

Cookbook

Elsie Nulton is used to preparing meals



Dallas Post/Charlot M. Denmon

Afternoon snack

Nicole Hall has an afternoon snack of Pepper Jelly and crackers from the jar given to her by Elsie Nulton during Nicole's visit last week with The Post's cook of the week. Nicole's reaction — "I like it!"

By CHARLOT M. DENMON
Staff Correspondent

Elsie Nulton and her sister, Janet Lamoreaux, were born and raised in Lehman and since the death of their mother several years ago, they live together in the family home.

Elsie was married to the late Edgar Nulton of Kunkle and soon after their marriage built a new ranch home next door to the home where Elsie grew up. Janet never married and remained at home with her mother.

Following the death of Mrs. Lamoreaux, Elsie sold her home and the two sisters moved into the family homestead and shared home-making responsibilities. Since Janet worked, Elsie assumed the preparation of meals during the week and on the weekends, Janet agreed to do the baking.

The arrangement works out well since each sister is doing the type of food preparation they like best. Both girls enjoy having one or two close friends as dinner guests occasionally but neither enjoy having too many guests at one time.

They do a lot of needlework in their leisure time, especially afghans which they make as gifts for close relatives or one or two close friends. Elsie does all kinds of crafts and has several shadow boxes she made from antique picture frames which are the envy of those persons who have seen them.

They have a large garden and divide the work involved in keeping it weeded, picking the vegetables and canning and freezing them when they are ripe.

When they have free weekends, they plan visits to a sister who lives in New York and during Janet's

vacation the two sisters usually visit a sister who lives in North Carolina.

Elsie enjoys trying new and unusual recipes such as Pepper Jelly she shares with Post readers this week. She also shares a recipe for Pepper Steak which is positively delicious and one for Salmon Loaf that is not only a favorite but easy to prepare. The Breakfast Crumb Cake is one of Janet's favorites and requires very little work in preparation. You just mix all the ingredients together, pour into a baking dish or pan and bake until done. Topped with crumb, it can be served with fruit or favorite topping if desired.

The Pepper Jelly is delicious served with crackers while the Salmon Loaf or Pepper Steak served with a fresh garden salad makes a delicious warm weather meal for family or friends.

BREAKFAST CRUMB CAKE

- 3/4 c. shortening
- 2 c. sugar
- 3 c. flour
- Mix above ingredients like pie crust; save half cup for crumbs on top.
- 3 eggs
- 3 t. baking powder
- 1 scant t. salt
- 1 c. milk

Mix all ingredients together, pour into baking pan. Sprinkle remaining crumbs on cake and bake at 375 degrees till cake tester inserted comes out clean.

PEPPER JELLY

- 4 red or green bell peppers
- 10-12 red or green hot peppers
- one third c. water
- 2 bottles Certo
- 5 lb. sugar
- 3 c. vinegar
- Chop peppers, put in blender and chop fine. Combine peppers, water, sugar and vinegar in large pan. Bring to a boil and boil at least five minutes. Remove from heat, stir in Certo. Pour in sterile jars. Goes well with crackers and cream cheese.

NOTE: Use all red peppers for red jelly or all green for green jelly. Leave seeds in hot peppers and blend them in.

SALMON LOAF

- 1 can flaked salmon
- 1 c. bread crumbs, soaked in 1 c. scalded milk
- 1 t. salt
- 1 T. butter
- 1 t. lemon juice
- 1/2 t. onion juice
- 2 egg yolks, beaten
- 2 egg whites, stiffly beaten

Combine ingredients in order given, folding in beaten egg whites last. Place in a well-greased baking dish and bake in a moderately hot 350 degree oven until brown.

PEPPER STEAK

- 1 1/2 lbs. sirloin steak, 1/2 in. thick
- 1/2 t. salt
- 1 c. chopped onions
- 1 c. beef broth
- 3 T. soy sauce
- 1 clove garlic, minced
- 2 green peppers, cut in 1 in. pieces
- 2 T. cornstarch
- 1/4 c. cold water
- 2 tomatoes, peeled and cut up
- 3-4 c. hot cooked rice

Trim meat and cut into small pieces (meat cuts better when real cold or partially frozen). Brown meat thoroughly on both sides using the half tablespoon salt. Push meat to one section in pan, add onion, cook and stir until tender. Stir in broth, soy sauce and garlic. Cover, simmer 10 minutes or until meat is tender. Add green peppers, cover and simmer for five minutes.

