

Post Cookbook

Micro-Wave helps Kathy Wega save time

BY JOAN KINGSBURY

Microwave cooking has really come in handy for Kathy Wega. Kathy's husband Jack, is chief of the Dallas Ambulance Crew, so he is often interrupted during a meal to respond to an ambulance call. With the microwave, Kathy can reheat a meal in minutes without spoiling the flavor of the food.

Microwave cooking also allows Kathy to prepare foods like pancakes, chili and spaghetti sauce and freeze it for later. On mornings when Kathy, a substitute teacher in the Dallas School District, has to go to work, her family can have their favorite breakfast, pancakes, without any fuss or bother.

Kathy has adapted many of her regular recipes to microwave

cooking. The recipes for Microwave Ham and Cheese Bake, Pepperoni Roll-ups are two that can be cooked either conventionally or in the microwave. Chicken Casserole is a microwave recipe while Beef Roulade is for the conventional oven. For a tasty dessert, Kathy recommends Cherry Supreme.

Kathy, her husband Jack and their three children live on Church Street in Dallas. The Wegas are both from the valley; Kathy is from Forty Fort, Jack from Pittston. Both are in the education field. Kathy is a graduate of College Misericordia with a degree in English. Jack, a reading specialist and coordinator of the Title I Program in the Dallas School District, is a King's College graduate.

The Wegas have three children, Meagen, Lance and Kyle. Meagen, 9, is a fourth grader at Dallas Township School where her 8 year-old brother Lance is a member of the third grade class. Meagen is a Junior Girl Scout and takes piano lessons. Lance plays soccer in the Back Mountain Soccer League. Meagen and Lance played baseball last summer, both attend CCD classes at Gate of Heaven Church. Kyle, 5, attends Mercy Center Kindergarten.

Residents of the Back Mountain for 15 years, the Wegas are active members of the community. In addition to his ambulance work, Jack is a fireman, a CPR and First Aid instructor for Red Cross, an EMT and the Red Cross Disaster

Director for the township. Jack coached a baseball team during that season and is currently helping with the soccer program.

Kathy is a member of the board of the Back Mountain Cultural Center, the Dallas Township PTO and enjoys quilting in her spare time. Camping is the Wega's one family hobby. The Wegas camp each summer, first visiting Disney World in Florida, then camping in various places of interest. Virginia, Canada, upstate New York, in the Cooperstown area, and Pennsylvania's Lancaster County are some of their favorite camping spots.

Although Kathy describes herself as a plain cook, readers who try her recipes will find that plain can mean delicious.

MICROWAVE CHICKEN CASSEROLE

1 can cream of chicken or cream of celery soup
1 can evaporated milk
1 c. shredded cheese (½ c. mozzarella, ½ c. sharp)
1½ c. cut-up turkey or chicken
salt and pepper
mushrooms, if desired
1 c. cooked broccoli prepared French fried onion rings

In a microwave baking dish or any glass casserole, pour soup, evaporated milk and cheese. Stir slowly to blend. Add turkey or chicken, stir slowly. Season with salt and pepper; add mushrooms if desired. Add broccoli. Cook 5-7 minutes on high till bubbly. Top with prepared French fried onion rings (the small snack type work best). Return to microwave on high for 3-5 minutes. Serve.



Kathy Wega and Kyle

Flatten each piece of roll on a cookie sheet. (Biscuits are also fine). Line each piece of dough with 2 thin slices of pepperoni, ½ thin slice of American or Swiss cheese and a teaspoon of mozzarella cheese. Roll and press to close. Brush with egg or evaporated milk. Bake at 375 degrees for 10-12 minutes or microwave on high 3 minutes. Serve hot. These can be frozen and reheated.

MICROWAVE HAM AND CHEESE BAKE

1 c. Bisquick or similar baking mix
1 c. milk
1 c. cream
1 c. ham, cut into cubes + 3 eggs
½ c. shredded mozzarella cheese
½ c. shredded American cheese
½ c. shredded sharp cheese
1 T. grated Parmesan cheese
¼ c. chopped onion salt and pepper

Use a microwave baking dish or any glass baking dish. In a blender blend, baking mix, milk, cream, ham, eggs, mozzarella cheese, American cheese, sharp cheese, Parmesan cheese, onion, salt and pepper. Pour mixture into baking dish. Microwave on high for 15 minutes or bake 40-45 minutes in a 375 degree oven.
+ Pepperoni can be used in place of ham.

cheese. Blend until smooth. Spread on crust. Top with can of prepared pie filling. (Kathy has also found that blueberry works well). Refrigerate until set.

