

Cookbook

Frosting Friends

Club Shares Cake Ideas

By JOAN KINGSBURY
Staff Correspondent

Cake decorating as an art form would be an apt description of what Frosting Friends of Luzerne County is all about.

The only cake club in Luzerne County, Frosting Friends held its first meeting in May and have already acquired a membership of 29. The club was founded by Barbara Regan of Harveys Lake who wanted to have regular contact with others interested in cake decorating.

The club, sponsored by the Luzerne County Department of Recreation, meets the third Monday of each month at 7:30 p.m. in the Educational Conference Center at Luzerne County Community college in Nanticoke.

To be eligible for membership, a person, either male or female, must be over 16 years of age. Their cake decorating talents can range anywhere from amateur to professional. Although Frosting Friends is a Luzerne County club, residents of any area may join.

Barbara Regan is club president. First vice president is Mary Gallagher, a Hazleton resident. Second vice president and membership chairman, Bernie Urban, lives in Luzerne. Elaine Muchler, club secretary, lives in Larksville and David Harahus, who lives in Hazleton, is treasurer. Publicity chairperson and historian, Kathie Astegher, is a resident of Tunkhannock.

To become a member, a \$10 registration fee is required. A member must

also be willing to demonstrate or assist at a demonstration during a club meeting. Demonstrations are presented at the intermediate level during each monthly meeting. Through group discussions, participation in cake shows and monthly demonstrations, group members learn from each other. The goal of the club is to help each individual to develop to his or her fullest decorating potential. A newsletter sent out each month keeps members informed.

Although Frosting Friends is a new organization, the club plans to submit a bid to host the 1986 Pennsylvania State Cake Show, which will be a huge undertaking. The members also have plans to hold a show of their own next fall, are planning a birthday cake exchange, and hope to set up a club library containing decorating books which would then be available to members. Club plans also include bringing in professional instructors to demonstrate various decorating techniques.

According to Barbara Regan, to get started in simple cake decorating you need a pastry bag, at least six decorator tubes, paste food coloring, couplers for the pastry bag, a spatula and cake circles.

A few tips to make things easier are: make sure your oven racks are level; to straighten a cake, level it with a bread knife on the edge of the pan, bake a cake 25 degrees less than the temperature calls for. This takes longer, but lets the cake bake flatter.



Cake Demonstration

Members of the Frosting Friends of Luzerne County observe a cake decorating demonstration. From left, first row, Ruth Roberts, Elaine Muchler, Debbie Bayer. Second row, Bernie Urban, Barb Regan, Mary Gallagher. Third row, Cassie Cherup, Cathie Ardoline, Dorothy Sacco, Dave Harahus, Beverly O'Borski, Charles McAvoy.

For smooth icing, dip a spatula in boiling water before smoothing icing. Barbara recommends applying a lot of icing, then removing some. Never start with too little icing. When applying white icing to a fresh chocolate cake where the crumbs have loosened through the icing, put a thin layer of icing on to seal crumbs, then place the cake in the freezer until it is hard. Apply a second layer of icing and the crumbs will not be evident.

Attending cake shows is a popular activity for Frosting Friends. Some members will be entering their cakes at the Fall Fair, which requires pre-registration. Three club members, Eileen Hoyt, Mary Gallagher and David Harahus, attended the International Cake Explorers Society Cake Show in Kentucky in August.

Club members teach as well as six members are currently teaching classes throughout the county.

Naturally, a cake club knows how to make deli-

cious cakes, frostings and fillings. For our readers, these recipes come from Frosting Friends - Soft Wedding Cake Icing, Decorator Buttercream Icing, Extra Yolk Pound Cake and Cake Filling.

SOFT WEDDING CAKE ICING
1/2 C. Crisco
2 unbeaten egg whites
2 t. B.P.
3-4 t. salt
1 c. sugar
1/2 t. mace
1/2 c. margarine
5 egg yolks
t. vanilla or 2 t. gr. orange rind
3-4 c. milk
Mix first five ingredients

then add remaining ingredients and blend. Bake 60-70 minutes in a loaf pan at 350 degrees.

