

Chinese new year cures blahs

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a bowl. Add 2 more T. oil to wok or pan and add beef, cooking and stirring until meat is browned, about 2 to 3 minutes. Return vegetables to wok. Stir marinade mixture; add to wok. Cook and stir until sauce thickens. Serve.

RIBS ROYALE

1/4 c. soy sauce
3 T. lemon juice
3/4 t. dry mustard
1 clove garlic, crushed
1/2 t. salt
3/4 c. catsup
2 T. brown sugar
1/2 t. hot pepper sauce
1 t. onion powder

Combine ingredients in a small saucepan. Cover and simmer 10 minutes. Brush spareribs often while broiling.

CABBAGE SLAW

1 can LA Choy suey vegetables
2 C. shredded cabbage
1/2 c. thinly sliced cucumber
1/4 c. chopped green pepper
2 T. sugar
3 T. white wine vinegar
2 T. salad oil
1 t. salt

Cover chop suey vegetables and cabbage with ice water. Let stand for 30 minutes; drain well. Combine vegetables in large bowl and chill. Just before serving blend together remaining ingredients. Pour over vegetables; toss lightly.

LETTUCE SOUP

2 T. cooking oil
1 large leek
1 head lettuce, sliced
1 can water chestnuts, halved
1 small parsnip, unpeeled, diced
4 c. chicken broth
1 T. soy sauce
salt and pepper
1 small carrot, julienned

Reserve 6 water chestnuts and chop them fine. Heat oil in large saucepan placed over medium low heat. Add leek; partially cover pan and cook until leek is softened, about 10 minutes. Add lettuce, water chestnuts, parsnip, garlic and broth; simmer, uncovered 15 minutes.

Remove vegetables with slotted spoon to container of blender or food processor. Add 1/2 c. cooking liquid and puree. Return puree to saucepan, stirring in soy sauce, salt and pepper. Spoon soup into serving bowls; garnish each serving with julienned carrots and chopped water chestnuts.

HUNGARIAN GOULASH

2 1/2 lb. beef or round steak
1 c. chopped onion
1 clove garlic, minced
1/4 c. all-purpose flour
1 1/2 T. paprika
1 t. salt
1/4 t. pepper
1/4 t. thyme
2 bay leaves
3 1/2 c. tomatoes
1 c. dairy sour cream

Brown meat, half at a time in a

1/4 cup hot fat. Reduce heat; add onion and garlic; cook until onion is tender but not brown. Blend in flour and seasonings. Add tomatoes. Cover, simmer, stirring occasionally, until meat is tender, about 1 hour. Stir often toward end of cooking. Stir in sour cream. Serve at once over hot noodles.

Marguerite Barford, August, WV

PIZZA

1/2 pkg. yeast
1/2 c. warm water
1/8 salad oil
1/2 t. sugar
3/4 t. salt
1 1/2 c. flour

Dissolve yeast in warm water; add oil, sugar, salt and half of flour. Beat till smooth. Add rest of flour. Roll out into 12 inch circle. Place on cookie sheet; making outside edge thicker. Let rise 20-30 minutes.

Topping: Fry 1 pint hamburger and onion until brown. Drain. Place spaghetti sauce on dough. Top with hamburger and put cheese on top.

Bake at 425 degrees for 20 minutes or until browned and cheese is melted.

Sue Wenger, Manheim

ENCHILADAS

12 corn meal tortillas
2 c. enchilada sauce
1 small onion, diced
1 lb. aged Cheddar cheese, shredded
1 medium heat lettuce, shredded
4 fried eggs

Heat sauce in skillet. Combine

Control houseplant insects

LANCASTER — Houseplant insects are common at this time of year and to get rid of these pests, you must be able to positively identify them. Here are some of the most common pests plaguing your houseplants. Non-chemical controls are suggested says J. McKeehen, Delaware County Extension agricultural agent.

Mealy Bugs: These "critters" are oval, about 1/8" long and covered with filaments around the body. They are often seen congregating on stems and leaves and in leaf axils. Very often they are concealed in white woolly nests. They cause leaves to yellow and wither by sucking juices from the plant. You might also notice a "honeydew" type juice that they excrete. This can attract ants or sooty mold. **Control:** Remove visible bugs with a damp cloth or toothpick. Then dip a Q-tip or brush in a rubbing alcohol solution and swab off any other signs of mealy bugs. Severely infested branches may be pruned off if it will not interfere with main ter-

minal growth.

Scale Insects: Some of these insects don't even look like insects at all. They are between 1/16 to 1/4 inches long and are usually brown or yellowish (one fern scale is white). As adults they are motionless. They cause the plant tissue to wither. Just as mealy bugs, they excrete a "honeydew" solution. **Control:** Make a habit of examining cracks and crevices for scales and other pests on a regular basis. If this is not practiced on a regular basis, scale problems often get out of hand. In some cases, where infestation is severe, it might be better to discard the plant rather than infesting any other plants. If sign of scale is present, wipe them off with a damp cloth or sponge. Then wipe off any others with a fairly stiff brush dipped in a soapy solution. Make sure any plants with pest problems are isolated from your others in a collection.

Fungus Gnats: These are tiny insects about 1/16 inch long. They usually deposit their larvae (less than 1/16" long with a blackish head) into a potting mix. Most of these larva feed on organic matter decaying in the mix or on naturally decaying roots. Most fungus gnats are harmless. **Control:** There shouldn't be any living larvae in sterilized potting mix but peat and peat-based mixtures can contain larvae. Try to let soil dry out between waterings, in cases where the plant affected can tolerate that treatment.

onion, cheese, and lettuce.

For each enchilada, dip a tortilla into the hot enchilada sauce and place it on a plate. Sprinkle with lettuce mixture.

Cover with another tortilla dipped into the hot sauce. Sprinkle with lettuce mixture. Repeat with a third tortilla.

Pour about 2 T. of the hot sauce over the top and serve at once. If desired, place a fried egg on top of each enchilada.

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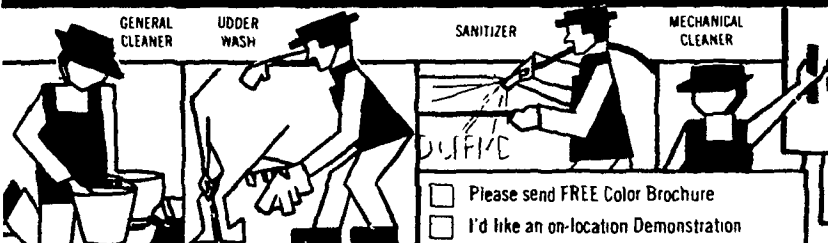
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