

POST COOKBOOK

Carmie Fluck's hobby is homemaking

by Charlot Denmon

Mrs. John Fluck of Harveys Lake prepares delicious Italian foods. Her close friends and family leave no doubt in one's mind about that and they each have their favorite recipe.

"Carmie" as she is known by her many friends (her name is Carmella) and her husband are natives of Philadelphia. They moved to their present home atop a hill at the Lake, more than 20 years ago when John was transferred here with the Linear Plant, which at that time was located where Offset Paperback now stands.

When the Linear plant closed, instead of returning to Philadelphia, the Flucks liked this area so well they decided to remain at the Lake and John went into the contracting business, retiring several years ago following illness.

They have three children, John, Jr., married and living in Marlton, N.J., where he is associated with Rice-Holman Ford Dealers; James, married and living in Louisville, Ky., where he drives for Greyhound Bus Lines; and Kathy, at home, and employed by Bell Telephone in marketing. They have five grandchildren, John's three—Elaine, Johnny and Bradley, and James' two—Penny and Jimmy, Jr.

"I enjoyed cooking much more when the boys were home," said Carmie, "because they liked to eat. Kathy and my husband don't eat like they did. I also prefer preparing casserole or one-meal dishes, they are easy, filling and very tasty."

Carmie is a member of Noxen Independent Bible Church but at present has no time for joining other organizations because she is kept busy baby sitting, which she thoroughly enjoys.

For most homemakers, housework and baby sitting might be a chore but for Carmie it is a hobby. She enjoys doing both. She also likes to sew once in awhile but not continuously.

The recipes she shares with Post readers are favorites of both her husband and daughter. John especially likes the Pasta Chick Peas and Kathy's favorite is the chicken. But give them any Italian dish prepared by Carmie and they like it.

CHICKEN CASSEROLE
1 frying chicken
5 potatoes, sliced
2 stalks. celery, diced
3 med. onions, diced
1 t. oregano
1 t. salt
1 t. parsley
2 garlic cloves, diced
1 t. Italian seasoning
3 c. water

In large casserole or baking dish, layer potatoes, celery, and onions. Cut chicken in pieces and arrange on top of ingredients. Sprinkle with seasonings and pour water over ingredients. Cover and cook at 325 degrees for an hour. Uncover and add three cups of frozen peas. Continue at 325 degrees uncovered for 30 minutes or until brown.

ITALIAN MEATBALLS
1½ lbs. extra lean gr. beef
Oregano
Italian seasoning
Parsley
Garlic
4 eggs
2-3 c. bread crumbs

In a large bowl or pan place ground meat; add oregano, Italian seasoning, parsley flakes and diced garlic according to taste. Add eggs then two or three cups of bread crumbs until mixture is crumbly. More crumbs may be added, if necessary. Mix thoroughly and shape in balls about size of a golf ball. Brown on top of stove in oil, then set aside while making sauce.

SAUCE
3 cloves garlic
2 lg. cans Hunt tomato sauce
1 lg. can tomato paste
Oregano
Italian seasoning
salt
parsley
1 t. sugar

Brown cloves of garlic, add tomato sauce and paste. Add seasonings according to flavor desired, and the sugar. Add two cans of water for each can of tomato sauce and paste. Cook over low heat for four to six hours. If it gets too thick while simmering, add water.

PASTA CHICK PEAS
1 med. onion, diced
2 c. strained tomatoes
1 sm. can tomato paste
Oregano
Garlic, diced
Salt
Italian seasoning
Parsley
2 c. chick peas

Brown diced onion in oil, add strained tomatoes, tomato paste and seasonings. Use seasonings according to taste. Bring to a boil; when mixture boils down a little add two cans of chick peas. Add as much water for thickness desired. Cook for about an hour. Add half pound of elbow macaroni and cook until tender.

MINUTE STEAK STEW
4 minute or cube steaks, about ¾ lbs. total
2 T. flour
2 T. butter
1 T. finely chopped onion
1 c. peas and carrots (cooked or canned)
½ c. vegetable liquid



Carmella Fluck

6-8 potatoes (cooked or canned)
1 8-oz. Hunt's tomato sauce
Cut the steaks into one inch strips. Season flour with half teaspoon salt and one eighth teaspoon pepper. Roll the steak strips in

the flour mixture. Heat butter in skillet until bubbling. Add meat and brown well on both sides. Stir in remaining ingredients. Cover skillet and simmer for 10 minutes. Makes three to four servings.

Donations exceed \$600 in 'Roses for Heidi'

The Back Mt. Jay-Cettes recently held a "Roses for Heidi" day on Sunday, June 12 and raised \$675 which was then given to the Anderson Family for expenses related to the recent illness of their daughter, Heidi.

The following Back Mountain businesses contributed to the fund, Franklin's Restaurant, Finos Pharmacy, Commonwealth Telephone, Co., Daves Holiday Market and Darings Market, also contributed their location for the sale of roses.

