

Food/cooking

Add zing with apples!

Faced with the same dull menu ideas night after night? To add new excitement to old recipes, look no further than that jar of applesauce on the shelf and break out of the cooking doldrums with a wholesome food that is delicious, nutritious and versatile in dozens of recipes.

During April, Pennsylvania's apple producers and processors are emphasizing the many uses of applesauce in conjunction with National Applesauce Month.

Applesauce can also be used as a cooking ingredient to spice up tired dishes. Combine applesauce with lemon juice and tomato sauce to create a zesty barbecue sauce for chicken or add it to meatloaf for a new moistness and flavor. Create a new bread spread by mixing applesauce with butter or use it as a substitute for butter or mayonnaise in grilled cheese or turkey sandwiches.

Of course, applesauce is still a popular and convenient dessert item but can be used in many new and delicious ways. Fill dessert crepes with applesauce for a new taste treat or use applesauce as a low calorie topping for ice cream. Bakers can even moisten their cakes and cookies by adding applesauce to the batter.

For purists, chilled applesauce garnished with cinnamon or parsley still serves as a perfect warm weather dessert or snack that's a snap to prepare.

Best of all, no matter how applesauce is used, it is still a good source of vitamins and nutrients with no fat or cholesterol. In fact, each cup of applesauce contains only 80 calories and is also rich in pectin, a dietary fiber which may actually reduce blood cholesterol levels. Current medical research also indicates applesauce is a good source of boron, which improves the body's use of calcium to prevent osteoporosis.

With today's emphasis on health and fitness, many people are eating lighter. It's good to know that there is a great tasting food that is also good for you and can be used in so many fresh and delicious ways.

Potatoes are toxic?

A recent Cornell study concluded that "Potato skins contain natural chemicals that are toxic to humans." Although the study could not pinpoint the number of skins it would take to feel the effects of these chemicals, it stated that "consuming large amounts (more than 20 milligrams per 100 of fresh weight) would result in headaches and nausea," as reported in a recent Los Angeles Times story.

The Cornell claim failed to mention that it is virtually impossible to reach the 20 milligram level when consuming average amounts of potatoes. To reach this level, a person would have to eat 125 pounds of potatoes at a sitting to feel the very least of the side effects mentioned.



STRAWBERRY TIME — Lisa Cavill helps her grandmother Alice Saporito make strawberry filled Angel Torte by cleaning some of the strawberries for the family's family dessert. (C.M. Denmon Photo)

Strawberries make delightful desserts

BY CHARLOT M. DENMON
Staff Writer

Strawberry season is a favorite time of the year for the Joseph Saporito family because they know that's the time of the year they will have plenty of Alice Saporito's delicious fresh strawberry desserts.

With the past few sunny, warm days, they realize local strawberries will be in abundance in the markets and they will partake of strawberry pie, strawberry tortes, and various other strawberry delights.

Strawberries have put in an appearance in the markets recently and during the past week, Alice Saporito purchased several pints to make some of her family's favorite recipes. Since she works full time, Alice looks for easy-to-prepare desserts that look spectacular and taste delicious.

One of her favorite recipes is Strawberry Filled Angel Torte and

her granddaughter's favorite is Fresh Strawberry Glazed Pie. Alice graciously agreed to share these recipes with our Dallas Post readers.

The torte is quick and easy and a pre-baked, homemade or purchased angel food cake can be used. The torte can be put together in 10 to 20 minutes. The pie takes slightly longer but it is also an easy-to-prepare strawberry delight.

STRAWBERRY FILLED ANGEL TORTE

1-16 oz. pkg. frozen strawberries (sweetened)
1 pkg. vanilla instant pudding (3-4 oz.)

1 c. milk
1 10-12 inch angel food cake
1 med. container whipped topping
1 pt. fresh strawberries

Let frozen strawberries thaw. Wash and hull fresh strawberries. Combine pudding mix with milk. When pudding thickens, stir in thawed strawberries. Split angel food cake into three layers. Spread

strawberry mixture between layers, stacking layers back on top of each other again. Spread whipped topping over top and sides of cake. Decorate top with fresh strawberries. Serve immediately or cover and refrigerate 2-3 hours.