BEEF ROULADES

2 lb. thin sliced round
16 slices bacon
8-10 carrots sliced thin
3 onions, chopped
5 dill pickles, skinned and sliced thin
Tenderize beef by pounding till ½ inch thick in 8 long pieces. Cover surface of each with 2 pieces of bacon, season, add several pieces of

carrot, onion and pickle, roll and fasten with toothpick. Brown, then place in covered baking dish at 350 degrees for 1 hour then reduce heat to 220 degrees and steam as long as desired. This can cook 4-5 hours and still be moist and tender.

PEPPERONI ROLL-UPS

1 pkg. Refrigerator rolls, crescent type work best
2 thin sliced pieces of sandwich pepperoni
thin slices of American or Swiss cheese
shredded mozzarella cheese
egg or evaporated milk

Just Around the Corner

with Joan Kingsbury 675-0835

Continuing my introduction of the Post Staff, this week I would like to introduce Betty Meeker, who has worked in our production department for 5½ years. Betty's husband Daniel operates Kunkle Motors. The Meekers have two children Roy and Joyce, 10 grandchildren and six great-grandchildren.

A music lover, Betty is organist for the Alderson United Methodist Church and sings with the Orpheus Society. Past Matron of Dallas Chapter 396 Order of Eastern Star, Betty's hobby is collecting Japanese dolls.

Good news for Dallas Senior High School students who will be taking Scholastic Aptitude Tests (SAT) this year. The school is offering a coaching course this Fall to provide

college-bound students the opportunity to brush-up on their verbal and math skills in readiness for their tests. Those taking Nov. 6 SATs should register in the Guidance Office for these sessions. Anyone desiring more information should contact Mrs. Russin at the school.

Best of luck to Frances Dress, who was a familiar face in the office of Gate of Heaven School for the past 25 years. Believe me Mrs. Dress, your dedication will long be remembered.

To celebrate her retirement, Mrs. Dress was honored by the faculty and staff of the school as well as members of the church's Altar and Rosary Society at a luncheon at Pickett's Charge.

In appreciation Mrs. Dress was presented with a collage painting consisting of her typewriter, telephone, check writer, multilith, adding machine, and pens and pencils, with Gate of Heaven Church in the center. Sue Hand created the collage. She was also presented with a rosary from the Altar and Rosary Society.

With Fall comes Girl Scout meeting time. This week our Troop 633, baked pumpkin cookies as their first cooking project. Although the girls ate more dough than they baked, we all had a great time, including leader Sally Davenport and yours truly, assistant leader. When it comes to clean-up, our troop can really work. They had everything straightened up in record time. What a nice bunch of girls!

A reminder to ladies from Gate of Heaven Church. The annual Talent Auction is rapidly approaching. Held the first Sunday in November, this event is a big fundraiser. Please plan to donate a craft, homemade fudge or baked item to the auction.

Guess who's celebrating this week? The following parents of new babies: Joyce and Larry Wolfe, Theresa and Glen Brink, Robert and Wendy

Hammer, and Robin and William Ostrum who are parents of little boys, and Wendy and Ralph Scott, who have a beautiful baby girl.

Congratulations to Lori Jean Gaylord, daughter of Mr. and Mrs. George Gaylord, Trucksville, who was joined in marriage to John Pettit, son of Mr. and Mrs. Wayne G. Pettit, Shavertown, last Saturday in the Trucksville United Methodist Church. Following a wedding trip to Hawaii, the couple will reside in Shavertown.

Debra Louise Templin, daughter of Mr. and Mrs. Thomas M. Templin, Dallas, recently announced her engagement to Brian William Lewis, son of Mr. and Mrs. William Lewis, Wilkes-Barre.

Debra is employed at Sheldon Vale Associates as an executive secretary while her fiancé is employed by Barre Engraving Company.

The couple will be married on May 14 in the Huntsville Christian Church.

A special Hi! to Cheryl Todd, a student at Penn State. It seems that Cheryl's mom has forgotten to renew her college subscription and Cheryl had been disappointed when she did not receive her paper. Well, Cheryl, your mom has arranged for a new subscription so you should be getting your Dallas Post each week. It's sure nice to be appreciated, hope you enjoy your subscription.

