

Post Cookbook

# Mary Jean Paglianite suggests Italian delicacies

Her sparkling eyes and cheerful smile belie the fact that Mary Jean Paglianite is a cardiac patient rigidly restricted in diet and activities by an incurable condition.

The former Mary Jean Pulieri of Wilkes-Barre, she was born with a heart defect but was able to lead a normal active life until five years ago when her condition became critical and her life became a more quiet and less active routine.

Mary Jean is married to Joe Paglianite, owner and operator of Grotto Pizza, Harveys Lake, and two shops in Rehobeth Beach, Del. They moved to their home on Country Club Road in 1962. Prior to that they had lived in Wyoming, spending their summers at the lake.

Her daughter, Lisa, age 10 years, is a student at Gate of Heaven where she will enter fifth grade in September. This summer, Lisa participated in the Dallas School District's DARES program which she enjoyed immensely.

Although restricted in activities, Mary Jean still enjoys preparing her family's favorite dishes and whenever able spends time in her cheery kitchen cooking or baking. At one

time, she did all the cooking at the Grotto but gave that up when her daughter was born.

She has a large garden and this year for the first time, with help, plans to freeze the surplus produce.

Reading is her favorite pastime when her illness limits her activities. But aside from cooking, shopping is her favorite activity when she is well enough.

She can travel by car as long as it is air-conditioned and someone drives her, and takes short trips with her husband, usually by plane. Last fall, she visited Disneyland with her husband and Lisa although she spent most of her time at the motel while her daughter and Joe visited the attractions. Palm Beach reminded her of Italy which she visited 11 years ago. At that time, the Paglianite's traveled the entire country from north to south while visiting relatives there.

Mary Jean speaks Italian fluently. Although she was born in Ohio, her mother came to the United States from Italy at the age of 29.

Her life centers around her family—Joe and Lisa, and her mother-in-law, Mary, who still makes the rolls, bread, meatballs and

sauce at the Grotto; and her sister-in-law, Anna Mascioli, who worked as a waitress at the Pizza until this past year. Anna's husband operates the Grotto bar.

Mary Jean does beautiful needlework, especially needlepoint and embroidery. She learned when only six years old when her mother made her sit on the porch and do needlework while other children were playing.

A vivacious brunette, she is an interesting conversationalist and when in her company one tends to forget her handicap and the oxygen and attendant nearby in the event it is needed.

Mary Jean explained that the recipes she shares with our readers are for dishes made by relatives in Italy. The chicken cacciatore was the result of the hunter going out for fowl. His catch of the day was the bird used in making the dish for their evening meal.

It was the same with the Pasta Alla Marinara—whatever fish were caught were used in the recipe. Polenta was at one time considered the poor man's meal. Today it is seldom made so it is considered a delicacy. Years ago the peasants

made it with water instead of chicken broth.

We suggest our readers try the following recipes. We did and found them delicious.

**VEAL CACCIATORE** (with wine)  
8 lg. loin veal chops  
1 lg. clove garlic crushed  
1/2 lb. fresh mushrooms, washed & sliced  
1 t. dried rosemary  
1/2 c. dry white wine such as sherry  
1 T. olive oil.

Brown chops on both sides, drain off any oil. Add garlic to chops and brown; then add one half cup water and simmer for 45 minutes to an hour in covered pan. Add rosemary, mushrooms (optional), salt, pepper and wine. Let simmer in uncovered pan for five minutes.

Good with buttered rice or baked potato, cooked green vegetable, salad and favorite dessert.

**PASTA ALLA MARINARA**  
Dish stems from fisherman's catch in Italy. If no fish caught, dish was prepared without.

1 - 8 oz. can tomatoes, blended for 1 min.  
1 - 16 oz. can Hunts tomato sauce  
1 t. basil  
1/2 t. oregano  
2 T. olive oil  
1/8 t. pepper

1/2 t. salt  
1/2 onion, chopped very fine  
2 lg. cloves garlic, minced  
10-12 jumbo shelled, deveined fresh or frozen shrimp, halved.  
1 lb. Rosa Marina Noodles

in bottom of four quart, heavy sauce pan, pour in oil, bring to medium heat; brown onion, then add garlic and rest of spices. Turn off heat for a few seconds, add sauce and let simmer over low heat for one and a half to two hours, adding water as needed to keep a medium consistency.

Add shrimp to sauce and let simmer for ten to 15 minutes. Shut off flame. Seven ounce can of tuna with oil drained or one half to three quarters pound fresh haddock cut into large bite size pieces may be used instead of shrimp.

Sauce should be stirred frequently from bottom.

