

POST COOK BOOK

# Gail Killeen has recipes for busy housewives

by Joan Kingsbury

Any busy housewife will find Gail Killeen's recipes ideal for their hectic schedule. All of the recipes Gail has shared with Post readers, with the exception of Welsh Cookies, can be prepared in a short amount of time, producing tasty end results.

Monte Carlo Sandwiches are made by layering white bread, crust trimmed with boiled ham and cheddar cheese. Combine eggs, milk and dry mustard, pour over sandwiches. Monte Carlo Sandwiches are refrigerated overnight. Bake for one hour and they are ready to serve.

Gail's recipe for Cheese Souffle does not require any egg separating. Alternate layers of bread cubes and grated cheddar cheese. Beat eggs slightly, add dry ingredients and milk. Pour over layers of bread and cheese. Cheese Souffle is also refrigerated overnight then baked for one hour before serving.

Sweet Potatoes With Apples is a favorite at the Killeen's house, especially when served with pork. Sliced sweet potatoes and apples are sauteed in a mixture of margarine, honey and nutmeg.

If you're planning a party, Gail's Cheese Ball is sure to please your guests. This cream cheese ball is delicious, flavored with pineapple, chopped onion, chopped green pepper and chopped celery. After combining ingredients, shape into a ball and roll in chopped nuts.

Welsh Cookies are particularly popular in our area. Gail's recipe is

sure to be a good one, handed down from her mother and grandmother.

A native of the Back Mountain, Gail is a graduate of Dallas High School and Luzerne County Community College with a degree in secretarial science. For seven years Gail was employed by First Eastern Bank, working both at the main office and also at the Dallas Branch.

Gail's husband, Joe, manager of United Penn Bank in Dallas, is a graduate of Central Catholic High School, Kingston. Joe also attended Wilkes College.

The Killeen's have two daughters; three-year-old Tara and Kelly, who is seven months old. Tara attends Trucksville Nursery School where she is a member of Mrs. Gulus's class.

Active in Jay-C-ettes, Gail is chairman of the club's Thanksgiving Food Basket project this year. In July Gail co-chaired the Jay-C-ette booth at the Back Mountain Memorial Library Auction with Rose Schmid. She is also on the committee for Pictures with Santa, which will be held on Dec. 1 at an area school. Gail's hobbies include doing ceramics and some needlework.

Joe is the sportsman in the family. He plays softball in two leagues, the United Penn Bank team, and in the Back Mountain League on Tupper's team. Joe also plays basketball weekly and enjoys hunting and fishing. A board member of the Fall Fair Association, Joe is past chairman of the Fall Fair.

The Killeens are a camping family. A trip to Oceanview Campground

near Sea Isle City on the New Jersey shore two summers ago proved to be a lot of fun for everyone.

**MONTE CARLO SANDWICHES**

24 slices white bread, crusts trimmed  
12 slices boiled ham 1/4" thick  
12 slices cheddar cheese  
8 eggs  
6 c. milk  
1 1/2 t. salt  
dash dry mustard

Grease a 13x9 inch glass dish; line bottom with bread, top with ham and cheese. Beat eggs, milk, salt, mustard; pour over all. Refrigerate overnight. Bake at 325 degrees for one hour.

**CHEESE SOUFFLE**

4 slices bread  
1/2 lb. sharp cheese, grated  
3 eggs  
two thirds t. dry mustard  
two thirds t. salt  
dash pepper  
1 1/2 c. milk

Butter bread and cut into squares. In a buttered 1 1/2 qt. casserole dish alternate layers of bread and cheese. Beat eggs slightly. Add dry ingredients. Add milk. Pour over bread and cheese. Refrigerate 5 hours or overnight. Bake at 350 degrees for one hour.

**SWEET POTATOES WITH APPLES**  
desired amount of sweet

potatoes  
desired amount of apples  
3 T. margarine  
5 T. honey  
1/4 t. nutmeg

Melt margarine in frying pan, combine with sweet potatoes, apples, honey and nutmeg. Heat until sweet potatoes and apples are done.

**WELSH COOKIES**

1 c. currants  
4 c. flour  
1 1/2 c. sugar  
1 t. salt  
4 t. baking powder  
2 t. nutmeg  
1/4 t. cinnamon  
1 t. vanilla  
1 c. shortening  
2 eggs  
1/4 c. milk (approx-

mately)  
Sift dry ingredients and cut in shortening as for pie crust. Drain currants and mix into dough. Beat eggs, add to dough. Add milk a little at a time. Roll out on floured board. Bake on griddle about 10 minutes.

**CHEESE BALL**  
2-8 oz. cream cheese  
1 can crushed pineapple (drained)

1/2 c. chopped onion  
1/2 c. chopped gr. pepper (optional)  
1/2 c. chopped celery (optional)

Mix all ingredients; shape into a ball and roll in chopped nuts. Refrigerate for 24 hours.



Tara, Gail and Kelly Killeen



**INSTALLATION DINNER**—Making final plans for the installation dinner of the Greater Luzerne County Hairdressers and Cosmetologists are left to right, F.J.

Jerrytone, Nancy Piccolotti, Mary Taylor, Ann V. Pisarewicz and Francesco Stuppino.