DECORATOR BUTTER-CREAM ICING
1/2 c. butter
1/2 c. solid vegetable shortening
1 t. vanilla
1/8 t. salt
1 lb. (4 c.) confectioners sugar
3 T. cream
Cream butter and shortening together with an electric mixer. Add vanilla and salt. Beat in sugar, one cup at a time, blending well after each addition. Scrape sides and bottom of the bowl often with a spatula. Add milk and beat at high speed until light and fluffy. Keep icing covered with lid or damp cloth and store in refrigerator when not in use. Yield 3 cups.

EXTRA YOLK POUND CAKE
2 1/4 c. flour
2 t. B.P.
3-4 t. salt
1 c. sugar
1/2 t. mace
1/2 c. margarine
5 egg yolks
t. vanilla or 2 t. gr. orange rind
3-4 c. milk
Mix first five ingredients

Coats: Winter coats and all-weather parkas. Fur-like linings and leather trims. Blazers and Sweaters Coats, too.

And the shopping list goes on and on...with umbrellas, paper items for school desks, watches, shirts, ties, pants, and after-school play clothes. Isn't it time you tried "The Factory Outlet Shopping Guide?" It's the place to start your back-to-school shopping. The guide really pays for itself on your very first shopping trip!

"Factory Outlet Shopping Guides" are available at a cost of \$3.95 at most bookstores or mail order \$3.95 each plus 60 cents postage and handling. Mail-Order Address: Factory Outlet Shopping Guide, Post Office Box 239R, Oradell, New Jersey, 07649.

Book Makes Shopping Easy

Looking for heavenly quality school fashions at really down-to-earth prices?

You'll find them fast and easy in Jean Bird's "Factory Outlet Shopping Guides." These handy guides list shopping outlets where smart parents can send their boys and girls off to school in the latest designer fashions and save up to 50 percent on all their new purchases.

With "The Factory Outlet Shopping Guide," bargain hunting for junior's fashions is really quick and easy. Jean lists children's clothing, socks, coats, dresses and other necessities under a sepa-

rate shopping column she has headed "Children." Turn to the back of the guide and check this listing for finding outlets to shop for the items your children need this year. You will see why people are noting that Jean Bird really has shopping in the 80's under control.

You will come home from a bargain spree with all the clothes you started out for...and chances are you will have much more pocket money left than you bargained for, too!

Here are just a few fashion finds that Jean Bird discovered at local store outlets while shopping for her own four kids:

Sweaters: Cardigans, vests, pullovers, Italian knits in a wide spectrum of colors.

Jumpers: Warm and tweedy...in wool blends that are machine-washable.

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If you still have headaches, stomach aches, shoulder or leg aches, if you are still told, "you'll just have to learn to live with it," if your arthritis is forcing you to take a few more aspirins daily than you were taking a year ago, if the pain pills don't kill the pain anymore... then maybe it's time to consider chiropractic for your health care needs. Let chiropractic help you get well!

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Supplies of Pork Abundant This Fall

Supplies of pork are increasing with an abundance of pork coming to market this fall, according to the Pennsylvania Pork Producers Council.

At a recent meeting, the Council adopted several resolutions to deal with the over supply, including the National Pork Producer's Council (NPPC) "Pork 4 Program", designed to manage two market factors - supply and demand.

"Needless to say, the supply is with us," according to Abe Fisher, PPPC Director, and Lancaster Count hog producer. "Predictions of an 11 percent increase in hog marketings the last two quarters will add a pile of pork to the already burdensome supply. "However", Fisher explained, "pork producers can help themselves by maintaining or reducing breeding herd numbers, which will help the long-term supply situation."

Fisher explained that "more immediate results will be seen by marketing hogs at lighter weights. A reduction of the average weight of every hog in the United States by 10 pounds reduces the total pork supply by 15 million pounds per week. It also improves production efficiency and increases lean yield percentage. "Thus, that total mountain of pork can be reduced now by reducing marketing weights and later by reducing breeding herd numbers," Fisher said.

