Mary Reistetter directs food service at Dallas schools

This nutritionist also loves to do the cooking

BY JOAN KINGSBURY

It's not surprising that Mary Reistetter, ARA director of food service in the Dallas School District, loves to cook. Her cooking experience began when she was nine years old. Mary's mother worked, so often Mary would prepare dinner after she got home from school. This early training in food preparation along with a nutrition course she took as a high school senior led Mary to her career in nutrition.

Originally from Binghamton, N.Y., Mary is a graduate of State University of New York with a bachelor's degree in dietetics. She obtained her master's degree in nutrition from Marywood College, Scranton. She is currently tking a business course in marketing at Wilkes College.

Prior to accepting the position as director of food service at Dallas, Mary served as assistant director of food service in the Scranton School District.

Mary finds her job challenging. In setting up the new cafeteria operation, Mary initiated the selective rainbow lunch at the junior and senior high school as well as the optional menu at the outlying elementary schools. She is willing to answer any questions concerning the cafeteria. her philosophy is that she can't do anything about a problem if she isn't aware of it.

A member of the Society of Nutrition Education, Northeast Dietetic Association and the American Dietetic Association Mary will present a talk show on radio station WARD in March focusing on a refresher course in nutrition for adults.

Mary enjoys swimming, jogging, aerobic dancing and skiing as well as sewing. A plant enthusiast, she credits her job in a florist shop while she was in high school with this interest.

During her college years Mary worked in a bakery. She is very pleased with the fact that the cafeteria staff does all their own baking this year. Mary enjoys baking Slovak recipes handed down by her grandmother, preparing quiches and souffles and experimenting with vegetable dishes.

Mary has agreed to share four of her favorite recipes with Post readers this week. Pork Chops with Fruit Stuffing is an ideal meal for company since it can be prepared ahead of time, then baked before serving. Chinese Bar-B-Q Sauce makes chicken taste extra special. Carrot Bread and Blueberry Tart of two of Mary's favorite baked goods.

CARROT BREAD
1½ c. flour
1 c. sugar
⅛ t. salt
1 t. baking powder
½ t. baking soda
1 t. cinnamon
1 c. oil
3 eggs, beaten
1 t. vanilla
1½ c. chopped walnuts
1 c. grated carrots

Sift together dry ingredients. Add oil, eggs and vanilla to dry mixture and beat well. Add walnuts to mixture and blend. Lastly, add carrots and mix well. Pour mixture into a greased and floured loaf pan. Bake for 1 hour in a 300 degree oven.

PORK CHOPS WITH FRUIT STUFFING
6 thick pork chops
6 c. bread cubes
¾ c. chopped apple
¾ c. chopped celery
¾ c. raisins
1 T. sage
½ c. apple juice
6 slices apple, cut ¼ to ½ inch thick
mustard

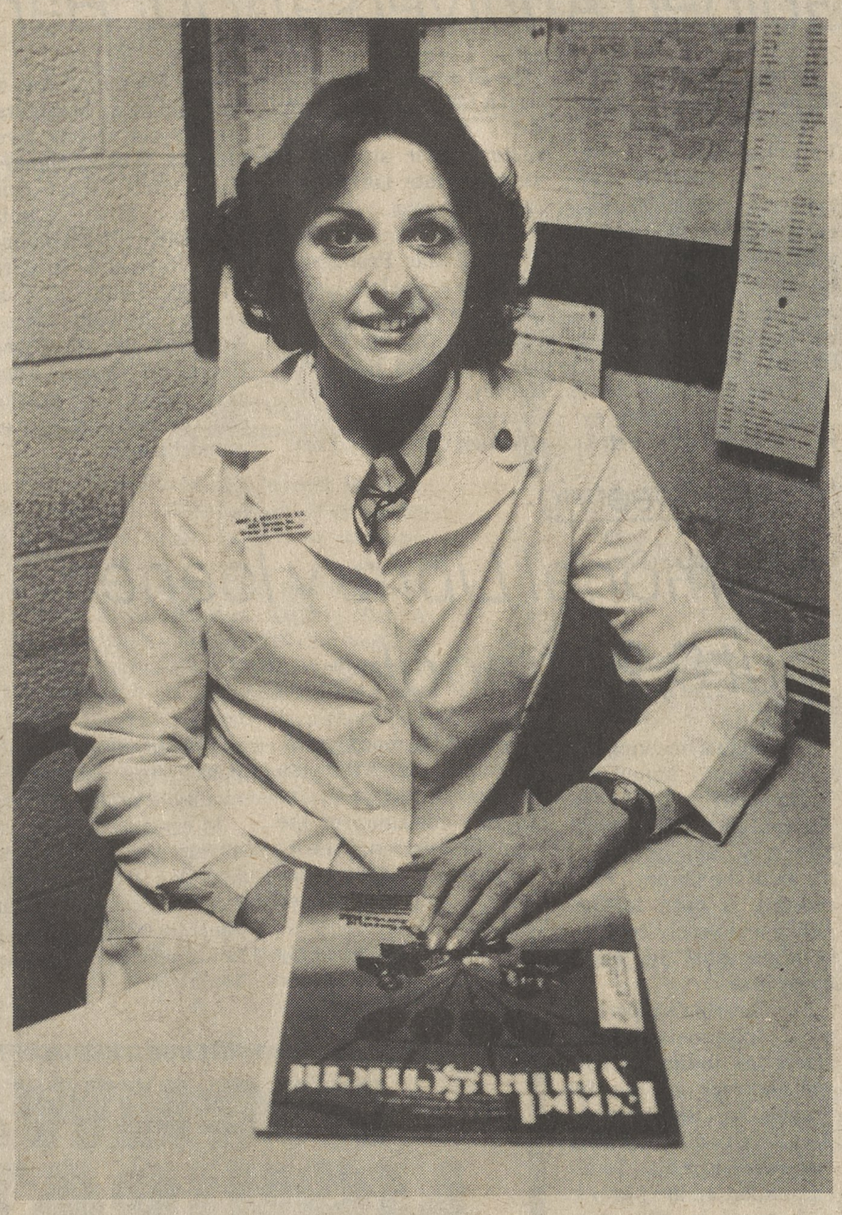
In a large skillet brown chops. Remove from pan. To drippings in pan add all other ingredients except apple slices and mustard. Stir well. Place stuffing in bottom of a large, greased casserole. Place chops on top. Spread chops with mustard, season with salt and pepper, top with slice of apple. Cover and bake at 350 degrees for 1 hour. Serves 6.

