

Cookbook

Judy Gramley enjoys making special dinners

By CHARLOT M. DENMON
Staff Correspondent

Mrs. Carson (Judy) Gramley of Beaumont enjoys preparing dinner for special occasions such as birthdays, Easter, Thanksgiving or Christmas. She also likes to bake cakes, cookies and other snacks for her family, especially her grandchildren.

A native of Beaumont, the former Judy Shannon graduated from Dallas in 1958, the year of the Franklin-Dallas-Monroe merger, from which Monroe Township later withdrew. Judy and her husband, Carson, are the parents of four children, Susan, who lives in Kunkle; Sandra, in Beaumont; Caryn and Carson, at home. They also have three grandchildren, Richard, Michael and Dawn Marie.

The Gramleys are a Scouting family, all of them involved in scouting at one time or another. Judy has been in Girl Scouting for 11 years and in Boy Scouting for eight years. She organized the first Girl Scout Troop Junior Troop No. 214, in Beaumont in 1968. Caryn is presently a member of that troop.

Recently, she and Carson helped organize a new Boy Scout Troop No. 530 in Beaumont. Judy is Unit Commissioner for Troop and Pack No. 530, Noxen-Beaumont, and Pack 530, Harveys Lake. Carson is a committee chairman and Gary Darling is a leader.

All three are presently taking Leadership Development Courses every Tuesday night and will continue for the next four weeks.

In her leisure time, Judy does ceramics and has made numerous items such as a pitcher, various holiday figurines and an Eagle lamp, the latter a gift for her son when he received his

Eagle Scout award.

She is a member and past Worthy Matron of Tunkhannock Chapter 74, Order of Eastern Star and is also active with the Monroe Township Community Association.

The recipes Judy shares with Post readers this week are favorites of her family. The Favorite Coffee Cake makes an excellent brunch or afternoon snack when a friend drops in or for members of her family when they are hungry. Grandma's Old Fashion Sugar Cookies are just that - the big, thick sugar cookies grandma used to bake - remember when?

Copper Pennies takes the place of a salad at dinner if served cold, or substituted for a vegetable, if served hot.

All of the recipes are just as easy to prepare as they are economical and delicious. Just try them - you'll enjoy them!

FAVORITE COFFEE CAKE

Mix in following order as given:

- 1 1/2 c. flour
- 3/4 c. sugar
- 2 1/2 t. baking powder
- 3/4 t. salt
- 3/4 c. shortening
- 3/4 c. milk
- 1 egg

Pour into well-greased and floured 9-in. pan and top with following:

- 1/3 c. brown sugar
- 1/4 c. flour
- 1/2 t. cinnamon
- 3 T. butter

Mix thoroughly with fork and sprinkle on top of batter. Bake at 375 degrees for 25 to 30 minutes.

GRANDMA'S OLD FASHION SUGAR COOKIES

- 1 1/2 c. sugar
- 2 eggs
- 1 c. shortening
- 1 c. sour cream
- 1 t. baking soda mixed into sour cream
- 2 t. baking powder
- 1 t. salt
- 4 c. flour
- 1 t. vanilla
- 1 t. nutmeg

Cream together sugar, shortening, eggs and salt until light. Add sour cream mixture, flour, baking powder. Roll out on floured board and cut into different shapes with cookie cutters, or they can be dropped by teaspoonful on to an ungreased cookie sheet. Bake at 400 degrees until brown, 10 to 12 minutes.

COPPER PENNIES

- 1 lb. carrots, sliced in circles
- 1 green pepper
- 1 onion

Cook carrots only about 5 minutes. They will still be crisp. Pour into two quart container, add green pepper, sliced think, then onion sliced thin.

Prepare the following sauce and pour over carrots: 1 can tomato soup, 1/2 c. salad oil, 1 t. prepared mustard, 1 c. sugar, 1 t. Worcestershire sauce, 3/4 c. vinegar

Mix all of above ingredients together and pour over carrots and let stand overnight. (These may be served hot or cold.)

Eat your way away from disease

Are you eating your way into heart and blood vessel diseases? If your diet is high in saturated fats, cholesterol and sodium (salt), you may very well be doing so.

The American Heart Association and, locally, its Northeast Pennsylvania Chapter, want you to know that proper diet and nutrition play a vital role in the prevention of heart attacks and strokes.

