



# Cookbook



Wanda Harrington

## She likes to make nutritious meals

By CHARLOT M. DENMON  
Staff Correspondent

Wanda Harrington of Dallas enjoys preparing wholesome entrees for her husband and three children, especially those which are tasty but low in fat and cholesterol. She also likes to entertain groups of her friends or relatives during the holiday seasons when she prepares a variety of hors d'oeuvres.

Born and raised in Point Pleasant, N.J., Wanda graduated from Point Pleasant High School and in 1971 moved to Kingston with her parents. In 1972 she married Robert Harrington and moved to Dallas where they built their home on Sterling Avenue.

Following her marriage to Robert (Bob), Wanda remained at home to raise her three children, Trisha, age 10; Leslie, age eight; and R.J., age five. It is only recently that she began working part time for a local retail shoe dealer.

She also likes to bowl and, for several years, bowled in the Friday Night Imperialette League but gave it up because of the children's school and extra-curricular activities.

Trisha is in Girl Scouts and Leslie plays softball and also takes art lessons from Sue Hand. R.J. enjoys playing with several of his young friends who live a distance from his home, so when Wanda is not working she spends much of her time chauffeuring the children.

Each year the Harringtons visit a different state during summer vacation such as Maryland, New Jersey or Virginia. Last winter they went to Disney World in Florida and are

planning to go back again this winter since there is something new being built continuously.

Since the Harringtons are animal lovers, it is natural that they should have pets which they do - a Labrador Retriever, Rebel, and a cat named Licorice.

The recipes Wanda shares with Post readers are nutritious, easy-to-prepare and ideal for family meals or for entertaining friends. The Catalina Dressing is original and delicious for salads. The Chocolate Zucchini Cake is a different way to use that ever-abundant zucchini and is a favorite of the family. It is also a favorite of many of Wanda's friends.

The Strawberry Jello Salad makes a great dish to take to Covered Dish Luncheons or to Salad Luncheons and the Chicken Morengo is a popular evening meal of the children's. All of them take little time to prepare and are terrific for the working homemaker.

### CHICKEN MORENGO

- 1 frying chicken, (3-3½ lbs.) cut up
- 2 T. vegetable oil
- ½ lb. small white onions, peeled
- 1 jar (2½ oz.) sliced mushrooms, drained
- 1 clove garlic, minced
- 3 t. all-purpose flour
- 1 can tomatoes
- ¼ c. dry white wine
- 2 T. chopped parsley

In large skillet over medium-high heat, brown chicken in oil, remove and set aside. Add onions, mushrooms and garlic, saute until golden brown. Stir in flour; cook and stir for one minute. Add tomatoes, wine and parsley, stirring over medium



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### Making sauce

Trisha Harrington, daughter of Mr. and Mrs. Robert Harrington, stirs the sauce for the Chicken Morengo her mother is preparing for their evening dinner.

heat. Bring to boil, add chicken, reduce heat to low, cover and simmer 45 min. Serve with noodles or rice.

### STRAWBERRY JELLO SALAD

- 1 c. boiling water
- 1 6-oz. pkg. strawberry jello
- 1 10-oz. frozen strawberries
- 2 sm. bananas, mashed
- 1 8-oz. can crushed pineapple, undrained
- ½ c. dairy sour cream

In medium saucepan pour boiling water over jello. Stir over medium heat until dissolved; remove from heat; add strawberries and stir until thawed, add bananas and pineapple. Pour half of mixture into a 6-cup mold. Cover and chill until set but not firm. Reserve remaining jello at room temperature. When refrigerated jello sets, fold sour cream into reserved jello and pour into mold. Cover and chill until firm.

### CATALINA DRESSING

- 1 c. vegetable oil
- ½ c. sugar
- ¼ c. wine vinegar

- 1 t. salt
- 1 t. celery salt
- 1 t. dry mustard
- 1 t. paprika
- 1 t. grated onion

Place all of above ingredients in blender container, cover and blend until uniform. Cover and chill.