The following local churches also assisted and they too contributed their locations, Gate of Heaven,

Dallas; Prince of Peace Episcopal, Shavertown; St. Paul's Lutheran, Shavertown; and St. Therese's, Trucksville.

The roses were made available to the Jay-Cettes by Jay Borton, Back Mountain Jaycee of J.B. Galleries, Memorial Highway, Shavertown.

The Jay-Cettes also contributed \$25 to the fund along with their time and efforts to make this day a success.

The committee consists of co-chairmen, Dyan Simpson and Carolyn Bulford, Rose Schmid, Sharon McDermott, Charlotte Farley and Carol Chappel.

Wolfe assigned to Ft. Benning

Army Specialist Four Judy C. Wolfe, daughter of Mrs. Michelene Bidgood, Sr., 108 S. Memorial Highway, Trucksville, recently was assigned as a finance clerk with the 15th Finance Section, Ft. Benning, Ga. She entered the Army in February, 1975.

Spec. Wolfe is a 1974 graduate of West Side Tech. High School.

Her father, John Bidgood, lives at 34 Snyder St., Larksville.

Spec. Wolfe's husband, Gary L. Wolfe, is with her in Georgia.

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CIRCLE K—The Circle K Club of College Misericordia recently held a hoagie sale in the Back Mountain area and donated the proceeds to the Youth Employment Service. The contribution will be used as a community share of matching government money. Pictured (clockwise from

left) are: Donna Johns, Circle K treasurer; Daniel Siani, Y.E.S. assistant director, Joey Kelly, Y.E.S. director; Jackee Houser, Circle K vice-president; James H. Snyder, Circle K co-advisor, and Suzanne Thoma, Circle K president.

Polacky family holds reunion of descendants

The second family reunion of the Polacky family was held on July 10 at the home of Mrs. Joseph Polacky. Her husband, now deceased was former postmaster of Dallas and served in this position for 24 years. The reunion was largely attended by descendants of the Polacky family.

The affair began with an outdoor Mass at 1:30 celebrated by the Rev. Stephen McGough, assistant of Gate of Heaven Church, and was offered in remembrance of the living and deceased members. After this celebration the families enjoyed a picnic lunch. A display of skills,

arts and tricks was shown in games and races by the participants of both adults and children.

The couples who traveled the farthest were John and Bert Mital of Concord, Calif., Andrew and Anna Sebolka of Royal Oak, Mich., Other families out of state were Floyd and Irene Olson, Gary and Judy Olson, Veronica Rosnell all of New Jersey. Andrew and Anna Basars, Binghamton, N.Y. David and Helene Wenner, Emily Richards, Dorothy Zelenak of Maryland.

Local families were Charles Simalchik, Mary Simalchik, Therese Simalchik, William Wallo

and sons, Elizabeth Ferlick, Tony and Maryann Ferlick, John and Anna Tirpak, Michael and Valeria Tirpak, John and Mary Kaschak, David and Camille Kaschak, Francis and Bernadine Walchek, Christine and Paul Stolarski, James and Barbara Hagen, Clair and Jeanne Herman, Mark and Barbara VanEtten, Timothy and Rita Carroll, Joseph and Carol Sitar, Fred and Patricia Gardner, Helen Chicko, Larry and Evelyn Zelenak, Celis Zelenak, and Catherine Polacky.

The Rev. Thomas Jordan, The Rev. Stephen McGough, David

Polacheck and Robert Renell were guests of the family. In addition to adults there were also 45 children at the reunion.

Reunion concluded with a meeting at which plans were discussed for the third family reunion to be held sometime in July, 1978.

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IF YOU'RE AIR-CONDITIONING THIS SUMMER, KEEP THIS AD.

Air conditioning can be expensive... especially if the unit you select isn't operating as efficiently as it could.

So, if you've decided to air-condition this summer, keep this ad. It contains valuable tips to help you keep the cost of cooling your home down to a minimum.

Buying a new room air conditioner?

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For example, a unit with a capacity of 12,000 BTUs and a wattage of 1,200 would have an energy efficiency ratio (EER) of 10. An EER of 10 or more is great; 8-9 is good; 6-7, passable.

If it's under 6, keep looking! Select the right size unit. Too big—costs more to own and run, cools too fast, won't properly dehumidify. Too small—won't provide the comfort you're paying for. Consult your dealer for the proper size.

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Don't over cool. Set the air conditioner to maintain a temperature no more than 10 degrees below the outside temperature nor less than 78°F.

Close drapes and shades. Keeping direct sunlight out can cut heat gains by as much as 50 percent.

Save "moisture-making" jobs for cooler early morning periods. Dishwashing, laundering and bathing add humidity. Use an exhaust fan to move the moisture outdoors.

Remember—Adequate insulation is an important consideration in conserving heating—and cooling energy.

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