

Cookbook

With the harvest season comes delicious dishes

By CHARLOT M. DENMON
Staff Correspondent

The harvest season is with us and as vegetables of all varieties ripen in gardens or appear in the markets, so, too, do a wide variety of apples, from the tart, green Granny Smith apples, to golden and red Delicious, crisp McIntosh and the tart Miltons, and soon, the favorite firm Cortlands, great for eating, baking and salads.

Just as there is a wide variety of apples, so are there as many, if not more, kinds of recipes for this great American fruit. Everyone knows that the two-crust deep dish Apple Pie is the American favorite along with the Hot Dog and Hamburg, but in this week's Dallas Post Cookbook, we bring you some unusual but easy-to-prepare, delicious and economical ways to use that ever-so-popular Great American fruit.

Apple Salad with honey dressing takes only 15 minutes to prepare and the blend of apples, walnuts and honey is a different but satisfying dish. Apple Cauliflower is especially appropriate for this time of year with the abundance of both apples and cauliflower. The flavors of the two blend together in a crunchy, delicious salad, an ideal accompaniment for pork, ham or poultry. Apple Cheese Custard takes only 15 minutes to prepare and about an hour to bake. Made with Granny Smith, or later, with Cortland apples, it is a tempting pudding. For a variation of the all-time favorite apple pie, we suggest trying the Crumb Apple-Walnut Pie, easy to make but flavorful and appealing to the tastebuds.

Washington Apple Cake is quite different from other apple cakes but makes an excellent dessert for serving to a group or taking to a church supper. It takes less than half an hour to prepare and about one hour to bake. For those who enjoy Wal-



Apple varieties

Mary Martin stands behind several varieties of apples used in this week's recipes.

dorf Salad, the Molded Apple Salad is a delicious substitute. Prepare it in 15 minutes and refrigerate for two hours and you have a tasty, molded salad with a fresh apple cider taste.

CRUMB APPLE-WALNUT PIE
4-5 tart apples, peeled, sliced
1/3 c. sugar
1/3 c. brown sugar
1/2 t. cinnamon
2 T. butter or margarine

Crumb topping:
1/2 c. butter or margarine
1/2 c. brown sugar
1/2 c. chopped walnuts
3/4 c. flour
Combine sugars and cinnamon;

place apples in well-greased 9-inch pie tin, top with sugar mixture and dot with butter. For the crumb topping, mix butter, sugar, walnuts and flour until it forms coarse crumbs.

Sprinkle crumbs over filling. Bake at 400 degrees 40 to 50 minutes or until apples are tender and crumb crust is golden brown. Serve warm with ice cream or whipped cream.

APPLE SALAD
WITH HONEY DRESSING
1 sm. head lettuce
3 med. tart, crisp apples
1/3 c. walnuts
Honey Dressing:
1/2 c. sour cream
2 T. lemon juice
1 T. honey
1/2 t. tarragon
3/4 c. poppy seed dressing
Salt & pepper
Lemon juice to taste
Core and cut apples into quarters, then slice crosswise into thin slices.
1/4 t. salt (optional)
Tear lettuce in small pieces and place in salad bowl. Slice apples, unpeeled, and toss with lettuce. Add spoon dressing over individual servings with the honey dressing. To make the dressing, blend sour cream with lemon juice, honey, tarragon and, if used, salt. Let

(optional) or peanut butter-jelly sandwich w-cheese cube, celery stick, fruit wedges, choice of milk or juice. Bonus: Applesauce cake.

THURSDAY - Turkey barbecue on roll w-special relish or Italian cold cut hoagie, crunchy potato chips, golden corn kernals, choice of milk or juice. Bonus: Orange gelatin w-Mandarin oranges.

FRIDAY - French bread pizza, or grilled cheese sandwich, tossed salad w-dressing, choice of milk or juice. Bonus: Iced banana nut muffin.

MONDAY - Mexicali tacos (gr. beef, lettuce, cheese, w-sauce

stand for half an hour to blend flavors. Whisk salad before serving. If not serving immediately, sprinkle apples with lemon juice to prevent them from turning brown.

APPLE CAULIFLOWER SALAD
2 lg. McIntosh apples
1 c. sliced raw cauliflower
Mix apples with cauliflower and enough poppy seed dressing to coat each piece. Add enough seasonings to suit taste and serve over lettuce.

