

Food 'n' fun

Jim Phillips



Ten thousand years ago one of the most painfully delicious discoveries was made for the culinary world. Someone found out that all those bees were buzzing about. They had discovered Honey.

The history of honey and its uses can be traced around the world. In ancient Egypt honey was used for cosmetics and medicine. In India, honey and honey bees were significant symbols of religion as well as royalty. And in Colonial America, honey was used in the kitchen and around the house. Early settlers utilized honey to make cement, preserve fruits, polish furniture and as a medicine.

While the history of honey is certainly diverse, the work of the honeybee has remained the same for tens of thousands of years. To

Naturally sweet recipes

produce one pound of honey, honeybees must gather nectar from two million flowers! They must also travel over 55,000 miles to accomplish their task. A single bee may visit up to 100 flowers in a single trip.

The distinctive tastes (there are over 300 varieties of honey produced in the United States) contribute to a variety of recipes. Honey brings flavor and richness to foods without adding any fat. You can combine sweet honey with aromatic or spicy flavors in dips, sauces, dressings and marinades. Honey is a true gift of nature produced completely by bees. Perhaps King Solomon said it best: "Eat honey, my son, for it is good." - Proverbs 24:13.

EASY HONEY MUFFINS

(makes 10-12 muffins)

1/2 c. milk
1/4 c. honey
1 egg beaten
2 1/2 c. Buttermilk Baking Mix.
Combine milk, honey and egg; mix well; add baking mix and stir until only moistened. Portion into greased muffin tins. Bake at 400° F 18 to 20 minutes or until wooden

pick inserted near the center comes out clean.

SPICED HONEY BUTTER

(makes 3/4 cup)

1/2 c. butter softened to room temperature
1/4 c. honey
1 t. grated orange peel
1/2 t. ground cinnamon
Combine all ingredients and mix well. Serve with biscuits, bread, muffins and scones.

HONEY LEMON CHICKEN

1 - 2 1/2-3 lb. chicken cut into pieces
1/3 c. flour
1 t. paprika
1 t. salt
Roll chicken in flour mixture. Melt 1/3 cup butter and coat floured pieces of chicken well. Bake at 370° F for 45 minutes until juices run clear when pierced with a fork.

GLAZE WITH HONEY LEMON MIXTURE

1/3 c. honey
1/4 c. lemon juice
Bake 15 minutes at 350°.

Library news



Nancy Kozemchak

"Beanie Meenie Beanies" was the headline in a newspaper article in March 1997 from Dallas, Texas. However, the display case at the Back Mountain Memorial Library is filled to capacity with the cutest, cuddliest Beanie Babies you could ever imagine.

There are approximately 70 Beanie Babies in the display borrowed from Elizabeth Kozemchak, my granddaughter, who lives in Gwynedd Valley with her mom and dad and her two brothers. Elizabeth is 10 years old and has just started 5th grade in the Blue Bell Elementary School in Blue Bell. Her first beanie was Waddle

Beanie Babies on display

the Penguin and her favorite is Chip the Cat. Her newest one is Happy the Hippo.

Other beanies in the display include Flip the white cat; Spot the dog; Scoop the pelican; Inky the octopus; Radar the bat; Snort the bull; Patty Platypus; Ellie elephaant; Freckles the leopard; Mystic the unicorn; Seaweed the otter; Derby horse; Squealer pig; Ziggy zebra, Mel the koala bear with a sweater and hat in a lawn chair; Velvet the panther; Hippy rabbit with a carrot sweater; and Bessie the cow in a sleeping bag. Elizabeth's brother, Gregory, allowed some of his babies to join the display and brother Matthew offered his support.

The Dallas newspaper referred to Beanie Babies as one of America's most unusual toy crazes ever. They reported people were buying these beanies at an average of 500 per day, double that on weekends, for a total of nearly 40,000 since last summer at a