CHINESE BAR-B-Q SAUCE
one third c. soy sauce
3 T. oil
1 t. dry mustard
½ t. ginger
¼ t. black pepper
1 t. garlic salt

Mix together. Brush on chicken ½ hour before baking. Bake chicken for 1 hour at 350 degrees. Put under broiler for 5-10 minutes until crisp.

BLUEBERRY TART
1 c. crisco
1 c. margarine
1 c. sugar
1 egg
4 c. flour
1 t. salt
1 can blueberry pie filling

Combine all ingredients except filling. Mix til crumbly, reserve 1 cup for topping. Press remaining dough mixture into an 8 x 11½ inch cake pan, making a 1 inch edge all around. Top with filling, then with reserve crumbs. Bake in a 350 degree oven for 35-40 minutes.



Here's What's Cooking

DALLAS SCHOOLS
Feb. 24 - 26

WEDNESDAY--Cheesey macaroni-cheese or peanut butter sandwich w-jelly, orange quarters, choice of milk. (Ash Wednesday)
THURSDAY--Meatloaf-gravy, buttered noodles, steamed carrot, mixed fruit salad, choice of milk.
FRIDAY--Cheesy pizza (2 slices), grape juice, chilled pears, choice of milk.

LAKE-LEHMAN SCHOOLS
Feb. 24 - Mar. 2
Junior High - Elementary Schools

WEDNESDAY--Ash Wednesday--Breaded fish, baked macaroni-cheese, buttered peas, natural grain bread-butter, peaches, milk.
THURSDAY--Veal parmesan, buttered rice, lettuce-dressing, Parker House roll-butter, pears, milk.
FRIDAY--Early dismissal--Tuna hoagie, French fries, applesauce, raisin oatmeal cookie, milk.
MONDAY--Beef ravioli w-sauce, green beans, Parker House roll-butter, peaches, milk.
TUESDAY--Steak hoagie, vegetable soup-saltines, pineapple tidbits, milk.

Senior High School

WEDNESDAY--Ash Wednesday--Batter dipped fish on bun w-tartar sauce or tuna salad on natural grain bread, macaroni-cheese, buttered peas, fruited jello, milk.
THURSDAY--Hamburg gravy, mashed potatoes, buttered carrots, Parker House roll-butter, ice cream, milk.
FRIDAY--Pizza or egg salad sandwich, potato chips carrot-celery sticks, pineapple tidbits, milk.
MONDAY--Sausage hoagie w-peppers or chili dog, French fries, or small salad, applesauce, doughnut, milk.
TUESDAY--Ham-cheese melt or meatball hoagie, potato chips, buttered corn, pudding, milk.

RAGGEDY ANN & ANDY PLAYSCHOOL
Feb. 24 - 26

WEDNESDAY--Ham-cheese sandwich, chips, dessert, milk.
THURSDAY--Hamburg, French fries, corn, dessert, milk.
FRIDAY--Fish-n-chips, corn-peas, dessert, punch.

Notes of Noxen

BY MIKE POLK

Arnie Williams is a patient in Room 46, Ninth floor, at Maryland University Hospital in Baltimore, Md.

