

Cookbook

Francine Marth enjoys trying new recipes

By CHARLOT M. DENMON
Staff Correspondent

Francine Marth of Shavertown enjoys trying new recipes, particularly entrees and cakes. Since members of her family, especially her husband, Donald, like casserole dishes, Francine experiments with every new recipe she finds. As a result, she has become quite proficient at preparing economical but nutritious one-dish meals. She usually serves a salad and one of her favorite cakes and has a delicious dinner for her husband and children or to serve to guests.

A native of the Back Mountain, she is the former Francine Kozak. She graduated from Dallas High School, then took a course in accounting at Luzerne County Community College.

Francine does a lot of sewing for herself, her husband and their three children, Joshua, just one year of age; Tony, eight years old and a third grade student at Westmoreland and Kelly, 13, a student at Dallas Junior High.

Until recently, Francine, an animal lover, and her husband bred and raised pedigree Huskies but since Joshua was born Francine found it took too much time to properly care for the dogs so the Marths gave up raising them and now have two just as pets.

Francine and Donald do a lot of freshwater fishing in season and also go hunting. Last season Francine went for small game only but next year hopes to go deer hunting.

She is also an avid bowler and recently hit high game in the Friday night Imperialette League with a 233.

This week's Post cook shares four of her family's favorite recipes with readers. Two of them are one-dish meals, both casseroles. The Chicken Casserole, best made with cut-up chicken parts, and the Hamburg Casserole are easy to prepare and are equally appropriate for family or guests. The Mayonnaise Cake is a light, moist, deliciously flavored chocolate cake and the Zucchini Cake has a unique but equally

delicious flavor. Both make great after dinner desserts.

CHICKEN CASSEROLE

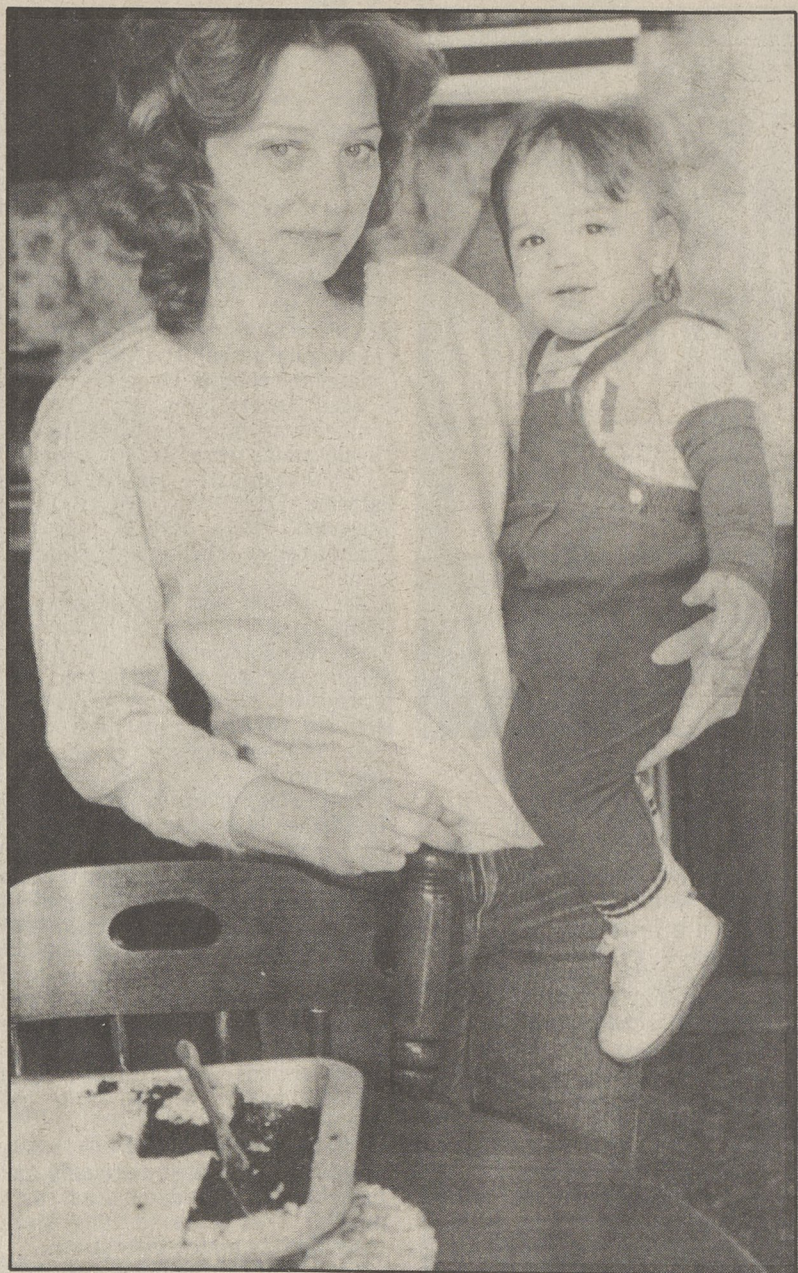
Chicken
4 T. melted butter
1 sm. onion, diced
1 can mushrooms
½ c. celery, diced
1 t. celery salt
1 t. tarragon
4 T. butter
4 T. flour
2 bouillon cubes
1/3 c. milk
1/3 c. heavy cream
½ c. white wine
Bake chicken at 400 degrees for 10 minutes. Baste with three tablespoons butter and bake 15 minutes. Reduce heat to 350 degrees. Saute onions, mushrooms and celery in tablespoon butter, add to chicken. Melt four tablespoons butter, add flour and cook stirring continuously. Add stock and milk, stir till thick. Remove from heat and stir in cream and wine. Season with celery salt and tarragon. Pour over chicken. Bake uncovered for 20-30 minutes.

