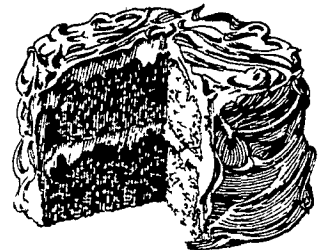


# Home on the Range



## Tasty breakfasts help you face the world

Every morning you have to get up and face the world, and a good breakfast is the best start you can get. Today's Home on the Range is filled with recipes to wake you up and get your motor going.

This is the last chance to send in your Spaghetti Varieties, which will run the week of March 24. And Casserole Classics will follow to close out the month of March.

April will begin with Easter specialties, any of those good foods which are made specially for this time of year. April 14 will be devoted to Cakes and Frostings. This is the chance for all the bakers to bring out their specialties.

And as Spring greets us, Early Salad ideas will be welcome for the week of April 21, any that call for those early vegetables that grace the garden. And rounding out that month will be soups and sauces.

If you have a recipe that you would like to share, send it to Home on the Range, Lancaster Farming, Box 366, Lititz, Pa. 17543.

### SOUR CREAM PANCAKES

- 3/4 cup flour
- 1/2 teaspoon salt
- 1 teaspoon granulated sugar
- 1 cup sour cream
- 1/4 teaspoon baking soda
- 1 cup cottage cheese
- 4 well beaten eggs

Combine flour, salt, sugar, sour cream, baking soda, cottage cheese, and eggs. Cook slowly in a hot skillet or on a hot griddle until brown. Turn over and brown on other side. Serves four.

Mrs. Eva S. Rubinosky  
Upper Gwynedd, Pa.

### OATMEAL BUTTERMILK PANCAKES

- 1 1/2 cup rolled oats
- 2 cups buttermilk
- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 2 eggs, beaten
- 1 tablespoon vegetable oil

Mix ingredients together and pour on hot griddle. Brown on one side and flip. Brown on other side and serve.

### JOHNNY CAKE

- 1/4 cup melted shortening
- 1/4 cup granulated sugar
- 1 egg
- 2 teaspoon cream of tartar
- 1 teaspoon baking soda
- 1 cup sweet milk or milk
- 1 cup flour
- 1 cup corn meal
- 1 teaspoon salt

Sift together all the dry ingredients. Combine the milk, egg, and melted shortening. Add these liquid ingredients



This ham or chicken omelet, which can be made from leftovers, is a nice treat to greet you at your

morning breakfast table.

### JOHNNY CAKE

- 1/4 cup melted shortening
- 1/4 cup granulated sugar
- 1 egg
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1 cup sweet milk or milk
- 1 cup flour
- 1 cup corn meal
- 1 teaspoon salt

Sift together all the dry ingredients. Combine the milk, egg, and melted shortening. Add these liquid ingredients all at once to the dry ingredients and beat only until they are moistened. Bake in a greased 8 x 8 inch pan at 400 Degrees F. for 30 minutes. Cut in squares.

### BREAKFAST PUFFS

- 2 eggs
- 1 cup scant milk
- 1 1/2 cups flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt

Beat egg thoroughly. Add milk and shortening. Sift flour, salt and baking powder twice. Add the liquid ingredients and beat two minutes. Pour into hot, well greased mu" in tin. Bake 400 Degrees F. oven for 20 minutes.

### ALMOND CRUNCH CEREAL

- 3 cups rolled oats, uncooked
- 1 1/2 cups coconut shreds
- 1/2 cup wheat germ or soy grits
- 1 cup sunflower seeds
- 1/4 cup sesame seeds
- 1/2 cup honey
- 1/4 cup vegetable oil
- 1/2 cup cold water
- 1 cup slivered almonds or walnuts
- 1/2 to 1 cup raisins

Preheat oven to 225 Degrees F. In a large mixing bowl, combine rolled oats, coconut shreds, wheat germ or soy grits, sunflower seeds, sesame seeds; and mix thoroughly. Add honey, oil and cold water, and mix until crumbly. Spread mixture in shallow greased baking sheet. Bake for 1 1/2 hours, stirring every 15 minutes. Add one cup of slivered almonds or walnuts. Continue to bake 1/2 hour longer. Turn off oven and cool in oven. Add 1/2 to 1 cup of raisins at this point. Stir in tightly sealed container. Serve plain or with milk and fruit. Yields eight cups.

Mrs. Ivan W. Martin  
Penn Yan, N.Y.

### GRAPE NUTS

- 5 pounds brown sugar
- 8 pounds whole wheat flour
- 1 1/4 tablespoons salt
- 1/2 pound melted margarine
- 1 1/2 teaspoons maple flavoring
- 2 tablespoons vanilla
- 2 tablespoons baking soda
- 2 1/2 quarts buttermilk or sour milk

Put sugar, flour, and salt into a large bowl. Mix well. Add margarine, maple flavoring, baking soda, vanilla, and milk. Put in pans and spread evenly with a spoon or spatula. Bake at 350 Degrees F. until done. Crumble when cool. Makes 15 pounds.

Miss Anne Blank  
Narvon, Pa.

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## Recipe Theme Calendar

### MARCH

24 Spaghetti Varieties  
Deadline March 17

31 Casserole Classics  
Deadline March 24

### APRIL

7 Easter Specialties  
Deadline March 31

14 Cakes and Frostings  
Deadline April 7

21 Early Salads  
Deadline April 14

28 Soups and Sauces  
Deadline April 21

## HONEY BROOK MOLASSES

- BAKING MOLASSES • TABLE SYRUP
- BLACKSTRAP MOLASSES
- CLIP & SAVE FOR YOUR RECIPE FILES:

### SHOO-FLY CAKE

- Bake 350° - 45 min
- 1 lb brown sugar
- 1/2 lb margarine
- 4 cups flour
- Mix together into small crumbs, save 2 cups for top. Lay remaining crumbs on bottom of 13" x 9" pan and press tightly
- Mix Well
- 2 cups Honey Brook Baking Molasses
- 2 cups boiling water
- 2 tsp baking soda
- 1 tsp salt
- Pour mixture on top of crumbs. Place remaining 2 cups of crumbs on top

Look for Honey Brook Molasses with THE BEEHIVE at your local grocer.  
If not available call: (215) 273-3776



**ZOOK MOLASSES**  
CO.

West Main St., Honey Brook, PA