

Cookbook

Elva Elston shares some of her family's favorite dishes

By CHARLOT M. DENMON
Post correspondent

The children of Elva and "Ike" Elston, Kunkle are married and are raising their own families but Elva still enjoys cooking, especially baking.

She seldom bakes her favorite recipes for just the two of them but does bake for church bake sales, family birthdays or when entertaining. Elva also prepares some of her sons and daughter's favorites when they come for dinner or to visit.

Elva also enjoys making snacks for her grandchildren when they come to visit.

The former Elva Knecht of Dallas, she graduated from Dallas Township High School and since married to Gomer "Ike" Elston, they have resided in Kunkle for the past 38 years.

She has worked in the office of the Lake-Lehman High School for the past 24 years and is a member of the Luzerne County Association of Educational Secretaries. Elva is also an active member of Kunkle United Methodist Church where she is treasurer of the Joy Class and of the United Methodist Women.

She doesn't have a lot of leisure time but when she does, Elva enjoys hiking, usually walking every evening. She also likes doing crossword puzzles and Cryptoquotes.

Elva enjoys entertaining small groups at a time and the recipes she shares with Post readers are easy to prepare and make excellent dishes for serving to guests.

The macaroni and cheese is a very unique and tasty dish to make for covered dish suppers. The chocolate cake with peanut butter icing is a favorite of family and friends. The lemon jello salad can be served either as an accompaniment to dinner or is a delicious light dessert

after a heavy meal.

The sweet cinnamon buns made from Elva's sweet roll dough recipe disappear as quickly as she makes them. Her children and grandchildren say "They're delicious".

MACARONI & CHEESE

4 c. hot, drained, boiled macaroni
2 c. grated extra sharp cheese salt and pepper to taste
butter
2 eggs, beaten
3 c. milk.

Place in alternating layers in buttered baking dish, the macaroni, dots of butter, grated cheese, salt and pepper. Combine eggs and milk and pour over macaroni mixture. Bake at 350 degrees for 40 to 50 minutes.

CHOCOLATE CAKE

1 1/4 c. sugar
3/8 c. shortening
2 eggs
1 t. vanilla
2 1/2 c. sifted flour
1 1/2 t. baking soda
1/2 t. salt
1 c. buttermilk (can use 1 T. vinegar in 1 c. milk)
1/2 c. cocoa
1/2 c. boiling water

Preheat oven to 350 degrees. Grease and flour two 9-inch layer cake pans. Cream sugar and shortening together until light and fluffy. Add eggs, one at a time, beating well after each addition; add vanilla. Sift flour, baking soda and salt, add alternately with buttermilk. Make a heavy smooth paste of the cocoa and boiling water; cool slightly, add and blend well. Pour into prepared pans and bake for about 35 minutes or until done. Frost with peanut butter fudge icing.

PEANUT BUTTER FUDGE ICING

2 c. sugar



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Nothin' says lovin'

Megan Elston and her dog, Tip, wait to lick the mixing bowl from the cake her grandmother Elston is making.

1 c. milk

1/4 c. cocoa
Boil together until small amount forms a soft ball in a little cold water. Add 1/4 cup peanut butter, 2 T. butter, 1 t. vanilla, 1 t. flour. Beat until thick. Spread quickly on cake layers and sides.

LEMON JELLO SALAD

2 box lemon jello (prepare as directed on box. Let set)
1 med. can crushed pineapple, drained (save juice)
3 sliced bananas.

Let set until solid. Combine:

1 egg
1/2 c. sugar
1 T. flour
1 t. butter

Add pineapple juice. Cook until like custard (thick and creamy). Stir all the time. Cool. Whip 1/2 pint whipping cream or Dream Whip. Fold in custard. Put over top of jello. If desired, may top with nuts and coconut.