HAMBURG CASSEROLE

½ lb. hamburger (ground chuck)
½ qt. tomatoes
5 med. potatoes, peeled
5 slices American cheese
1 pkg. frozen vegetables (kind optional)
Cook and mash potatoes. Brown ground meat in large saucepan, drain. Pour half of tomatoes in pan. Spread mashed potatoes on top of ground meat. Place frozen vegetables on top of potatoes, add rest of tomatoes. Cover with slices of cheese and cover. Simmer till vegetables are done.

MAYONNAISE CAKE

3 c. flour
1½ c. sugar
2/3 c. cocoa
1½ c. water
2¼ t. baking powder
1½ t. baking soda
1½ c. mayonnaise
1½ t. vanilla
Mix together dry ingredients in mixing bowl. Stir in mayonnaise gradually with water and vanilla. Bake in 9x13 pan for 35-40 minutes at 350 degrees.



Dallas Post/Charlot M. Denmon

Sampling cake

Joshua Marth samples a piece of the zucchini cake his mommy, Francine, made for their dinner. Joshua doesn't care what kind it is, he just loves his mommy's cake.

ZUCCHINI CAKE

3 c. flour
1 t. baking powder
1 t. baking soda
3 eggs
1 c. oil
2 c. sugar
2 c. grated zucchini
1 t. salt

1 c. chopped walnuts
1 c. crushed pineapple (optional)

In large bowl, mix flour, baking powder and baking soda, add eggs, oil, sugar and zucchini. Stir in salt, chopped nuts and pineapple. Pour into baking tin. Bake at 325 degrees for one hour 20 minutes.

Heart-related deaths reported to be declining

William H. Maurer, Board Chairman of the Northeast Pennsylvania Chapter of the American Heart Association, reported recently that the percentage of deaths attributed to diseases of the heart and blood vessels continues to decline in this country.

Maurer made his remarks to coincide with the Heart Association's celebration of February as National Heart Month.

"Over the past several years, we have seen a steady decrease in the percentage of deaths in this country attributed to cardiovascular disease," he said. "There was a time when these diseases were responsible for over 50 percent of all deaths in the United States each year."

Maurer indicated that the most recently released statistics from the federal government put the current cardiovascular mortality rate in this country at 48 percent.

"While the decline in these numbers is heartening, we should not lose sight of the fact that these diseases remain the leading causes of death and disability in America," he said. "Consequently, much more needs to be done, especially in the areas of prevention and treatment."

Maurer said that during the month of February, the Heart Association places special emphasis on its accomplishments in the field of cardiovascular health, while urging people to take the necessary precautions to reduce their risk of heart disease and stroke.

"Through the efforts of the Heart Association, great strides have been made in the areas of research, education, especially public education, and programs within the community designed to utilize what our research and education programs have taught us," he said.

