

POST COOKBOOK

Diann Carlson has supper ideas

by Joan Kingsbury  
"What do I make for supper tonight?"

This is a question that plagues every cook at one time or another. This week Diann Carlson of Shavertown shares recipes with Post readers that are sure to add variety to their evening meals.

Macaroni and Beef Bake is quick to make, the perfect dinner for a working woman to prepare. Cook and rinse elbow macaroni. Brown ground beef, chopped onions and green peppers, add tomatoes, cooking until the moisture is thickened. Stir in shredded cheese and seasonings. Since Macaroni and Beef Bake takes only 20 to 25 minutes to bake, your hungry family can have their family in a jiffy.

According to Diann, Barbecued Pork Chops have an aroma that makes it hard to wait for dinner. Pork chops are simmered in a tomato-type sauce spiced with paprika, ground cloves, cinnamon and Worcestershire sauce. Barbecued Pork Chops are also quick to prepare.

If your family enjoys one pot meals, try Meatball Stew En Casserole. Place potatoes, onions, carrots, peas and meatballs in a casserole. Pour a gravy made from cream of mushroom soup over the meat and vegetables. Bake Meatball Stew En Casserole for 35 minutes until the top is brown and bubbly.

Diann found her recipe for Hungarian Goulash in an old German Cookbook. This dish takes longer to prepare than the others since the beef must be simmered in a vinegar-water broth for two hours. Hungarian Goulash over noodles served with a green salad makes a nice supper.

At Christmas time Diann loves to bake. Each year she tries new varieties of cookies. Preparing nut roll and poppyseed roll each year is a tradition Diann looks forward to. Cranberry Nut Bread, one of Diann's holiday recipes, tastes delicious anytime of year. Diann's recipe makes four 6" by 3 1/2" loaves.

Sour cream, which is added to the batter of Diann's Blueberry Cake, gives this cake a rich, moist texture.

The Carlsons have been residents of Shavertown for nine years. Diann and her husband, Paul, are parents of two children, Pamela and Paul, Jr.

A student at Dallas Intermediate School, Pamela is a member of the YWCA gymnastics team. Paul, Jr. is a small fellow. He is only 10 weeks old.

Originally from Luzerne Diann is a graduate of Nesbitt Hospital School of Nursing. Diann is on the operating room staff of that hospital. Paul, who

lived in Courtdale while growing up is a graduate of Girard College, Philadelphia. He is a carpenter.

CRANBERRY NUT BREAD

3 c. all-purpose flour  
1/4 c. sugar  
1 T. baking powder  
1 t. baking soda  
2 c. cranberries, chopped  
1/2 c. walnuts, chopped  
2 T. grated orange peel  
3 eggs  
1 1/2 c. milk  
one third c. salad oil

Mix flour, sugar, baking powder and baking soda, stir in cranberries, walnuts and orange peel. In a small bowl beat eggs slightly. Stir in milk and oil. Stir egg mixture into flour mixture just until it is moistened. Spoon batter into four 6" x 3 1/2" loaf pans. Bake in a preheated 350 degree oven for 45-50 minutes. Makes four small loaves.

BLUEBERRY CAKE

2 c. sifted flour  
1 t. baking powder  
1 T. baking soda  
1/2 t. salt  
1 c. sugar  
2 eggs  
1 c. sour cream  
1 t. vanilla  
1- oz. can blueberries, well drained

Sift flour, baking powder, baking soda, and salt; set aside.

Work butter with a spoon until it is soft. Gradually add sugar. Add eggs one at a time, beating well after each addition. Add sour cream and vanilla. Blend well. Gradually add dry ingredients mixing until smooth. Fold in blueberries. Bake at 350 degrees for 30 minutes. Makes two 9" layers.

MACARONI-BEEF BAKE

4 oz. elbow macaroni  
1/2 lb. gr. beef  
1 lb. canned tomatoes  
1/2 c. shredded cheese  
1/4 c. chopped gr. pepper  
1/4 c. chopped onion  
2 T. flour  
3/4 t. salt  
1/8 t. pepper  
1/8 t. leaf oregano  
1/4 t. dried sweet basil

Cook macaroni and rinse. Brown beef, onion and green pepper, stir in flour. Add tomatoes and cook until moisture thickens. Stir in cheese, seasonings and macaroni. Spoon into a two quart casserole. Bake for 20-25 minutes until the casserole is hot and browned. Set oven for 350 degrees.

BARBECUED PORK CHOPS

4 pork chops  
4 T. chopped onion  
1 c. tomatoes  
3 T. vinegar

2 T. Worcestershire sauce  
1 t. salt  
1 t. paprika  
1/2 t. pepper  
1/4 t. cinnamon  
dash ground cloves

Dust pork chops with flour. Brown chops on both sides. Combine ingredients in order given. Heat to boiling. Pour over chops. Simmer for 40 minutes.