Poppy Seed Dressing:
1 egg
1/2 to 3/4 c. mustard
1 t. salt
1/3 c. cider vinegar
1 T. minced onion
1 c. salad oil
1 t. poppy seed & sesame seed

Place egg, sugar, mustard, salt, vinegar and onion into blender or food processor with steel blade. Turn on motor and slowly add oil to make a thick mayonnaise-like mixture. Blend in poppy seed and sesame seeds. Makes about one and a half cups dressing.

APPLE CHEESE CUSTARD
5 lg. tart apples
1 c. cottage cheese
3/4 c. sugar
1 t. vanilla
1/2 t. cinnamon
2 eggs
1/2 c. half & half
6 whole cardamom
Whipped cream, optional
Peel, core and slice apples and spread in well-greased shallow baking dish. In blender or food processor combine cottage cheese, sugar, vanilla, cinnamon, eggs and half and half cream. Blend until smooth. Pour mixture over apples. Split cardamom pods, remove seeds and sprinkle seeds evenly over the apple mixture. Bake at 350 degrees for about 60 minutes. Apples should be tender and top golden brown. Serve warm with whipped cream, if desired, or plain.

WASHINGTON APPLE CAKE
3 eggs
1 1/2 c. sugar
1 c. oil
2 c. flour
2 t. cinnamon
1 t. baking soda
1/2 t. salt (optional)
1 t. vanilla
1 c. chopped walnuts, optional
4 c. thinly sliced, peeled tart apples
In large mixing bowl, beat eggs at high speed until thick and light; combine sugar and oil and beat into eggs. Stir together flour, cinnamon, baking soda and salt and add to egg mixture; stir in vanilla and walnuts, if used. Spread apple slices on bottom of greased 9 x 13-inch cake pan. Pour batter over apples, spreading evenly to cover. Bake at 350 degrees for one hour or until cake is light brown and apples tender. Remove from oven, let cool and top with whipped cream or favorite topping.

MOLDED APPLE SALAD
1 pkg. lemon gelatin
1 3/4 c. cider or apple juice
1 1/2 c. red apples, unpeeled
1/2 c. diced celery
1/4 c. coarsely chopped walnuts
Lettuce, optional
Red grapes
McIntosh apples preferable for taste and color in salad.
Dissolve the lemon gelatin in half-cup of the cider; let stand for five minutes, heat and stir until dissolved. Add remaining cider and chill until gelatin is thickness of unbeaten egg whites. Fold in diced apples, celery and walnuts and pour into jello mold. Cover and chill until firm, two hours or more. Unmold on a lettuce-lined plate and garnish with grapes. Pass with favorite mayonnaise dressing; flavor dressing with some crumbled bleu cheese to counteract sweetness of apples. If desired, make dressing of half mayonnaise and half yogurt to reduce calories.

School menus

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

GATE OF HEAVEN SCHOOL
Sept. 24 - 30

WEDNESDAY - Meat loaf, buttered noddles, carrots, fruit ice, juices, milk.

THURSDAY - Chili dog w-bun, baked beans, pineapple, Tastykake, milk.

FRIDAY - Fish-cheese nuggets w-sauce, green beans, applesauce, cookies, milk.

MONDAY - Gator burger, French fries, peaches, cake, milk.

TUESDAY - Vegetable soup-salad, spiced ham sandwich, fruit

cocktail, apple pie, milk.

WEST SIDE TECH
Sept. 24 - 30
Breakfast

WEDNESDAY - Banana, assorted cereal, pastry, milk.

THURSDAY - Chilled juice, variety of cereal, coffee cake, milk.

FRIDAY - Fruit cup, assorted cereal, banana bread-butter, milk.

MONDAY - Chilled juice, assorted cereal, cup cake, milk.

TUESDAY - Fruit, assorted cereal, muffin-butter, milk.

Lunch
WEDNESDAY - Beef Bar B Que on seeded bun w-relish, French fries, Tech squares, milk.

THURSDAY - Ham patty, macaroni-cheese, stewed tomatoes, jelly-bananas, milk.

FRIDAY - Grilled cheese, chips, tomato soup-crackers, pickles, peanut butter cookies, milk.

MONDAY - Hamburg on bun, chopped onions-relish, copper penny salad, chips, chocolate cream pie, milk.

TUESDAY - Taco w-trimmings, buttered vegetables, corn chips, vanilla cake, milk.

