

Cookbook

Despite owning a business, she finds time for cooking

By CHARLOT M. DENMON
Staff Correspondent

Roxanne Opalicki spends every day in her new business "Heart of Fashions" dress shop located in the Route 309/415 Plaza, Dallas. Her recently opened business keeps Roxanne occupied most of the time.

Despite the many hours Roxie, as she is known to most of her friends, still finds time to prepare many of the dishes her husband, John, and her family enjoy.

Roxie likes to try new kinds of recipes and enjoys combining soups, entrees, vegetables and salads to make an entire meal. She also experiments with basic recipes, adding various seasonings or vegetables she believes her family will like.

Many of the various dishes she prepares are recipes that have been in her family or those she has obtained from friends. Because she spends so many hours in her business, Roxie likes to prepare foods that do not take too much of her time but are tasty and nutritious.

The Chicken-Vegetable Soup is tasty and easy to prepare. The most time needed is in cooking it. If desired, other vegetables may be substituted according to one's taste.

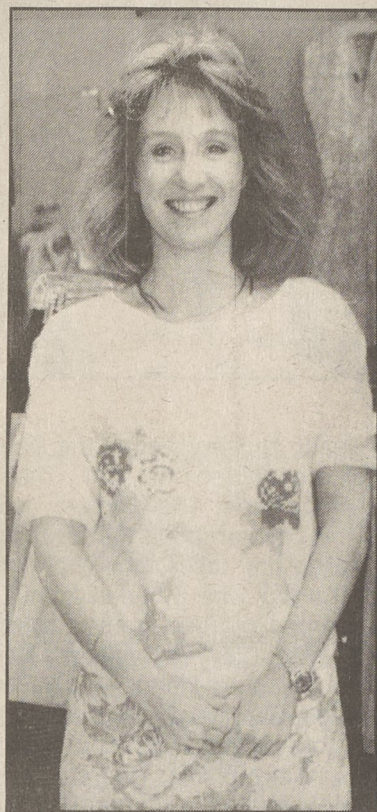
The Potato Almond Patties are unusual and can be prepared while the Chicken-Vegetable Soup is cooking. The almond coating gives the patties a unique flavor which is usually enjoyed by anyone who tries them. The name Yellow Beans does not begin to describe the delicious flavor of the beans when they are combined with the onions, peppers and tomatoes.

The Salisbury Steak is easy to prepare, but can be compared to gourmet food, it is so delicious. The combination of the beef and mushroom soup gives the steak a different flavor than most Salisbury Steak recipes.

The soup, potato patties, yellow beans and salisbury steak, make a great meal for one's family, or for entertaining friends for dinner. Just add a salad, light dessert and a delicious and colorful dinner is ready.

POTATO ALMOND PATTIES

1 c. water
1/3 c. milk
2 T. margarine or butter



ROXANNE OPALICKI

1 t. salt
1 1/3 c. mashed potatoes
1/3 c. chopped green onions (with tops)
2 T. finely chopped almonds
2 T. all-purpose flour
Have ready at serving time:
2 T. margarine or butter
2 T. vegetable oil

Heat water, milk, margarine and salt to boiling in 2-quart saucepan; remove from heat. Stir in potatoes and onions. Whip with fork until thick; cool. Shape potato mixture into six patties, each about three inches in diameter. Mix almonds and flour, coat each patty with almond mixture. (To serve immediately, continue in directions to serve). Cover and refrigerate no longer than 48 hours. TO SERVE: Heat margarine and oil in 10-inch skillet until hot. Cook patties turning once until golden brown and hot, about three minutes on each side. Serve with sour cream, if desired.

SALISBURY STEAK

4 cans Campbell Beef and Mushroom Soup

1 1/2 lb. ground beef
1/2 c. fine dry bread crumbs
1 egg, slightly beaten
1/4 c. finely chopped onion
1/8 t. pepper
1/2 c. water

Mix thoroughly 1/4 cup soup, beef, bread crumbs, egg, onion and pepper; shape finely into six patties. In frying pan, brown (use shortening if necessary); pour off fat. Stir in remaining soup and other three cans of soup and water; thicken a little if necessary. Cover, cook over low heat, turning occasionally. Makes six servings.