Among the accomplishments of Heart Association research cited by Maurer were the development of Cardiopulmonary Resuscitation (CPR), the heart-lung machine which makes open heart surgery possible, improvement in artificial pacemakers and development in the artificial heart valve.

He added, "Equally important as our research, I believe, has been our progress in education. I believe most people are now aware that there are three major, controllable risk factors involved in cardiovascular disease: smoking cessation, control of hypertension, or high blood pressure, and proper diet and nutrition."

Maurer added while stressing their achievements during February, the local Heart Association component will also be seeking additional community support.

"During February, we conduct our annual Residential Fund-Raising Campaign and urge people to become Heart Association volun-

teers," he said. "Our goal is to continue to reduce the number of deaths and cases of disability from heart disease and stroke. To do this, however, will require continued financial and volunteer support."

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THE DALLAS POST

School menus

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

DALLAS SCHOOLS

Feb. 5-11
WEDNESDAY - Hot turkey sandwich w-gravy or Hot dog on bun, mashed potatoes-gravy, golden corn kernals, choice of milk or juice. Bonus: Strawberry gelatine w-marshmallows.

THURSDAY - Zesty pork bbq w-special sauce or cheeseburger on roll w-lettuce-tomato-mayo, home-fries, cinnamon stick applesauce, choice of milk or juice. Bonus: Giant oatmeal raisin cookie.

FRIDAY - Juicy ballpark hot dog on roll or grilled cheese sandwich, tomato rice soup, carrot-celery spears, choice of milk or juice. Bonus: Creamy peanut butter on graham cracker.

MONDAY - Steak-cheese sub w-peppers and onions optional or peanut butter-jelly sandwich w-cheese cube, hearty beef noodle soup, pineapply pieces w-coconut topping, choice of milk or juice.

TUESDAY - Veal parmesan w-side dish of spaghetti or Italian cold cut hoagie w-lettuce-cheese, tossed garden salad w-dressing, apple crisp, choice of milk or juice.

LAKE-LEHMAN SCHOOLS

Feb. 5-11
Junior High & Elementary
WEDNESDAY - Chicken patti on bun w-relish, candied sweet potatoes, buttered corn, chocolate pudding, milk.

THURSDAY - Turkey-gravy, mashed potatoes, peas, cranberry sauce, roll-butter, ice cream, milk.

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

MONDAY - Hamburg on bun, potato puffs, baked beans, applesauce, peanut butter cookie, milk.

TUESDAY - Chopped ham-American cheese on hillbilly bread, pickle chips, potato chips, minestrone soup-saltines, pudding, milk.

Senior High
WEDNESDAY - Orange juice, Sloppy Joe on bun, buttered corn, applecrisp, milk.

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THURSDAY - Hamburg or ham patti on bun, sliced cheese, French fries, pears, almond cookie, milk.

FRIDAY - Pizza or egg salad sandwich, potato chips, celery-carrot sticks, pineapple tidbits, milk.

MONDAY - Beef stew over buttered noodles, pickled beets, Parker House roll-butter, ice cream, milk.

TUESDAY - Steak hoagie or hot dog on bun, peppers, onion rings, applesauce, peanut butter cookie, milk.

Post menus add 1
WEST SIDE TECH
Feb. 5-11

WEDNESDAY - Grilled cheese, tomato rice soup-crackers, chips, peach shortcake, milk.

THURSDAY - Beef-a-roni, grated cheese, tossed salad, choice of dressing, cream bar, milk.

FRIDAY - Italian meatballs on hard roll, seasoned green beans, chilled pears, brownies, milk.

MONDAY - Tuna on hard roll, lettuce-tomato, chips, chilled peaches, chocolate cookies, milk.

TUESDAY - Wimple on soft bun, French fries, spiced applesauce, blueberry cake, milk.

GATE OF HEAVEN SCHOOL
Feb. 5-11

WEDNESDAY - Hot dogs on bun, buttered macaroni, fresh apple, cookies, milk. (Make your own sundae).

THURSDAY - Turkey w-gravy, corn, cranberry sauce, fruit cocktail, brownies, milk.

FRIDAY - Pizza, vegetable soup, pears, cookies, milk.

MONDAY - Gator burger, French fries, peaches, cookies, milk.

TUESDAY - Chicken noodle soup, peanut butter-jelly sandwich, pears, cookies, milk.

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