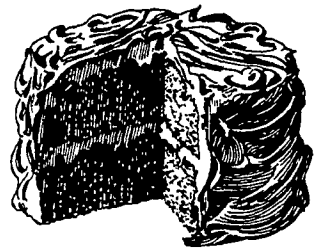


# Home On The Range



## Pancakes, an early morning breakfast

Although traditionally served at breakfast, pancakes and waffles appear at other times as well — around the clock. With crisp bacon or tasty sausages, pancakes and waffles are hearty enough for lunch and supper.

A pancake is a thin, fried cake. The term pancake usually describes a distinctive kind of batter, as in potato or strawberry pancakes.

But no matter what you call them, they all taste delicious. Try some of these recipes for the 4th of July, after a morning filled with nothing but sleep.

### Sour Milk Pancakes

2 c. flour  
1 t. salt  
2 T. sugar  
2 t. baking powder  
1/2 t. baking soda  
2 eggs  
2 c. sour milk or buttermilk  
2 T. melted fat

Sift dry ingredients together. Beat eggs and milk and stir into dry ingredients. Add melted fat and stir only enough to blend. Fry on hot griddle.

S. Ander, Alburtis

### Whole Wheat Pancakes

1 egg  
1 c. buttermilk  
2 T. salad oil  
3/4 c. whole wheat flour  
1 T. brown sugar  
1 t. baking powder  
1/2 t. soda  
1/2 t. salt

Beat egg, add rest of ingredients and mix well. Bake on hot griddle. Makes about 12 pancakes. Serve with honey or syrup.

Pauline Hurst, Newville

### French Toast Waffles

1 beaten egg  
1/4 c. milk  
2 T. melted butter  
1/8 t. salt  
sliced bread

Combine eggs, milk, butter and salt. Cut sliced bread into pieces to fit a waffle iron, then coat bread well in the batter. Toast in a hot waffle iron.

### Jiffy Orange Pancakes

1 beaten egg  
1 c. light cream  
1 6-ounce can frozen orange juice concentrate  
1 c. packaged pancake mix  
orange syrup

Combine egg, cream, and 1/4 c. of the orange juice concentrate (reserve remainder). Add pancake mix, stirring to remove most of lumps.

Bake on hot greased griddle, turning once. Serve with warm orange syrup. Makes about 18 pancakes.

### Orange Syrup

Combine 1/2 cup butter or margarine, 1 cup sugar, and reserved orange juice concentrate. Heat just to boiling, stirring occasionally. Makes about 1 1/2 cups.

Mary Martin, Bradford



A tasty way to make fruit part of a hearty breakfast is to serve it with pancakes and sour cream much as you would shortbread. Remember pancakes come in all shapes and sizes. Egg rolls (a Chinese dish) are nothing

more than thin pancakes made of a batter of flour, cornstarch, eggs, water, and salt filled with various mixtures. Try pancakes, in any style, they're always delicious.

### Buttermilk Waffles

1/2 c. butter  
2 1/2 c. flour  
1 t. baking soda  
2 1/2 t. baking powder  
2 T. sugar  
1 t. salt  
4 eggs, beaten  
2 c. buttermilk  
1 t. vanilla

Sift together dry ingredients. Add eggs, buttermilk, and vanilla. Beat till blended. Blend in melted butter. Bake on hot waffle griddle.

### Swedish Pancakes

2 c. sifted enriched flour  
1/2 t. salt  
1 T. sugar  
3 eggs  
4 c. milk

Mix and sift flour, salt and sugar. Beat eggs well and combine with milk. Gradually add flour mixture, beating until smooth.

Use a special Swedish griddle containing several small molds or bake quickly in a greased, heavy, hot frying pan, making one large pancake at a time.

Spread with jam. Roll large cakes and dust with powdered sugar. Stack small cakes. Reheat and serve. Makes 14 to 16 large cakes or 24 to 30 small cakes.

