

*Menu*

*Pasta & Bean Soup, Free Soup, Strawberry Soup  
Layered Vegetable Salad, Chicken Sunrise Salad, Spicy Cole Slaw  
Fillet of Fish Amandine, Cheddar and Flounder Florentine, Creole Fish Orleans  
Roast Ginger Chicken, Triple Mushroom Meatloaf, Stir-Fried Chicken  
Stuffed Mushrooms, Impossible Zucchini Pie, Sauteed Spinach Italian-Style  
Whole Wheat Orange Quick Bread, Wheat-Bran Muffins, Herbed Biscuits  
Rocky Road Cake, Chocolate Surprise, Mississippi Mud Cake  
Irish Coffee, Skinny Fruit Whirl*

**“Pasta and Bean Soup**

2 T margarine  
2/3 cups diced onions  
2 oz thinly-spiced pepperoni  
2 cups chicken broth  
3 cups water  
2/3 cup macaroni  
15-oz can of light red kidney beans in their sauce  
Grated Parmesan cheese to taste  
Salt and pepper to taste

Melt margarine in a large soup pot over medium heat. Add pepperoni and onions and sauté until onions are soft (about 3 minutes). Add broth and water and bring to a boil. Add pasta and beans and reduce heat. Simmer until the pasta is al dente. Add salt, pepper and parmesan cheese to taste. Serve hot.”

---“Haute Cuisine on a Shoestring,” Larry Lazar, *Daily Record*, January 12, 1983 (p. 25)

**“Free Soup**

1 lb ground beef  
1 can tomato sauce  
1 qt. water  
Container of leftover vegetables

Keep 1 quart container in freeze and put leftover vegetables in after each meal. Add any leftover roast juice or gravy. When it is full, it's soup time. Brown 1 pound ground beef. Add 1 can tomato sauce, frozen vegetables, and 1 quart water. Bring to a boil. Simmer ½ hour. Enjoy. –Peggy Hunter.”

--- *Starters, Savories and Sweets*, Woman's Club of Denville, Inc. Member General Federation of Women's Clubs, Washington, D.C. N.J. State Federation of Women's Clubs, Tenth District, Denville, New Jersey [1982] (p. 18)

**“Strawberry Soup**

4 cups very ripe strawberries  
1 cup sugar  
1 cup fruity red wine (e.g. Gallo Hearty Burgundy)  
4 cups water  
3 T. cornstarch mixed to a paste with 2 T. cold water  
1 cup sour cream

Combine strawberries, wine, sugar and water in a soup pot and bring to a boil over medium heat. Reduce heat and simmer for 15 minutes. Add cornstarch and water blend and mix well. Cook until thickened. Cool to room temperature. Add sour cream and puree in food processor or blender. Refrigerate 2 hours or over night. Serve cold.”

---“Haute Cuisine,” Larry Lazar, *Daily Record*, July 22, 1987 (p. B4)

### **“Layered Vegetable Salad**

Shredded lettuce

½ c. green pepper

½ c. celery

¼ c. onion, chopped

1 c. grated, raw carrots (optional)

5 hard cooked eggs, sliced

6 slices bacon, fried crisp and crumbled

1 pkg. frozen peas

2 c. Hellmann’s mayonnaise

2 Tbsp. sugar

¼ c. shredded Cheddar cheese

Put thin layer of lettuce in 9 X 13 inch pan or glass dish. Sprinkle green pepper, celery and onions on top. Cover with another layer of lettuce, and then sliced eggs. Follow with crumbled bacon and frozen peas. Spread mayonnaise on top, sealing to the edge of pan. Sprinkle sugar and cheese on top. Do not mix. Cover and refrigerate at least 12 hours. Serves 12.—Evelyn Slaber.”

--- *Starters, Savories and Sweets*, Woman’s Club of Denville, Inc. Member General Federation of Women’s Clubs, Washington, D.C. N.J. State Federation of Women’s Clubs, Tenth District, Denville, New Jersey [1982] (p. 31-32)

### **“Chicken Sunrise Salad**

Enough cooked chicken for 2 servings, cut into small pieces or 1 can of chicken

1 T. heavy cream

½ tsp. cinnamon

3 T mayonnaise

½ cup raisins

1 large unpeeled apple, cubed

¼ cup chopped walnuts

1 8oz can pineapple slices, drained

Lettuce

6 fresh strawberries, halved

In a small bowl, mix cream and cinnamon with mayonnaise. Add chicken, raisins, apple cubes and walnuts. Arrange mounds of chicken mixture on overlapped pineapple slices on lettuce leaves. Garnish with halved strawberries. Serves 2.”

