

## Home on the Range

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livers, bacon, sausage, or apple rings. Makes three or four servings.

### MUSHROOM-CHEESE

#### OMELET

1 tablespoon butter, margarine or oil  
 ¼ pound process American cheese, diced  
 ¼ teaspoon pepper  
 4 eggs, separated  
 ¼ teaspoon salt  
 ¼ pound mushrooms, sliced  
 2 tablespoons butter, margarine or oil

While mixing omelet ingredients, heat one tablespoon butter or margarine in covered 10-inch electric skillet with temperature control set at 320 degrees F. Heat cheese and milk in saucepan over low heat until cheese is melted and free of lumps, stirring constantly. Add pepper to yolks and beat until thick and lemon-colored. Gradually pour cheese sauce into yolks, stirring constantly. Add salt to whites and beat until stiff but not dry. Fold yolk mixture into whites, gently but thoroughly. Tip skillet to spread butter evenly over bottom; pour in omelet mixture, level surface gently and cover. Reduce heat to 240 degrees F and cook until surface is "dry" (touch lightly with fingertip) and knife inserted in center comes out clean, about 20 minutes. Meanwhile cook sliced mushrooms in butter about five minutes and spoon over the omelet. Fold and serve immediately. Makes three to four servings.

#### PUFFY OMELET

4 eggs, separated  
 ½ teaspoon salt  
 ¼ cup water  
 ½ teaspoon pepper  
 1 tablespoon butter, margarine or oil

Add salt and water to egg whites. Beat until stiff and shiny and whites leave peaks when beater is withdrawn. Add pepper to yolks and beat until thick and lemon-

colored. Fold yolks into egg whites. Meanwhile heat butter, margarine or oil in large skillet with heat-proof handle (10-inch diameter) until just hot enough to sizzle a drop of water. Pour in omelet mixture. Reduce heat. Level surface gently. Cook slowly until puffy and lightly browned on bottom, about five minutes. Lift omelet gently at edge to judge color. Place in a slow oven (325 degrees F). Bake until knife inserted into center comes out clean, 12 to 15 minutes. To serve: tear gently, using two forks, into pie-shaped pieces. Invert "wedges" on serving plate so that browned bottom

becomes the top. Or omelet may be folded in half. Makes two to three servings.

#### 10-MINUTE OMELET

4 eggs separated  
 ¼ teaspoon salt  
 ½ teaspoon pepper  
 1 tablespoon flour  
 1 tablespoon softened butter or margarine  
 1 tablespoon water

Beat egg whites with salt until stiff but not dry. Beat egg yolks with pepper, flour, butter or margarine and water until fluffy. Fold beaten yolks into beaten whites. Pour into well-greased 8 or 9-inch skillet heated until a drop of water sizzles. Cover tightly. Reduce heat to low and cook eight to ten minutes on top of range until surface of omelet is "dry" when touched lightly with fingertip. Fold in half and serve promptly. Makes two to three servings.

#### THE GOLDEN EGG

Hard boil about 8 to 10 eggs and peel

3 tablespoons yellow mustard

Two-thirds cup sugar

½ teaspoon salt

½ cup vinegar

1 cup water

Put all ingredients, except eggs, in sauce pan. Stir and heat over stove. Add eggs and liquid together and put in storage container to refrigerate. Let stand 24 hours.

#### OLDIE BUT

#### A GOODIE

1 egg

1 slice of bread

1 teaspoon butter

Place butter in skillet. Take the slice of bread and cut a hole in center and break egg into the hole. Fry egg and bread until done then turn over and fry other side lightly.

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## FARMERS WELCOME TO IM-PRUV-ALL MEETINGS

Dr. Ron Wendlandt, Animal Nutritionist of Custom Services, Inc.

will be speaker for Im-pruv-all

### TUESDAY, MARCH 1, 1977

9 A.M. to 12 Noon

family style meal served at Noon

TRAINERS RESTAURANT

Rte. 422, Stouchsburg, PA.

### WEDNESDAY, MARCH 2, 1977

9 A.M. to 12 Noon

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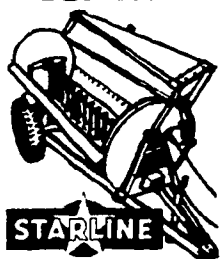
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