



Cookbook



Serving spaghetti

Diane Garnett prepares to serve her daughter, Michele, some of her mother's, Kay Scavone, homemade spaghetti sauce and meatballs for lunch.

Dallas Post/Charlot M. Denmon

February is Potato Month

Potatoes are America's favorite vegetable - and for good reason. Not only are they delicious, versatile and a great economy value, but now potatoes have a better nutrition story than ever before. New studies show that a medium potato (one third pound) provides 50 percent of the U.S. RDA of vitamin C, 15 percent of vitamin B6 and iodine, 10 percent of niacin, and 8 percent of thiamin, iron, folacin, phosphorus, magnesium and copper. The potato also has the most potassium, 750 mg., of any commonly eaten food and provides 2,710 mg. of dietary fiber. And, all that nutrition is packed into only 110 calories, with little sodium and no fat.

There's no better time to celebrate the potato's important nutritional contribution than now, because February is Potato Lover's Month. You'll find good prices and potatoes are always a family favorite. Here are recipes to show just how versatile the potato can be, but don't forget the all time favorite "plain" potato-baked, mashed, boiled and French fried.

To Bake: Scrub, pat dry and prick the potato in several places with a fork. This allows the steam to escape, preventing the potato from bursting. In a conventional oven: A medium potato (three per pound) will bake in 40-45 minutes at 400 degrees F. But if you're cooking other foods at the same time, the potato easily adapts. Just adjust the time according to the temperature. Bake directly on oven rack or on a cookie sheet. Potatoes are done when they are soft when gently squeezed with a mittened hand. Don't wrap potatoes in foil as it steams not bakes, the potato. In a microwave oven: Use uniformly-sized potatoes. On a double layer of paper toweling or paper plate, place potatoes in a spoke fashion with smaller ends toward center. "Baking" time is usually four minutes for a medium to large potato (six ounces), plus one to two minutes for each additional potato. Turn potatoes halfway through baking and allow five minutes of "standing time," since potatoes will continue to cook after removal from oven.

To Mash: Prepare boiled or steamed potatoes (see below); drain, peel. Using a potato masher, electric mixer or ricer, mash potatoes. Gradually add milk, salt and pepper to taste and if you like, a bit of butter or margarine. (Use skim milk if you're counting calories.) The texture of the potatoes will depend on the amount of milk used. The more milk, the creamier and thinner the potatoes will be.

To Boil or Steam: In a heavy saucepan with tight-fitting lid, cook potatoes in about one-inch of boiling salted water until fork-tender. To steam, place potatoes on wire rack in pan and add water to just below level of rack. Whole, 30 to 40 minutes; cut-up, 20 to 25 minutes.

To French Fry: Cut raw potatoes into strips about 1/4 inch thick. Toss strips into a bowl of ice and water to keep crisp and white while cutting the remainder. Don't soak. Pat the strips dry with paper towels. Heat about four inches of salad oil to 390 degrees F. in a deep fat fryer or heavy saucepan. Place a layer of potato strips in a wire basket and immerse basket in hot fat; or place strips, a few at a time, directly into the hot oil. Cook about five minutes or until golden brown and tender. Drain well on paper towels.



Funds raised

Over \$1,700 was raised by the Buck-A-Bowl-of-Soup fund raiser sponsored recently by area Circle K, Key and Kiwanis Clubs and Franklin's Restaurants. Money raised will benefit the Wyoming Valley Chapter, American Red Cross and other charitable organizations. At an awards ceremony held recently at the Red Cross Chapter House, Lake-Lehman Key Club, sponsored by the Back Mountain Kiwanis Club, took top honors for selling the most tickets. All participants received a trophy or certificate for their outstanding work. Club representatives and volunteers are shown here. From left, first row, Joseph O'Neill, Red Cross fund-raising committee; Michele Smith, president, Coughlin Key Club, sponsored by Wilkes-Barre Kiwanis; Chris DePolo, Penn State Circle K; and Diane O'Connor, president, Meyers Key Club, sponsored by Wilkes-Barre Kiwanis. Second row, Drew Daniels, Back Mountain Kiwanis; Davis Machina, Wilkes College Circle K; Francis Curry, advisor, LCCC Circle K; Amy Walker, Cheryl Lynn Smith, Theta Phi; Charlene Corcoran, vice president; Sharon Bevan, president, West Side Tech DECA; Johnna Chumunto and Charlene Santarelli, College Misericordia Circle K. Third row, Rosemary Zbieck, advisor, Lake-Lehman Key Club; Kim Culver, treasurer, West Side Tech DECA; Russell Jenkins, Theta Phi; Deanna Williams and Kim Woronko, GAR Key Club, sponsored by Wilkes-Barre Kiwanis. Fourth row, Tricia O'Donnell, secretary, Meyers Key Club; Leo Geskey, Chris Sailus and Mary Jo Golden, president, Wilkes College Circle K. Absent at the time of the photo were representatives from Franklin's Restaurants and Wyoming Area Key Club, sponsored by Pittston Kiwanis.