Twenty five minutes before serving bring to boil four quarts of water with three quarters teaspoon salt and few drops of oil. Add noodles and let cook for 12 to 15 minutes. When done add to sauce, simmer together for two to three minutes, then serve with green salad, garlic bread, fresh fruit, and sherbet or jello for dessert.

**COMPANY CHICKEN CACCIATORE**

In Italy, hunters' catch was used as the fowl in this delicious dish. Excellent for serving same day or next day.

1 t. basil  
1/4 t. pepper  
1/2 t. oregano  
1 t. salt

3 or 4 chicken breasts, boneless, skinless & quartered  
2 bell peppers, red preferred, washed, seeded & cut in strips.  
1 onion sliced then and halved

1 lg. clove garlic, minced  
1/2 - 1 lb. fresh mushrooms, washed & halved  
1/4 to 1/2 c. dry red wine such as Chianti  
Olive oil

Put sauce and spices in 6-qt. heavy pot; add one half cup water, bring to boil, turn heat to simmer, cover and let cook stirring from bottom frequently.

Meanwhile, in large heavy fry pan, pour in olive oil to one inch from bottom; bring to high heat and brown chicken pieces till all are evenly browned, putting pieces as browned into sauce until all chicken is done.

Lower flame and add thoroughly dried pepper strips and onion until lightly browned on all sides; add garlic and mushrooms giving them a few quick turns in hot oil. Shut off flame and with slotted spoon drain off as much oil as possible. Put all vegetables into the sauce, add wine and let simmer at low boil for one to one and a quarter hours. Let stand as flavor improves longer it stands.

Cook two cups regular Uncle Ben rice according to directions on box, except doubling it. Serve to side of chicken and sauce or put chicken cacciatore over rice. Served with dry red wine, fresh salad, Italian bread, fresh fruit or sherbet for fabulous dinner.

You can also use a whole

chicken cut into parts with skin and bones, or six drumsticks, four thighs and two breasts.

**POLENTA**  
1 lb.-13 oz. c. Hunts tomato sauce  
1 sm. can Hunts tomato paste  
1 t. basil  
1/2 t. oregano  
1/4 t. pepper  
1/2 t. salt  
1 lg. clove garlic, minced  
1/2 onion chopped fine  
1/2 lb. gr. lean beef  
1/4 c. olive oil  
1 1/2 c. yellow corn meal  
1 t. salt

1 1/2 c. cold water  
1 T. Romano or Parmesan grated cheese  
3 c. clear chicken broth, homemade or College Inn and  
1 1/2 c. sauce boiled together.

Sauce:  
In 4 quart heavy pan place oil, bring to medium heat, brown beef and onion until all is lightly brown. Add garlic. Brown. Turn off heat, add spices, tomato sauce, paste, and 1/4 c. water. Let cook, for two hours stirring frequently and adding water for medium consistency.

One half hour before serving, combine corn meal, salt and cold water gradually. Pour into combined boiling broth and sauce. Add grated cheese, stirring constantly. Reduce heat and continue cooking over low heat for about five minutes, stirring frequently, adding more sauce tablespoon at a time if needed.

Take off heat and place into 9x13 inch casserole. Bake in 350 degree oven for 20 minutes. Sprinkle top with more grated cheese and pepper. Serve with remaining sauce in gravy boat, tossed salad, fresh fruit, cold beer or favorite cold beverage.



MARY JEAN PAGLIANITE

## Cease, Lamoreaux reunion

The annual reunion of the Cease and Lamoreaux family will be held Aug. 16 at Ber-Vaghn Park, Berwick, Pa. Dinner is at 12:30 p.m. with a business meeting following. Meat and coffee will be

provided by the reunion. Please bring a covered dish, dessert and a cold drink.

Also bring a odds and ends gift for the elephant sale. Come and enjoy the fun.

The Little Theatre of Wilkes-Barre  
537 North Main St., Wilkes-Barre, Pa.  
PRESENTS  
**BUTLEY** by SIMON GRAY  
A SPECIAL SUMMER DRAMATIC PRESENTATION  
Fri & Sat Aug 15 & 16  
Curtain Time 8:30 pm  
Mature Subject Matter For Adults Only

## CONGRESS VOTES

### Daniel J. Flood

DANIEL J. FLOOD  
11TH CONGRESSIONAL DISTRICT

S. 1849 extends the \$5.25 per barrel price ceiling on old oil for six months, to March 1, 1976. Yeas 303. Nays 117. Passed, July 31.