## Carverton UM Women nominate new officers

United Methodist Women of Carverton UM Church at their October meeting at the church will present their World Thank offering program and heard a report of the nominating committee. Mrs. Melinda Sutton was in charge of the World Thank Offering program in which the following took part: Mrs. Allegra Spare, accompanist; Mrs. Doris Stearn, Mrs. Lavina Parrish, Mrs. Evelyn Shales, Mrs. Edythe Kromelbein, Mrs. Doris Robbins, Miss Marian Young and Mrs. Jennie Dana.

The following slate of officers for 1980 was presented by the nominating committee, which is chaired by Miss Marian Young: president, Mrs. Doris Stearn; vice-president, Mrs. Carol Metz; secretary, Mrs. Doris Robbins; treasurer, Mrs. Jennie Dana; coordinator of Christian personhood, Mrs. Melinda Sutton; secretary of Program Resources, Mrs.

Leda Morton.

The November meeting on November 20 at 10 at the church will be a work session for members, who will begin work on their Christmas project - that of filling gift stockings for guests at the White Haven School and Hospital, Meals on Wheels of Wyoming Valley and Pittston; Valley Crest, nursing homes, Luzerne County Prison and Detention Home. Donations to defray costs of the gifts are being solicited and can be given to Mrs. Doris Robbins, who is chairing the project, or to any member of the UM Women of the Carverton UM Church. Mrs. Leda Morton was hostess for the meeting at which the following were present: Rev. Dr. Allan Cease, Mrs. Jennie Dana, Mrs. Evelyn Shales, Mrs. Edythe Kromelbein, Mrs. Lavina Parrish, Miss Marian Young, Mrs. Melinda Sutton, Mrs. Allegra Spare, Mrs. Doris Stearn and Mrs. Doris Robbins.

## Troop 631 scouts plan year of fun

Scouts from Cadette Troop 631, Shavertown UM Church began a new year by registering recently. Leaders for the group are Mrs. Sally Roberts and Mrs. Dorothy Wadas.

The girls reveiwed their past year of scouting listing their badge achievements and fun activities. Roller skating in the fall was enjoyed by all. They sold salted nuts, calendars, cookies and homemade bread to build the trasury.

Winter camping for three days in February was very challenging as the temperatures dipped to 20 degrees and 30 degrees below zero. Winter also found the girls working hard on the Red Cross Babysitting course and Cadette childcare badge taught by Mrs. Roberts and Mrs. Wadas. After completing this two-month course the scouts

earned their Red Cross cards, the Childcare badge and the Challenge pin for Emergency Preparedness.

The final accomplishment for the troop was a five-day camping trip to Hershey where they settled in Hershey High Meadows Campground in cabin sites that slept six. The facilities offered a swimming pool where the girls earned some of the swimmer badge requirements. They also toured Indian Echo Caverns, Chocolate World, Hershey Gardens, Milton Hershey School and Hershey Hotel. The highlight was one day at the Amusement Park and Zoo America.

The troop traveled to Harrisburg and toured the State Capitol Building, and the William Penn Museum.

Closing camp ceremony saw the scouts receive their badges and year pins.

The new 79-80 scouting year finds the girls busy earning new badges and challenges. If girls are interested in joining the fun and are in grades seven through nine contact Mrs. Roberts or Mrs. Wadas.

The troop meets at Shavertown Methodist Church every Monday at 6:30 p.m. Scouts registered to date are: Sue MacAvoy, Trudy Cevasco, Martin

Wisnieski, Christine Ondish, Kim Roberts, Vicki Visgilio, Kristen Voorhees, Karen Wells, Carol Linker, Jill Lipovsky, Susan Niskey and Paula Pikarski.

## Marriage engaged encounter set for Oct. 28

There will be a combined Marriage Encounter - Engaged Encounter Information Night on Sunday, Oct. 28, 7:30 p.m. at Our Lady of Victory Church, Harveys Lake.

Both Marriage Encounter and Engaged Encounter are weekend experiences designed to enhance a couples

marriage. Both experiences are open to couples of all ages and faiths.

Any couple contemplating marriage within the next year, as well as couples married from one to 50 years are invited to attend the information night for an opportunity to hear more about how to make a good marriage better.

## Dallas UM to sponsor Unicef drive

The Sarah Circle of Dallas United Methodist Church will sponsor a UNICEF drive on Sunday, Oct. 28.

The poorest education that teaches self-control, is better than the best that neglects it.

The children and youth of the church will meet at 5:45, in costume, in the church parking lot. They will be chaperoned by high school students during the drive. Transportation will be provided by church mothers.

Following the UNICEF drive, the children will be treated to cider and donuts at the church.

## CM offers energy tips

College Misericordia is offering area residents a free booklet entitled, "Tips on Conserving Energy" as a public service.

The 20-page piece contains helpful hints on conserving heat and electrical energy in the home as well as gasoline in your car.

A spokesman for Misericordia said a number of the tips are

probably self-evident but not necessarily practiced. The booklets help remind people what can be done on a very local level to conserve energy and save money expended on energy.

Individual copies of the booklet are available by writing to the Public Relations Office, College Misericordia, Dallas, Pa. 18612.

## Troop 696 hikes Moon Lake

Brownie Troop 696 took advantage of a day off from school, Friday, Oct. 19, to hike the marked trail at Moon Lake State Park.

The 19 brownies spent two hours observing nature and stopping for a

picnic lunch. The fall foliage and ideal weather added to the enjoyment of the day.

Troop 696 meets weekly at Gate of Heaven auditorium with Kathy Oravitz and Evelyn Naperolski as leaders.

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## MIDNIGHT MADNESS SALE AT

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