### CHOCOLATE ZUCCHINE CAKE

- 2 c. lightly peeled and shredded zucchini
- 2 c. all purpose flour
- ½ c. sugar
- ½ c. unsweetened cocoa powder
- 1 t. salt
- 1 t. baking soda
- ½ t. baking powder
- 3 eggs
- ½ c. vegetable oil
- 2 t. vanilla extract

Pre-heat oven to 350 degrees and flour 13x9x2 baking pan. Drain zucchini in sieve, set aside. In large mixing bowl, mix flour, sugar, cocoa, salt, baking soda and baking powder. Add zucchini, eggs, oil and vanilla and beat at medium speed for 2 minutes or until smooth. Pour into pan and bake at 350 degrees for 35-40 minutes.

## LCB changes advertising policy

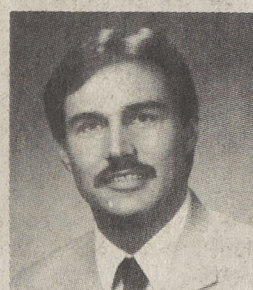
The Pennsylvania Liquor Control Board today voted to adopt a regulation change which would permit price advertising by beer distributors and manufacturers. The vote was 3-0.

Daniel Pennick, Chairman of the Board, noted that the Board's action was endorsed by the Independent Regulatory Review Commission and the Anti-Trust Section of the Office of the Attorney General.

Pennick stated that information gathered during the review process indicated that the public interest would be best served by adoption of the regulation change. "Evidence in behalf of consumers far outweighed that submitted by those who oppose price advertising," said Pennick.

Opposition to the measure was generally based upon fears by small beer distributors that larger discounters would drive them out of business by advertising prices.

## OPENING DENTAL OFFICE



RICHARD G. COSLETT, DMD



CHARLES T. BRAND, DMD

Dr. Richard G. Coslett and Dr. Charles T. Brand are pleased to announce the opening of their office for the practice of General and Family Dentistry at The Main Line, 121 South Memorial Highway in Shavertown.

Dr. Coslett is a graduate of Wyoming Valley West High School. He attended Moravian College where he graduated Magna Cum Laude with a bachelor's degree in chemistry. Dr. Coslett received his dental degree from Temple University where he was a member of the Periodontal and Oral Surgery Honor Society and elected to Omnicron Kappa Upsilon Academic Honor Society.

After graduation from dental school, Dr. Coslett was selected to participate in the dental residency program at Geisinger Medical Center, Danville, Pa. In addition to practicing General and Family Dentistry at Geisinger, Dr. Coslett received training in the management and treatment of traumatic injuries to the teeth and associated structures; the detection of oral cancer, and the dental management of medically compromised patients.

Dr. Coslett is a staff member at Nesbitt Memorial Hospital in the Dept. of Oral Maxillofacial Surgery. Dr. Coslett is a member of the American Dental Assoc., the Penna. Dental Assoc., and the Academy of General Dentistry.

Dr. Coslett is the son of Mr. and Mrs. George Coslett, 78 S. Landon St., Kingston.

Dr. Brand is a graduate of Wyoming Valley West High School. He attended the University of Pittsburgh, where he graduated Cum Laude with a bachelor's degree in science. Dr. Brand received his dental degree from the University of Pennsylvania School of Dental Medicine. While at Penn., Dr. Brand was a member of Alpha Omega Dental Fraternity and completed clinical training at Albert Einstein Hospital and at Coatesville Medical Center.

After graduation from dental school, Dr. Brand was selected to participate in the dental residency program at the VA Medical Center in Wilkes-Barre. Along with practicing General Dentistry, Dr. Brand received training in the early recognition and diagnosis of oral cancer, and the restoration of severely compromised dentitions.

Dr. Brand has been awarded 250 hours of continuing education credits by the Academy of General Dentistry for the completion of his residency. Dr. Brand is a member of the American Dental Assoc., the Penna. Dental Assoc., the Luzerne County Dental Society, and the Academy of General Dentistry.

Dr. Brand is the son of Mr. and Mrs. Julius Brand, 574 Warren Ave., Kingston.

Dr. Coslett and Dr. Brand are accepting new patients in their practice of General and Family Dentistry. Day, Evening and Saturday appointments are available by calling 696-3868. Emergency care is available at all hours, parking on premises, Blue Shield and Insurances accepted.