---“Salads are Summer Favorite,” *Daily Record*, August 1, 1984 (p. 14)

### **“Spicy Cole Slaw**

1 small head of cabbage, shredded

1 green pepper diced

1 red pepper diced

1 cup sweet red onions, grated fine

1 cup mayonnaise

1/8 tsp. (more or less to taste) Chef Paul Prudhomme’s Louisiana Poultry Cajun magic

Combine veggies and toss well. Add in rest of the ingredients and mix well. Place in bowl, cover with plastic wrap and refrigerate 2 hours or overnight. Serve cold.”

---“Haute Cuisine,” Larry Lazer, *Daily Record*, July 22, 1987 (p. B4)

### **“Fillet of Fish Amandine**

(microwave)

½ c. slivered almonds

½ c. butter

1 lb fish fillets

½ tsp. salt

¼ tsp. dill weed

1/8 tsp. pepper

1 tsp. chopped fresh parsley

1 Tbsp. lemon juice

In 8 inch microwave proof baking dish place almonds and butter. Cook, uncovered, on high 4 minutes or until almonds and butter are golden brown. Remove almonds and set aside. Place fish in dish with butter, turning to coat both sides. Sprinkle with salt, dill, pepper, parsley and lemon juice. Roll fillets and leave in dish. Cover with waxed paper and cook on high 4 minutes. Uncover, sprinkle almonds on fish. Cook, covered, on high 1 minutes. Let stand 4 minutes. Sprinkle with paprika. Serves 2-3.—Dewey Losh.”--- *Mount Tabor Par-tee Favorites*, Women’s Committee Mt. Tabor Country Club, Mount Tabor, New Jersey [1983] (p. 44)

### “Cheddar And Flounder Florentine

20 oz. thawed chopped spinach  
4 flounder fillets (4 ounces each), fresh or defrosted  
Optional: 2 T. minced fresh (or 2 tsp. instant) onion  
8 T. skim milk  
Ground nutmeg  
4 ½-oz. slices extra-sharp Cheddar cheese  
2 T. lemon juice

Seasoned salt, pepper, paprika, to taste

Defrost spinach and fish, if frozen. Mix spinach with onion, if desired; spread over bottom of a shallow non-stick 8-inch baking dish which has been sprayed with cooking spray. Pour milk over spinach; sprinkle with nutmeg. Bread cheese slices into pieces and arrange over spinach. Place fish fillets over cheese in a single layer. Sprinkle with lemon juice, salt, pepper, and paprika. Cover pan tightly with foil. Bake 20 minutes in a preheated 400-degree oven until fish flakes easily. Makes 4 servings. 195 calories each.”

---“Combinations are Low in Calories,” *Daily Record*, August 6, 1986 (p. D3)

### “Creole Fish Orleans

¼ c. Promise margarine  
1 c. onion, chopped  
½ c. celery, sliced  
1 tsp. garlic, minced  
1 (16-oz) can 50% less salt tomatoes  
1 bay leaf  
1 T. Worcestershire sauce  
¼ tsp. salt  
1/8 tsp. hot pepper sauce  
1 c. sliced fresh mushrooms  
1 ½ lbs. fish fillets (sole, flounder, turbot, etc.)

In large skillet melt margarine; sauté onion, celery and garlic, about 3 minutes. Stir in undrained tomatoes (cut in pieces), bay leaf, Worcestershire sauce, salt and pepper sauce. Simmer 15 minutes or until thickened. Add mushrooms. Roll fillets and arrange in sauce. Cover. Cook 10 minutes or until fish is done. Discard bay leaf. Spoon sauce over fish to serve. 4 servings. Per serving: 273 calories, 12 grams fat, 536 milligrams sodium, 85 milligrams cholesterol.---Linda Greuter.”

---*Heavenly Dishes, Second Helping*, St. Paul’s Episcopal Church, Morris Plains, NJ [1989] (p. 30)

### “Roast Ginger Chicken

3 lb fryer chicken  
½ cup soy sauce  
1 tsp sugar  
2 to 4 T. minced fresh ginger  
1 T. minced garlic

Loosen entire skin including drumsticks by running a chopstick, spatula handle, or your fingers between skin and meat of chicken. Mix remaining ingredients, pour under skin and massage well into all areas. Enclose chicken on plastic wrap and place, breast side down, on microwave roasting rack. Cook 10 minutes on high. Turn bird over, remove wrap, and baste. Cook another 10 minutes longer on high. The temperature of the bird should read 170 degrees. This chicken goes well with fresh broccoli. Simply wash and trim heavy part of stalk. Cover broccoli in plastic wrap and cook 7 minutes on high. Pierce with sharp object to test for doneness.”

