



Vera and Tom Cox

Vera Cox, Queen of Kitchen, cooks in French, Greek, Italian...

Vera (Mrs. Thomas) Cox has been selected as Queen of the Kitchen this week by the **Susquehanna Bulletin**. She was nominated by Mrs. John (Mary) Landis, formerly of Mount Joy, now of New Cumberland, Pa.

When it came to picking Mrs. Cox's best dish, Mrs. Landis said that was hard to do, with so many tasty Cox creations to select from. She finally settled on "New Veal Scallopini." Mrs. Cox's recipe for "Veal Scallopini" and also for "Veal Scallops Marsala" are both given below.

Mrs. Cox says the basic secret to preparing her veal recipes is to have really good veal. She insures having good veal by contracting with a local farmer to raise a milk-fed calf for her and then having it butchered by John Henry Brubaker. The meat is stored in the Cox's frozen food chest in their basement.

One year Mrs. Cox's supervision of the production of her veal was especially close. The son of the farmer who was raising her milk-fed calf was in Mrs. Cox's fourth grade class at Grandview. Mrs. Cox received daily reports on the growth of her veal.

Actually, Mrs. Cox prepares menu items from many different national kitchens — Japanese, French, Greek, etc., as well as Italian.

When cooking Greek foods she buys her produce at a Greek store on Lemon street in Lancaster.

Every year she serves a Japanese meal to her fourth grade pupils in her home, where they can sit on the floor, Japanese style.

But despite her versatility, she considers French cooking basic to all cooking.

Guests, understandably, welcome an invitation to dine at the Coxes. To make the meals even more delectable, Mrs. Cox's husband, Thomas, is an excellent

baker. Among his specialties are Swedish link bread, Russian black bread, and beer herb bread.

The Coxes are planning a

large fireplace which will include a beehive oven, in which Mr. Cox can bake his various kinds of bread as they were originally baked.

NEW VEAL SCALLOPINI

1½ lbs. veal that has been pounded thin. Sauce from - 1 t. salt, 1/4 c. lemon juice, 1/4 t. freshly ground nutmeg, 1/2 t. sugar, 1/2 c. salad oil and 1 t. garlic powder. Pour sauce over meat and allow to marinate for a half hour or longer.

Heat 1/4 c. oil in skillet; add meat and brown. Add one sliced onion and one green pepper that has been cut into strips. Add one 10-oz. can chicken bouillon and remaining sauce. Simmer 20 minutes. Five minutes before serving, add 1/4 lb. mushrooms, (or one can), and 6 olives.

Serves six. Serve with wild rice. If desired, add 1/2 cup white wine to the pan after the meat and vegetables have been removed. Scrape and pour combination over meat.

VEAL SCALLOPS MARSALA

1 1/2 lb. veal scallops
Flour
3 t. butter
3 t. salad oil
Salt and Pepper
Marsala wine
1/4 c. chopped parsley

Pound veal until very thin. Dust veal with flour. Melt butter in large skillet, add oil and heat. Brown veal quickly.

Cover with Marsala and continue cooking until wine is reduced to half. Turn veal once during cooking. Place meat on hot platter and add about 1/4 c. more Marsala to pan. Bring to a boil and stir for bits that may be sticking to the pan. Add parsley and pour over the veal.

Serve with hot rice or hot wild rice. Makes 3 servings.

M.J. Tennis doubles tourney

The Mount Joy Tennis Club will hold its second annual men's and women's tennis tournament in doubles at the Mount Joy Tennis Courts on Labor Day weekend. The first round will begin on Saturday, August 30, at 10:00 a.m.

and the finals will be held on Monday, September 1.

To obtain further information and to enter call, Mary Ann Coover, 653-2340; Chris Graham, 653-4816; or Gene Newcomer, 653-5701. The deadline date for entering is August 25.

Letters to the Editor

Last week's letter

Dear editor:

I think your new feature, "Queen of the Kitchen," is a sexist activity, designed to keep women in the kitchen, as if that were the only kind of work they could do.

