



Alice Saporito

She has lots of experience when preparing meals

By CHARLOT M. DENMON
Staff Correspondent

Alice Saporito has plenty of experience when it comes to preparing a variety of food and she has become an expert at selecting easy-to-prepare, economical but nutritious and tasty recipes.

A resident of Kunkle, Alice has been planning menus for her family for years. With four children and a husband, all of whom loved to eat it was no easy task to prepare meals to suit everyone's taste.

MACARONI & CHEESE

1 lb. pkg. macaroni
Sharp cheese, sliced
Milk
Salt and pepper to taste

Cook macaroni in salt water until tender, drain. In a baking dish or pan, cover bottom with slices of cheese; put in half of the cooked macaroni, dot with butter and salt and pepper to taste. Cover with another layer of cheese. Place rest of macaroni in dish but don't fill to the very top. Dot with more butter, salt and pepper and cover with sliced cheese. Cover with milk. Be sure to cover cheese. Bake at 350 degrees for approximately 45 minutes or until golden brown. Use of salt is optional.

FRUIT COCKTAIL CAKE

2 c. flour
2 c. sugar
1 t. baking soda
1 t. salt
1 t. baking powder
2 eggs
1 lb. can fruit cocktail
½ c. brown sugar
½ c. chopped nuts

Mix together all dry ingredients; blend in eggs and juice from fruit cocktail. Fold in the fruit. Sprinkle top with brown sugar and nuts. Pour into large cake pan or dish (11x13x2). Bake at 350 degrees for one hour.

BLUEBERRY PUDDING

2 c. berries
Juice of ½ lemon
¾ c. sugar
¼ t. salt
3 T. butter
½ c. milk
1 t. baking powder
1 c. flour

Cream sugar, butter, add milk, flour sifted with baking powder and salt. Pour batter over berries in baking dish. On top sprinkle ¾ c. sugar and 1 T. cornstarch, then pour 1 cup boiling water over it. Bake at 350 degrees for one hour.

BROCCOLI CASSEROLE

2-10 oz. pkgs. chopped broccoli
1 stick margarine
½ lb. Velveeta Cheese
18 Ritz crackers (crushed)

Cook broccoli according to directions on package. Melt margarine in casserole dish; mix broccoli, crackers and cheese together. Save some of the crackers for top. Bake at 350 degrees for 25 minutes. Fresh broccoli may be used if desired.

ZUCCHINI CASSEROLE

3 med. zucchini, diced
2 lg. onions, diced
2 c. (10 oz.) sharp cheese, shredded
1 c. Bisquick
½ c. oil
4 eggs, beaten
¾ t. salt, pepper and oregano
In greased casserole, fold in all ingredients. Bake at 325 to 350 degrees for one hour.

Cookbook



Dallas Post/Charlot M. Denmon

Eating cake

Lisa Cavill enjoys some of her Grandmothers Alice's homemade cake on a sunny afternoon last week while visiting her grandparents.

Fire booklet published

State Auditor General Don Bailey recently published and distributed a publication to help volunteer firemen's relief associations with their financial record keeping and administration.

The booklet, titled "Management Guidelines for volunteer Firemen's Relief Associations," was mailed to each of the 1,956 relief associations in the state. It was prepared to provide relief association officials with information regarding the minimum requirements for the efficient operation of their organization.

The publication contains a simplified accounting system which, if followed, will guarantee that the association fulfills its responsibility to maintain a complete record of its financial transactions. It also contains preprinted financial records which can be copied and utilized by association officials in recording financial transactions.

"The use of the newly developed accounting system along with the utilization of the preprinted financial records will standardize the operations of the firemen's relief associations throughout the commonwealth," Bailey said. "With these tools it will be easier for fire fighters to monitor their financial activities."

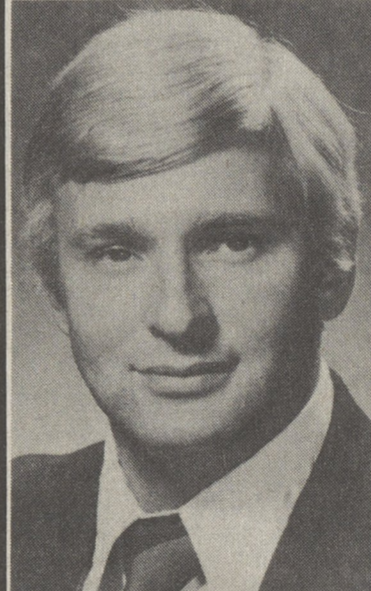
The new changes in the formula used to determine the commonwealth allocations, as a result of the passage of Act 205 of 1984, are also found in the publication along with a synopsis of the pertinent provisions of the act.

The Auditor General's Department is required to audit the financial affairs of all volunteer firemen's relief associations because they receive state allocations. The associations annually receive in excess of \$12 million from the 2 percent foreign fire insurance tax allocation distributed by the auditor general.