RAGGEDY ANN AND ANDY PLAYSCHOOL

Oct. 6-12

WEDNESDAY--Beef-a-roni, bread-butter, corn, fruit, milk.
THURSDAY--Chicken nuggets, potato puffs, carrots, cookies, milk.
FRIDAY--Peanut butter-jelly sandwich, raw vegetables, jello, milk.
MONDAY--Tomato soup-crackers, cheese cubes, fruit, milk.
TUESDAY--Ham-cheese sandwich, chips, jello, milk.

LAKE-LEHMAN SCHOOLS

Oct. 6-8

Senior High

WEDNESDAY--Taco's or hamburger w-trimmings, Mexicali corn, fresh apple, milk.
THURSDAY--Hot dog on bun, mashed potatoes, sauerkraut, fruited jello, milk.
FRIDAY--Pizza or egg salad sandwich, potato chips, carrot-celery sticks, peaches, milk.

Junior High & Elementary

WEDNESDAY--Chicken patti on bun, potato chips, buttered corn, cherry crisp, milk.
THURSDAY--Macaroni casserole, lettuce-dressing, roll-butter, peaches, milk.
FRIDAY--Tuna hoagie w-lettuce, French fries, buttered peas, pineapple tidbits, milk.

WEST SIDE TECH

Oct. 6-12

WEDNESDAY--Bar-b-que on soft bun, spiced apple-sauce, green beans, popsicle, milk.
THURSDAY--Open face turkey sandwich w-gravy, whipped potatoes, cranberry sauce, vanilla cake-frosting, milk.
FRIDAY--Fish on bun w-tartar sauce, creamy cole slaw, orange smiles, oatmeal cookies, milk.
MONDAY--In service.
TUESDAY--Hamburg on bun, assorted condiments, cheese sticks, seasoned peas, sliced peaches, milk.

Dallas Township history recalled

By Nancy Kozemchak
Dallas Township was formed in 1817 of territory taken from Kingston Township and embraced a portion of a 'certified township' called Bedford. It was named in honor of Alexander J. Dallas, of Philadelphia. Ephraim McCoy, a Revolutionary soldier, built the first log cabin near the present site of Dallas Borough in 1797. Next settlers included William Briggs,

Daniel Spencer, John Wort, John Kelly, Elam Spencer, J. Mears, John Honeywell, Sr. and Jr., William Honeywell, Isaac Montague and two Ayers brothers. Williams Honeywell purchased 500 acres of land in 1808 and built the first frame house. The first sawmill was built on Tobey Creek in 1813 by Judge Baldwin. The area of the township (Less Dallas Borough) is twenty-one square miles. By 1866, along with improved farms, there were eight sawmills and two stores. The township was known then for the excellence of its butter.

Kunkle Village was thus designated when it was made a post office and the area had a tannery and a grange hall.

The first school house was erected in 1816 of hewn logs by William Honeywell, Philip Shaver (who donated the site), William Hunt and John Honeywell. Peter Roushey built the first tavern at the fork of the village and sold grog. Almond Goss built and conducted the first store around 1840 and Charles Harris and his father made the first clearing. Henry Hagaman was first post-rider through Dallas,

he carried the mail from Wilkes-Barre to

Bowman's Creek. Demon Spencer was the first white child born in Dallas. Peter Ryman was the first and only pettifogger and proved his ability by his many successes. The first justice of the peace was Thomas Irwin. Jacob Rice owned the first painted house, in 1843. He purchased the first spring buggy in 1837. Abram Honeywell owned the first cast-iron plow, and William Honeywell the first patent wagon brake in Dallas. The population of the township in 1880 was 879.

A favorite stop for Indians was Harveys Lake and Dallas was on a trail from Wyoming Valley. Wolves were a problem in 1814 and a grand wolf hunt was organized. The most common and dependable travel was on foot, the next method was horseback. In 1794 a road was opened along Abrahams Creek. The first principal town was Huntsville, with Trucksville second important.

In 1970, the population of Dallas Township was 5,747. For the 1980 census, the increase was 1,540 for a ten year population of 7,287. Dallas Township showed the fourth largest increase in the county and the Back Mountain area had the largest numerical increase.

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