



Cookbook



Bank employees manage kitchens as well as money

By CHARLOT M. DENMON
Staff Correspondent

Nine young women who are employees of Wyoming National Bank, located at the intersection of Route 118 and Memorial Highway, bring happiness into the lives of their customers by dressing in accord with each holiday.

St. Patrick's Day, Easter, Halloween, Christmas, whatever the occasion, the nine employees seem in appropriate dress. Last Thursday, all were clad in either pink or red and white for Valentine's Day, bring happiness and a bit of radiance into the lives of their customers.

All but one of the young women are married and six of them have children. In addition to their careers, they are also fulltime homemakers.

Manager of the bank is Mrs. Robert (Mary Beth) Tomko, who resides in Shavertown. She has been with the bank since it opened about five years ago.

Mrs. Frank (Sally) Wagner lives in East Dallas. The mother of three sons, she also is the proud grandmother of her first grandchild, a little girl. With the bank approximately 10 years, Sally is assistant manager.

Mrs. Alan (Carol) Hobbs is head teller and resides with her husband and two daughters in Idetown. She has been with Wyoming National Bank for two years.

Teller Mrs. Mark (Diane) Malkemes has been with the bank for five years. She and her husband and daughter live in Beaumont.

Mrs. Ronald (Debbie) Kinney, who lives in Sweet Valley is a teller and backup new accounts clerk. She has been with the bank about three years and she and her husband have one son.

Mrs. Gary (Debbie) Moyer, her husband and two children live in Noxen. A teller, she has been at the local bank for a year.

Loan Clerk Debbie Rought of Falls has been with the bank for approximately four years. She is still single.

Mrs. Jeffrey (Lori) Besecker and her husband live at Valley View, Dallas. Lori works at the drive-up window and has been with the bank for two years. She and her husband are looking forward to their first child.

Newest employee at the bank is Pam McDonald who works part time as a teller. She has two daughters and resides in Shavertown.

Food is a popular topic of discussion among the bank employees and the question that arises most often is "What are you planning for dinner?"

The girls look for easy-to-prepare meals, recipes they can make when they get home from work. They exchange recipes with one another and share their culinary experiences, just as this week they share favorites with Post readers.

CHINESE STYLE RICE
(Mary Beth Tomko)

4 c. cooked rice
1 med. onion, diced
1 lg. green pepper, diced
1 T. butter
1 T. parsley
1 eg, beaten (optional)
1 c. chicken or pork, cooked and

diced
¼ c. water
2 T. soy sauce

Melt butter in frying pan or wok, add onion and pepper and saute. If desired, add beaten egg and mix until egg is scrambled. Mix in rice, parsley and meat. Stir, add soy sauce to water and mix in rice. ¾ cup mushrooms can be substituted for green pepper if desired.

HEAVENLY HASH CAKE
(Sally Wagner)

1½ c. flour
1 c. butter or oleo
4 T. cocoa
2 c. sugar
4 eggs

Mix together all ingredients. Pour into greased 9x13x2 pan. Bake at 350 degrees for 25 minutes. Take from oven; immediately pour one package miniature marshmallows over all. Put back in oven, watch closely, only till marshmallows melt, not brown. Remove from oven; cover with chopped pecans or walnuts. Cool in pan. Top with 1 stick oleo
4 T. cocoa
6 T. milk

Combine and bring to a boil. Remove from heat and add one box confectioner's sugar and one teaspoon vanilla. Beat well; spread over cake while icing is hot. Let cool. Cut in small pieces.

CHICKEN ADOBOE
(Carol Hobbs)

3 lbs. chicken, cut up
3 c. water
1/3 c. soy sauce
¼ c. vinegar
¼ t. monosodium glutamate (Accent)
1 t. salt
¼ t. pepper
½ bulb garlic
3 T. oil

Combine all ingredients in Dutch oven. Cover, simmer until all liquid is gone. Approximately 1½ hours. (Philippine recipe)



LORI BESECKER

PUMPKIN BREAD
(Diane Malkemes)

1½ c. flour
½ t. salt
1 c. sugar
1 t. baking soda
1 c. pumpkin puree
½ c. vegetable oil
2 eggs, beaten
¼ t. nutmeg
¼ t. cinnamon
¼ t. allspice
½ c. chopped nuts

Preheat oven to 350 degrees. Sift flour together with salt, sugar and baking soda. Mix pumpkin, oil, eggs, ¼ cup water and spices together, then combine dry ingredients but do not mix too thoroughly. Stir in nuts. Pour into well buttered 9x5x3 loaf pan. Bake 50-60 minutes until tester comes out clean. Turn out of pan on rack and let cool.

