

Cookbook

Desserts are a big deal in this family

By CHARLOT M. DENMON
Staff Correspondent

Pat Makara of Dallas enjoys cooking, especially baking as does her oldest daughter, Melissa. She particularly likes to make fruit desserts for in the Makara backyard, they have blueberry bushes, peach trees and strawberries when in season, and her next door neighbor has apple trees which she shares from time to time with Pat.

Pat and her husband, Tom, who is employed at Tobyhanna, moved to Dallas 10 years ago from Wyoming where they resided for two years after they were married. Their oldest daughter, Melissa, fifth grade student at Dallas, was only several weeks old when the Makaras moved to their present home. The Makaras also have two other daughters, Lisa, second grade student, and Nikki, 3 1/2 years of age, who is still at home.

When Pat is not busy helping her two older daughters with homework, taking them to choir practice, or taking Melissa for piano lessons, she and Tom spend most of their leisure time working on their home or in their garden.

When she has time for herself, Pat enjoys crocheting or sewing and at this time of year likes to make Halloween costumes. Tom likes to hunt and fish. Melissa and Lisa also like to fish and sometimes go with their father.

During the summer, the girls swim in their family pool and usually have many of their friends

Sift together above ingredients, add:

- 1/3 c. shortening
- 1/3 c. buttermilk (add 1 1/2 T. lemon juice to 1 c. milk)
- 1 1/4 c. mashed bananas (3 or 4 if small) (Bananas should be very ripe)

Beat vigorously for two minutes. as their guests. Sometimes the Makara family takes off for a summer vacation at the seashore, a trip they all enjoy.

Ask the girls their food preference and receive three different answers - Melissa's favorite is dessert; Lisa prefers pizza and Nikki's choice is chicken.

The recipes Pat shares with Post readers this week are four of her family's favorite desserts. The Mock Apple Pie is unique but delicious and makes a tasty and different type dessert to serve when friends drop in. Jewish Apple Cake makes an excellent after dinner dessert or a good "coffee break" snack. Blueberry muffins are a favorite of the girls either for breakfast or an after-school snack and the Banana Nut Cake is a favorite of both family and friends. Serve it topped with rich vanilla ice cream and it is ideal to serve at bridge club. All recipes are not difficult to prepare and not too expensive.

BANANA NUT CAKE

- 2 1/2 c. flour
- 1 and two thirds c. sugar
- 1 1/4 t. baking powder
- 1 1/4 t. baking soda
- 1 t. salt



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Kitchen helpers

Melissa Makara uses the mixer to blend together the ingredients for her mother's Mock Apple Pie while her youngest sister, Nikki, waits to eat batter left in pan. Nikki's friend, Kristen Rogan, and Lisa Makara are interested in watching Melissa using the mixer.

- Add:
- 1/2 c. buttermilk
 - 2 lg. eggs
- Beat for two minutes. Fold in:
- 2/3 c. chopped nuts
 - Grease and flour pan. Bake at 350 degrees, 30-35 min. if two layers; 45 minutes, in 9x13" pan.

JEWISH APPLE CAKE

- 6 sm. apples
- 5 T. sugar
- 2 t. cinnamon
- 1 c. margarine
- 2 c. sugar
- 4 eggs
- 3 c. flour
- 3 t. baking powder
- 2 1/2 t. vanilla
- Juice of 1 lg. orange

Peel and slice apples, sprinkle with 5 T. sugar and cinnamon and let stand. Blend margarine, 2 cups sugar and eggs; add flour, baking powder, vanilla and orange juice. Beat until smooth. Grease angel food cake pan and dust with flour. Starting with the batter alternate with layers of apples, making last layer batter. Bake at 300 degrees for one hour, then turn oven to 350 degrees and leave cake in for 15 minutes. When cool sprinkle with powdered sugar.

BLUEBERRY MUFFINS

- 1 1/2 c. flour
 - 1/2 c. sugar
 - 2 t. baking powder
 - 1/2 t. salt
- Sift ingredients together, then add:
- 1/4 c. soft margarine
 - 1 egg

- 1/2 c. milk
- Mix together with a fork or pastry blender. Stir until just blended. Fold in one cup of blueberries. Bake at 400 degrees for 20 to 25 minutes until golden brown. Makes 12 muffins.

MOCK APPLE PIE

- 8 c. zucchini, sliced and peeled
- Cook in 2/3 cu. bottle Realemon until tender. Add:
- 1 c. sugar
- 1/2 t. nutmeg
- 1 t. cinnamon

Simmer for one minute, add half cup of crust to thicken then let cool.

CRUST

- 4 c. flour
- 1 1/2 c. sugar
- 3 sticks margarine

Mix ingredients together. Pat half of mixture into 9x13 pan and press to even out. Bake at 375 degrees for 10 minutes. Put cooled filling over top of crust. Add teaspoon of cinnamon to remaining half of crust and sprinkle on top of filling. Bake at 375 degrees for 30 to 40 minutes.

Parents seek aides

Parents Anonymous of Northeastern Pennsylvania Inc. is seeking interested individuals to volunteer their time in the provision of child abuse preventive service to local parents.

P.A. coordinates "self help" groups for parents experiencing difficulties in coping with their children. Weekly meetings provide parents with a peer support system and a means of obtaining alternate practical suggestions on child rearing from other parents.

The meetings are confidential and on a first name basis only. Parents share phone numbers to provide a 24-hour hotline to prevent possible abusive incidents. No dues or fees are required. P.A. groups meet in Wilkes-Barre, Kingston, Hazleton and Tunkhannock.

