

# Home on the Range

(Continued from Page 96)

## CHICKEN OMELET

4 egg yolks  
dash of white pepper  
4 egg whites  
¼ cup water  
¼ teaspoon salt  
¼ teaspoon cream of tartar  
2 teaspoons butter

### Sauce

1 tablespoon butter  
1 tablespoon flour  
½ teaspoon chicken stock base or instant chicken bouillon  
¼ teaspoon celery salt  
1 cup milk  
¾ cup cubed cooked chicken or ham  
1 cup seeded quartered red grapes for chicken; green for ham  
1¼ cups, 5 ounces, shredded Swiss cheese  
¼ cup toasted sliced almonds

For the omelet, beat egg yolks with pepper until thick and lemon-colored. Beat egg whites, water, salt and cream of tartar until stiff but not dry. Fold beaten yolks into whites. Melt butter in a 10-inch skillet with heatproof handle enough to sizzle a drop of water. Turn egg mixture into skillet. Cook over low heat on top of the range until puffy and browned on bottom, about five minutes. Transfer to preheated 325 Degree F. oven and bake 12 to 15 minutes or until knife inserted near center comes out clean. For sauce, melt butter. Blend in flour, chicken stock base and celery salt. Cook over low heat until mixture is smooth. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir one additional minute. Remove from heat and stir in chicken and heat to serving temperature. Stir in grapes. Keep warm until serving. To serve, remove omelet to heated platter. Score down the center with a sharp knife. Spread one cup of cheese and ½ cup of sauce over bottom half of omelet; fold omelet in half and top with remaining ¾ cup of cheese. Spoon ½ cup of sauce over omelet and pass remaining sauce. Garnish with almonds.

## PANCAKES

2 eggs  
1½ cups sifted flour  
½ cup nonfat dry milk  
2 teaspoons baking powder  
½ teaspoon salt  
1 tablespoon granulated sugar  
2 tablespoons melted shortening

Heat griddle over low heat. When a water drop dances on the griddle, griddle is ready. Beat eggs, water, and shortening. Sift all dry ingredients in bowl. Add egg mixture and blend. Pour on griddle to make three inch cakes. Turn when cake is full of bubbles. Serve while hot with butter and syrup.

## RAISED CAKES

½ cups mashed potatoes  
½ cup melted shortening  
1 beaten egg  
1 cup granulated sugar  
2 cups flour  
1 teaspoon salt  
1 cup warm milk

Lancaster Farming, Saturday, March 17, 1979-97

1 cup potato water  
1 yeast cake dissolved in warm potato water  
5 to 6 cups flour

Mix mashed potatoes, melted shortening, beaten egg, sugar, 2 cups flour, salt, warm milk, potato water and yeast cake dissolved in potato water. Let those ingredients rise for one hour. Then add five to six cups of flour. Knead, set in a warm place until the mixture doubles. Punch down and make into desired cakes. Raise again until light. Bake at 350 Degrees F. for 25 minutes. Serve.

## Tips on rose pruning told

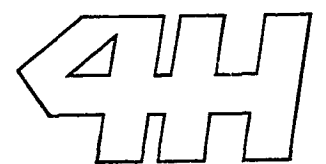
UNIVERSITY PARK - How to prune roses depends on what you want from them. Pruning is done to remove old wood, dead, injured or diseased wood; remove surplus wood, and to control the size and bloom of the plant. Light pruning gives larger plants with more flowers. Heavy pruning gives fewer but more perfect flowers.

Specialists at Penn State say "Do not prune rambler roses in the Spring. If you do, you cut off this year's flowerbuds. Prune ramblers after they have bloomed."

Light pruning means cutting the plants back to 18 to 24 inches above ground. Heavy pruning, for show roses or to encourage branching on leggy plants,

should be back to 6 to 8 inches. Prune as soon as new growth starts.

Available from the correspondence course office at Penn State is a course entitled Rose Gardening. The course discusses hybrid roses grown outdoors. Varieties, culture, propagating methods, and disease and insect controls are presented. You can get this course by sending \$2.50, plus 25 cents postage to Roses, Box 5000, University Park, Pa. 16802. Make your check payable to Penn State.



**USED OSTER**

**"PIPE MASTER"**



**WITH STAND & WHEELS**  
**VERY GOOD CONDITION**

**ELMER S. LAPP**

R.D. 1 Scenic Road  
Gordonville, PA 17529  
Two Miles Southwest of New Holland.



# HONEYBROOK BLACK STRAP MOLASSES

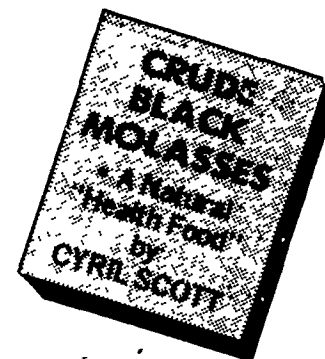
(CRUDE BLACK MOLASSES)

**WHAT DOES IT MEAN TO YOU?**

Read All About It In Our New Booklet  
Now Available For Only \$1.50

**BOOKLET CONTAINS INFORMATION ON:**

- Strokes
- Eczema
- Varicose Veins
- Gall Stones
- Arthritis
- High Blood Pressure
- Anemia
- Nerves
- Ulcers
- Weak Heart
- Bladder
- Pregnancy



**HONEY BROOK BLACK STRAP MOLASSES**  
**MAY BE THE ANSWER TO YOUR PROBLEM!**

★ Molasses is not a patent food - it's a natural "Health Food"

→ **DON'T DELAY - CALL, WRITE OR STOP BY TODAY** ←

**ZOOK MOLASSES CO.**

WEST MAIN ST., HONEY BROOK, PA. 19344  
ALONG RT. 322      PHONE: (215) 273-3776