

Cookbook

Her foods are easy and very nutritious

By CHARLOT M. DENMON
Staff Correspondent

Mrs. Richard Scavone of Moores-town enjoys preparing nutritious, but easy foods for her husband and two sons. Whenever possible, she uses only natural products and tries to serve well-balanced but tasty meals.

Judy, as she is better known to friends and family, especially enjoys making desserts, preferably unusual cakes. Her boys favorites are molasses taffy and fruit muffins.

Her son, Anthony, will be a student in the fifth grade at Lehman-Jackson Elementary in the Fall, and Joseph will be a third grade student at Ross Township.

Judy, who has been an active member of the Ross Township Parent Teacher Association, will serve as president for the coming year. Recently, as representative of the PTA, she was the recipient of a plaque from the school district for the organization's cooperation, understanding and support of the Lake-Lehman District's transportation system.

In her leisure time, Judy likes to sew and makes many beautiful items for her home. She also enjoys making and decorating straw wreaths for the various holidays. She finds most of her time is spent taking care of her home and family.

Among the favorite recipes of her sons and husband are Golden Punch, ideal for summer entertaining; Orange Glazed Pork Chops; Fruit Bran Muffins, which disappear as fast as she makes them; Molasses Taffy, Anthony and Joseph's favorite (it's fun) and Cool 'N Creamy Coconut Cake.

All are quick and easy to prepare and these are the recipes Judy generously shares with Post readers this week.

GOLDEN PUNCH

1-12 oz. can frozen lemonade
1-12 oz. can frozen orange juice
6 juice cans water
1 1/2 c. sugar

Combine ingredients. Chill several hours. Pour into punch bowl. Add gallon of ginger ale.

ORANGE GLAZED PORK CHOPS

6 med. pork chops

1/2 c. orange juice
2 T. brown sugar
2 T. orange marmalade
Simmer chops one hour in a small amount of water. Mix orange juice brown sugar and marmalade. Pour over pork chops and simmer another 45 minutes.

COOL 'N CREAMY COCONUT CAKE

1 pkg. yellow cake mix
1 1/4 c. milk
1/4-1/2 c. sugar
2 c. coconut
8-oz. container Cool Whip
Bake cake according to directions on package. Let cool 15 minutes, then poke holes in cake with utility fork.

Bring milk, sugar and half cup coconut to boil for one minute. Spoon over cake. Let cake cook completely. Mix remaining coconut and cool whip and spread over cake. Keep refrigerated till serving.

FRUIT BRAN MUFFINS

8 c. flour
1/3 c. baking powder
2 t. salt
8 t. sugar (optional)
With pastry blender cut in one cup shortening to a very fine texture. Pour mix into container and refrigerate. Mix will stay fresh for a month when refrigerated. Use as desired for muffins.