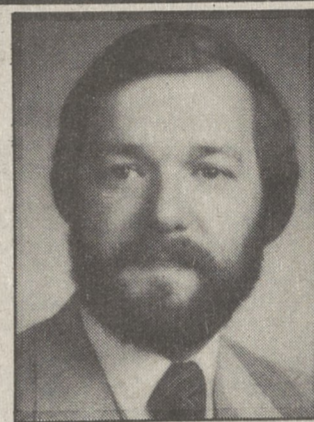
SWEET ROLL DOUGH

1/2 c. warm water (not hot)
2 pkg. dry yeast
1 1/2 c. lukewarm milk
1/2 c. sugar
1 t. salt
2 eggs
1/2 c. soft shortening
7-7 1/2 c. flour

Measure into mixing bowl warm water and dry yeast. Stir in milk, sugar, salt, eggs, soft shortening, half of 7-7 1/2 cups of flour; mix with spoon until smooth. Add enough remaining flour to handle easily; mix with hand. Turn onto lightly floured board; knead until smooth and elastic (about 5 minutes). Round up in greased bowl, greased side up. Cover with damp cloth. Let rise in warm place until double (about 1 1/2 hours). Punch down; let rise again until almost double (about 30 min.) Divide dough for desired rolls and coffee cakes. Shape, let rise, bake according to directions. (Makes 1 large coffee cake or 1 1/2 to 2 doz. rolls.)

CINNAMON BUNS

Use 1/2 Sweet Roll Dough. After dough rises: (1) Roll dough into 15x9" oblong. Spread with 2 T. softened butter and sprinkle with 1/4 c. sugar, one third c. brown sugar, chopped nuts and raisins, if desired, 2 t. cinnamon. (2) Roll up tightly, beginning at wide side. Seal well by pinching edges of roll together. Stretch roll slightly to even. (3) Cut roll into 1 inch slices. Place a little apart in greased 13x9" pan. Cover and let rise until double in bulk (35-40 min.). Bake until golden brown. Bake at 375 degrees for 25-30 minutes. Frost with white icing. Sprinkle with nuts, if desired.



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SCHOOL LUNCH MENUS

GATE OF HEAVEN SCHOOL

Sept. 23 - 27

MONDAY - Gator burger (lettuce-tomato-cheese), chips, pickles, peaches, milk.

TUESDAY - Chicken croquettes w-gravy, mashed potatoes, corn, Tastykake, milk.

WEDNESDAY - Hot ham sandwich, cheese, green beans, fruit cocktail, milk.

THURSDAY - Chili dogs, home fries, pineapple, pudding pops, milk.

FRIDAY - Pizza, salad, pears, cookies, milk.

WEST SIDE VO TECH

Sept. 23 - 27

MONDAY - Wafer steak-lettuce-tomato on hard roll, glazed carrots, soft pretzels, milk.

TUESDAY - Beef barbecue on seeded bun, relish, spiced apple-sauce, snicker doodle cookies, milk.

WEDNESDAY - Hot dog on bun, chopped onions-relish, chips, sauerkraut, cheese sticks, raisin bars, milk.

THURSDAY - Spaghetti-meat sauce, grated cheese, tossed salad-dressing, roll-butter, Tech squares, milk.

FRIDAY - Fish on bun, tartar sauce, French fries, oatmeal cookies, milk.

LAKE-LEHMAN SCHOOLS

Sept. 18 - 24

Senior High

WEDNESDAY - Meatball or peanut butter-jelly hoagie, corn chips, green beans, pudding, milk.

THURSDAY - Oven baked chicken, buttered seasoned rice, peas, Parker House roll-butter, ice cream, milk.

FRIDAY - Pizza or tuna salad sandwich, potato chips, carrot-celery sticks, pears, milk.

MONDAY - Batter dipped fish w-tartar sauce or hot dog on bun, macaroni-cheese, stewed tomatoes, fruit cup, milk.

TUESDAY - Tacos or hamburger w-trimmings, buttered corn, ice cream, milk.

Jr. High & Elementary

WEDNESDAY - Meatball hoagie or peanut-butter jelly hoagie, corn chips, green beans, pudding, milk.

THURSDAY - Beefaroni, tossed salad w-dressing, Italian bread-butter, lime jello w-pineapple

THURSDAY - Oven baked chicken, buttered seasoned rice, peas, Parker House roll-butter, ice cream, milk.