According to Joan Noto Carro, R.N., Executive Vice President of the Northeast Chapter, the Heart Association considers proper diet and nutrition an integral part of maintaining an overall program of cardiovascular health and emphasizes this fact during March, which is National Nutrition Month.

"Over the years, we have learned that a diet containing excess amounts of saturated fats, cholesterol and sodium produces negative effects," she said. "Saturated fats and cholesterol tend to increase the amount of plaque in the walls of arteries, thereby restricting and often inhibiting blood flow, while too much sodium can cause an increase in a person's blood pressure."

Mrs. Carro said the Heart Association discourages the use of saturated fats because these fats tend to harden at room temperature and increase the levels of cholesterol in the blood. Conversely, she said polyunsaturated fats remain in a liquid form at room temperature and can help reduce blood cholesterol levels.

"The Heart Association's goal in the area of diet and nutrition is to educate the public to the point where intelligent choices can be made to improve the nutritional quality of their diets," she said. "At the same time, however, we are realistic enough to know that if a diet is bland, unexciting or impossi-

ble to maintain, it will soon be discarded."

Mrs. Carro added that in cases where people find an approach to improved nutrition is not to their liking, they often revert back to their original eating habits.

"In order to make our nutritional programs effective, the Heart Association has put a tremendous amount of effort into ensuring that we offer people the opportunity to choose from all food groups and do not detract from the pleasures of eating," she said.

Mrs. Carro said the Heart Association's nutrition programs include cookbooks developed for various dietary concerns, literature covering aspects of diet and nutrition in

relation to heart and blood vessel diseases and a unique cooking course known as "Culinary Hearts Kitchen."

"Culinary Hearts Kitchen was originally developed by the Heart Association in New York to instruct cardiac patients on the preparation of meals that are tasty, yet fall within their nutritional guidelines," she said. "However, as people become more health conscious and more nutrition-oriented, 'Culinary Hearts Kitchen' gained popularity among the general public."

Mrs. Carro said that to learn more about 'Culinary Hearts Kitchen' and other Heart Association nutrition programs, telephone or stop into the Heart Association office nearest you.

School menus

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

WEST SIDE TECH

March 27 and April 1

FRIDAY - BREAKFAST - Variety of cereal, orange juice, pumpkin bar, milk.

FRIDAY - LUNCH - Pizza twins,

tossed salad w-choice of dressing, fresh fruit, ice cream, milk.

TUESDAY - BREAKFAST - Variety of cereal, juice, peanut butter crackers, milk.

TUESDAY - LUNCH - Hot dog on bun, relish-chopped onion, hash brown potatoes, baked beans, ice cream, milk.

Annual essay contest slated

Mr. Carmen F. Ambrosino, Executive Director of the Wyoming Valley Alcohol and Drug Services Inc., 383 Wyoming Avenue, Kingston, is proud to announce the agency's Fourth Annual Drug and Alcohol Essay Contest.

The First Eastern Bank has generously donated six \$100.00 savings bonds, which will be awarded to the winners of each grade level.

Essays will be judged by a selected panel of volunteers from all aspects of the community.

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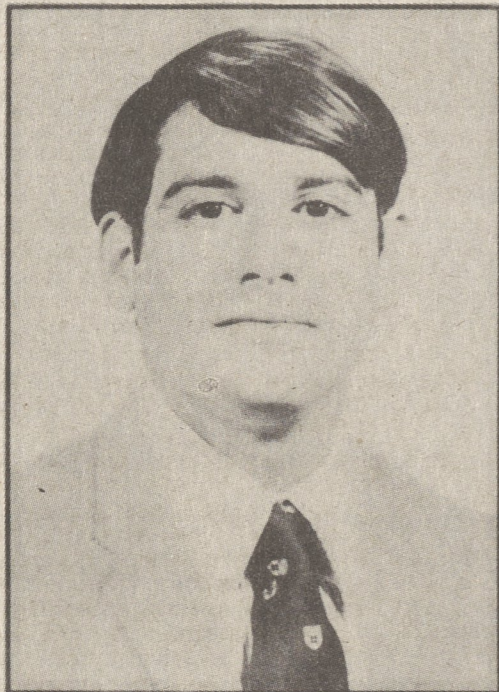


Fashion house
NAME BRANDS FOR LESS
JUST ARRIVED
RUSS CHINO SEPARATES

OVERSIZED JACKETS (Unlined)	Reg. \$34.00	NOW \$25.50
BELTED SKIRTS	Reg. \$20.00	NOW \$14.99
BELTED PANTS	Reg. \$22.00	NOW \$16.50
MOCK FLY SKORT	Reg. \$18.00	NOW \$13.50