MEATBALL STEW EN CASSEROLE

2 lb. potatoes, quartered  
1 1/2 sm. onions  
1 bunch sm. carrots  
1 can peas  
two thirds c. milk  
2 lb. gr. chuck  
1 egg

1 c. bread crumbs  
3/4 t. marjoram  
2 1/2 t. salt  
3/4 t. Worcestershire sauce

one third c. oil  
1 can cream of mushroom soup  
3/4 t. nutmeg  
3/4 t. bottled sauce for gravy

3/4 t. onion salt  
Boil potatoes, carrots and onions until barely tender crisp. Top with peas. cover and turn off heat. Fork lightly mixed meat with egg, bread crumbs, marjoram, salt, Worcestershire sauce and milk. Drop by



Diann Carlson

teaspoonful into hot oil in a skillet. Brown meatballs quickly on both sides and remove from skillet. Heat soup with nutmeg, bottled sauce for gravy and onion salt. Add potatoes, carrots, peas and onions and meatballs in a three quart casserole. Bake uncovered for 35 minutes or until browned and bubbly in a 350 degree oven.

HUNGARIAN GOULASH

1 1/2 lb. boneless beef  
one third c. fat  
1 clove garlic, minced  
3 c. thinly sliced onions  
2 t. salt

1 1/2 T. paprika  
1/4 t. pepper  
1 t. vinegar  
2 T. tomato paste

Melt fat in a heavy covered skillet. Add garlic, and onions. Sautee them until they are lightly brown. Add meat which has been cut into one inch cubes along with salt, paprika and pepper. Cook for a few minutes and add vinegar and enough warm water to cover. Cook slowly with lid on skillet for about two hours adding water if necessary. When meat is tender stir in tomato paste. Serve over noodles.

Memorial

WEEKEND SPECTACULAR

FRIDAY-SATURDAY  
SUNDAY & MONDAY  
MAY 23,24,25,26

ENTIRE STOCK

3 Piece  
Vested  
SUITS  
\$49<sup>90</sup>

Last time in 1980  
at these prices!

- Solids
- Plaid
- Fancies
- 100% Wools
- Wool Blends
- Poly Gab.

SIZES 48 to 54  
10% MORE

PACKARD  
OUTLET

185 SIMPSON ST.  
SWOYERSVILLE  
Mon.-Fri. 10-9  
Saturday 9-5:30

NARROWS SHOPPING  
CENTER, KINGSTON  
Daily 10-9  
Sat. 10-5:30, Sun 12-5



HANOVER BANK—DALLAS  
GRAND OPENING

CLOSED MAY 24 & 26, 1980, MEMORIAL DAY WEEKEND



HANOVER BANK  
of Pennsylvania  
cordially invites you  
to visit  
our new Dallas office,  
located on Memorial Highway,  
Route 309,  
Dallas, Pa.

Sincerely,

*Donald B. Jernigan*

President

Announcing

Special Banking Hours:

Hanover is making it convenient for you to bank in the back mountain area, with our special Saturday and evening hours, and drive-thru window service.

Hours: Monday - Thursday 10 am - 5 pm  
Friday 10 am - 7 pm  
Saturday 9 am - 12 noon

All hours feature FULL BANKING SERVICE



HANOVER BANK  
of PENNSYLVANIA Member FD.I.C.  
The Only Bank You'll Ever Need

Now 5 convenient locations:

Dallas - South Main St. - Penn Plaza - Kingston - Glen Lyon

Grand Prize Drawing

You can be eligible for a drawing of spectacular prizes totaling over \$2,000. Stop in at Hanover's new Dallas location before May 31, 1980.

1st Prize: Sony Betamax Video Cassette Recorder model SL-5400.

Features include: "Beta Scan" fast forward and reverse, 4 1/2 hr. recording capability, freeze frame, remote control, 3-day timer.

2nd Prize: Sunbeam Solid State "Menu-Matic" Microwave Oven model 39-10.

Exclusive "Menu-Matic" feature "reads" pre-programmed recipe cards and cooks automatically. Includes 20 pre-recorded recipes, extra cards for recording, "Accu-Probe" automatic sensor.

3rd Prize: Panasonic 7" Diagonal Black & White Television with 3-way Power, model TR-707.

Plays at home, at beach, in car or boat. Runs on AC, self-contained batteries, or car/boat battery (adapter cord included). UHF/VHF "Click-Stop" Tuning. Wt. 18 lbs.

Plus Free Gifts  
for Everyone

Stop in and visit us at Hanover's new Dallas location and receive a free gift. There'll be balloons for the kids and fun for all!

Everything is always  
DISCOUNTED at  
Suburban Casuals  
629 Pittston Ave., Scranton  
Rt. 6, Scr.-C'dl. Hwy. &  
778 Kidder St.,  
Wilkes-Barre  
—FEATURING—  
THE FINEST NAMES IN  
WOMEN'S APPAREL  
NAME BRANDS - For  
Teens, Women, Half-Sizes  
OPEN DAILY 9-9 SUN. 12-5

SPAGHETTI  
DINNER

at  
Alderson  
UM Church  
Harveys Lake

Sat., May 31

Serving 4-8

Take-outs 4-5 p.m.

Adults \$3.00

Children 12 & under \$2.00

Tickets available at the door.