## School menus

(Following are cafeteria menus for area school districts for the following week.)

### DALLAS SCHOOLS

Oct. 2 - 8

WEDNESDAY - Frankfurter w-chili sauce or plain, potato chips, vegetable sticks, applesauce, or Triple decker PB&J w-cheese spears, choice of milk or juice.

THURSDAY - Juice pizza burger w-sauce-cheese, baked potato rounds or Italian hoagie w-lettuce-cheese, choice of milk or juice. Bonus: Strawberry gelatin w-bananas and topping.

FRIDAY - Cheese filled pierogies w-sauteed onions, tossed garden salad w-dressing, apple wedge or Tuna-cheese bagel melt w-potato chips, choice of milk or juice. Bonus: Pretzel rod.

MONDAY - Chilled grape juice, spicy pork barbecue w-zesty sauce, au gratin potatoes or Cheeseburger on roll w-lettuce, potato chips, choice of milk or juice. Bonus: Pineapple pieces topped w-coconut.

TUESDAY - Cheese dog on roll, oven baked tater tots, fruit wedge, or cheeseburger w-lettuce and chips, choice of milk.

BISHOP O'REILLY HIGH SCHOOL  
Oct. 7-11  
Breakfast

MONDAY - Chilled orange juice, coffee cake or corn flakes, milk.

TUESDAY - Frosty apple juice, toasted English muffin or raisin bran, milk.

WEDNESDAY - Pineapple juice, toasted raisin bread or assorted cereals, milk.

THURSDAY - Grape juice, waffles w-syrup, or bran flakes, milk.

FRIDAY - Orange juice, doughnut, or frosted flakes w-banana, milk.

### Lunch

MONDAY - Cheeseburg on bun, French fries, green beans, mixed fruit in syrup, milk.

TUESDAY - Frankfurter w-chili sauce, potato puffs, waxed beans, chocolate pudding, milk.

WEDNESDAY - Meatloaf, baked potato w-butter, mixed vegetables, cake, milk.

THURSDAY - Steak hoagie on seeded roll, sauteed onions, potato rounds, dessert, milk.

FRIDAY - Buttered pierogies w-onions, creamy cole slaw, jello w-fruit, milk.

### GATE OF HEAVEN SCHOOL

Oct. 2 - 8

WEDNESDAY - Chicken noodle soup-saltines, peanut butter-jelly sandwich, fruit cocktail, tastykake, milk.

THURSDAY - Wimpies, potato rounds, peaches, cheese sticks, pudding, milk.

FRIDAY - Fish, buttered macaroni, green beans, pears, cookies, milk.

MONDAY - Waffles-sausage-syrup, applesauce, carrot sticks, cookies, milk.

TUESDAY - Hot dog, sauerkraut, chips, pears, pudding pops, milk.

### LAKE-LEHMAN SCHOOLS

Oct. 2 - 8

### Senior High School

WEDNESDAY - Hamburg gravy, mashed potatoes, buttered garden vegetables, Parker House roll-butter, ice cream, milk.

THURSDAY - Steak or hot chipped ham hoagie, sliced cheese,

peppers, onion rings, applesauce, frosted cake, milk.

FRIDAY - French bread pizza, potato chips, buttered green beans, fresh apples, milk.

MONDAY - Veal parmesan or hamburger on bun, French fries, peaches, cookies, milk.

TUESDAY - Hoagie w-trimmings, minestrone soup-saltines, pineapple tidbits, milk.

Junior High & Elementary  
WEDNESDAY - Hamburg gravy, mashed potatoes, honey buttered carrots, Parker House roll-butter, ice cream, milk.

THURSDAY - Turkey bar-b-q on bun w-relish, buttered corn, applesauce, frosted cake, milk.

FRIDAY - French bread pizza, potato chips, buttered green beans, fresh apple, milk.

MONDAY - Steak hoagie, onion rings, green beans, pudding, milk.

TUESDAY - Flying saucer (cold cuts-sliced cheese w-shredded lettuce on bun), pickle chips, vegetable soup-saltines, peaches, milk.