FRIDAY - Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, pears, milk.

MONDAY - Chopped ham-sliced cheese on Hillbilly bread, minestrone soup-saltines, pineapple tidbits, milk.

TUESDAY - Hot dog on bun, macaroni-cheese, baked beans, fruited jello, milk.

DALLAS SCHOOLS

Sept. 18 - 24

WEDNESDAY - Steamed hot dog on roll, sauerkraut, apple wedges, choice of milk and juice. Bonus: Creamy peanut butter on graham crackers or cheeseburger w-lettuce.

THURSDAY - Beefaroni, tossed salad w-dressing, Italian bread-butter, lime jello w-pineapple

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Would you give up an hour of your time if it could mean saving your life? That's how long it takes to participate in Wilkes-Barre General Hospital's Cancer Screening Clinic, where your time is traded for an opportunity to detect cancer early.

It's an hour well-spent. Because ... cancer is often curable — if it's found in time. Over half of the 5,000,000 Americans who have cancer today will eventually be cured — most because of early detection and prompt treatment of their disease. But ... almost one-third of the 462,000 people who will die of the disease this year could have been saved — by early diagnosis and prompt treatment.

An hour really isn't a lot of time ... and life IS worth that much. Isn't it?



WILKES-BARRE GENERAL HOSPITAL Cancer Screening Clinic

Program begins Monday, Sept. 16

DAYS: Monday-Friday during weeks of Sept. 16-20 and 23-27. Wednesdays thereafter on a on-going basis

HOURS: 3-8 P.M.

LOCATION: Patient Testing Center, 1st floor

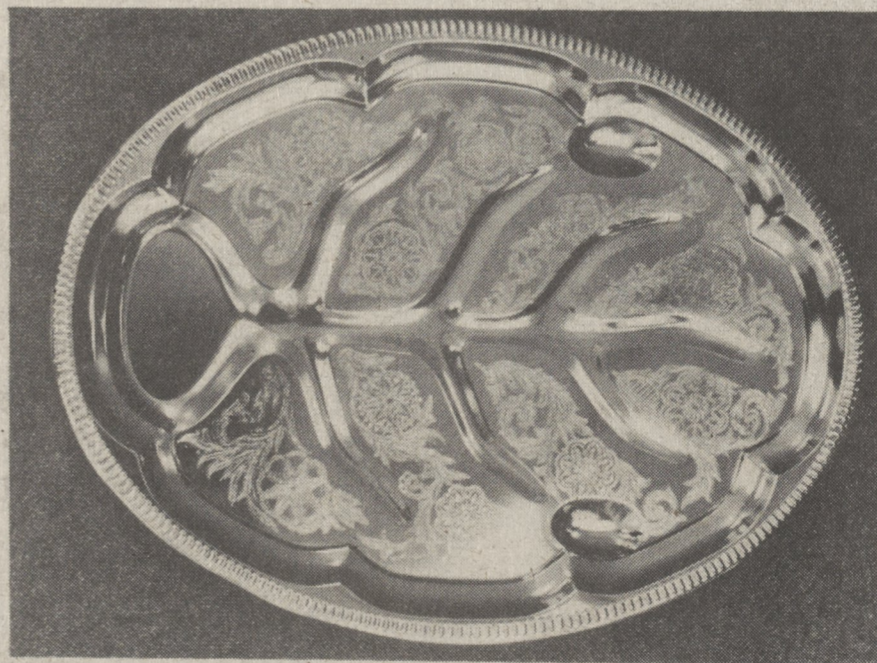
PARKING: Free parking in hospital parking lot — bring ticket in to be validated

Screening program will include a history and physical examination designed to detect a number of different types of cancer, including: oral, throat, breast, cervical, colo-rectal, prostate/testicular and skin. A Pap test and hemocult test are included in the screening program.

The program is open to the community at no charge, but participants will be asked to make a \$10.00 donation to the American Cancer Society.

VISITS ARE BY APPOINTMENT ONLY. Call 829-8111, Ext. 2285
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