

People

Group shares recipes

Busy people love these easy-to-prepare recipes

By CHARLOT M. DENMON
Staff Correspondent

When a group of homemakers meet, whether for a club meeting, bowling or just a night out together, sooner or later their conversation turns to food and their favorite, easy-to-prepare recipes.

So it was this past week when officers of a bowling league met to organize teams for the 1984-85 season. When the teams were completed, discussion turned to desserts and among the many recipes exchanged were fruit desserts, cookies, cakes and pies.

Light and tasty year-round, these colorful fruit finales are naturals for dessert lovers and what dessert is more popular in American than old fashioned homemade apple pie!

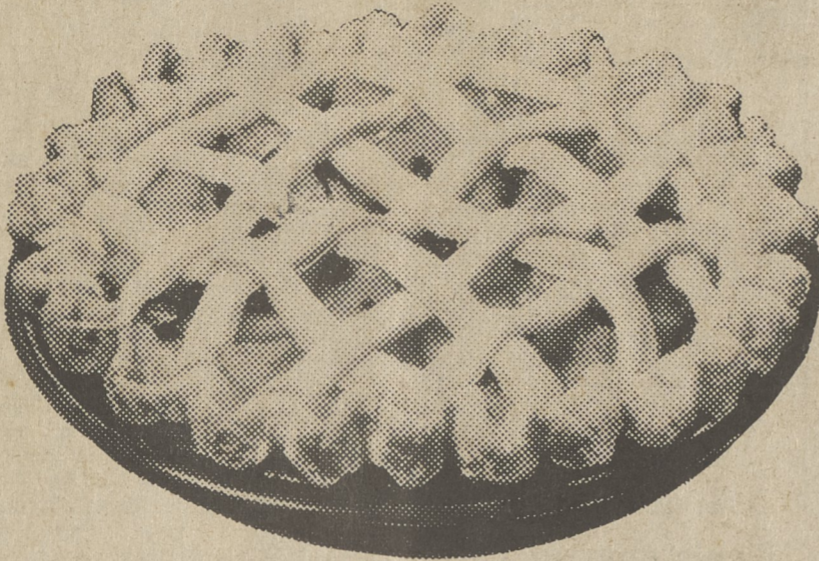
Marie Ritts of Oak Hill, Jan Wertman of Shavertown, contributed fruit-base desserts while Irene Katyl of Dallas submitted her recipe for Old-fashioned Apple Pie. Jean Mekeel of Fernbrook gave Post readers a recipe for easy-to-prepare but tasty spaghetti sauce for the homemaker who works but has a family who enjoys pasta.

These bowlers share their recipes with this week's Dallas Post readers — the apple pie, spaghetti sauce, Blueberry Delight and Pineapple Delight.

OLD FASHION APPLE PIE

(Irene Katyl)
4 c. tart apples, sliced
1 c. granulated sugar
2 T. flour
1 t. cinnamon
½ t. nutmeg
1 T. butter
1 T. lemon juice (optional)

Line deep dish pie plate with favorite pie crust, fill with sliced apples (heap in dish). Mix together dry ingredients and sprinkle over apples. Sprinkle with lemon juice and dot with butter. Cover with top crust, closing edges with fork.
Bake in preheated oven at 400



American favorite

Old fashion apple pie is just one recipe offered to Dallas Post readers by a group of local bowlers.

degrees for 15 minutes then reduce to 350 degrees for 45 minutes or until golden brown.

BLUEBERRY DELIGHT

(Jan Wertman)
Crust:
2 c. flour
2 sticks margarine
2 T. granulated sugar
Mix ingredients together and pat into 9x13 cake pan. Bake at 350 degrees for half hour.

Filling:
1 c. confectioners sugar
8-oz. pkg. cream cheese
10-oz. Cool Whip
1 can blueberry pie filling
Cream together sugar and cream cheese, pour into crust and spread with blueberry filling. Top with cool whip and refrigerate until ready to serve.

PINEAPPLE DELIGHT

(Marie Ritts)
1 pt. sour cream
1 med. can crushed or chunk pineapple, drained

1 sm. can mandarin oranges, drained
½ bag miniature marshmallows
1 can coconut
Mix all ingredients together, pour into mold. Refrigerate until cold. Serve on dessert plates or dishes with desired garnishes.

SPAGHETTI SAUCE

(Jean Mekeel)
1 garlic clove, chopped
1 onion, diced
2 T. olive oil
1 med. can tomato puree
1 med. can tomatoes (chopped)
1 6-oz. can tomato paste
2 t. sweet basil
salt and pepper to taste
½ c. sugar

Sautee garlic and onion in olive oil until done but not brown. In medium pan, combine tomatoes, tomato puree, onion and garlic. Add tomato paste, basil, salt and pepper to taste and sugar. Stir well and let simmer for one and one-half hours. Before serving stir in parmesan cheese while sauce is still hot.