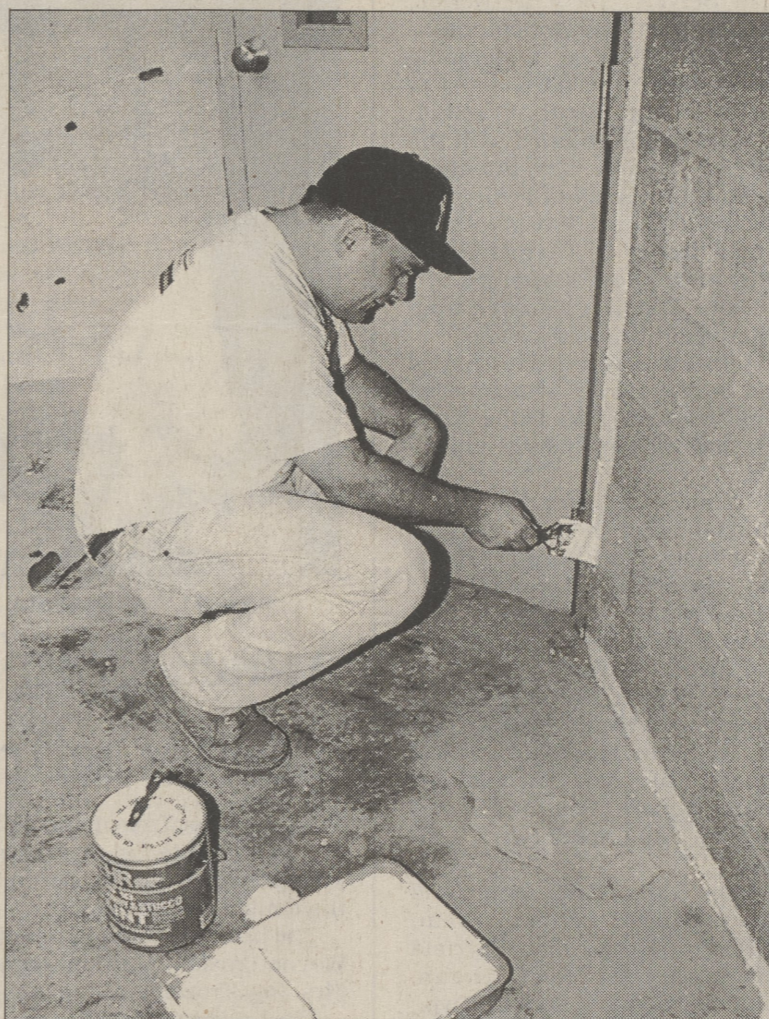
single neighborhood store.

There are a few teenie babies, including Chocolate the moose; Sammy the seal Liz the lizard; Snort the bull, and an octopus, turtle, fish, pelican and duck. The beanies will be spending time at the library until October 10.

New books at the library: "The Best Laid Plans" by Sidney Sheldon tells the explosive story of the beautiful and ambitious Leslie Stewart who learns that power is the greatest aphrodisiac for some men; and Oliver Russel, who finds out why hell has no fury like a woman scorned. He is a handsome governor.

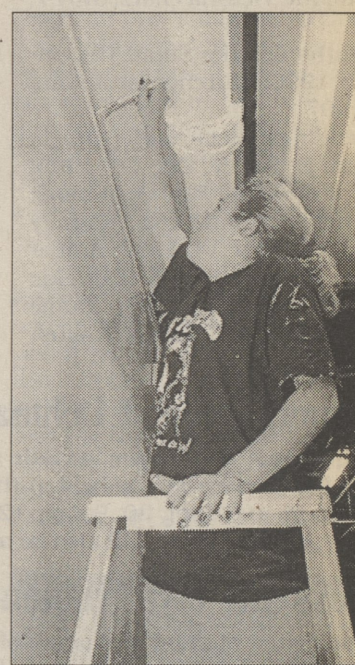
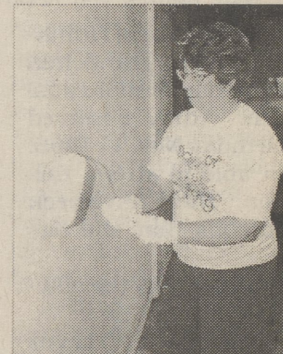
"The Purification Ceremony" by Mark T. Sullivan is an extraordinary work that combines the deep characterization and rich, atmospheric dread of stories with sheer, unrelenting terror. Diana Jackson learned to move freely in the wilderness, to sense a world invisible to most. It cost her many things!

Showing they care



Volunteers from Commonwealth Telephone spent their "Day of Caring" sprucing things up at the Back Mountain Memorial Library. The annual United Way event sent more than 1000 volunteers to 90 projects throughout the Wyoming Valley. In photos, clockwise from below: Sue Killian, Diane Smith, Beth Bevan and Tony McCowley.

POST PHOTOS/CHARLOTTE BARTIZEK



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