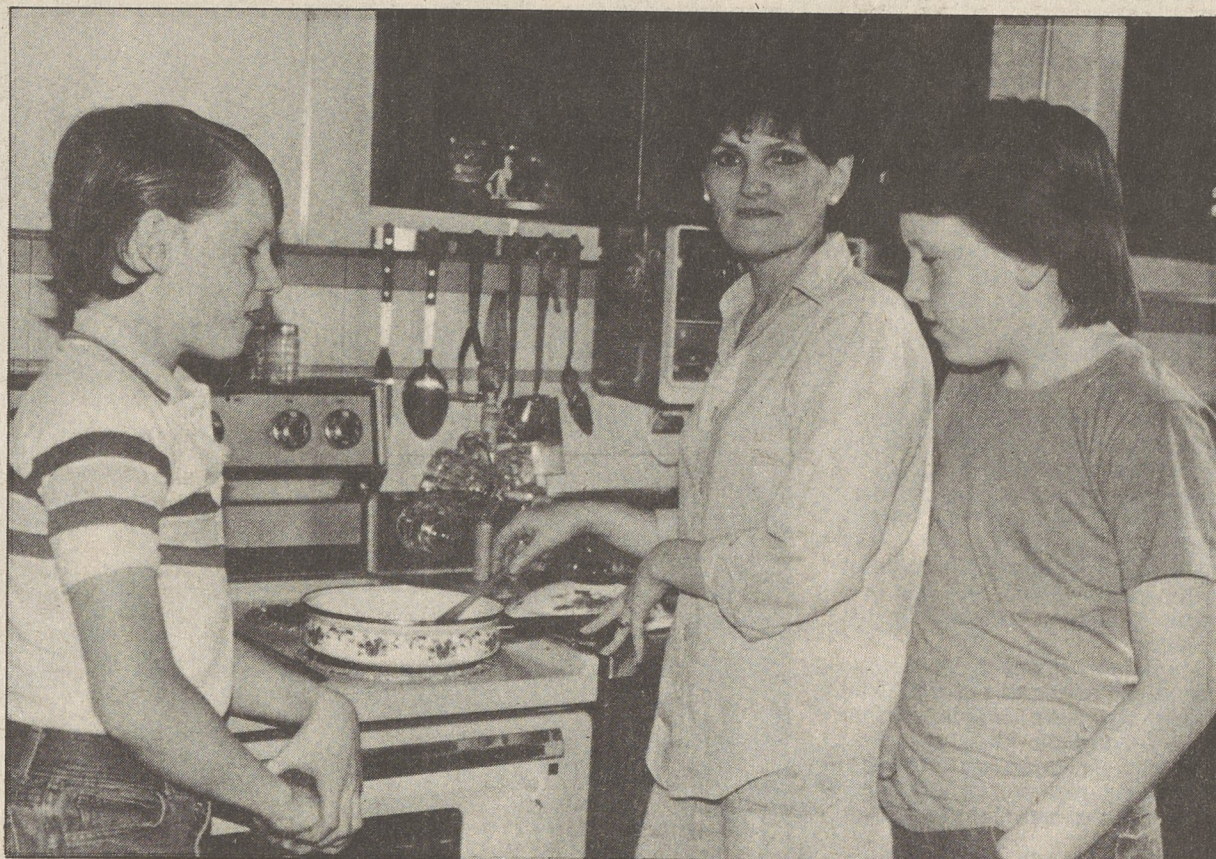
When she finds the time, Margaret enjoys reading or doing plastercraft. She also likes to paint, preferably with oils, or do pencil sketching.

The recipes Margaret shares with Dallas Post readers this week are easy-to-prepare and also time saving for the busy homemaker. They are equally delicious and nutritious.

The Kielbasa or Sausage and Potato recipe is a tasty one-dish meal and served with a tossed salad and crusty French bread. The Chop Suey is not an Oriental dish as it sounds but entirely different. Made with ground beef, bacon, tomatoes and spaghetti, it is very American but easy to prepare and very tasty.

The Pumpkin Bread serves as well as a bread accompaniment or as a cake with a light meal.

KIELBASA & POTATOES
8 slices (thick-sliced) bacon, diced



Dallas Post/Charlot M. Denmon

Waiting for supper

Larry Dymond, left, and his brother, Timothy, right, wait patiently for the kielbasa and potatoes casserole their mother, Margaret Dymond, is preparing for their supper.

2 lg. onions, chopped
6 lg. potatoes, cooked, peeled & cut into 1 inch cubes
1 Polish kielbasa or 2 lbs. Italian

sweet sausage
2 red bell peppers, cut into 1 inch squares
Salt & pepper to taste
Fry brown, and crisp the bacon, set aside. Add onions to drippings and saute until brown, add potatoes for 15 minutes. Cook kielbasa or sausage in boiling, salted water. Add kielbasa and peppers to rest of mixture-bacon, onions and potatoes, cook 10 minutes.

CHOP SUEY

1 lb. gr. beef
½ lb. bacon, diced
4 med. onions, diced
1 box spaghetti
1 qt. tomatoes
Fry bacon and onions till brown,

add beef and stir-keep from lumping. Add tomatoes and season as desired. Boil spaghetti and add to sauce. Cook 10 minutes.

PUMPKIN BREAD

1/3 c. vegetable oil
1 c. pumpkin
3 eggs
2 1/3 c. Bisquick
1 1/4 c. sugar
2 t. ground cinnamon
½ c. raisins

Stir all ingredients together in order above. Pour into greased pan, bake at 350 degrees for 45-55 minutes. Let cool five minutes before serving.

