



Cookbook



Cathy Scavone loves to cook for family members

By CHARLOT M. DENMON
Staff Correspondent

Mrs. Leonard Scavone has been a resident of Mooretown for about 15 years, moving there shortly after marrying her husband, Leonard. The former Cathy Wyatt of Edwardsville, she thought she could never be happy anywhere but in the city. Now that she has lived in the Back Mountain area, Cathy says she would never want to go back to the city to live.

She and her husband and two children live in their modern brick home on Scavone Mountain surrounded by beautiful scenery. They enjoy the wide, open spaces, the deer, and other wild animals they can watch from their windows.

Cathy's daughter, Kimberly, 15, is a sophomore at Lake-Lehman High School where she is a member of the award-winning band. Her son, Kenneth, 9, is a third grade student at Ross Elementary. His favorite recreation is baseball and during the season is a member of the Sweet Valley Little League team.

Until recently, Cathy was ill for a year and spent most of her time in a wheel chair so she was unable to do what she enjoys most — prepare original, creative meals for her family.

Now that Cathy has recovered, she is making up for that year by preparing the various foods her husband and children like best. An experienced cook, Cathy seldom has to measure the ingredients she uses but does it by estimating how much is needed. For the benefit of Post readers this week, she took the time to figure the amount of the ingredients used in each of the following recipes.

Since she was ill for so long, Cathy now spends most of her time doing various projects in her home to make it comfortable and attractive. That she likes plants is evident from the many beautiful ones arranged in every room in her home.

Cathy also likes to crochet and has made afghans for many of her relatives and friends. Presently, she is making several infant afghans for gifts.

The City Chicken recipe is one that makes an excellent entree for family dinner or when entertaining friends. It takes very little time to prepare and only about an hour of baking time. The Maple Candied Sweet Potatoes go well with the City Chicken or are a delicious accompaniment for the Thanksgiving Turkey. Cocoa Mounds are easy to prepare and are great to serve when friends drop in to visit. For

those who like cheesecake, we suggest you try Cathy's recipe for Cream Cheese Cake. It is not difficult to make and is so creamy it melts in your mouth.

CITY CHICKEN
(On a stick)
1 pkg. pork & veal squares +
2 c. cornflake crumbs
2 T. flour
2 eggs
½ t. milk

Pinch of salt & pepper
+ Packages of pork and veal can be bought already cut up and including sticks.

Alternate pork and veal on stick. Dip into eggs and milk, beaten well. Roll in crumbs and flour, place into well greased pan and bake at 325 degrees for one hour.

MAPLE CANDIED SWEET POTATOES
6 med. sweet potatoes
½ c. maple syrup
1 T. butter
1 t. salt
1 c. apple cider
½ c. water

Boil potatoes in jackets until nearly tender. Peel and slice into baking dish. Heat remaining ingredients to boiling, pour over potatoes and bake in slow oven (300 degrees) one hour. Serves 6.

COCOA MOUNDS
(No Bake Cookies)

2 c. sugar
1/3 c. cocoa
½ c. butter
½ c. milk
3 c. rolled oats
¼ c. peanut butter
2 t. vanilla

Combine sugar, cocoa, butter and milk in saucepan. Bring to a boil over medium heat, stirring constantly. Boil two minutes, remove from heat, add rolled oats, peanut butter and vanilla. Mix well and drop by teaspoon on waxed paper. Let cool.

CREAM CHEESE CAKE
2/3 c. sugar (to your taste)

2 T. flour
¼ t. salt
1 lb. cream cheese
1 t. vanilla
4 eggs, separated
1 c. cream

Crust may be Ready Made Graham Cracker Crust or own favorite pie crust recipe.

Mix sugar, flour and salt; blend thoroughly with cream cheese. Add vanilla and beaten egg yolks. Beat, then add cream and beat again. Fold in beaten egg whites. Pour mixture into pie crust and bake at 325 to 350 degrees for one hour. Turn off heat. Do not remove from oven for one hour or until cooled. Use topping of your choice.



Dallas Post/Ed Campbell

Enjoying a meal

Helen Meeker prepares to enjoy a hot meal at the Dallas Senior Citizens Center located at College Misericordia. The center marked its 12th anniversary this past week. Serving Helen is Frank Moorehead.