Mr. Flood voted yea.  
H. Con. Res. 198 expresses the opposition of Congress to changing the present method of supporting military commissaries through appropriations for their payroll costs to having these costs absorbed by the customers. Yeas 364. Nays 53. Agreed to, July 31.

Mr. Flood voted yea.  
H.R. 8731, extends the Council on Wage and Price Stability through fiscal year 1977 and authorizes the Council to require periodic reports and issue subpoenas to obtain information on prices, wages, sales, profits, imports, and exports from businesses. On an amendment deleting the section authorizing subpoena powers: Yeas 185. Noes 237. Rejected, July 31.

Mr. Flood voted yea.  
Whether to pass H.R. 8731, Yeas 235. Nays 188. Passed, July 31.

Mr. Flood voted yea.  
During consideration of the ENERGY CONSERVATION AND OIL POLICY ACT on Thursday, record votes came on three amendments. On an amendment prohibiting joint ventures by the major oil companies to develop energy resources on Federal properties: Yeas 206. Noes 207. Rejected, July 31.

Mr. Flood voted yea.  
On an amendment prohibiting oil companies from leasing Federal oil properties unless they relinquish their

holdings in other energy sources: Yeas 158. Noes 254. Rejected, July 31.

Mr. Flood voted yea.  
On an amendment imposing a moratorium until May 1, 1976 on all leasing on the Outer Continental Shelf: Yeas 120. Noes 286. Rejected, July 31.

Mr. Flood voted no.  
The next six record votes came late Thursday during a number of unsuccessful attempts to obtain House consideration of a Senate passed bill lifting the ban on U.S. arms shipments to Turkey.

on a motion that the House adjourn: Yeas 184. Nays 195. Rejected.

Mr. Flood voted yea.  
On a motion that the House adjourn: Yeas 156. Nays 194. Rejected.

Mr. Flood did not vote.  
On a motion that the House adjourn: Yeas 151. Nays 198. Rejected.

Mr. Flood voted yea.  
On a motion that the House adjourn: Yeas 140. Nays 200. Rejected.

Mr. Flood voted yea.  
On a motion that the House adjourn: Yeas 137. Nays 202. Rejected.

Mr. Flood voted yea.  
On a motion that the House adjourn: Yeas 142. Nays 205. Rejected.

Mr. Flood voted yea.  
H. Res. 654 provides for consideration of the conference report on H.R. 4723. Yeas 328. Nays 73. Agreed to, Aug. 1.

Mr. Flood voted yea.  
The conference report on H.R. 4723 authorizes \$791 million for the National Science Foundation during fiscal year 1976. Yeas 321. Nays 79. Agreed to, Aug. 1.

Mr. Flood voted yea.  
The conference report on H.R. 4723 authorizes \$791 million for the National Science Foundation during fiscal year 1976. Yeas 321. Nays 79. Agreed to, Aug. 1.

Mr. Flood voted yea.  
On a motion that the House resume consideration of the ENERGY CONSERVATION AND OIL POLICY ACT (H.R. 7014): Yeas 351. Nays 44. Agreed to.

Mr. Flood voted yea.  
Four record votes developed before consideration of H.R. 7014 was suspended. On a motion to limit debate on an amendment requiring the pricing of petroleum products to be proportional to the costs of these products in 1972: Yeas 262. Noes 125. Agreed to, Aug. 1.

Mr. Flood voted yea.  
On the amendment: Yeas 236. Noes 154. Agreed to, Aug. 1.

Mr. Flood voted yea.  
On a motion to strike the enacting clause from H.R. 7014: Yeas 123. Noes 268. Rejected, Aug. 1.

Mr. Flood voted no.  
On an amendment deleting the section exempting refiners with a capacity of less than 100,000 barrels per day from the requirement to buy old oil entitlements for the first 50,000 barrels a day of old oil: Yeas 51. Noes 331. Rejected, Aug. 1.

Mr. Flood voted no.  
The House adjourned on Friday until Wednesday, September 3. Accordingly, the next issue of CONGRESS VOTES will be dated September 4, 1975.

Mr. Flood voted no.  
The House adjourned on Friday until Wednesday, September 3. Accordingly, the next issue of CONGRESS VOTES will be dated September 4, 1975.

Mr. Flood voted no.  
The House adjourned on Friday until Wednesday, September 3. Accordingly, the next issue of CONGRESS VOTES will be dated September 4, 1975.

Mr. Flood voted no.  
The House adjourned on Friday until Wednesday, September 3. Accordingly, the next issue of CONGRESS VOTES will be dated September 4, 1975.

