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 rout-

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 pasttime 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

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

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

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

It was the same with the Pasta Alla Marinara-whatever fish were caught were used in the recipe. Polenta was at one time considred 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

12 lb. fresh mushrooms, washed & sliced 1 t. dried rosemary

12 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 munutes

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.

- 8 oz. can tomatoes, blended for 1 min. 1 - 16 oz. can Hunts tomato

1 t. basil

12 t. oregano 2 T. olive oil

Mr. Flood voted yea.

consideration of the ENERGY

CONSERVATION AND OIL POLICY

ACT (H.R. 7014): Yeas 351. Nays 44.

Mr. Flood voted yea.

consideration of H.R. 7014 was sus-

pended. On a motion to limit debate on

an amendment requiring the pricing

of petroleum products to be proport-

ional to the costs of these products in

1972: Ayes 262. Noes 125. Agreed to,

Mr. Flood voted aye.

Mr. Flood voted aye.

clause from H.R. 7014: Ayes 123. Noes

Mr. Flood voted no.

tion exempting refiners with a capa-

city 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: Ayes 51. Noes

Mr. Flood voted no.

until Wednesday, September 3. Ac-

cordingly, the next issue of

CONGRESS VOTES will be dated

The House adjourned on Friday

On an amendment deleting the sec-

On a motion to strike the enacting

154. Agreed to, Aug. 1

268. Rejected, Aug. 1.

331. Rejected, Aug. 1.

September 4, 1975.

On the amendment: Ayes 236. Noes

Four record votes developed before

On a motion that the House resume

1/2 onion, chopped very fine 28. Ig. 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 consist-

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

14 t. pepper 12 t. oregano

3 or 4 chicken breasts, boneless, skinless & quartered

2 bell peppers, red preferred, washed, seeded & cut in strips

onion sliced then and halved

lg. clove garlic, minced 2 - 1 lb. fresh mushrooms,

washed & halved 14 to 12 c. dry red wine such as Chianti

Put sauce and spices in 6qt. 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 bfowned, putting pieces as browned into sauce until all chicken

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 im-

proves 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

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

1 lb.-13 oz. c. Hunts tomato 1 sm. can Hunts tomato

1 t. basil

12 t. oregano 14 t. pepper

1 lg. clove garlic, minced 12 onion chopped fine

12 lb. gr. lean beef 14 c. olive oil 1 12 c. yellow corn meal

1 t. salt 1 12 c. cold water

1 T. Romano or Parmesan grated cheese 3 c. clear chicken broth, homemade or College Inn

1 12 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 14 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

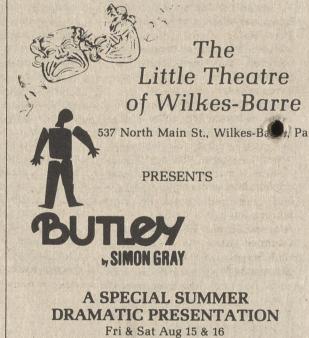
Cease, Lamoreaux reunion

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.

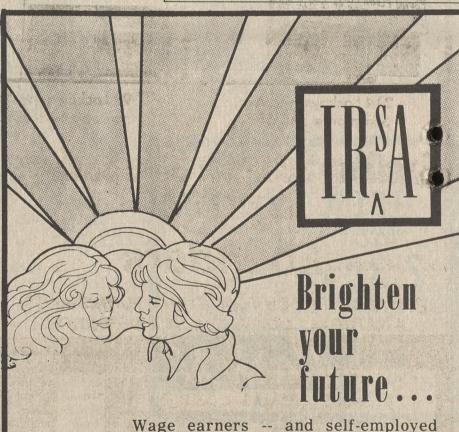
Meat and coffee will be

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



Curtain Time 8:30 pm Mature Subject Matter For Adults Only



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 you 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.

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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 subpenas to obtain information on prices, wages, sales, profits, imports, and exports from businesses. On an amendment deleting the section authorizing subpena powers: Ayes

185. Noes 237. Rejected, July 31. Mr. Flood voted no. 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: Ayes 206. Noes

207. Rejected, July 31. Mr. Flood voted ave. On an amendment prohibiting oil companies from leasing Federal oil

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holdings in other energy sources: Ayes 158. Noes 254. Rejected, July 31. Mr. Flood voted aye.

On an amendment imposing a moratorium until May 1, 1976 on all leasing on the Outer Continental Shelf: Ayes 120. Noes 286. Rejected,

cessful attempts to obtain House consideration of a Senate passed bill lifting the ban on U.S. arms shipments

on a motion that the House adjourn:

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 140. Nays 200. Rejected. Mr. Flood voted yea.

journ: Yeas 137. Nays 202. Rejected. Mr. Flood voted yea.

journ: Yeas 142. Nays 205. Rejected. Mr. Flood voted yea. H. Res. 654 provides for consider-

to, Aug. 1.

Mr. Flood voted no. The next six record votes came late Thursday during a number of unsuc-

Yeas 184. Nays 195. Rejected. Mr. Flood voted yea.

On a motion that the House adjourn: Yeas 151. Nays 198. Rejected. Mr. Flood voted yea.

On a motion that the House ad-

On a motion that the House ad-

ation of the conference report on H.R. 4723. Yeas 328. Nays 73. Agreed to,

The conference report on H.R. 4723 authorizes \$791 million for the National Science Foundation during fiscal

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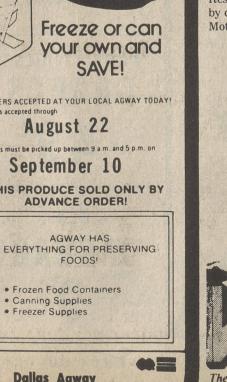
36 Mill St.

Mr. Flood voted yea. 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 Tuesday through Saturday at 8:30 p.m. with a matinee on Sunday at 3 p.m.

Reservations can be made by calling the Gus Gennetti Motor Lodge



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