---“The New Wave: Dispelling Old Myths About a Popular Oven,” John Edward Young, *Daily Record*, August 1, 1984 (p. 13)

### **“Triple Mushroom Meatloaf**

1 lb fresh mushrooms  
1 lb ground beef  
½ cup chopped onion  
¾ cup plain bread crumbs  
1 can (8 oz.) tomato sauce  
1 egg, lightly beaten  
½ tsp. salt  
Ground black pepper  
1 T. butter or margarine  
2 cups cold beef broth  
¼ tsp. Browning sauce (optional)  
¼ cup flour  
1 T. sherry

Preheat oven to 325 degrees F. Rinse mushrooms and pat dry. Reserve 4 medium-sized whole mushrooms. Chop enough mushrooms to make 1 cup; slice remaining mushrooms (makes about 4 cups); set aside. In large bowl combine beef, onion, bread crumbs, tomato sauce, egg, salt, 1/16 black pepper and reserved 1 cup chopped mushrooms. Mix gently but thoroughly. Place about ½ of the meat mixture in a shallow baking pan. Pat into a 4-inch wide rectangle. Place reserved whole mushrooms stem end crosswise down the center of rectangle. Cover with remaining meat; pat into a round shaped loaf. Bake about 1 hour. Meanwhile, in a medium skillet melt butter; add reserved sliced mushrooms and sauté until tender, about 5 minutes. Add sherry, pinch black pepper and reserved sliced mushrooms; simmer, covered, 12 minutes. Remove meatloaf from oven and place on a serving platter; let stand for 5 minutes before slicing. Serve with mushroom sauce. Yield: 4 portions.”  
---“Mushrooms: Flavorful Addition to Low Sodium Recipes, *Daily Record*, March 3, 1982 (p. 23)

### **“Stir-Fried Chicken**

2 whole lb. chicken breasts, boned, skinned, halved  
2 T. oil  
1 c. celery, thinly sliced  
2 med. green pepper, cut into thin strips  
1 sm. onion, sliced  
3 c. hot cooked rice (1 ½ c. uncooked rice)  
¼ tsp. ginger  
1 (16 oz.) can bean sprouts, drained  
1 (5-oz.) can water chestnuts, drained and sliced  
1 chicken bouillon cube  
2 tsp. cornstarch  
2 T. soy sauce

Slice chicken crosswise into ¼ inch strips. In 12-inch skillet over high heat, in a very hot oil, cook celery, green pepper, onion and ginger, stirring quickly and frequently, until tender-crisp (about 3 minutes). Remove vegetables to a platter to keep warm. To oil left in skillet, add chicken and stir-fry until chicken turns white, about 5 minutes. Return vegetables to skillet, add bean sprouts and water chestnuts, chicken bouillon and ½ c. water. In measuring cup, blend cornstarch and soy sauce until smooth; gradually stir into hot mixture in skillet and cook, stirring constantly until mixture is thickened. Serve with hot rice (or noodles). Comments: Meg acquired this recipe in her home economics class at Borough School, and we’ve enjoyed it numerous times.---  
Penny Jones.”

---*Heavenly Dishes, Second Helping*, St. Paul’s Episcopal Church, Morris Plains, NJ [1989] (p. 30)

### **“Stuffed Mushrooms**

1 lb. large mushrooms  
2 or 3 links hot Italian sausage  
1 (8 oz.) can tomato sauce  
8 oz. burgundy wine  
Garlic salt

Remove sausage casing and stems from mushrooms. Chop about ½ stems and add to sausage. Stuff mushroom cap firmly with mixture. Bake at 350 degrees for 20 to 30 minutes until cooked. Mix tomato sauce and wine in saucepan; season with garlic salt and heat. Remove mushrooms from baking dish and simmer in sauce for 15 minutes.—Peggy Hunter.” --- *Starters, Savories and Sweets*, Woman’s Club of Denville, Inc. Member General Federation of Women’s Clubs, Washington, D.C. N.J. State Federation of Women’s Clubs, Tenth District, Denville, New Jersey [1982] (p. 37)

### **“Impossible Zucchini Pie**

2 c. chopped zucchini  
1 c. chopped tomato  
½ c. chopped onion  
1/3 c. grated parmesan cheese  
1 ½ c. milk  
¾ c. Bisquick