P.A. needs volunteers to serve as group co-sponsors, child care workers, and transportation aides. Group sponsors are volunteers who attend the weekly chapter meetings to provide guidance and stability to the parents in attendance. They are volunteers who have training in group or family dynamics and possess a sincere interest in preserving the family lifestyle. Qualified individuals should have a knowledge of child development and child abuse dynamics as well. The position requires a time commitment of 3-5 hours per week.

Child care volunteers provide

child care to the children of P.A. parents at weekly group meetings. As opposed to simple babysitting, child care implies creating a positive experience for the children involved.

Transportation aides are volunteers who provide transportation for parents to and from weekly chapter meetings.

Any interested persons should call the P.A. office at 822-9666 or write Parents Anonymous of Northeastern Pennsylvania, Inc., 71 North Franklin St., Wilkes-Barre, Pa. 18701.

LCB lists increases

Daniel Pennick, Chairman of the Pennsylvania Liquor Control Board recently announced an additional increase of nearly \$1.9 million in profits for fiscal year 1984-85.

LCB profits for the year now total \$35,498,629 instead of \$33,606,250 as reported earlier.

Pennick stated that review of the final year adjustment figures disclosed an inappropriate payroll expense application that has now been revised to reflect the corresponding increase in profits.

Food myths squashed

With classes back in session, youngsters across the country are trying out for their school's athletic teams. Good nutrition is vital for these aspiring Olympians, yet many of these youngsters are misled by widespread nutritional myths which currently abound.

To help correct some of these misconceptions, dietitians at ARA Services which serves over 450,000 students every day in 180 school districts across the country, present the following facts to debunk some of these myths.

MYTH 1 - EXTRA PROTEIN BUILDS BIG MUSCLES

While it is true that protein plays an important role in the formation of muscle tissue, it is not true that the consumption of large quantities of protein-containing foods will build bigger or better muscles. Actually, eating too much protein can result in an increase of body fat, because of protein's high fat content. For example, beefsteak contains about 40 percent of its calories in the form of protein, and about 60 percent in the form of fat. As a rule, daily protein consumption should not exceed 10 to 15 percent of an athlete's daily caloric intake. This is more than sufficient to insure maximum muscle growth.

MYTH 2 - BEFORE COMPETITION SWEETS

A popular myth maintains that honey, soft drinks and other sweets will improve performance if taken immediately before competition. Actually eating these high-carbohydrate foods before competition results in a rise in insulin which causes a drop in blood sugar within hours after consumption—a condition which can make an athlete feel weak.

MYTH 3 - EXERCISE AND WATER DON'T MIX

Many athletes deliberately avoid water during competition in the belief that it will bring about an upset stomach or hurt their performance. In fact, drinking water is extremely important during physical exercise to avoid possible dehydration and heat exhaustion. An

athlete should drink about one-half cup of water for every 10-15 minutes of exercise time to help replace bodily fluids which are lost.

MYTH 4 - MEGA-VITAMINS IMPROVE PERFORMANCE

This myth is based on the assumption that more of a good thing is always better. However, a well-balanced diet contains all the vitamins and minerals needed. Extra quantities of vitamins are either flushed from the body in the urine or stored in body fat which can result in possible harmful toxicity.

BASIC GUIDELINES

These are just four of many nutritional myths which may lure young athletes away from sound nutritional practices. In brief, athletes should follow a well-balanced daily diet which includes two servings from the meat group, four servings from fruit and vegetable group, four servings from the milk group and four servings from the grain group. Approximately 10 to 15 percent of calories should be consumed in the form of protein, 30 percent from fat, and the remaining 50-60 percent from carbohydrates.

In determining how many calories should be consumed daily, an athlete must consider age, sex and activity level.



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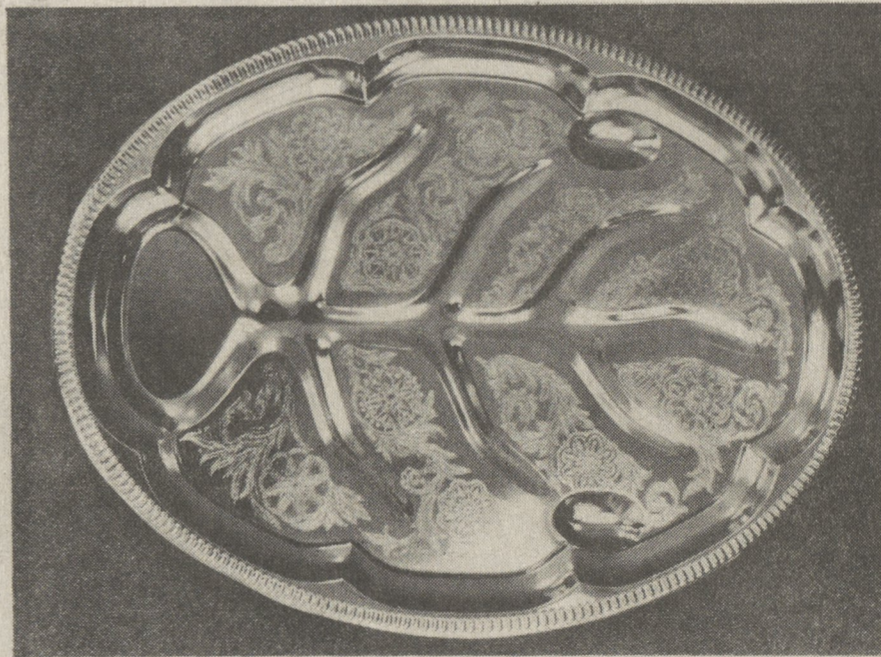
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