The demand side of pork is just as

manageable if funds are available to create demand and move more pork, according to the NPPC. Traditionally October is the busiest month for producer-funded pork promotions. This year is no exception, with television, radio and newspaper advertising being used heavily to emphasize the tremendous nutritional and economic value of pork.

Through producer participation in Pork Check-Offs, nine million new pork users have been found since 1980, and those new users will be around this fall to consume the pork available.

Demand can be created through promotion by NPPC and PPPC, but it has to be funded by individual pork producers.

"Make sure to support the check-off", Fisher said. "It is your best hope for a positive influence on the market place that provides your livelihood."

For more information concerning pork marketing and promotion, contact the PA Pork Producers Council, R.D. 2, Box 219, Kutztown, PA 19530, or the PA Meat Marketing Program (PMMP), Bureau of Markets, PA Department of Agriculture, 2301 North Cameron Street, Harrisburg, PA 17110.

The PMMP is a cooperative program among livestock and agricultural organizations and the PA Department of Agriculture.

Garden Notes

Canning zucchini

Zucchini is always a surprise to the home gardener - it matures faster and more abundantly than you ever expect. The bounty is a nice surprise but you may have to be inventive to make good use of it all, says Mrs. Josephine Kotch, Extension Home Economist, PSU Cooperative Extension Service in Luzerne County.

"Pineapple from zucchini" is a good idea that swept the nation last year but got a bad press because some versions were unsafe for home canning. The problem was found to be in the processing directions and in the proportion of lemon juice to zucchini. Only high acid foods are suitable for boiling water canning, and even then the boiling process must be long enough to destroy airborne or empty container contaminants that can grow on the surface of the product.

Here's the complete and correct recipe for tasty "pineapple from zucchini":

- Peel and shred two quarts of zucchini squash.
- Add one half-can (23 ounces) unsweetened pineapple juice.
- Add three-fourths cup lemon juice.
- And one and one-half cups sugar.
- Bring mixture to a boil and simmer for 20 minutes.
- Pour into jars and seal.

Process for 15 minutes in a boiling water canner.

Once you have finished, you can use this bit of magic as a substitute for crushed pineapple. You can also use it to make a good pineapple-flavored marmalade. So, get your jars ready and be prepared to cope with your garden riches. If you are careful about your processing and storage, you will have an extra special delight for your Thanksgiving table.

The flavor should be natural and not overspiced.

The texture should be firm, not tough or soft - and the pickles should be translucent and crisp.

The color of the pickles should be as near the natural color as possible, even throughout, and free from lighter or uncured places.

The liquid should be clear and free from sediment or defects of any kind.

Packing pickles

Before you pack your peck of pickled peppers, be sure your pickles are perfect. Pickles are an art - everyone has advice on how to do them right. But maybe you need to know a little bit more. If you are going to enter yours in a local fair, you should know how the experts pick their pickles.

Here's the inside side scoop from Josephine Kotch.

- Use standard canning jars, sealed with vacuum or self-sealing lids, but remove the screw or ring bands before exhibiting.
- Pack pickles with a headspace of 1/2 inch. Food should not be in contact with the underside of the lid.
- The pickles should be uniform - each piece being the same size and shape.

OPENING NEW OFFICE

DR. JUDY ANN SMITH MALACARI
FOOT SPECIALIST

Judy Ann Smith Malacari, D.P.M. announces the opening of her office at 281 Wyoming Avenue, Kingston, for the practice of Podiatric Medicine.

Dr. Malacari is a graduate of Bishop Hoban High School, King's College and the Ohio College of Podiatric Medicine. She completed a podiatric surgical residency at the Cleveland Foot Clinic at the Ohio College of Podiatric Medicine in cooperation with Huron Road Hospital and St. Vincent's Charity Hospital, Cleveland, Ohio.

The doctor is a member of the American Podiatry Association, Pennsylvania Podiatry Association, The Academy of Ambulatory Foot Surgery and the American Association for Women Podiatrists. Most recently, she contributed to the publication of the Clinical Handbook of Podiatric Medicine.

Dr. Malacari will be practicing in the diagnosis and treatment of all conditions related to the foot.

Dr. Malacari's hours will be by appointment. She is accepting appointments now at 283-1150.

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