## Hashed Omelet For Eggtober

The Poultry and Egg National let" which is mighty good fare the would-be omelet makers for chilly fall days

ing

Omelets are more easily made This type of pan has rounded or Board has again changed the cal- sloping sides and should be well endar to read EGGtober instead seasoned so that the omelet will of October. They've also come up not stick. The non-stick coating with this hearty "Hashed Ome- or teflon pans are a real help to

The base of this dish is the one, 2 or 3 egg omclet for each incipe in half and refrigerate the French omelet and it lends itself person being served The ome hash not used. to many variations of sauces and lets cook very rapidly and sevfillings, such as the corned beef eral can be cooked in a very beef hash on your kitchen shelf hash filling given nere Don't be short length of time Warm the hesitant about making an omelet serving plates in advance to help these two nutritious foods make They are quite easy and require keep the first omelets made pip-

. . . only a little technique in cook- ing hot until all are ready to be served

The filling recipe we're suggesting uses canned corned beef when prepared in an omele; pan hash The hash is heated in the omelet pan before making the omelets and seasoned with chopped onion and pickle relish. One can of coined beef hash, with seasonings, makes enough filling for four omelets If you plan to When serving omelets, plan serve only two people, cut the

Plan to have canned conned and extra eggs in the refrigerator at all times When combined, a sput of the moment main dish suitable for family or guests, whether it's bleakfast, lunch or late supper

Breaktast Menu

HASHED OMELET

Filling

Omelet

(Makes enough filling for 4 ome-

per with a fork Heat butter in

omelet pan just hot enough to

sizzle a drob of water Pour in

cup chopped onion

tablespoons butter

cup pickle relish

tablespoons water

Milk

12

11

2

lets)

hash

eggs

<sup>1</sup>4 teaspoon salt

15 teaspoon pepper

1 teaspoon butter



### Plant PIONEER "New Generation" Hybrids

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# Ladies, Have You Heard?... By Doris Thomas, Extension Home Economist

Lancaster Farming, Saturday, October 18, 1969-21

#### Lighting Checklist

Look for the following characteristics of a well lighted study area:

Light spread over entire working surface No shadows from hand or body on the work

No direct view of bulb or under-shade brightness

No glare spot of light bulb through shade Light-colored, non glossy desk suiface Light-colored back wall or tack board Some light thrown up on walls and cerl-

Some general lighting elsewhere in the

#### A Tip For Preparing Pot Roasts

Savory beef pot roast is a satisfying dincan (1512 oz.) corned beef ner dish and it's also easy on the budget But you don't have to prepare it the same way every time

pot roast, use liquids other than sitting

water Tomato juice is a good the meat in a little hot fat, add diyei-diying Cook onion in butter in an tomato juice of tomato sauce omelet pan of skillet (approx diluted with water For extra 8-in) until tender but not flavor, add soy sauce, Worces the pile to lustious height

move it from skillet and set fitting lid and simmer until the as.de while pieparing omelet meat is done

Long, slow cooking is essen tial for a tasty pot loast that Mix eggs, water, salt, and pep- will please your family

#### **Conduroy Is Fashionable**

Look for conduroy in pinwale, egg mixture Mixture should set widewale, solid colors and de-



THOMAS

ing helps keep the pile lively by For vallety in plepaling a lestoring fibels flattened from

Corduroy seldom needs presschoice After you've browned ing after machine washing and

> Passing a steam non over the right side very lightly will coax

**Restore Marred Wood Finishes** Here's how to remove white spots from wood surfaces

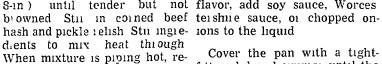
Supplies needed for removing white spots are very fine powdered pumice (FFFF) lightweight oil oi sewing machine oil, and a piece of felt oi wool. Make a thin paste of pumice

and oil Apply oil and pumice mixture

with felt and jub lightly with the grain of the wood



Cover the pan with a tight-



Tomato Junce, Hashed Omelet, Hot Biscuits, Butter, Coffee and ing. 100m