BANANA SPLIT CAKE
(Deborah Kinney)

2 c. graham cracker crumbs
6 T. melted butter
2 c. powdered sugar
1 stick margarine
2 eggs
1 t. vanilla
6 bananas
1 med. size can crushed pineapple
1 lg. container cool whip
Ground peanuts
Maraschino cherries

Mix together graham cracker crumbs and melted butter. Press in 9x13 dish. Beat powdered sugar and margarine at room temperature. Add eggs and beat until light and fluffy, add vanilla and beat until light and fluffy; add vanilla. Beat again to mix well. Spread evenly over crumbs in dish. Slice bananas lengthwise and place on top of pudding layer. Drain pineapple and spread over bananas. Spread cool whip evenly over pineapple and sprinkle ground nuts on top. Dot top with cherries. No baking; refrigerate over night.

OKLAHOMA CAKE
(Deborah Moyer)

Combine:
2 eggs
2 c. sugar
1 lg. can crushed pineapple
1 c. walnuts
1 c. raisins
Mix in:
2 c. flour
2 t. baking soda

Pour into greased cake pan and bake at 350 degrees, 30-35 minutes. When cool spread with cream cheese icing.
18-oz. pkg. cream cheese
2 c. confectioners sugar
1 stick margarine
1 t. vanilla

Blend ingredients together and mix till smooth. Spread on cake.

TANDY TAKE
(Debbie Rought)

4 eggs
1 t. vanilla
1½ c. sugar
2 t. oil
Mix together and beat well. Add:
2 c. flour
2 t. baking powder
1 c. milk

Mix well and pour into greased and floured cookie sheet. Bake 350 degrees for 25 minutes. While hot spread peanut butter on top; put into refrigerator until set. Melt milk chocolate (Hershey's chips work well 12-oz. pkg.) and one tablespoon crisco and spread on top while hot. Refrigerate.

INCREDIBLE EDIBLE
(Lori Besecker)

¾ c. melted butter
2 c. graham cracker crumbs
1 12-oz. jar peanut butter
12-oz. bag semi-sweet chocolate bits
2 c. powdered sugar

Combine all ingredients, except chocolate, mix well. Place in an ungreased pan, melt chocolate bits and pour over top. Let cool and set at room temperature. Cut into squares or bars.



Dallas Post/Charlot M. Denmon

They can cook, too!

Employees of Wyoming National Bank, Route 118 and Memorial Highway, are not only proficient in their financial careers but also excel in the kitchen. They discuss new recipes with one another and share nutritious and easy-to-prepare menus from day to day. Among the employees who enjoy trying new dishes are, from left, first row, Pam McDonald, Sally Wagner, Debbie Kinney, Debbie Rought; Second row, Diane Malkemes, Debbie Moyer, Carol Hobbs and Mary Beth Tomko.

FUNNEL CAKES
(Pam McDonald)

1 egg
two third c. milk
1¼ c. flour
2 T. sugar
1 t. baking powder
¼ t. salt

Beat egg and milk together and set aside. Sift dry ingredients together, then add to egg and milk. Beat until smooth. Melt one inch fat or cooking oil in electric or regular fry pan and heat to 350. Pour batter through funnel as you swirl it in a circular motion. Cook until golden

brown on one side then flip and cook other side. Sprinkle with sugar and serve warm. Lower heat if cakes are getting too dark and add milk if batter does not go through funnel easily. Practice makes perfect but it's worth it.

School menus

LAKE-LEHMAN SCHOOLS
Feb. 25 - Mar. 1
Senior High School

MONDAY - Veal parmesan, mashed potatoes, buttered broccoli, Parker House roll-butter, pears, milk.

TUESDAY - Steak hoagie w-onion-peppers, potato puffs, applesauce, cookies, milk.

WEDNESDAY - Mini-ravioli w-sauce, green beans, Parker House roll-butter, peaches, milk.

THURSDAY - Turkey w-gravy over homemade biscuit, buttered peas-carrots, ice cream, milk.

FRIDAY - Batter dipped fish or hot dog on bun, tartar sauce, French fries, banana fruit cup, tasykake, milk.

Junior High & Elementary Schools
MONDAY - Mini ravioli w-sauce, green beans, Parker House roll-butter, pears, milk.