3 eggs

½ tsp. salt

¼ tsp. pepper, Oregano

Grease 10 inch quiche dish or pie plate. Sprinkle zucchini, tomato, oregano, onion and cheese in plate. Beat remaining ingredients till smooth. Pour into plate. Bake 60 minutes at 400 degrees F., or till knife comes out clean. Cool 5 minutes. Makes 6 servings.—Ginny Spieker.”--- *Starters, Savories and Sweets*, Woman’s Club of Denville, Inc. Member General Federation of Women’s Clubs, Washington, D.C. N.J. State Federation of Women’s Clubs, Tenth District, Denville, New Jersey [1982] (p. 72)

### **“Sautéed Spinach Italian-Style**

One 10-oz. pkg fresh spinach, washed and dried

3 T. olive oil

2 T. thin sliced garlic

½ cup chicken broth

Salt and pepper to taste

Heat oil in skillet over medium heat. Add garlic and sauté until it begins to brown. Add spinach and toss well. Wee chicken broth, cover and simmer for 3 minutes until spinach wilts. Add salt and pepper to taste.”

---“Haute Cuisine,” Larry Lazar, *Daily Record*, January 22, 1986 (p. C6)

### **“Whole Wheat Orange Quick Bread**

1 ½ c. whole wheat flour

1 ½ c. all-purpose flour

¾ c. sugar

1 to 2 Tbsp. grated orange peel

2 tsp. baking powder, ½ tsp. salt

¾ c. orange juice

½ c. milk

½ c. cooking oil

1 egg

½ c. chopped nuts, if desired.

Grease bottom of 9X5 or 8X4 inch loaf pan. Combine all ingredients in large mixing bowl. Stir until dry particles are moistened, about 75 strokes. Pour batter into greased pan. Sprinkle with mixture of 1 tablespoon sugar and ½ teaspoon cinnamon, if desired. Bake at 350 degrees for 60 to 65 minutes, until toothpick inserted in center comes out clean.---Helen Severud.”

--- *Starters, Savories and Sweets*, Woman’s Club of Denville, Inc. Member General Federation of Women’s Clubs, Washington, D.C. N.J. State Federation of Women’s Clubs, Tenth District, Denville, New Jersey [1982] (p. 80-81)

### **“Wheat-Bran Muffins**

1 large shredded wheat pillows  
4 c. raisin bran  
½ c. boiling water  
1 c. shortening  
3 c. sugar  
4 eggs  
5 c. flour  
½ tsp. Baking powder  
5 tsp. baking soda  
1 tsp. salt  
1 qt. buttermilk

Place in bowl and crush shredded wheat, add raisin bran. Pour hot water over same and set aside. Cream shortening, sugar, beat in eggs, add cereal mix. Stir in dry ingredients alternately with buttermilk. Store covered in refrigerator overnight. Bake at 375 degrees F. for 18-20 minutes. Bake as needed. Batter keeps 6 weeks. --- Jean Apgar.”

--- *Mount Tabor Par-tee Favorites*, Women’s Committee Mt. Tabor Country Club, Mount Tabor, New Jersey [1983] (p. 50)

### **“Herbed Biscuits**

¾ stick butter or margarine, melted  
2 T. Parmesan cheese  
2 T. parsley flakes  
1 T. onion flakes  
2 tsp. celery flakes  
1 tsp. dill weed  
1 (8-oz) pkg. refrigerated biscuits

Melt butter in 8 X 8 pan or round cake pan. Sprinkle blended herbs over butter and place biscuits on top. Bake 10-12 minutes at 375 degrees F. Invert immediately and serve warm.—Maureen Belote”

--- *Heavenly Dishes, Second Helping*, St. Paul’s Episcopal Church, Morris Plains, NJ [1989] (p. 10)

### **“Rocky Road Cake**

1 c. chopped walnuts  
1 c. seedless raisins  
1 c. miniature marshmallows  
1 (6 oz.) pkg. semi sweet chocolate pieces  
1 (18 ½ oz.) devils food cake mix (with pudding in the mix)  
4 eggs  
1 c. Hellmann’s Real mayonnaise  
1 c. water

Grease and flour 12 cup fluted tube pan. In small bowl mix first 4 ingredients. In large bowl, with mixer at low speed beat together cake mix, eggs, Hellmann’s Real mayonnaise and water, just until blended. Increase speed to medium, beat 2 minutes. Stir in the nut mixture. Pour in prepared pan. Bake at 350 degrees F. for about 50 minutes or until cake tester in center comes out clean. Cool 15 minutes. Remove onto rack. If desired, dust with confectioners sugar. Serves 12.—Bea Richardi.”

