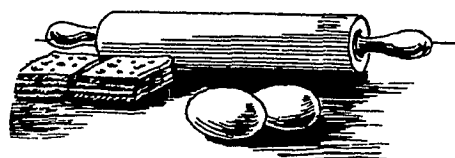


# Home on



# The Range

Time-consuming as it is to make, there is nothing quite as delicious with a full course meal as a homemade loaf of bread. There is just something about its chewiness and delicate yeast aroma that make you go back for seconds and thirds. Today's recipes start out with five different types of breads and end with four

vegetable and meat recipes for you to try along with the homemade bread some evening.

**XXX**  
**GOLDEN WHEAT BREAD**  
2 cups milk, scalded and cooled to lukewarm  
2 cups lukewarm water  
One-third cup honey  
4 teaspoons salt  
3 cakes or packages yeast

7 cups whole wheat flour  
3 cups white flour  
One-third cup shortening

Dissolve yeast in warm water. Measure into a pan milk, water, honey, salt and shortening. Stir. Add whole wheat flour and yeast. Stir again. Let rise 15 minutes. Then add white flour and knead well. Cover and let rise until double in bulk. Knead lightly again. Cover and let stand again until almost double in bulk. Shape into loaves and place in greased pans. Let rise in warm place until doubled again. Then bake at 375 degrees F. for 40 minutes.

Ella Kanagy  
Mattawana, Pa.

**XXX**  
**WHOLE-WHEAT STICKY BUNS**

Brown sugar  
Butter or margarine  
Pecan halves  
1 cup whole-wheat flour  
¾ cup all-purpose flour  
3 tablespoons sugar  
4 teaspoons baking powder  
½ teaspoon salt  
1 egg, slightly beaten  
1 cup milk  
¼ cup oil

Measure 2 teaspoons brown sugar and 2 teaspoons butter into each of twelve 2-½-inch muffin cups. Place in 400 degree oven to melt. Remove and place 2 pecan halves in each cup. In bowl mix flours, sugar, baking powder and salt; set aside. Blend well egg, milk and oil and add all at once to flour mixture; mix just until flour is moist; divide among muffin cups. Bake in preheated 400 degree oven 20 to 25 minutes or until pick inserted in center comes out clean. Invert on platter and serve warm.

**ENRICHED BREAD**

1 pack yeast  
¼ cup warm water  
2 cups scalded milk (lukewarm)  
2 tablespoons sugar  
2 teaspoons salt  
1 tablespoon butter  
6 to 7 cups enriched flour  
Mix everything together and knead. Let rise to double in bowl. Punch down. Let rise to double again. Divide into two loaves and let rise. Bake.

**WHEATHEART BREAD**

1 cup milk, scalded  
4 teaspoons salt  
¼ cup honey  
¼ cup lard  
1 cup lukewarm water  
2 packages yeast  
3 cups 100 per cent whole-wheat flour  
4 cups all-purpose flour, sifted

Scald milk. Stir in salt, honey, lard, and water. Blend well. Cool to lukewarm. Add yeast, granulated or crumbled. Measure whole-wheat flour into mixing bowl. Gradually add the milk mixture to make a smooth batter. Beat two minutes. Beat in two cups of the white flour to make a stiff dough. Turn dough onto a floured board and work in remaining white flour. Knead 10 minutes or until all flour has been used. Place dough in lightly greased bowl. Cover and let rise in a warm place (85 degrees) until double. Punch down. Turn out on lightly floured board and shape as desired. Place in well-greased 9x4x5 inch pans. Cover and let rise until almost double in size. Bake in a moderate oven (375 degrees) for five minutes. Decrease heat to 350 degrees for 35 to 40 minutes. Remove from pans immediately. Brush warm crusts lightly with soft butter; cool on racks. Yields two loaves.