Missionary Russ Waala from Okinawa, Japan, will be the guest speaker at the midweek prayer service tonight at 7:30 in Noxen Independent Bible Church. Adult choir will rehearse following the service. Cornerstone Quartet from Baptist Bible College at Clarks Summit sang at the evening service Sunday night with the message given by Jim Woodburn. Rev. Jerry Tallent is pastor of Noxen Independent Bible Church.

Belated congratulations are extended to Bob and Thelma Belles of Beaumont, who observed their 36th wedding anniversary on February 16.

Belated birthday wishes go to Liza Beth Kasson, daughter of Tom and Geri Kasson, and granddaughter of Mr. and Mrs. Jim Hettesheimer, who observed her birthday on February 17. Observing birthdays this week are Molly Martin, who celebrated yesterday; Michael Galka, who observed his birthday on Monday, and to Theresa Siglin, who celebrates her birthday tomorrow.

Loren Case Sr. is a patient in Wilkes-Barre General Hospital.

Hospital patients at presstime were Gaylord Martin and Ernest Teetsel, who were patients in Wilkes-Barre General Hospital.

Lenten service for the three United Methodist Churches of the Noxen-Kunkle-Ruggles UM Charge will be held this evening at 7:30 at the Ruggles United Methodist Church. Rev. Donald Sperling is Charge pastor.

Teachers of Kunkle UM Church School will meet tomorrow evening at 7 to make plans for Easter. Senior Choir of Kunkle UM Church will meet Friday eveing at 7.

Monroe Township board of supervisors will meet Monday evening at 7:30 at the home of the board's secretary, Mrs. W. Traver, Route 29, Bowmans Creek. Supervisors will open bids for road repair materials.

Bowmans Creek Lions Club will meet Tuesday eveing at St. Luke's Lutheran Church Hall, Noxen. Paul Nulton is president.

Supervisors of Noxen Township will meet Tuesday evening at 7 with Board Chairman Harold Bennett presiding.

SWEETHEART BANQUET

Guest speakers at the annual Sweethearts Banquet held on Saturday, February 12, in Noxen Independent Bible Church hall were Miss Maureen Finnegan, director, and Miss Linda Dymond, assistant director of Wyoming County CEF.

Gifts for the oldest sweethearts were presented to Mr. and Mrs. Walter Wandel; for the youngest sweethearts to Miss Sue Keiper and Jody Gross, who will be married in July.

Other attending were Mr. and Mrs. Kenneth Williams, Mr. and Mrs. William Shalata, Mr. and Mrs. Joseph Newell, Mr. and Mrs. Greg Moyer, Mr. and Mrs. Richard Keiper, Mr. and Mrs. Donald Williams, Mr. and Mrs. David VanEtten, Rev. and Mrs. Jerry Tallent, Mr. and Mrs. Walter Wandel, Mark Wandel, Mr. and Mrs. Clarence Searfoss, Jr., Bill Shalata, Jr., Pam Perry, Mrs. Alvin Dymond, Mrs. Robert Butler and Mrs. Richard Jones.

Emergency food pays off

The recent campaign for emergency food and fuel assitance, conducted by the Martin Luther King Committee for Social Justice has produced some results. To date, about $6,500 has been collected from area churches with many congregation pledges still outstanding.

Rev. Stewart Pierson, splkesman for the committee said he is still confident that the church members can reach their goal of over $20,000 for use in meeting the emergency fuel needs in this community.

Encouraging reports from the CEO warehouse are also optimistic regarding the collection of canned goods to meet emergency food needs.

The Commission On Economic Opportunity, was identified as the distribution mechanism for the effort because of the long relation ship it has with the religious community and its proven ability to respond quickly to human needs.

Lake-Lehman Band News

The patron drive is now underway. We hope you will welcome the Cadet and Senior Band members when they call on you for a donation. Shirley Weidner, chairman, has requested band members to turn in their lists and money by Feb. 28.

Our next "all-you-can-eat" Bar-B-Que dinner will be held on March 13. Serving will begin at 4 p.m. at the high school. Chairmen Marie Havrilla and Doris Sando are working hard to make certain that we have another enjoyable dinner.

Due to popular requests, we will have another citrus fruit sale on March 27. Chairmen John and Peg Adams have not finalized all the details. As soon as prices and ordering dates have been set, we'll announce it in this column.

John Miliauskas has accepted an invitation for the band to compete at the Heritage Music Festival in Newport, R.I. on May 13-16. For those who would like to accompany the band, a booster bus will be available. Call Louise Arnold at 696-3608 for current prices and details.

The band is also sponsoring a bus trip to Reading. There were so many favorable comments about our last trip, that I'm sure we'll have to have two buses to accommodate everyone on this trip. Get your reservations in early to Marion K asko at 696-1515.

Weakness on both sides, is, as we know, the trait of all quarrels. --Voltaire.

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