TUESDAY - Ham patti on bun, candied sweet potatoes, buttered corn, pudding, milk.

WEDNESDAY - Hamburg on bun, pickle chips, chicken noodle soup-saltines, peaches, milk.

THURSDAY - Turkey w-gravy over homemade biscuit, buttered peas-carrots, ice cream, milk.

FRIDAY - Tuna or peanut butter-jelly hoagie, French fries, banana fruit cup, Tastykake, milk.

GATE OF HEAVEN SCHOOL
Feb. 25 - Mar. 1
MONDAY - Spiced ham sandwiches, chicken noodle soup, pickles, cheese chunks, pretzel stix, milk.

TUESDAY - Baked chicken, buttered rice, corn, pineapple chunks, Tastykake, milk.

WEDNESDAY - Porcupines, mashed potatoes, peas, fruit cocktail, cookies, milk.

THURSDAY - Waffles-sausage, syrup-butter, stuffed celery, applesauce, jello, milk.

FRIDAY - Pizza, salad, pears, Scooter pie, milk.

DALLAS SCHOOLS
Feb. 20 - 26

WEDNESDAY - Oven baked fish on roll w-tartar sauce, au gratin potatoes, fresh apple wedges, choice of milk or juice. Or, toasted cheese sandwich w-turkey noodle soup and potato chips. Or, freshly baked pizza.

THURSDAY - Juicy hot dog w-choice of beef sauce, honey baked beans, sliced peaches, choice of milk or juice. Or triple decker PB&J sandwich, w-beef vegetable soup and potato chips. Or, freshly

baked pizza.

FRIDAY - Baked macaroni-cheese, golden peas-carrots, choice of milk or juice. Bonus: vanilla ice cream w-cherry topping. Or, tuna fish hoagie w-tomato soup and potato chips. Or, freshly baked pizza.

MONDAY - Steak-cheese hoagie, oven baked French fries, choice of milk or juice. Bonus: peach short-cake w-whipped topping. Or, Italian hoagie w-chicken noodle soup and potato chips. Or, freshly baked pizza.

TUESDAY - Chicken nuggets w-bar-b-que or honey sauce, steamy vegetable soup, fresh orange wedges, choice of milk or juice. Bonus: Blue berry cupcake. Or, Italian hoagie w-vegetable soup and potato chips. Or, freshly baked pizza.

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Start this year with healthy eating

It's the beginning of a new year and that means a resolution to better, more healthful eating.

One sure way to decrease your salt intake without sacrificing flavor is to substitute with a seasoned salt. Seasoned salt contains less sodium per teaspoon than regular salt and offers more flavor to foods. Home economists have gathered the following recipes to start you on your healthful way.

Sauteed Italian Vegetables is a wonderful, fresh melange. In a large skillet, heat 3 tablespoons oil; saute until tender-crisp 3 zucchinis, cut into julienne pieces and 1 large onion, halved and thinly sliced. Add 2 large tomatoes, cut into chunks; ½ teaspoon seasoned salt, ¾ teaspoon oregano leaves, crushed, and ¼ teaspoon EACH seasoned pepper and garlic powder with parsley. Stir until heated. Serve immediately. Makes 6 servings. (About 2 mg. sodium per serving).

Prepare Creamy Avocado Dressing for a delicious dip or salad dressing. In food processor bowl or blender, place 1 ripe avocado, 1 tablespoon softened cream cheese and 1½ cups milk; process to puree. Stir in 2 tablespoons EACH finely chopped parsley and green onion tops, 1 teaspoon EACH seasoned salt and seasoned pepper and 1 tablespoon EACH white wine vine-

gar, lemon juice, and salad oil. Blend thoroughly. Cover and chill for 1 hour. Makes 2 cups (About 28 mg. sodium per serving).

Elegant Chicken Breasts with Mushrooms is a perfect entree for Valentine's Day. Sprinkle 3 chicken breasts, halved, boned and skinned with seasoned salt and seasoned pepper to taste; dredge lightly in flour. In large skillet, saute chicken

in ¼ cup sweet butter until lightly browned. Add ½ cup dry vermouth and cook chicken, covered for about 20 minutes. Remove chicken to serving platter; keep hot. In skillet, quickly saute ½ lb. mushrooms, sliced, in butter-wine liquid. Spoon mushrooms over chicken and sprinkle with 2 teaspoons chopped parsley. (Makes 6 servings (About 6 mg. sodium per serving).

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