Gloria Loch  
Fogelsville, Pa. 18051

**XXX**  
**ORANGE NUT BREAD**

3 cups sifted flour  
4 teaspoons baking powder  
¼ teaspoon salt  
1 cup sugar  
½ cup chopped peanuts  
1 egg, slightly beaten  
¼ cup orange rind, grated  
1 cup orange juice  
One-third cup melted shortening or salad oil  
Sift flour, measure, add baking powder, salt and sugar. Sift together. Add peanuts. Mix orange juice, rind, melted shortening and egg; beat. Pour into dry ingredients and mix just to moisten. Do not beat. Turn

into greased loaf pan 9½ x 5½ x 3. Bake in moderate oven 350 degrees F. about one hour or until done. Remove from pan. Cool. Slices better on second day. Delicious served with cream cheese.

**XXX**  
**WHOLE WHEAT CHEESE BREAD**

Oven temperature 400 degrees F or 204 degrees C. Bake bread before or after the oven is used, while the oven is still hot, to save energy.

3 cups whole wheat flour, unsifted  
3 cups white flour, unsifted  
3 tablespoons sugar  
2 teaspoons salt  
2 (¼ oz.) packages dry yeast  
¼ cup (½ stick) margarine, softened  
2 cups very warm water  
½ cup grated sharp Cheddar cheese  
½ cup toasted sesame seed, if desired  
¼ teaspoon garlic powder  
1 egg white  
1 tablespoon cold water

Mix well the two flours. In a large mixing bowl mix two cups of flour mixture, sugar, salt, and dry yeast. Add margarine. Gradually stir in very warm water; beat 100 strokes or two minutes medium speed of electric mixer, scraping bowl occasionally. Add ¼ cup flour. Beat 150 strokes or two minutes at high speed of mixer, scraping bowl occasionally. Stir in more flour, if needed, to make a dough soft enough to leave the sides of the bowl.

Turn out onto lightly floured board and knead about 10 minutes. Place in a greased bowl, turning dough to grease top. Cover. Let rise in a warm place, free of draft until double in bulk, about 50 minutes.

Mix cheese, sesame seed, and garlic powder; set aside. Punch down dough. Turn onto lightly floured board. Divide in half. Roll half the dough to an 18 x 19 inch rectangle. Sprinkle with half the cheese mixture. Roll up from long side as for jelly roll. Seal seam by pinching edge to the roll. Pinch end and fold underneath. Repeat for remaining dough and filling. Place loaves on

greased baking sheets, gently curving the ends to form a half circle.

Lightly beat egg white with water to mix, brush on loaves. With a sharp knife cut several slashes on top of each loaf. Let rise until about double in bulk. Bake until done. Cool on wire racks. Makes two crescent shaped loaves.

Penn State Extension

**XXX**  
**NO KNEAD GOLDEN LOAVES**

3 cups warm water  
2 cakes or 2 packages dry yeast  
2 tablespoons sugar  
2 tablespoons melted shortening  
4 teaspoons salt  
8-¼ to 8-½ cups sifted all purpose flour

Combine in large bowl water yeast, sugar, salt, and shortening. Let stand for five minutes. Mix well. Gradually add flour to form stiff dough. Beat well after each addition. Cover. Let rise in warm room about 1-½ hours 'till double. Toss slightly on well floured surface to coat dough. Divide in three. Shape. Let rise in warm place about 45 to 60 minutes. Bake at 350 degrees F. for 40-45 minutes.

Mrs. J. Robert Spahr  
Litzitz, Pa.

**XXX**

**CHICKEN ZUCCHINI**

1 teaspoon salt  
¼ teaspoon pepper  
2-½ to 3 pounds chicken thighs, drumsticks, breasts or a combination of all.

3 tablespoons olive oil  
2 garlic cloves, minced  
1 medium-sized onion, chopped (½ cup)  
1-½ cups boiling water  
1 bouillon cube  
2 medium-sized zucchini, cut into 2-inch chunks (¾ pound)

Salt and pepper the chicken on both sides and brown it well in the oil in a large skillet. Take it out of skillet and add the garlic and onion. Cook it gently a few minutes. Sprinkle over the flour and bouillon cube and boiling water. Add water, stirring well, bringing to a boil. Put chicken back into

[Continued on Page 48]

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