DALLAS SCHOOLS
Sept. 24 - 30
WEDNESDAY - Blueberry pancakes w-butter & syrup, sausage

link or peanut butter-marshmallow w-cheese cube, celery stick, fresh banana half, choice of milk or juice. Bonus: Applesauce cake.

THURSDAY - Turkey barbecue on roll w-special relish or Italian cold cut hoagie, crunchy potato chips, golden corn kernals, choice of milk or juice. Bonus: Orange gelatin w-Mandarin oranges.

FRIDAY - French bread pizza, or grilled cheese sandwich, tossed salad w-dressing, choice of milk or juice. Bonus: Iced banana nut muffin.

MONDAY - Mexicali tacos (gr. beef, lettuce, cheese, w-sauce

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THURSDAY - Turkey barbecue on roll w-special relish or Italian cold cut hoagie, crunchy potato chips, golden corn kernals, choice of milk or juice. Bonus: Orange gelatin w-Mandarin oranges.

FRIDAY - French bread pizza, or grilled cheese sandwich, tossed salad w-dressing, choice of milk or juice. Bonus: Iced banana nut muffin.

MONDAY - Mexicali tacos (gr. beef, lettuce, cheese, w-sauce

(optional) or peanut butter-jelly sandwich w-cheese cube, celery stick, fruit wedges, choice of milk or juice. Bonus: Pretzel rod.

TUESDAY - End of season picnic: foot long hot dog on extra long roll or Sloppy Joe on roll, creamy macaroni salad, applesauce, choice of milk or juice.

LAKE-LEHMAN SCHOOLS
Sept. 22 - 26
MONDAY - Toasted cheese sandwich, pickle chips, tomato soup-

saltines, peaches, donut, milk.

TUESDAY - Beef stew over noodles, pickled beets, Parker House roll-butter, ice cream, milk.

WEDNESDAY - Early dismissal - Cheeseburger on bun, onion rings, buttered corn, frosted cake, milk.

THURSDAY - Sausage links, buttered waffles w-maple syrup, applesauce, orange wedges, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, pineapple tidbits, milk.

Employee strike comes to end at College Misericordia

Working conditions at College Misericordia are back to normal this week following a week long strike against Custom Management Corporation by its employees located at the college.

Last Wednesday, 21 workers, including custodial, groundskeeping and maintenance personnel, unanimously accepted a three year contract to put an end to the 10-day walkout.

"We're absolutely delighted that both sides were able to come to a quick settlement," said Judy Daley, public relations director for College Misericordia.

Under the new agreement, workers will receive an increase of 20-27 cents per hour the first and second

year and 25-29 cents in the third, with all other benefits remaining the same.

Employees, who are also members of Teamsters Local 401, voted on August 31 to reject the company's first offer, prompting the strike. Following that, Custom Management sent several non-union workers of the corporation to the

College to take the place of striking personnel while picketers set up outside the College entrances. No problems occurred, however, between the two factions.

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Births

(The following Back Mountain couples announced births last week:)

ALLEN, PATRICIA and CRAIG, RD 3, Lot 19, Valley View Park, Dallas, a daughter, Monday, Sept. 8.
HADZOR, DEBRA and THOMAS, Box 518 Upper Demunds Road, RD 1, Dallas, a son, Tuesday, Sept. 9.
MORRIS, PATTI and MELVIN, Box 351M, RD 4, Dallas, a daughter, Tuesday, Sept. 9.

BLIGHT, IDA and KARL, RD 1, Box 479A, Harveys Lake, a daughter, Friday, Sept. 5.

WAGNER, MICHELLE and WIL-

LIAM, RD 1, Box 257A, Ridge Avenue, Dallas, a son, Saturday, Sept. 6.

RADICS, MOLLIE and ROBERT, 86 Rice St., Trucksville, a daughter, Thursday, Sept. 11.

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Sunday 9/21	Jenn Air and Microwave Demonstrations	2-5 p.m.
Wednesday 9/24	Jenn Air and Microwave Demonstrations	7-9 p.m.
Friday 9/26	Jenn Air and Microwave Demonstrations	7-9 p.m.
Also Do It Yourself Night		
Saturday 9/27	Jenn Air and Microwave Demonstrations	2-5 p.m.

DRAWING 8 P.M. - SATURDAY 27th

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