--- *Mount Tabor Par-tee Favorites*, Women’s Committee Mt. Tabor Country Club, Mount Tabor, New Jersey [1983] (p. 62)

### **“Chocolate Surprise**

1 c. flour  
1 stick oleo  
½ c. chopped nuts  
8 oz. cream cheese  
1 c. confectioners sugar  
2 c. Cool Whip  
2 pkg. chocolate instant pudding  
3 c. milk  
1 tsp. vanilla

Blend flour, oleo and nuts; press in bottom of 13 X 9 X 3 inch baking pan. Bake at 350 degrees F. for 15 minutes; cool. Blend cream cheese, sugar and 1 cup of Cool Whip; spread over crust. Refrigerate till cold. Mix pudding with milk and vanilla. Pour on top. Refrigerate. Spread with remaining Cool Whip and nuts. Cut into squares.—Miriam Preston.”

--- *Starters, Savories and Sweets*, Woman’s Club of Denville, Inc. Member General Federation of Women’s Clubs, Washington, D.C. N.J. State Federation of Women’s Clubs, Tenth District, Denville, New Jersey [1982] (p. 109)

### **“Mississippi Mud Cake**

1 c. oil  
1/3 c. cocoa  
4 eggs  
1 ¾ c. sugar  
1 ½ c. self-rising flour  
2 tsp. vanilla  
2 c. pecans, chopped  
Icing:

1 ½ sticks margarine  
1 T. vanilla  
1 box powdered sugar  
1/3 c. cocoa  
½ c. Pet milk  
½ c. nuts, chopped

Mix cake ingredients and bake in oblong cake pan at 300 degrees F. for 30-45 minutes. Cover with miniature marshmallows when pan is removed from oven. Icing: Mix all ingredients well. Do not cook. Pour over warm cake.---Sara Lynn Stuart.”

--- *Heavenly Dishes, Second Helping*, St. Paul’s Episcopal Church, Morris Plains, NJ [1989] (p. 48)

### **“Irish Coffee**

2 heaping tsp. brown sugar  
1 ½ oz. Irish whiskey  
Piping hot black coffee  
Heavy cream

Use an 8 ounce heat proof stemmed glass. Heat it over a flame or with hot water. Put the sugar and whiskey in the glass; add the hot coffee. Stir well. Lightly whip in some heavy cream. Pour over the back of the spoon, tip of which barley touches surface of coffee, so as to float the cream on top. Served by Ed at the annual pre-Christmas afternoon part.—Ed Hansbury, former chef at the club.”

--- *Mount Tabor Par-tee Favorites*, Women’s Committee Mt. Tabor Country Club, Mount Tabor, New Jersey [1983] (p. 74)

### **“Skinny Fruit Whirl**

1 (12 oz.) can diet crème soda

½ c. nonfat milk

1 tsp. lemon juice

1/8 tsp. artificial sweetener

1/8 tsp. salt

2 c. sliced nectarines, peaches, or other fruit

Whirl all ingredients together in a blender until smooth. Makes about 1 quart mixture. May be frozen to make sherbet.—Jeanne Apgar”--- *Mount Tabor Par-tee Favorites*, Women’s Committee Mt. Tabor Country Club, Mount Tabor, New Jersey [1983] (p. 75)

### ***Food news & notes***

“Supermarket gurus say it’s time to move onward and upward. In their endless search to develop the perfect supermarket, they’ve gone beyond the conventional superstore or warehouse store. Now the new store in town is apt to be an expanded food market, luxury food store or giant gourmet food emporium. While no official name has been chosen, the chains finally have hit upon the kind of supermarket “Everyshopper, USA” has been waiting for. This new breed of supermarket, which is surfacing all over the country, ranges in size from 40,000 to 100,000 square feet, compared to 25,000 square feet for an average supermarket. The stores stress quality and individual service encased in a decidedly upscale environment. Decor plays an important part, with emphasis on a streamlined, yet “homey” look. This is achieved through lighting; low profile shelving, bright, clear colors, paneled walls and kitchen-like white tile...fancy yet intimate. Most appealing of all is product presentation, which includes a myriad food specialty and service departments...A significant force responsible for the new concept is the dramatic change in the lifestyle of the homemaker. Gourmet supermarkets weren’t needed in an era when full-time homemakers spent endless hours shopping in several stores for their groceries...Another factor is a growing consumer demand for a varied food selection...Here one can choose from more than 200 cheeses...pheasant and goose in season...six kettles of homemade soups...freshly prepared hot, ready-to-eat foods from a menu which changes daily; and bread and cookies baked on the premises. The store also boasts an expanding produce department, including exotic international and locally grown fruits and vegetables...”  
---“Stocked Market Futures,” Justeen Gebel, *Daily Record*, April 4, 1984 (p. 33)