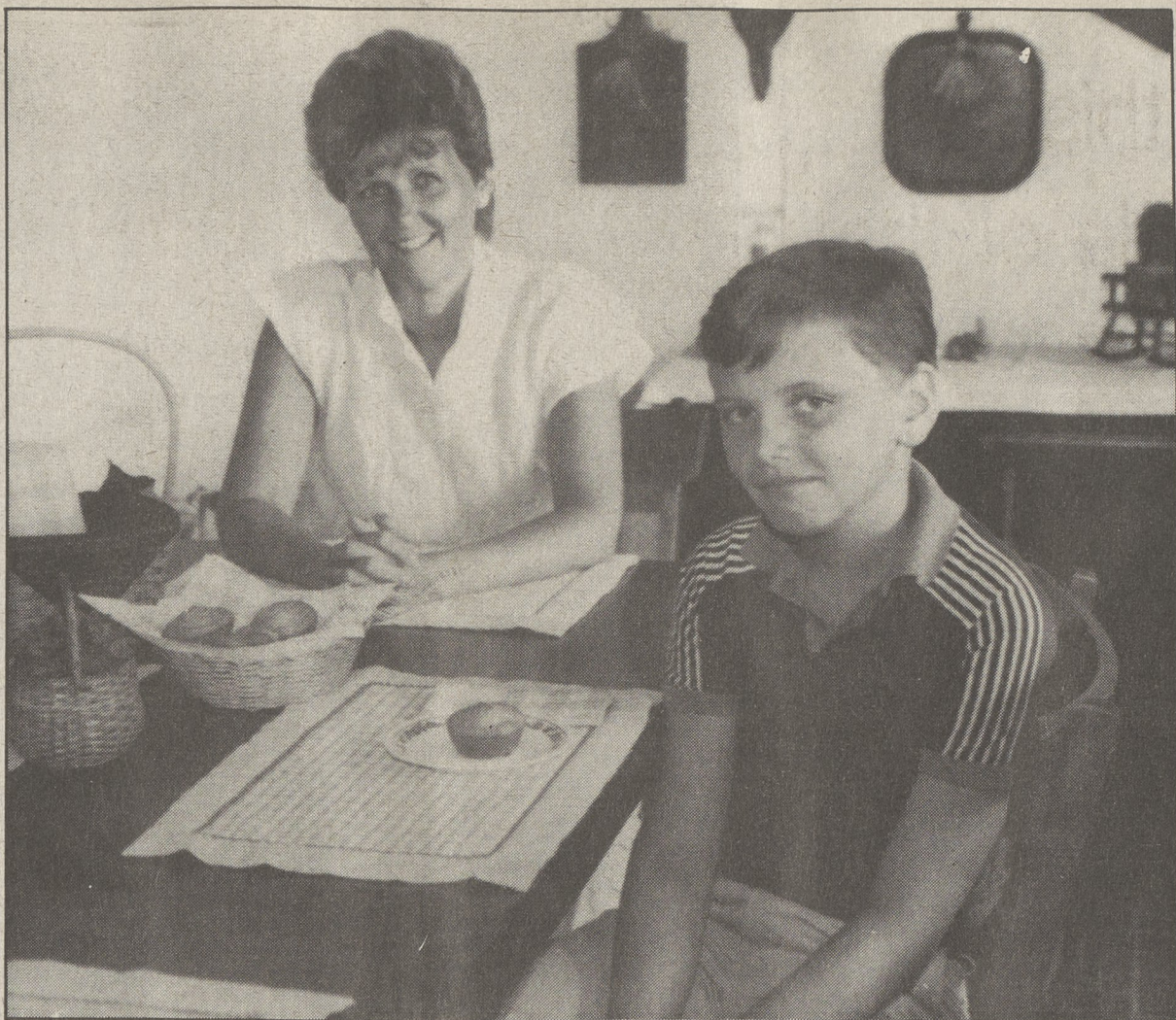
MUFFINS

2 c. biscuit mix
3 T. sugar
3/4 c. milk
1 egg, slightly beaten
2 T. shortening, melted
3 T. table bran
1 peach, diced +
+ If desired, other fruit may be used - two thirds cup raspberries, blueberries, apricots or raisins, etc.

Combine all ingredients, stir well; mixture will be lumpy. Fill muffin tins two-thirds full. Bake at 400 degrees for about 15-20 minutes.

MOLASSES TAFFY

1 c. molasses
1/2 c. granulated sugar
Cook in heavy skillet until a drop of molasses cracks in cold water. Add a little water and remove from heat. Quickly stir in half teaspoon soda and one teaspoon vanilla. Pour into greased pan, cool slightly. Pull with greased finger tips to make it porous. Lay on waxed paper.



Dallas Post/Charlot M. Denmon

Sampling muffins

Judy Scavone and her son, Anthony, take time out last Sunday to sample the Peach Bran Muffins Judy just took from the oven. The peach muffins are among Anthony's snack foods.

Summer salad

MANDARIN DESSERT SALAD
1/4 cup orange marmalade
1 tablespoon brandy
1 teaspoon crystallized ginger, minced
1 teaspoon grated lime peel
1 large grapefruit
2 tangerines
3 large bananas
2 tablespoons slivered kumquats, optional

In a small saucepan, melt marmalade over low heat; stir in brandy, ginger and lime peel, cool. Peel grapefruit and cut into sections. Peel tangerines and slice into cart-wheels. Peel and slice bananas. In serving dishes, arrange fruits, along with slivered kumquats. Spoon marmalade mixture over all. Makes four servings.

Farrell addresses Kiwanis Club

A recent Saturday Breakfast meeting of the Back Mountain Kiwanis Club at Franklin's Restaurant, Dallas, was addressed by Paul J. Farrell, Scranton District Supervisor of Pennsylvania Board of Probation and Parole. Farrell gave an enlightening description of the functions of his agency, which plays an

important role in the criminal justice system.

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Flea Market will become yearly event

The success of the Flea Market held at the Meadows Nursing Center on Saturday, June 15, has led to the start of what the Auxiliary hopes will become another Back Mountain tradition.

From now on, the Saturday before Father's Day will see the pond at the Nursing Center surrounded by colorful booths and stalls and vendors selling such bargains as we saw this past week. Working typewriters, handmade crafts and ceramics, beautiful antique items, hard to find ribbons and trims, vintage clothing, and home-made pies and goodies.

You'd have met the Back Mountain Kiwanis fingerprinting children and greeting everyone with good humor and fun, the funnel cake man dispensing his wares with lots of laughter. It was a great day. We're grateful for everyone who participated.

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Walp is pageant finalist

Miss Meri Walp, age 15, daughter of Robert and Joanne Walp, Zionsville, Pa. has been accepted as a State Finalist in the Pennsylvania American Coed Pageant to be held July 12, 13, 14, 1985 at the Pittsburgh Hilton & Towers in Pittsburgh.

The Miss American Coed Pageant is open to girls between the ages of 13 and 19 who are students. Emphasis is placed on the importance of physical fitness, mental alertness, self-confidence, achievement in school, and service to their community and church. The pageant seeks to recognize young women for their contributions to their community and their accomplishments at the present time while

encouraging them to set goals for the future. The pageant theme is "Youth, Pride of the Present...Hope of the Future."

Miss Walp is the granddaughter of Mrs. Marie Walp and the late Ralph Walp of Shavertown, and Mr. and Mrs. Carlton Hadsall of Trucksville. She formerly resided in Dallas.

Her hobbies include: art, roller skating, swimming, basketball, volleyball, and collecting stamps and coins.

Girls interested in the pageant should write Mrs. Betty McKinstry, 3317 Overton Road, Birmingham, Alabama 35223 or call (205) 967-6151.



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