Red - Yellow - White
Sizes 10-18
MON. thru FRI. 9:30 to 8:30 P.M.
SATURDAY 9:30-5 P.M.
SUNDAY 12-5 P.M.
(Across from Bishop Hoban)
200 S. Penna. Blvd., Wilkes-Barre

DR. HARRY G. GLEN JOINS PUGLIESE EYE CLINIC



Harry G. Glen, M.D. has recently joined the Joseph Pugliese Eye Clinic in Kingston. Dr. Glen will be practicing general ophthalmology at the Eye Clinic.

Dr. Glen graduated Cum Laude from Franklin and Marshall in Lancaster. He was appointed to the faculty of the physics department of Harvard College prior to receiving his medical degree from the Bowman Gray School of Medicine of Wake Forest University in Winston-Salem, North Carolina. His externship was served at the Massachusetts Eye and Ear Infirmary of the Harvard Medical School.

Dr. Glen completed his internship at the New Hanover Memorial Hospital in Wilmington, North Carolina, and his eye surgery residency at the Georgetown University Center for Sight in Washington, D.C., where he was chief resident. He was appointed clinical instructor of ophthalmology at West Virginia University.

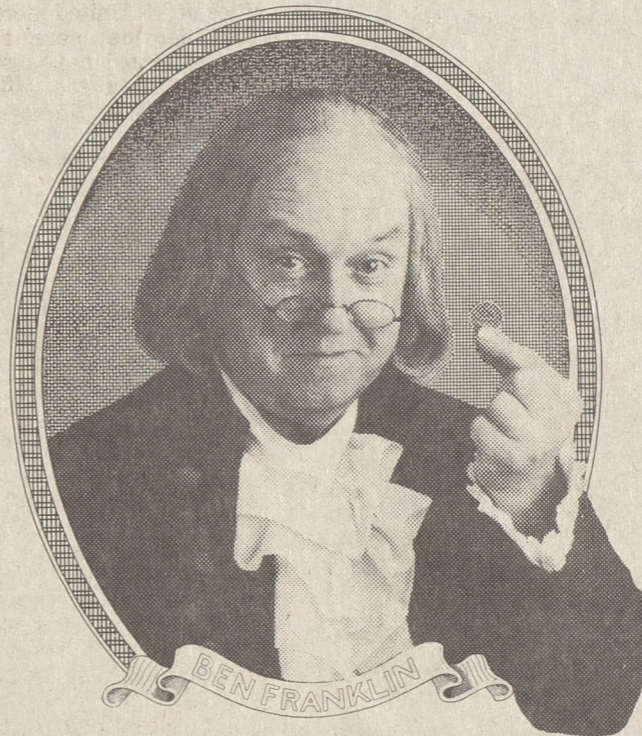
Dr. Glen is board certified and a diplomat of the American Board of Ophthalmology, a member of the American Academy of Ophthalmology, a diplomat of the National Board of Medical Examiners of the United States of America.

Dr. Glen was associated with the Golden Medical Group and Memorial General Hospital in Elkins, West Virginia from 1983, until the time he joined the Eye Clinic.

Dr. Glen will be taking appointments Monday through Saturday in addition to Wednesday evenings at the Eye Clinic in Kingston, 288-7405. He will also be taking new patient appointments daily Monday through Friday at the Eye Clinic's two new satellite locations in Bloomsburg, 784-4777 and Berwick, 752-1000.

Since the addition of Dr. Glen, the Eye Clinic staff now consists of seven ophthalmologists and three optometrists covering the following subspecialists: Joseph F. Pugliese, M.D. - Cataract and Lens Implant Surgery; Thomas G. Sharkey, M.D. - Pediatric and Glaucoma Surgery; Donald J. Savage, M.D. - Retina - Vitreous Surgery; Anthony J. Kameen, M.D. - Medical Ophthalmology; Larry A. Litscher, M.D. - Cornea and Refractive Surgery; Richard A. Lane, M.D. - General Ophthalmology; Jay L. Endrusick, O.D., Kurt J. Moody, O.D., and Gail A. Evans, O.D. - Specialty in Contact Lens Fittings, Refractions, and Low Vision.

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*Hard Working Savings' Market Rate is subject to change. Information above is for personal savings accounts only.