STRAWBERRY GLAZED PIE

½ c. water
1 c. sugar
3 T. cornstarch
2 c. strawberries
1 T. butter or margarine
Red food coloring
1 pie shell, prebaked

Mix water, sugar and cornstarch in saucepan. Crush strawberries and add to mixture. Bring mixture to boil and cook until clear (3-5 minutes). Add butter and red food coloring (before adding butter and coloring, strain mixture). Arrange sufficient fresh strawberries to fill pie shell (heap berries in shell). Spoon glaze over berries and refrigerate till set. Top with whipped cream before serving.

"Make it with milk" contest announced

Finalists will be chosen by preliminary judging with a cook-off scheduled for June 4 during the festival.

The Grand Prize winner will

receive a \$200 shopping spree from Cropper's Farm Market in Guthrieville. Additional prizes include a \$50 savings bond, ice cream certificates, and a set of three saute pans.



SET AN ELEGANT TABLE — Inexpensive but elegant mismatched china plates and glassware, lacy linens, and fresh flowers make for a lovely table setting.

Elegance is not costly

Today's tables are putting on their best dress for casual as well as elegant occasions. Frozen or fast food, take-in or gourmet prepared-at-home meals are being showcased on fashionable tables which often combine fancy and inexpensive dinnerware and accessories.

According to Michele Occhiogrosso, director of the National Tabletop Association, New York, "The last five years have seen a resurgence in fashion for the table with fine china and crystal as likely to be used for chili as for Beef Wellington. As with personal fashion," she notes, "home and table have become an expression of the creative self, communicating as many moods as there are people."

Fortunately, say the experts, to be in style everything doesn't have to match. "This takes the pressure off those striving to complete costly dinnerware patterns," says Bride's magazine tabletop editor, Donna Ferrari. "Complementary pieces from family hand-me-downs to flea-market finds, extend the use of china and crystal patterns and offer a change of pace."

Ferrari suggests using seashells for cold seafood salads, or Manila fans with a lettuce leaf for luncheon sandwiches, creating lotus fold napkin "cups" to cover mismatched soup bowls, and filling in

missing settings and serving dishes with inexpensive but unique looking pieces. Whatever you select, she says, can be tied together with tablecoverings, accessories and flowers.

Even those who can afford to buy fancy accessories, often prefer making creative ones which will impress guests, such as easy-to-do "wow-inspiring" table additions:

-Napkin rings created from a loop of ribbon secured with a silk or fresh flower glued at the seam.

-Roll a slice of cardboard tissue core in white glue, then in potpourri, for a fragrant napkin holder.

-Hollowed out firm fruit or vegetables make decorative candlesticks or serving bowls. Try apples or artichokes for candles and cabbages or kale for side dishes.

-Quilts, shawls, doilies, even mattress pads and sheets make creative tablecoverings. Combine a solid bedsheet with a floral patterned runner.

Adds Occhiogrosso, "Tables, like fashions, can be dressed up or down, with the pale colors imparting a formal feeling and bold colors creating a casual look. Whatever the occasion, the fashionable table sets the stage for food and a pleasurable dining experience."

Chicken is good for you

Eating for good health should be a lifetime goal and no food is better for all ages than chicken.

From childhoods through senior years, chicken is not only a taste favorite but also a nutritional winner. It is lower in fat content and calories than most meats but supplies the complete protein needed daily by every cell in the body.

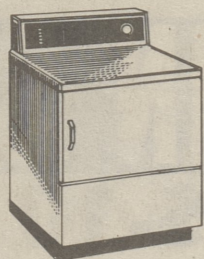
Kids love chicken, especially the drumsticks which are easy for small hands and mouths to handle. For the hearty appetites of teens and the college crowd, chicken is satisfying and adaptable to their on-the-run lifestyle.

Young professionals who give high priority to fitness appreciate chicken's healthful qualities. It also appeals to their sophisticated palates. And families, depending on chicken for economy and convenience, can serve chicken often without fear of mealtime monotony.

Chicken rates high with the elderly too. It is conveniently packaged and easy to prepare for those

who live alone or in two-person households. And it is compatible with most medically restricted diets.

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