Cigarette tax may rise

The Northeast Pennsylvania Chapter of the American Heart Association today called on Pennsylvania's United States senators to prevent the 16 cent per pack federal cigarette tax from falling on Oct. 1 and asked the senators to help increase the tax to 32 cents per pack.

"The cigarette tax helps discourage people, especially teen-agers, from taking up smoking," said Joan Noto Carro, R.N., Executive Vice President of the Heart Association's Northeast Pennsylvania Chapter. "The federal cigarette excise tax was raised from eight cents to 16 cents in 1982, but it will fall to eight cents pack on Oct. 1, unless Congress acts to stop it. A lower tax would allow cigarette companies to lower prices, making it easier for teenagers to afford cigarettes."

Carro noted that cigarette companies will also be able to increase their profits at the expense of the federal government if the tax is lowered.

"The federal government receives almost \$5 billion annually from the tax now," she said. "If we allow the tax to be cut in half, the U.S. government will simply be giving up half of that \$5 billion to cigarette companies instead of using it to reduce the federal deficit or to help pay for Medicare and other health programs."

In late July, the House Ways and Means Committee passed a budget reconciliation bill that would allow the extension of the 16 cents per pack tax. The Senate is expected to

consider the bill later this month, when its Finance Committee and then the full Senate adopt a budget reconciliation package.

"We are therefore calling on Senator John Heinz and Senator Arlen Specter to prevent the tax from dropping and to support an increase in the tax to 32 cents a pack," Carro said. "Thirty-two cents is the level the tax would be if it had been adjusted for inflation since it was increased in 1951."

Congress planned in 1982 to allow the tax to fall because it expected the federal budget deficit to be reduced \$66 billion by this year. However, the Office of Management and Budget predicted in early August that the U.S. will have deficits of \$200 billion in 1985 and 1986.

School menus

Following are cafeteria menus for area school districts for the following week:

DALLAS SCHOOLS
Sept. 25 - 27

WEDNESDAY — Grilled pancakes w-blueberry topping, sausage links, chilled orange wedge, choice of milk or juice. Bonus: Moist coffee cake or cheeseburger on roll w-lettuce.

THURSDAY — Spaghetti w-savory meatsauce, crisp carrot-celery stix, Italian bread-butter, chilled fruit in syrup, choice of milk or juice, or Peanut butter-jelly sandwich w-cheesesticks.

FRIDAY — Ballpark frank on roll w-condiments, choice of plain or meatsauce, honied baked beans, apple wedge smiles, choice of milk or juice, or Cheeseburger on roll w-lettuce.

LAKE-LEHMAN SCHOOLS
Sept. 25 - Oct. 1

Junior High & Elementary
WEDNESDAY — Taco's w-trimmings, buttered corn, ice cream, milk.

THURSDAY — Salisbury steak, mashed potatoes w-gravy, broccoli, Parker House roll-butter, blueberry crisp, milk.

FRIDAY — Apple juice, tuna hoagie, pickle chips, French fries, banana fruit cup, milk.

MONDAY — Cheese lasagna w-sauce, tossed green salad w-dressing, Italian bread-butter, pears, milk.

TUESDAY — Chicken nuggets w-dip, French fries, Parker House roll-butter, peaches, cookie, milk.

Senior High
WEDNESDAY — Turkey bar-b-q w-relish or salami and sliced cheese on rye bread, potato puffs, baked beans, peaches, milk.

THURSDAY — Chef's choice.
FRIDAY — Apple juice, tuna or deli hoagie, French fries, pickle chips, blueberry crisp, milk.

MONDAY — Cheese lasagna w-sauce, tossed green salad, Italian bread-butter, pears, milk.

TUESDAY — Cheese nuggets w-dip, French fries, Parker House roll-butter, peaches, cookie, milk.

Partners Club holds meeting

The "People Without Partners" Club of the Tunkhannock area, enjoyed a very relaxing and enjoyable evening of dancing on September 14 at the Moose Lodge Club in Eatonville.

On Sunday afternoon, Sept. 15, the P.W.P. Club enjoyed a dinner at Pickett's Charge, Dallas, which the club purchased all members dinner. There were 14 members of the club present, and seven guests. Included was the former President Jackie (Honeywell) Fuhlner and her husband Tom. These two were united in marriage a short time ago, Jackie started the P.W.P. club in Tunkhannock a couple of years ago.