YELLOW BEANS

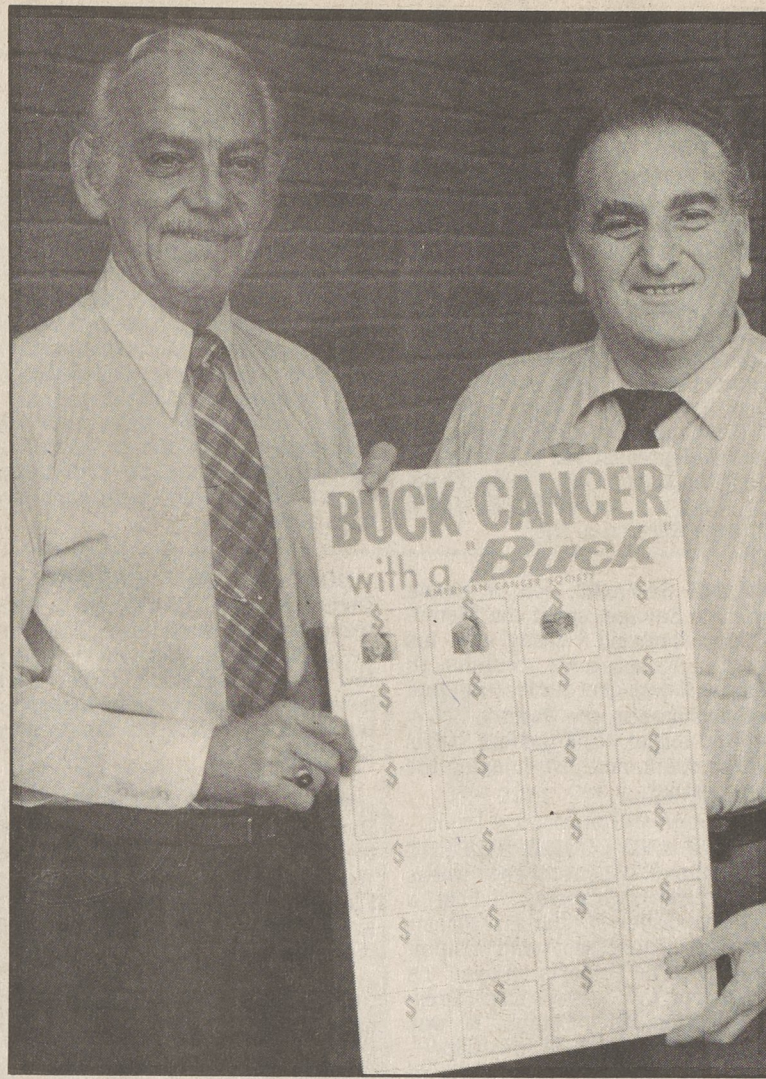
1-2 lb. wax beans
4-6 fresh tomatoes, quartered
1 lg. onion, finely chopped
1 green pepper, finely chopped
1 red pepper, finely chopped
Paprika

Wash and cut beans; place in rapidly boiling water. Boil over medium heat until nearly done. In another pan, fry onions, green and red peppers until tender, sprinkle with paprika. When done, combine with beans, drained, and add tomatoes. Simmer over medium heat until done.

CHICKEN VEGETABLE SOUP

2 3-3 1/2 lb. broiler or fryer chickens, cut up
6 c. water
1 T. plus 1 t. salt
1/2 t. garlic salt
1/2 t. pepper
1/2 t. dried basil leaves
1 bay leaf
3 med. carrots, sliced
3 small onions, sliced
1 pkg. frozen cut green beans
4 sm. zucchini, cut into 1/4-inch slices

Heat chicken, water, salt, garlic salt, pepper, basil and bay leaf to boiling in 2-quart pot, reduce heat, cover and simmer until chicken is done (about 45 minutes to one hour). Remove chicken from broth, reserve broth. Cool chicken quickly, remove chicken from bones. Cut chicken into small pieces. Skim fat from broth. Add two cups of cut-up chicken, carrots, onions, and frozen beans to broth in pot. Heat to boiling, reduce heat, cover and simmer 30 minutes. Stir in zucchini and macaroni. Heat to boiling, reduce heat. Cook and simmer until macaroni is tender, 10-15 minutes. Serves 6-8.



Boards distributed

Buck Boards were distributed recently throughout the Back Mountain by Falcone Beverage Company. Local businesses, restaurants and State Liquor Stores display the boards and participants Buck Cancer with a Buck by contributing a dollar or more in the slot provided. A special plaque will be awarded to the establishment collecting the most dollars. Displaying the board are Sam Roberts and Bob Delconte of Same Robert's Hair Fashions, Shavertown.

School menus

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

WEST SIDE TECH

June 4 - 11

Breakfast

WEDNESDAY - Ham, French toast-syrup, juice, milk or cereal, juice, pastry, milk.

THURSDAY - Variety of cereal, chilled fruit, coffee cake, milk.

FRIDAY - Cereal assortment, juice, muffin, milk.