“Donovan Jon Fandre is making microwaves in the kitchen and drowning myths at the same time. He has been cooking with microwave ovens for ‘more years than I care to remember,’...The two most common myths, Fandre believes, are that a microwave oven cooks food from the inside out and that the oven is dangerous...As much as he champions this kitchen tool, he is quick to admit it’s no panacea for the poor cook. ‘If you’re a good cook, you’ll be a faster good cook with a microwave. But if you’re a lousy cook it will only make you a faster lousy cook’...It is not a miracle machine...You’ve got to experiment. You’ve got to remember when you buy a chicken, for instance, to use the microwave. It does chicken superbly. It may not brown like we’re used to, but you can fake it’...”  
---“The New Wave: Dispelling Old Myths About a Popular Oven,” John Edward Young, *Daily Record*, August 1, 1984 (p. 13)

“What casseroles are to winter, salads are to summer—nourishing, delicious fare. It used to be that the nightly meal was a hot dinner—in the true meaning of the word. Cooking was done indoors, of course (barbecuing was only for picnics or beach parties) no matter how high the thermometer soared. As I recall, the oven, broiler or both, were used almost daily, the kitchen an inferno for the cook...Time change, and now, hot has turned cold for many of us during these summer months. Lighter meals are the current trend. And so salads soar in popularity—as they rightly should.”  
---“Salads are Sumer Favorite,” *Daily Record*, August 1, 1984 (p. 14)



“What’s going on in the world of food? Everything. Old and new combine to make what we eat and how we fix it as varied as the imagination –and one’s ingenuity—can stretch. We’re returning to the past with simple, no-frills, basic and traditional American meals, cooked the same way our ancestors did. We’re reaching worldwide for strange and delicious foods previously known only in other lands and cultures—or perhaps found in the most exclusive restaurants. We’re including ethnic dishes from everywhere in our daily fare... We’re eating healthier, more nourishing combinations of foods, often cooked perhaps in a microwave or poached or baked ‘en papillote’—food cooked inside parchment or other cover. Frying is losing favor. We are aware that less salt, less cholesterol, more fiber, more fish and poultry, vegetables, fruits, etc. are all assets to sustained well-being.”  
---“Traditional, Continental Dishes Combine for Healthy, Varied Diet,” Ruth Eames, *Daily Record*, October 2, 1985 (p. D2)

“The government approved yesterday the use of low-level radiation to kill insects on fresh fruits and vegetables but said consumers must be told the process was used. Health and Human Services Secretary Otis R. Bowen...said irradiation could reduce the use of pesticides and inhibit maturation and spoilage, thus extending shelf life and possibly making some foods more available or less expensive. Two companies, Radiation Technology in Rockaway Township and Isomedix Inc. in Parsippany, are ready to begin using the process according to company officials....Isomedix, Inc, the largest irradiator of medical supplies in the country....Parsippany plant...will be used solely for food irradiation.”  
---“Irradiation of Food Approved,” *Daily Record*, April 16, 1986 (p. A6)

“My husband was kind enough to inform me that he is making dinner tonight. Now, before you get too impressed, let me point out that the menu is already planned: frozen cheese ravioli. Prepared sauce, salad to be composed of already washed spinach with the rest left to the creative whims of the chef. Sounds like it doesn’t leave a lot of room for complications, right? Wrong! He no sooner walks into the kitchen then I hear, “Where’s the refrigerator?” Well, not exactly those words more like “Where’s the frozen ravioli?” This from a man who has an advance degree in art, can find a contact lens in shag carpeting, recites poetry in several languages, finds his way around a foreign city in 15 minutes by studying a map and can handily tune a 1969 Volvo to perfection...”  
---“Out of Messes Come Masterpieces: When Husband takes Over Kitchen,” Sara Nuss-Galles, *Daily Record*, July 19, 1989 (p. B1)

**Reference Services, Morris County Library, Whippany NJ [www.mclib.info](http://www.mclib.info)**