

'Plain cook' prepares 'meat and potato' meal

BY JOAN KINGSBURY

Jane Heffernan describes herself as a "plain cook", preparing meat and potato meals. Judging by Jane's recipes, however, plain doesn't have to be unappealing. Jane has provided Post readers with recipes for Banana Bread, Apple Pancakes, and Chicken and Peppers, all of which sound truly delicious.

Banana Bread is nice to serve as a dessert, with breakfast or on a cookie tray. Easy to make, Banana Bread is an old favorite.

For a new breakfast treat try Apple Pancakes. Finely chopped apple give these pancakes an interesting taste. A dot of butter and a sprinkle of powdered sugar provides a perfect finishing touch for Apple Pancakes.

Jane's Chicken and Peppers is an Oriental-type dish. Strips of chicken breasts are marinated slightly in a mixture of soy sauce, sherry, cornstarch, garlic powder and sugar. Using either red or green peppers, slice them in strips, then stir fry in a skillet with thinly sliced mushrooms until tender-crisp. After removing vegetables, cook the chicken in the same skillet before combining with vegetable mixture. Jane serves Chicken and Peppers over rice.

The Heffernans moved to their home on Pioneer Avenue a year ago. Jane is originally from Kingston while her husband Tom, who is affiliated with the Sunday Independent, is a Lehman native. The couple has a son Tom, 7, a student at Dallas Borough Elementary School.

A student at King's College Jane is majoring in Information Systems. Doing handcrafts is a favorite pastime; working on pine cone wreaths, making dough ornaments or working on felt and sequin ornament kits. Jane is a member of the Dallas Junior Women's Club.

BANANA BREAD
one third c. shortening
1 c. sugar
1 egg
3 lg. bananas, mashed
2 c. sifted flour
3 t. baking powder
t. salt
1/2 t. baking soda
1 T. sour milk

Cream shortening, sugar and egg. Add mashed bananas. Add soda dissolved in milk. Sift dry ingredients. Add to banana mixture. Mix carefully. Bake in a loaf pan for one hour in a 350

degree oven. Makes one loaf.

CHICKEN AND PEPPERS

2 whole lg. chicken breasts
3 T. soy sauce
1 T. cooking or dry sherry
2 t. cornstarch
1/8 t. garlic powder
1/8 t. sugar
2 med. green or red peppers
1/2 lb. mushrooms
5 T. salad oil
1/2 c. water

Cut chicken breasts in half; skin and bone. With a knife held in a slanting

position almost parallel to the cutting surface slice across width of each half into 1/8 inch strips. In a medium bowl mix chicken, soy sauce, sherry, cornstarch, garlic powder, sugar. Set aside. Cut peppers into strips. Thinly slice mushrooms. In a skillet over medium high heat using 2 tablespoons hot salad oil cook peppers and mushrooms, stirring quickly and frequently until vegetables are tender crisp, about 2 minutes. Remove vegetables to a bowl. Leave

drippings in pan.

In the same skillet over high heat use 3 tablespoons of hot oil, cook chicken mixture stirring quickly and frequently until tender, 5 minutes. Return vegetables to skillet. Add water, heat until boiling. Stir to loosen brown bits from skillet. Makes 4 servings.

APPLE PANCAKES

2 c. all purpose flour
2 T. sugar
4 t. baking powder
1 t. salt
2 well beaten egg yolks
2 c. milk

2 T. butter, melted

1 c. finely chopped apple

2 stiffly beaten egg whites

Sift dry ingredients.

Combine egg yolks and milk. Pour into dry ingredients. Stir well. Stir in melted butter and apples. Fold in stiffly beaten egg whites. Allow batter to stand for a few minutes. Bake on a hot griddle using one third cup batter for each pancake. Use a spatula to spread batter evenly. When pancakes are done dot with butter, sprinkle with powdered sugar. Makes 12 pancakes.

registration will be held Jan. 25.

The examination will be held in the Science Building on the College Misericordia campus

Teachers to be tested on February 20th

College Misericordia will be accepting registration for the National Teacher Examination through Jan. 18, for the test date of Feb. 20. Final

registration will be held Jan. 25.