### WEST SIDE TECH

Oct. 2 - 8

### Breakfast

WEDNESDAY--Sausage & waffles, fruit juice, milk.

THURSDAY - Cereal assortment, banana bread-butter, juice, milk.

FRIDAY - Cereal assortment, zucchini bread-butter, milk.

MONDAY--Cereal assortment, banana, cookies, milk.

TUESDAY--Cereal assortment, pumpkin bread-butter, fruit juice, milk.

### Lunch

WEDNESDAY - Tuna salad on hard roll, lettuce-tomato, vegetable soup-crackers, copper penny salad, ko ko mungas cookies, milk.

THURSDAY - Chicken patty on seeded bun, buttered green beans, veggies & dip, ice cream, milk.

FRIDAY - Pizza twins, creamy cole slaw, brownies, milk.

MONDAY - Hot dog on bun, chopped onions-relish, baked beans, potato rounds, chocolate cream pie, milk.

TUESDAY - Hoagie w-lettuce-tomato, buttered mixed vegetables, fresh fruit, almond shortbread cookies, milk.

- Pregnancy Terminations to 14 weeks
  - Confidential Counseling
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## Penn State offers course

Inflation, rising costs of away-from-home food prices and increased travel costs have not curbed the public's use of restaurant facilities. In fact, more trained personnel are needed to meet this demand.

Penn State offers a unique course in Waiter-Waitress Training: Guidelines for a Profession. Intended for waiter-waitressing training sessions, for the employed professional, or for persons considering employment in the food service industry, guidelines are given for self-improvement, finding a job, and serving the public. Detailed directions are included on how to serve food and alcoholic beverages, types of restaurants, tipping and how to be a professional on the job. (If you think that your tips are too small, maybe your service is too small.)

Penn State awards a special card of recognition to persons satisfactorily completing the course. To order your course copy, send a check, payable to Penn State, for \$6.75 including handling, to Waiter-Waitress, Dept. 5000, University Park, PA 16802.

## THOMAS PRODUCE STAND

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- CARROTS - ONIONS
- LARGE HEADS OF
- WINTER CABBAGE - DANISH
- CIDER

## JAYNE'S ORCHARDS

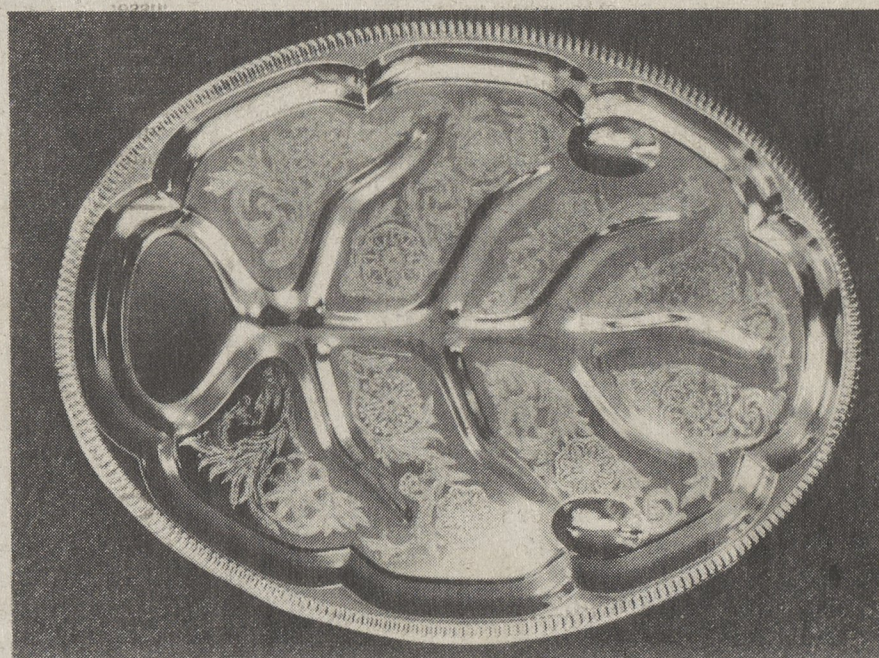


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