SCHOOL MENUS

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

DALLAS SCHOOLS

April 23 - 29

WEDNESDAY - Chili con carne w-corn muffin or grilled ham-cheese sandwich, clery sticks w-peanut butter, fresh apple wedge, choice of milk or juice.

THURSDAY - Macaroni Creole w-fresh bread-butter or Italian hoagie w-cold meat-lettuce-cheese, green beans, choice of milk or juice. Bonus: Creamy rice raisin pudding.

FRIDAY - Bacon cheeseburger on roll w-lettuce-tomato-mayo or Dutch tuna and cheeue on soft roll, chicken rice-veggie soup, chilled apricots, choice of milk or juice.

MONDAY - Dallas bunwich (foiled wrapped hot ham-cheese on roll) or wimple on soft roll, oven fater tots, pineapple topped w-cornut, choice of milk or juice.

TUESDAY - Savory meatloaf or frankfurter on roll, steamed rice-gravy, candied carrots, cinnamon applesauce, choice of milk or juice. Bonus: Soft, hot pretzel.

GATE OF HEAVEN SCHOOL

April 23 - 29

WEDNESDAY - Veal patti w-sauce, mashed potatoes, corn, applesauce, milk.

THURSDAY - Gator burger, chips, pickles, pears, cookies, milk. Early dismissal.

FRIDAY - Fish, buttered noodles, green beans, peaches, Tastykake, milk.

MONDAY - Chicken pattie w-bun, carrots, apricots, cookies, milk.

TUESDAY - Spaghetti w-meat-

balls, green beans, pineapple, milk.

WEST SIDE TECH

April 23 - 30

Breakfast

WEDNESDAY - Waffles w-syrup, juice or cereal, juice, pastry, milk.

THURSDAY - Variety of cereal, orange smiles, pastry, milk.

FRIDAY - Cereal assortment, juice, banana bread, milk.

MONDAY - Cereal assortment, juice, peanut butter cookies, milk.

TUESDAY - Variety of cereal, juice, blueberry muffin, milk.

WEDNESDAY - Ham and pancakes, juice, milk or cereal, pastry, juice, milk.

Lunch

WEDNESDAY - Beef-a-roni, grated cheese, tossed salad w-choice of dressing, Italian roll-butter, Tech squares, milk.

THURSDAY - Open face turkey sandwich w-gravy, mashed potatoes, seasoned peas, cherry short-cake, milk.

FRIDAY - Fish fillet on bun, tartar sauce, macaroni-cheese, stewed tomatoes, sugar and spice cookies, milk.

MONDAY - Hamburg on bun, relish-onions, hash browns, apple, chocolate pie, milk.

TUESDAY - Beef bar-b-que w-relish on seeded bun, French fries, spiced applesauce, pineapple squares, milk.

WEDNESDAY - Grilled cheese, chips, pickles, vegetable soup-

crackers, rice pudding w-raisins, milk.

LAKE-LEHMAN SCHOOLS

April 23 - 29

Senior High School

WEDNESDAY - Veal parmesan, buttered macaroni, broccoli, Parker House roll-butter, frosted cake, milk.

THURSDAY - Early Dismissal. Chef's choice.

FRIDAY - Pizza or egg salad sandwich, potato chips, stuffed celery, orange wedges, milk.

MONDAY - Ham or chicken patti on bun, candied sweet potatoes, buttered peas, chocolate pudding, milk.

TUESDAY - Beef stew over buttered noodles, pickled beets, Parker House roll-butter, peaches, milk.

Junior High & Elementary

WEDNESDAY - Hamburg gravy, mashed potatoes, glazed carrots, Parker House roll-butter, ice cream, milk.

THURSDAY - Early dismissal. Veal parmesan, buttered macaroni, broccoli, Parker House roll-butter, frosted cake, milk.

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

MONDAY - Beef stew over buttered noodles, pickled beets, Parker House roll-butter, pears, milk.

TUESDAY - Hot dog on bun, hash brown oval, buttered corn, pudding, milk.

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(TO AGE 12)

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Consumer kit will aid our seniors

Attorney General LeRoy S. Zimmerman recently unveiled a new "Senior Edition" Consumer Protection Kit "designed to help senior citizens fight back against ripoff artists who target them as easy marks for consumer fraud."

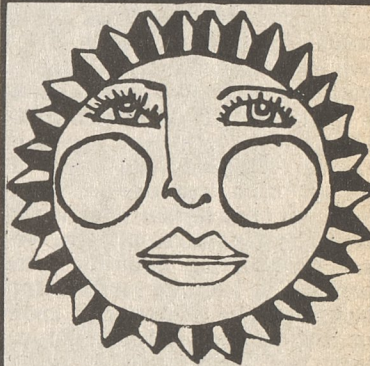
Zimmerman started distribution of the new kit recently to coincide with National Consumers Week, April 20-26, an annual observance which highlights the achievements of the consumer movement in the United States.

The Senior Edition is a redesigned version of Zimmerman's regular Consumer Protection Kit - a collection of 22 educational inserts, each dealing with a separate topic of consumer interest.

Pennsylvanians can order copies of either the regular Consumer Protection Kit or the Senior Edition by calling our toll-free Consumer Hotline at 1-800-441-2555.

The bureau, part of the Public Protection Division of the Office of Attorney General, serves Pennsylvania consumers through six regional offices located in Allentown, Erie, Harrisburg, Philadelphia, Pittsburgh and Scranton.

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