Terry Smith, Millersville

### Buttermilk Waffles

1 3/4 c. sifted enriched flour  
2 t. baking powder  
1 t. baking soda  
1/2 t. salt  
3 eggs, separated  
1 1/2 c. buttermilk or sour milk  
1/2 c. melted butter

Mix and sift dry ingredients. Mix to a light batter with the egg yolks, which have been well beaten, and the milk.

Stir in melted butter. Fold in egg whites which have been stiffly beaten. Bake in hot waffle iron. Makes 8 waffles.

Mrs. Henry Miller, Indiana

### Mashed Potato Pancakes

1 c. mashed potatoes  
2 c. sifted enriched flour  
1 t. salt  
3 t. baking powder  
2 eggs, beaten  
1 c. milk  
4 T. light corn syrup  
1 t. nutmeg

Combine potatoes, sifted flour, salt, and baking powder.

Mix together the eggs and milk and stir lightly into the potato-flour mixture. Add corn syrup and nutmeg and beat well.

Bake on a greased griddle until cakes are brown on both sides.

Sarah Inch, Fredericksburg, Md.

### Swiss-Apple Cinnamon Pancake

1 c. sifted enriched flour  
1/2 t. baking powder  
pinch of salt  
2 beaten eggs  
1/2 c. milk  
1 t. melted butter  
3 large apples  
sugar and cinnamon mixture

Mix and sift flour, baking powder, and salt. Mix with eggs, milk, and melted butter. Beat until batter is smooth.

Peel and slice apples. Saute in a little butter in 9 or 10 inch frying pan until apples are turning soft. Sprinkle lightly with cinnamon and sugar.

Pour batter over apples, smoothing it to edges of pan. Bake in hot oven (400 degrees) until golden brown. Serve very hot, sprinkled liberally with sugar and cinnamon.

Mrs. Michael Brown, Norristown,

Here we feature three recipes for wine contributed by Mrs. Martin, Shippensburg, for Cook's Question Corner.

### Grape Wine

2-12 oz. cans frozen grape concentrate  
4 c. sugar  
1 t. dry yeast dissolved in warm water, about 1/2 c.

Mix all together well and put in gallon jug. Fill with water and stir well. Put toy balloon on neck of jug and poke a hole in the end with a needle.

Let stand for 3 weeks till balloon fills with gas and then becomes deflated. The wine is then ready to bottle. Do not move jug while it is fermenting.

### Raisin Wine

Cover the bottom of a gallon jug with 1 inch raisins, 2 cups sugar, and 1 cake yeast. Fill jug with apple cider. Store in a warm place till ready.

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## Cook's Question Corner

**ANSWER** - Another answer comes this week for wine recipes, sent in by Mrs. Luke Martin of Shippensburg. Find them at the end of our recipes.

**QUESTION** — We are running pancake recipes this week, yet we have received no answers on how to make blueberry, raspberry or blackberry pancake syrup for Mr. Arnold Daly, Church Road, Crownsville, Md. Can anyone help?

### Recipe Topics

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### Cottage Cheese Pancakes

2 eggs  
1/2 c. sieved cottage cheese  
3/4 c. thin sour cream  
3/4 c. sifted enriched flour  
1/2 t. baking soda  
1 t. salt

Beat eggs, and blend with cottage cheese; stir in sour cream.

Sift flour with baking soda and salt. Add to egg mixture and beat thoroughly.

Let batter stand a few minutes before baking. Cook on hot, lightly greased griddle until browned, turning once.

Serve hot with butter and applesauce. Makes 10 to 12 pancakes 3 1/2 to 4 inches in diameter.

### Quick Russian Pancakes

3/4 c. sifted enriched flour  
1/3 t. baking powder  
1/4 t. salt  
1/2 c. milk  
1 egg, beaten  
2 T. sour cream

Sift flour, baking powder, and salt together. Add remaining ingredients. Stir well.

Bake on greased griddle, making each pancake very small, about 1 1/2 inches across, and very thin. Brown on both sides, turning only once.

Serve with caviar, melted butter or sour cream. Makes about 30 pancakes.

Rebecca Weitz, Altoona