This Saturday evening the club will be going dancing at the Legion in Black Walnut at a benefit dance. If anyone is interested in joining our club or coming to the dance, and want any information you can call these numbers - Dottie, 333-4444; Millie, 675-3271 or Edna 869-1165.

The club meets at the Pink Apple in Tunkhannock every Thursday evening at 7 p.m.

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Recipe contest to benefit Geisinger

"Nutritious Dishes are Delicious" is the theme of a recipe contest sponsored by local Diet Centers, IGA Markets, WNEP-TV, and the Pennsylvania Gas and Water Company (PG&W) to benefit Geisinger's Children's Miracle Network Telethon.

There are four entry categories: Appetizers and Snacks; Vegetables & Salads; Main Dishes and Desserts. There is a \$5 entry fee for each recipe and individuals may enter as many categories, as many times, as they wish.

The overall judging will be done on the basis of the recipe's low content of fat, sugar, sodium and calories, as well as its high fiber content.

Entry forms are available at IGA Markets, Diet Centers (Kingston,

Pittston, Eynon, Scranton and Clarks Summit), WNEP, and PG&W. All entries must be post-marked no later than Oct. 15. The final judging will be held at the Wilkes-Barre PG&W Office on North Main Street on Saturday, Nov. 9.

The prizes for the "Nutritious Dishes are Delicious" Recipe Contest are being donated by IGA Markets and will be distributed as follows: one First Place Winner will be selected from each of the four categories, and they will receive \$125 in groceries from any nearby IGA Market; from the four category winners, one overall Grand Prize Winner will be selected and this person will receive an additional \$475 in groceries from any nearby IGA Market.

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Weis to aid United Way

The local Fall United Way campaign will be getting a boost from Weis markets, inc. as they began "sticker" gallon milk containers with a special "Support Your United Way" sticker.

This special sticker is attached near the handle, to remind customers of this most important commu-

nity responsibility...support your United Way. The reminder is seen as the milk is selected at the store and at home each time the gallon container is used.

Over on half million of these specially marked containers will be distributed during this Fall campaign to Weis Markets.

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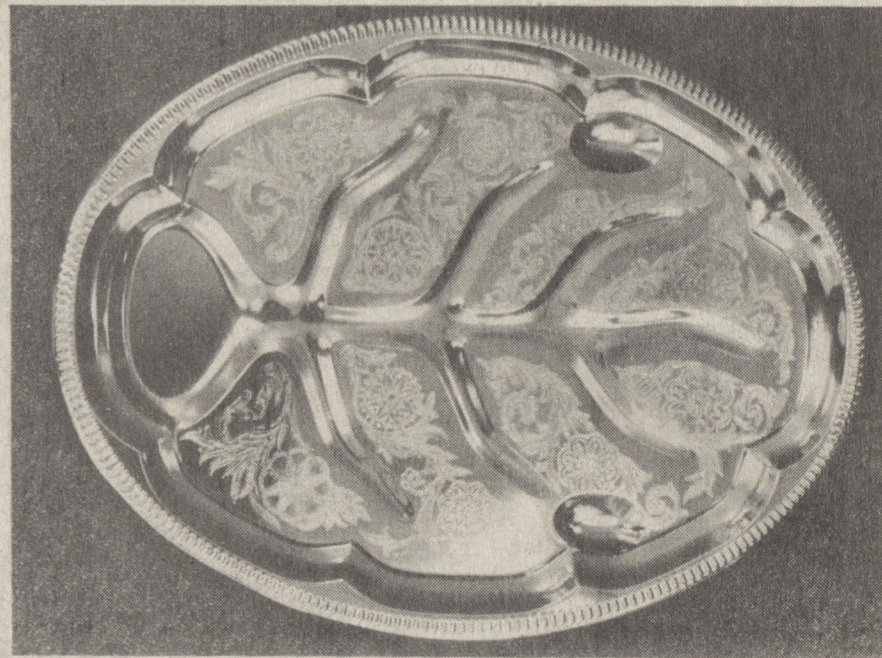
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