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

TUESDAY - Cereal assortment, orange, apple cake, milk.

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

Lunch

WEDNESDAY - Grilled cheese, chips, tomato soup-crackers, fresh fruit, oatmeal raisin cookies, milk.

THURSDAY - Wimpies on soft bun, relish, fried potatoes, fresh relish cup, brownies, milk.

FRIDAY - Pizza, chilled juice, creamy cole slaw, Tech squares, milk.

MONDAY - Hamburg on bun, assorted condiments, sauteed cabbage, fruit, chocolate chip cookies, milk.

TUESDAY - Variety of sandwiches, macaroni-cheese, stewed tomatoes, cake-peanut butter icing, milk.

WEDNESDAY - Pork bar-b-que, relish, on soft bun, buttered rice, seasoned mixed vegetables, assorted desserts, milk.

DALLAS SCHOOLS

June 4 - 10

WEDNESDAY - Cheesy pepperoni

pizza, or cheeseburger w-lettuce-tomato, golden corn kernals, fresh fruit wedges, choice of milk or juice.

THURSDAY - Saucy pasta Italian w-fresh bread or cold cut hoagie w-lettuce-cheese, salad greens w-dressing, strawberry gelatin w-fruit-topping, choice of milk or juice.

FRIDAY - Pierogies sauteed in butter-onions or Sloppy Joe sandwich, creamy cole slaw, applesauce, choice of milk or juice. Bonus: Peanut butter pudding cake.

MONDAY - Bunwich (foil wrapped ham-cheese) or hot dog on bun, French fries, buttered mixed veggies, choice of milk or juice. Bonus: Oatmeal raisin cookie.

TUESDAY - Beef barbecue sandwich or grilled cheese sandwich, crunch celery stix w-peanut butter, fresh fruit wedge, choice of milk or juice. Bonus: Soft hot pretzel.

SS Office issues warning

Responding to numerous inquiries, Thomas P. Lavelle, Social Security manager in Wilkes-Barre, said recently that a firm operating in the Washington, D.C. area solicits people through direct mail. This firm is selling a service which is provided at no charge by every Social Security office.

The company obtains local birth information and then mails new parents an offer to get a Social Security number for their child for a \$10 fee. This service can be obtained without charge at any Social Security office. In addition, the parent has to do everything for the company he or she would have to do if he or she contacted Social Security in the first place.

For a parent to obtain a Social Security number for a child, the parent needs evidence of the child's date of birth, citizenship, and identity. The parent will also need evidence of his or her own identity.

The direct mail advertisement also indicates that new legislation may require that children be listed by Social Security number on the parents' tax return. There is no such legislation, Lavelle said. In addition, Social Security does not provide counties with information about which children have Social Security numbers.

The Wilkes-Barre Social Security office is located at Room 2227, Penn Place, and the telephone number is 826-6259.

Bible School is cancelled

The Kunkle United Methodist Church, Kunkle, will not hold its Vacation Bible School Program this summer but will continue to have adult and children Sunday School Classes every Sunday from 10:45 to 11:45. Everyone is welcome.



Ceremonies held

Members of Lehman Girl Scout Troops held their Flyup ceremonies last week in a special program attended by their parents and friends. Above, Charlene Cook, neighborhood director and Cadette Scout Leader, far left, poses with members of Cadette Girl Scout Troop 706, Junior Scout Troop 626, and Brownie Troops 641 and 658.

Dallas Post/Charlot M. Denmon

Auditions set

For the second summer in a row, the Wilkes College Theater will present its "Free Outdoor Shakespeare" program on the Pickering Dining Hall lawn on campus. This summer's production will be "Love's Labors Lost," and is offered to the community at no charge.

"Love's Labors Lost" will be presented Thursday, July 10 through Sunday, July 13. Auditions for the production will be held on Monday, June 9 and Tuesday, June 10 at 7 p.m. in the Dorothy Dickson Darte Center for the Performing Arts. Dr. Michael O'Neill, Director of Theater at the college, urges members of the community who are interested in Shakespeare and outdoor theater to audition for the production, which requires a cast of 10 men and eight women of various ages. Singers and musicians are also needed.

For further information about "Love's Labors Lost" contact Dr. O'Neill at 824-4651, ext. 415 or 422.



Trees planted

The grounds at the Meadows Nursing Center, Dallas, were recently enhanced by the donation of two Kranston Cherry Trees by Betty Williamson, in memory of her husband, Elwood Williamson, a former resident at the center. Mrs. Williamson, left, is a Meadows volunteer, and is shown with her daughter, Carole Blejwas, nursing assistant coordinator at the center.

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