Mr. Flood voted no.  
The House adjourned on Friday until Wednesday, September 3. Accordingly, the next issue of CONGRESS VOTES will be dated September 4, 1975.

Mr. Flood voted no.  
The House adjourned on Friday until Wednesday, September 3. Accordingly, the next issue of CONGRESS VOTES will be dated September 4, 1975.

Mr. Flood voted no.  
The House adjourned on Friday until Wednesday, September 3. Accordingly, the next issue of CONGRESS VOTES will be dated September 4, 1975.

Mr. Flood voted no.  
The House adjourned on Friday until Wednesday, September 3. Accordingly, the next issue of CONGRESS VOTES will be dated September 4, 1975.

Mr. Flood voted no.  
The House adjourned on Friday until Wednesday, September 3. Accordingly, the next issue of CONGRESS VOTES will be dated September 4, 1975.

Mr. Flood voted no.  
The House adjourned on Friday until Wednesday, September 3. Accordingly, the next issue of CONGRESS VOTES will be dated September 4, 1975.

## British farce

The Brookside Theatre Company announces the opening of the most popular comedy in the history of their company, "No, Sex Please, We're British" at the Genetti Summer Theater on Rt. 309 N. of Hazleton.

The British farce will run for two weeks Aug. 19-31. Performances are Tuesdays through Saturday at 8:30 p.m. with a matinee on Sunday at 3 p.m. Reservations can be made by calling the Gus Genetti Motor Lodge.

# AGWAY

frozen fruit & vegetable sale!

Freeze or can your own and SAVE!

Item	Size	Sale Price	My Order
Sour Pitted Cherries in sugar	30 lbs	\$11.35	_____
Sweet Pitted Cherries in sugar	26 lbs	12.35	_____
Sliced Strawberries in sugar	30 lbs	15.60	_____
Sliced Peaches in sugar	30 lbs	12.60	_____
Sliced Apples in sugar	30 lbs	10.90	_____
Blueberries - no sugar	20 lbs	11.50	_____
Blackberries - no sugar	20 lbs	12.60	_____
Red Raspberries - no sugar	28 lbs	14.80	_____
Rhubarb - no sugar	30 lbs	9.40	_____
Crushed Pineapple - no sugar	30 lbs	14.80	_____
Peas	12 1/2 lbs	12.95	_____
Corn	12 1/2 lbs	12.95	_____
Cut Green Beans	12 1/2 lbs	12.60	_____
Lima Beans	12 1/2 lbs	15.50	_____
Mixed Vegetables	12 1/2 lbs	13.70	_____
Orange Juice Conc	24/12 Oz	12.40	_____
Grape Juice Conc	24/12 Oz	14.20	_____
Lemonade Conc	24/12 Oz	9.80	_____
Fruit Salad	20 lbs	11.45	_____
Baked Apples	80 Count	14.70	_____
Broccoli-Spears	12 1/2 lbs	12.90	_____
Cauliflower	12 1/2 lbs	13.80	_____
Burger Fries	8/4 lbs	8.80	_____
Onion Flavored Puffs	12 1/2 lbs	7.80	_____

ORDER AT YOUR LOCAL AGWAY

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

Dallas Agway  
36 Mill St.

WYZZ  
The Sound of Beautiful Music - 24 Hours a Day Everyday

Why Don't You Get Together  
With WYZZ (Stereo Center) At 92.9?

AGWAY HAS EVERYTHING FOR PRESERVING FOODS!

- Frozen Food Containers
- Canning Supplies
- Freezer Supplies

## Brighten your future...

Wage earners -- and self-employed persons -- who are not covered by a pension plan can now serve tax-sheltered dollars toward their retirement. The result? build-up of your retirement savings by an extra \$40,000, \$50,000 ... even more! The Individual Retirement Account makes it possible ... and we make it easy, with our Individual Retirement Savings Account -- the IRSA.

You may save up to \$1500 or 15 percent of your wages, whichever is less each year. For Federal income tax purposes, contributions to your IRSA are fully deductible from gross income, and you may make this deduction even though you do not itemize other deductions.

The interest your savings earn is also tax-deferred until retirement, when your exemptions will be higher and your tax bracket lower. Compounding of the interest over the years generates more dollars, to build a retirement fund that is tens of thousands of dollars more than would be possible with taxed dollars.

The sooner you start the sooner you save tax dollars, so don't delay. Phone us -- or stop in -- for complete information and our free folder explaining the IRSA Plan.

## Franklin Federal

Savings and Loan Association

WILKES-BARRE • EDWARDSVILLE • WYOMING  
SHAVERTOWN • RTE. 115—EAST END • BERWICK