The examination will be held in the Science Building on the College Misericordia campus

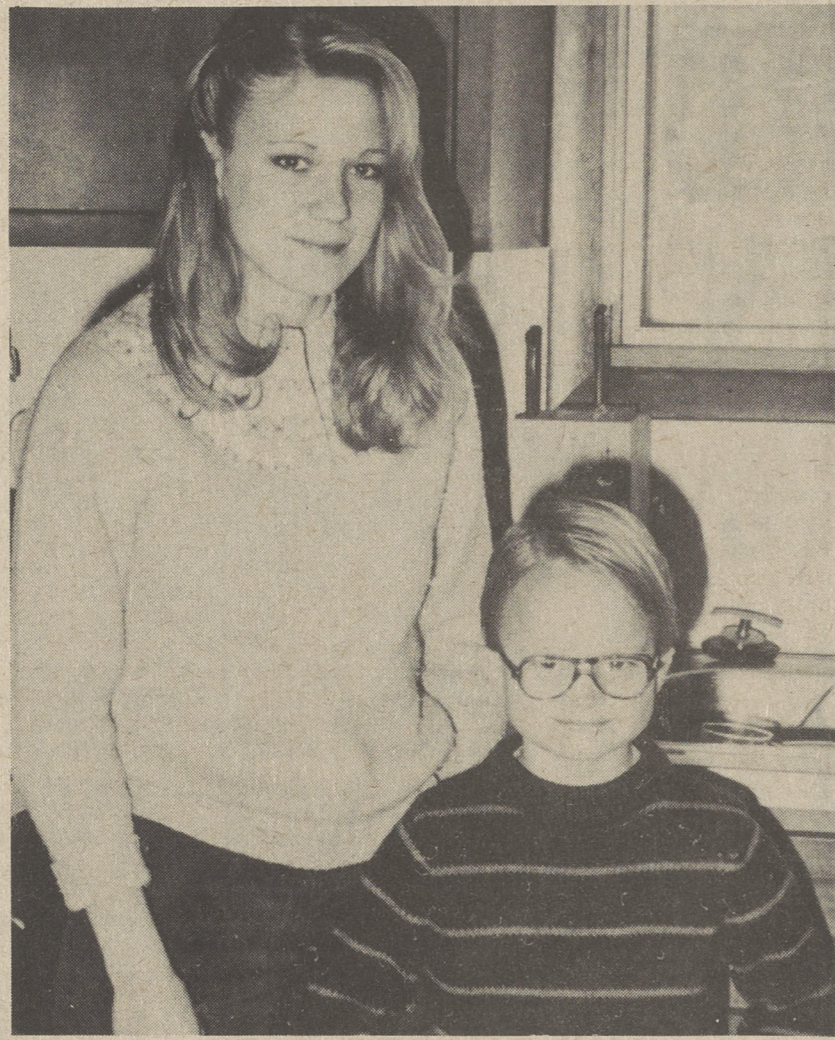
beginning at 8:30 a.m. Sister Eloise McGinty, registrar, reminds students to sign up in the registrar's office on the first floor of the Administration Building at the college. The fee for the test is \$27, including the cost of four transcripts.

For more information contact the office of the Registrar at College Misericordia, 675-2171, ext. 221.

First aid course open to public

The Wyoming Valley Chapter of the American Red Cross announces the scheduling of a Standard First Aid Course open to the public. The purpose of the course is to prepare to care for injuries and to meet emergencies when medical assistance is not excessively delayed. It provides fundamental principles and skills in first aid and accident prevention. This class will meet on Thursday evenings 7-10 p.m., Jan. 7 through Feb. 25. The site for the course will be the Chapter House at 156 S. Franklin St., Wilkes-Barre. For more information and

registration call the Safety Services office at 823-7161.



Jane Heffernan and son, Tom

Christian Singles meet

The Back Mountain Christian Singles meet each Sunday night from 5:30 to 6:30 p.m. at the Dallas Baptist Church on the Harveys Lake Highway. The group is for singles, separated, divorced, widows and widowers, 18 and up, who are interested in Christian fellowship.

Currently the group is studying singles in the Bible led by Pastor Danny White. Future activities planned are a concert featuring the Country Sweethearts, bowling, parties, trips to activities with Christian Singles of Williamsport, speakers, snack suppers, and a spring week-end retreat. Currently 15 singles of all ages and faiths are enrolled. For further information call 675-1931 or 675-1910 after 5 p.m. or just drop in Sunday nights.

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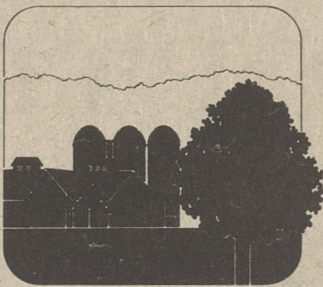
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