Blend cornstarch and water, stir gradually into meat mixture. Cook, stirring constantly until mixture thickens and boils. Boil and stir one minutes. Add tomatoes, heat through. Serve over rice.

Producers approve program

Pennsylvania's pork producers show an overwhelming support for a national 100 percent pork producer checkoff program according to results in a national survey.

Eighty-four (84) percent of Pennsylvania pork producers responding to the poll said they were in favor of the proposed program. Pennsylvania producers responding to the survey totaled 56 respondents. The survey was mailed by the National Pork Producers Council to the 110,000 members.

"The survey was conducted to give individual producers a chance for direct input on the proposed program," states NPPC President, Ron Kahle, Kearney, NE. "We were surprised by the overwhelming response to the plan. When 12,000 producers respond to a national survey and 81 percent favor a proposal such as this, we're confident there is broad support in all states, including Pennsylvania."

Kahle announced the formation of a pork producer task force aimed at gathering producer input into the proposed 100 percent investment program. Representatives from all 38 NPPC member states will serve on the task force, which will study the proposal and recommend any changes in the current legislated draft.

"We're pleased that Dave Reinecker from York Springs, PA will be the task force representative from the Pennsylvania Pork Producers Association," said Kahle.

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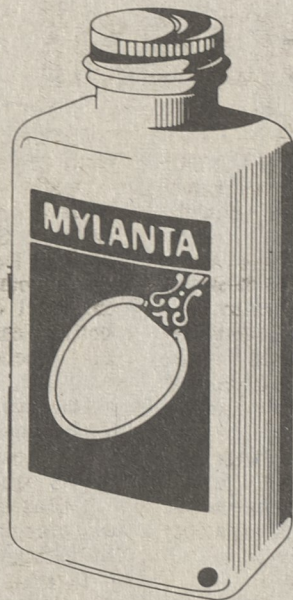
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Plastic and Reconstructive Surgeons, Ltd., Scranton, Wilkes-Barre is pleased to announce that Ira C. Krachin, M.D. has recently completed all the requirements by the American Board of Plastic Surgery.



He is now Board Certified in Plastic Surgery, a diplomat of the American Board of Plastic Surgery and has been listed in Who's Who of American Medical Specialists. Dr. Krachin is the most recent member of the group of Dr. C. K. Chung and Dr. George F. Spence and Dr. Thomas J. Nauss who has recently retired in the practice of Plastic & Reconstructive Surgery. His special interests include all types of cosmetic surgery, surgery of the hand including rheumatoid hands, microsurgery and

general reconstructive surgery, and breast reconstruction post mastectomy.

Dr. Krachin received his undergraduate degree at State University of Buffalo with a B.A. in biology and received his medical degree at State University of New York at Downstate Medical Center, Brooklyn, New York. He completed his general surgery training at Maimonides Medical Center, New York, and Coney Island Hospital in New York.

During his training here he received the John E. Hammett Award which is presented to the outstanding Chief Resident of surgical services. He obtained training in cosmetic, microvascular, hand and burn surgery during his residency in Plastic & Reconstructive Surgery at Nassau County Medical Center, New York.

He is affiliated with the following hospital staffs: Scranton Mercy, Scranton Community Medical Center, Moses Taylor, NPW, Wilkes-Barre General, Wilkes-Barre Mercy, and Nesbitt Memorial.

Dr. Krachin is the current Director of the University of Scranton's Microsurgical lab and coordinator of the reimplantation team of Scranton. Dr. Krachin is a member of the Lackawanna and Luzerne County Medical Societies, The American Medical Association, Pennsylvania Medical Society, The American Burn Association and of the Former Residents of Kings County Hospital Society.

Dr. Krachin has appointments at 802 Jefferson Avenue, Scranton, PA and 1010 East Mountain Drive, Suite 303, Wilkes-Barre, PA. He resides in Clarks Summit with his wife Denise, and three children, Elizabeth, Jeremy and Rebecca.

Kunkle Volunteer Fire Co. Annual Firemen's Festival July 24, 25, 26, 27

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