Kay Scavone likes to cook for large family

By CHARLOT M. DENMON
Staff Correspondent

Kay Scavone of Sweet Valley is used to cooking for a large family as she and her husband, Donald, are the parents of six children. Although two of them are married, they also enjoy coming home whenever possible so when they all get together Kay prefers easy to prepare but hearty meals for her four daughters, two sons, two sons-in-law and three grandchildren. She enjoys trying new recipes especially baking cakes or pastries.

Donald, Jr., the oldest son is still at home as is his younger brother, David. The Scavones twin girls, Diane and Donna are married, Diane to John Garnett and Donna to Tom Pesacreta. Diane lives with her husband and three-year-old daughter, Michele at Pikes Creek and Donna lives in the state of Washington with her husband and two children. Denise recently left to work in Oklahoma and Dina, the youngest, is employed at United Penn Bank, Dallas, and lives at home.

Kay looks forward to having her children and their families come to visit which they usually do week-ends and holidays whenever possible. She especially enjoys her grandchildren and has gone to visit the two in Washington twice in the past year and a half.

She also likes to crochet and makes many gifts for friends and relatives. Each year she makes various items for members of her bowling team and, at the end of the season, she crochets numerous items for door prizes for the end of the year dinner held by one of the leagues in which she bowls.

Kay is a member of the Ladies Country League and the Imperialette League at Bonomo's Sports Center. She is among the top bowlers in both leagues and is treasurer of the Ladies Country League.

In her leisure time, Kay likes to visit various outlets or go on shopping sprees with some of her friends, or her daughter and granddaughter, Michele. She also likes to prepare some of Michele's favorite foods when her granddaughter visits her.

This week Kay shares three of her family's favorites with Post readers. The Texas Sheet Cake is a recipe she obtained from a friend and is a tasty different dessert. A favorite of her family is her homemade (made from scratch, according to Kay) spaghetti sauce. Her friends say her Potato Pancakes are delicious.

TEXAS SHEET CAKE

- 2 sticks margarine
- 4 T. cocoa
- 1 c. water
- 2 c. sugar
- 1/2 t. salt
- 1 t. baking soda
- 2 eggs
- 1/2 c. sour cream

Combine margarine, cocoa and water in pan; bring to a boil. Add sugar, flour, salt and baking soda, mix well. Add eggs and sour cream, beat well till smooth.

Pour into greased cookie sheet. Bake at 375 degrees for 12 to 15 minutes. Glaze as soon as cakes comes out of oven.

- GLAZE**
- 1 stick margarine
 - 4 T. cocoa

- 6 T. milk
- 1 c. chopped walnuts+
- 1/2 t. vanilla

1 box confectioner's sugar
Combine margarine, cocoa and milk in saucepan, bring to light boil. Remove, add remaining ingredients and mix well. Spread glaze over cake as soon as it comes out of oven.

+ Chopped nuts may be put in batter instead of glaze if desired.

SPAGHETTI SAUCE

- 1 med. onion
- 1 8-oz. can tomato paste
- 2 8-oz. cans water
- 1 qt. tomatoes
- 3 stalks celery
- 1 c. water
- oregano
- garlic powder
- parsley flakes
- salt and pepper

Pour small amount of olive oil in pan. Chop and brown onion, add tomato paste and two cans of water. Simmer over low heat. Break up tomatoes by hand or in food processor, cut celery very fine (or do in food processor). Add tomatoes and celery to tomato paste mixture; add cup of water. Season with oregano, garlic powder, parsley flakes, salt and pepper. Let sauce simmer for two or three hours, longer if desired.

Piece of chuck and or pork may be added to sauce if desired and let simmer with it.

Cook spaghetti and make meatballs to serve with sauce.

POTATO PANCAKES

- 2 med. potatoes, grated
- 4 T. flour
- 2 eggs
- 1/4 c. milk
- 2 onions, grated
- salt and pepper

Mix all ingredients together. If mixture is too thick, add milk. Drop from large spoon on well oiled skillet or pan. Serves 6.