Benefits derived from the state funds are numerous.

MUMS THE WORD

Kingston Dentist Receives Fellowship



Frank L. Boris III, D.D.S.

Dr. Frank L. Boris III was awarded the honor of Fellowship in the Academy of General Dentistry on July 29, 1985. The ceremony took place during the annual national meeting of the Academy in Detroit, Michigan.

This award is bestowed upon members of the Academy who have compiled 500 or more credit hours of continuing dental education following graduation from dental school.

Dr. Boris has accumulated over 800 hours of continuing education encompassing the various disciplines of dentistry since his graduation from dental school in 1978. Another prerequisite for the award was his successful completion of a comprehensive exam involving all aspects of current dental concepts and techniques.

Following his graduations from Wyoming Seminary, Villanova University and Temple Dental School, Dr. Boris was selected as a dental resident at the Philadelphia V.A. Hospital where he completed a one-year program in medicine and dentistry. He has served on the faculty at Temple Dental School and the Dental Hygiene Department at Luzerne County Community College.

Dr. Boris' office is located at 450 Warren Avenue, Kingston, where he has been in practice since 1979. He resides in Kingston with his wife, the former Susan M. Cotter of West Pittston, and their daughter, Lindsay.

Heartburn may result from smoking, drinking

There is no question that Americans are becoming exceedingly more health conscious.

Despite this growing trend toward personal health and fitness, however, some people continue to indulge in excessive smoking and drinking. Besides being potentially harmful to one's overall health, these much-maligned habits can be especially painful for heartburn sufferers.

According to Dr. Gordon McHardy, emeritus professor of medicine at Louisiana State University Medical School, smoking and drinking contribute to heartburn.

Heartburn occurs when the acidic contents in the stomach back up into the esophagus, a process that can cause painful irritation to the delicate lining of the esophagus. This disorder is quite common, affecting more than 75 million Americans each year.

Although smoking and drinking have been found to cause heartburn, there is a difference in the way that they cause the physiological change

in the body that can lead to heartburn.

When someone smokes, the sphincter muscle, which controls the opening between the esophagus and the stomach, relaxes. This allows the acidic contents in the stomach to readily back up into the esophagus, often resulting in painful heartburn symptoms.

Alcoholic beverages stimulate the secretion of additional acid in the stomach. In addition, alcohol tends to relax the sphincter muscle, increasing the risk of heartburn symptoms.

Although smoking and drinking are two habits that increase the chances of heartburn, eating habits are also prime contributors to the pain and discomfort resulting from this common gastrointestinal ailment. Food and drink associated with the onset of heartburn include chocolate, hot and highly seasoned foods, processed meats, foods high in fat, coffee and carbonated beverages.

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Mushrooms taste good if cooked outdoors

With the return of longer days and warm weather comes an increase in outdoor cooking. Ordinary foods such as hamburgers, hot dogs and many fresh vegetables experience a renewed flavor thanks to an outdoor grill.

One vegetable that tastes great when cooked on the barbecue is fresh mushrooms. Mushrooms skewered on a kabob or "baked" in foil packets can add flavor and texture to even the simplest of barbecues. Best of all, they're available year 'round so you can enhance your meals no matter what the season.

A favorite way to barbecue fresh mushrooms is to toss them in chili-seasoned butter or oil, wrap them in a foil pouch and cook on the grill until tender - usually just a few minutes. This simple combination is delicious over steak, chicken, and fish or alone as a side dish.

When purchasing fresh mushrooms, look for smooth, firm closed caps. Mushrooms are sold in convenient packages or loose in bulk trays. Store them in the refrigerator. If you've purchased them loose or the package is opened, transfer them to a paper bag in the refrigerator

to keep them fresher longer. To clean, simply wipe them with a damp cloth, soft vegetable brush, or rinse quickly. Since mushrooms are naturally porous, be careful not to soak them in water or they could lose their texture and taste.

MUSHROOMS BAKED OVER THE COALS

¼ cup butter or margarine
1 large clove garlic, pressed
¾ teaspoon chili powder
Dash salt

8 ounces mushrooms, sliced
In saucepan, heat butter, garlic, chili powder and salt to melt butter. Add mushrooms, tossing to coat. Spoon mushrooms onto two 12-inch squares heavy duty aluminum foil, dividing equally. Wrap securely. Set packages on grill over hot coals; cook 8 to 10 minutes. Serve hot over barbecued meats, poultry or fish, or over split and fluffed hot baked potatoes.

NOTE: Mushroom packets may also be baked in 400 degree oven 10 minutes.

For more sensational mushroom recipes, send a stamped, self addressed business-size envelope to Free Mushroom Recipes, 55 Union Street, San Francisco, CA 94111.

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