Adolph Hitler used to say that women should stick to the three K's: Kuche, Kirche, und Kinder (cooking, church, and children).

Your kind of thinking about women is reactionary, chauvinistic.

Further proof that you believe the place for women is at home, is your column, "Adam and Eve," as if marriage were the only career for women.

You have some very antiquated notions about

women.

I think you are helping to keep women in the slavery of their homes, tied to their husbands and their cook-stoves.

Signed

A liberated woman

This week's responses

Dear Editor:

Reactionary? Chauvinistic? Hitler-like in your attitude? Strong comments from a weak position!

Keep the "Queen of the Kitchen" and "Adam and Eve", features in your newspaper! They are so refreshing after all the stole, old, cliches of the "liberated women" I've run into lately.

Liberation is not a new idea. Only the word "liberation" is new. (Eve found liberation in the Garden of Eden - and poor Eve didn't even have a bra to burn!

Dear Editor:

After reading your letter from the "liberated woman," I felt compelled to write and defend your new features, "Queen of the Kitchen" and "Adam and Eve". Frankly, my husband and I both really enjoy reading about other couples here in the area who are as happily married as we are. They are always interesting,

Dear Editor:

It is about time someone told--A LIBERATED WOMAN--most women are IN the kitchen by choice. "Queen of the Kitchen" is a beautiful thought and a wonderful way to recognize

Dear Editor:

I would approve of keeping the present name **Susquehanna Bulletin**.

It has historical memories for all the old timers - furnaces, sawmills, ore holes, and paddle-wheelers. My customers would listen attentively and spellbound to some of the tales old Sammy Hargrove would tell of traveling up and down the river.

My first summer cooking at camp, we crossed from the York County shore to the island on a paddle-wheel - bag and baggage and personnel.

Long may it flow!

Mrs. Florence R. Mertz
Mount Joy

informative, and wholesome articles to read.

As for "Queen of the Kitchen" articles, I am glad you can honor some of the women who have helped to hold homes together in years gone by through their love and care for their families, which includes cooking delicious meals.

I'm proud to be a wife, homemaker and mother,

many gifted mothers and home makers, who are truly the back-bone of AMERICA.

If I understand the meaning of LIBERATION it means to be free to choose, and this is what most

Dear Editor:

We want you to know how much we appreciate the **Susquehanna Bulletin**. The articles are timely and interesting, as well as being written well. The photos are terrific! The historical articles are especially enjoyed, even tho' we're not natives.

Sincerely,
Miriam Breinich

Dear Editor:

I Vote for **Susquehanna Bulletin**. It always brings to mind the times we spent at a cottage on the York County side up the river from Wildcat.

Keep up the good work.
Sincerely,
Thomas E. Schadt

area.

When I feel like writing, I do. (Incidentally, I do enjoy writing.) But, my greatest joy is creating a meal, knitting a stole, reading books to my 5 year old son. Some poor soul, who considers me a freak, is the one who deserves all our pity. What a shame that these "liberated women" must try so hard to convince me of their "freedom"!

Now I hope, they can convince themselves!

Zelda L. Heisey

and would be honored if some day my children voted me "Queen of the Kitchen." I also work part-time outside of our home, but my first love is caring for my family. If being married to a terrific guy and raising two wonderful sons is being a 'slave',....Well, I wouldn't trade this kind of slavery for the world!

Sandra F. Peters

women do, they WANT to be wives, mothers, and home-makers. Just as I have been for the past 35 years.

Happy with my choice!

Marty's World

Whatever happened to Marty's World? After getting a late look at the **Susquehanna Bulletin**, I missed the column, again.

I'm sure many people enjoyed the nostalgic look at the area and the times in which we lived.

Naturally, I am prejudiced because I remember many of the good times we had.

Even though you can't live in the past, that's what life is all about. For example, the Bicentennial Celebrations are just a look at the past!

I look forward to seeing Marty's World revived.

Yours Truly,
Emma M. Foehlinger
Columbia, PA.