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School menus

Following are cafeteria menus for area school districts for the following week:

GATE OF HEAVEN SCHOOL

- Jan. 23 - 29
- WEDNESDAY - Meat loaf, baked potato, wax beans, peaches, cookies, milk.
- THURSDAY - Chicken pattie, salad, pineapple, tastykake, milk.
- FRIDAY - Macaroni-cheese, green beans, fruit cocktail, chocolate pudding, milk.
- MONDAY - Flying saucer, French fries, fruited jello, milk.
- TUESDAY - Hamburg-bun, French fries, green beans, tastykake, milk.
- WEST SIDE VO TECH
- Jan. 23 - 29
- WEDNESDAY - Hoagie (lettuce-tomato-Italian sauce), soup-creamers, corn chips, chilled peaches, milk.

ers, corn chips, chilled peaches, milk.

THURSDAY - Beef-a-roni, tossed salad-choice of dressing, roll-butter, cherry squares, milk.

FRIDAY - Pizza twins, buttered vegetables, chilled juice, sugar-spice cookies, milk.

MONDAY - Hamburg on bun, assorted condiments, cheese sticks, buttered corn, banana cream pie, milk.

TUESDAY - Hot dog on bun, onions-relish, macaroni-cheese, baked beans, orange creamsicle, cake, milk.

DALLAS SCHOOLS

- Jan. 23 - 29
- WEDNESDAY - Chili w-buttered corn bread muffin or ballpark hot dog on bun w-fresh carrot stick, fresh orange wedges, choice of milk or juice.

or juice.

THURSDAY - Baked macaroni Creole, Italian bread-butter, garlic bread in Jr. & Sr., or cheeseburger on roll w-lettuce leaf, tossed green salad w-dressing, choice of milk or juice. Bonus: Freshly baked cup-cake.

FRIDAY - Cheese pizza (2 slices) or turkey deli sandwich (sliced cheese-lettuce on seeded roll), chicken-rice soup w-veggies, choice

of milk or juice. Bonus: Vanilla pudding w-whipped topping.

MONDAY - Pork bar-b-que on Kaiser roll or hot diggity dog on bun, honey baked beans, yellow delicious apple, choice of milk or juice. Bonus: Peanut butter treat.

TUESDAY - Toasted ham-cheese sandwich or breaded chicken, buttered whipped potatoes w-gravy, fresh veggie stick, choice of milk or juice. Bonus: Chocolate chip cookie.

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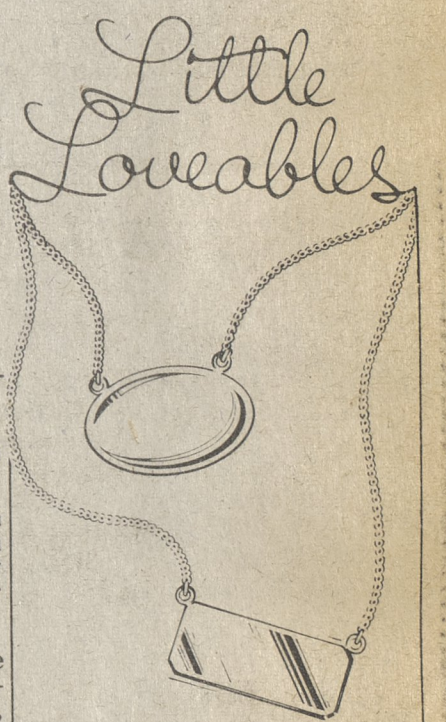
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Bake-Off set

The area's tastiest homemade chocolate temptations will be center stage during the third annual Great American Chocolate Festival Bake-Off to be held Friday, Feb. 15 at The Hotel Hershey. The Bake-Off will bring the weeklong festival to a delectable close, winding up a five-day chocolate experience that will showcase America's favorite flavor in all shapes and sizes.

Individuals who wish to enter their favorite chocolate recipe in the Bake-Off must be 18 years or older and can submit one entry in the categories of cakes, cookies, or desserts. The recipes must be original and must include at least one of several Hershey Chocolate Company products. Three prizes will be awarded in each category, along with a special Grand Prize for the best overall entry. The grand prize winner will receive a weekend for two at the new Hershey Philadelphia Hotel.

All persons interested in participating in the Great American Chocolate Festival Bake-Off must complete an official entry form, available by writing: The Great American Chocolate Festival Bake-Off, Consumer Relations Department, P.O. Box 815, Hershey, PA 17033-0815.



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