Officers installed

The Educational Conference Center of Luzerne County Community College recently hosted the Frosting Friends of Luzerne County for its installation of new officers. New officers of Frosting Friends, which is sponsored by the Luzerne County Board of Recreation, are shown here. From left, Sherry Stolarick, Dallas, treasurer; Barbara Regan, Harveys Lake, president; Lee Klemash, Wilkes-Barre, vice president of membership; Susan Matthews, Wilkes-Barre publicity; and Diane Morrissey, Plains Township, secretary. Absent at the time of the photo was Eileen Hoyt, Dallas, program vice president. Frosting Friends will hold its first annual cake show at Boscov's in Wilkes-Barre, on Saturday, Sept. 15. The cake show will be sponsored by the Luzerne County Board of Recreation and Boscov's Department Store. New friends who wish to join the club can do so at the regular monthly meetings held the third Monday of each month at the LCCC Educational Conference Center in Nanticoke.

August is Family Eyecare Month

Seeing is believing, but do you really see as well as you think you do?

Half the people in this country - 113 million Americans - wear eyeglasses or contact lenses to correct their vision problems. But for a variety of reasons, many other people don't get the vision care they need. Some are unaware that a vision correction is needed, according to Dr. Michael Simons, optometrist and director of professional affairs with Pearle Vision Center.

The Pearle Vision Center across the country has dedicated August as Family Eyecare Month to make people more aware that the sight they take for granted requires regular care. "August is the time of year when people most frequently visit their doctors for a regular checkup. Including an eye exam at this time is important in maintaining clear vision and good eye health," he said.

"Most adults begin to lose their ability to read clearly and comfortably and to do close work during

their 40's," said Dr. Simons. "Often, a first sign is for a person to hold the newspaper away from them in order to see the print more clearly. Eventually, almost everyone experiences this loss of vision because of normal aging processes," he said.

Children have special vision needs too, according to Dr. Simons. "Infants and young children are often not able to let you know that they are having a vision problem because they don't have a frame of reference for clear vision. Parents must make sure their children have healthy vision through early and regular exams," he said.

Infants and preschoolers are not too young for an eye exam, according to Dr. Simons. Some vision problems require the earliest diagnosis and treatment possible to minimize visual loss.

"Classroom and homework performance can suffer as older children struggle to keep up with school work because of an undetected visual problem. Help your children by making sure they receive early

and regular eye exams," Dr. Simons said.

Senior citizens should be aware that half of all elderly vision loss can be prevented with proper care and regular examinations, Dr. Simons said.

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Discussing tools

Sister Lucille Corner, CND, seated, and Sister Mary Carmel McGarigle of College Misericordia discuss the use of high-technology teaching tools for the college's applied music, music therapy and music education programs this fall.

Misericordia plans use of some highly technical tools

College Misericordia's Music department will utilize high technology teaching tools in its applied music, music therapy and music education programs this fall.

Sister Lucille Corner CND, seated, director of Music Therapy and Sister Mary Carmel McGarigle, RSM, director of music education, discuss computer software that will be used in their classes. The computers will help students develop their cognitive-analytical skills in melody, harmony and rhythm dictation.

College Misericordia's applied music program fosters excellence in vocal and instrumental performance, develops strong competencies in music, and is part of a broad-

based foundation in the liberal arts. Music education offers a bachelor of music degree and prepares students to teach in today's public and private schools in accordance with artistic standards and current, creative teaching methods. The music therapy program provides students with a liberal arts background as well as a clinical practicum experience in music therapy. Graduates in this growing field use music as a therapeutic agent in their work with the elderly, with the developmentally disabled, mentally ill and physically handicapped.

The use of computers in College Misericordia's Music department is one more step in Misericordia's effort to strive for excellence in today's pedagogical techniques.

King's has new program

Responding to meet the needs of a job market growing faster than most others and the growing interest in the field expressed by local students, King's College will open a new program in Banking and Finance this fall.

Directing the new program will be Frank Vacante, a Certified Public Accountant who has served on the King's faculty since 1959. Vacante, who is past president of the Northeast Chapter of the Pennsylvania Institute of Certified Public Accountants, said the new program is the direct outgrowth of expanding career opportunities for graduates and a 1983 survey which indicated that as many as 30 percent of King's current Business Division students want a major academic option in Banking and Finance at the college.

The new major at King's will prepare students to work as bank officers and managers, as brokerage and investment officers and managers, as financial officers of industrial organizations, and as credit and collection managers.

In addition to restructuring existing courses at the college to add emphasis for students in the new major, King's will add some specialized courses for the first time as a result of the new program. Management of Financial Institutions, Analysis of Financial Statements, Security Analysis and Portfolio Management and Special Topics in Finance will be among the new courses included in the 60 major credits required to attain the Bachelor of Science in Banking and Finance.

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