

## Making a tasty omelette

1. Finely cut two slices of bacon, cut one tomato into slices and grate one cup of tasty cheese. Cut the cooked potatoes into roughly  $\frac{1}{2}$  cm slices.
2. Heat a knob of butter in a medium (about 24cm) frying pan over a low heat. Add the bacon and cooked sliced potatoes. Cook gently until they start to go brown. Add the tomato and cook for one more minute.
3. Remove the pan from the heat and prepare the egg mixture.
4. Break the eggs into a jug and beat with a fork. Season with a generous grind of pepper and a pinch of salt. Use scissors to snip the chives into small pieces and stir in. Stir the grated cheese into the mixture
5. Add a little more butter to the frying pan, replace it over the heat and pour the egg mixture over the bacon, tomatoes and cooked potatoes in the pan. Cook for 15 minutes, until almost set and golden brown underneath. Use a fish slice to lift the omelette up and check. Put the frying pan under the grill. Make sure the handle is outside the oven as it will become very hot and can burn. Cook for a further minute or two and serve.



**Adventures Of Isabel** *by Ogden Nash*

Isabel met an enormous bear,  
Isabel, Isabel, didn't care;  
The bear was hungry, the bear was ravenous,  
The bear's big mouth was cruel and cavernous.  
The bear said, Isabel, glad to meet you,  
How do, Isabel, now I'll eat you!  
Isabel, Isabel, didn't worry.  
Isabel didn't scream or scurry.  
She washed her hands and she straightened her hair up,  
Then Isabel quietly ate the bear up.

Once on a night as black as pitch  
Isabel met a wicked old witch.  
The witch's face was cross and wrinkled,  
The witch's gums with teeth were sprinkled.  
Ho, ho, Isabel! the old witch crowed,  
I'll turn you into an ugly toad!  
Isabel, Isabel, didn't worry,  
Isabel didn't scream or scurry,  
She showed no rage and she showed no rancor,  
But she turned the witch into milk and drank her.

Isabel met a hideous giant,  
Isabel continued self reliant.  
The giant was hairy, the giant was horrid,  
He had one eye in the middle of his forehead.  
Good morning, Isabel, the giant said,  
I'll grind your bones to make my bread.  
Isabel, Isabel, didn't worry,  
Isabel didn't scream or scurry. She nibbled the zwieback that she always fed off,  
And when it was gone, she cut the giant's head off.

Isabel met a troublesome doctor,  
He punched and he poked till he really shocked her.  
The doctor's talk was of coughs and chills  
And the doctor's satchel bulged with pills.  
The doctor said unto Isabel,  
Swallow this, it will make you well.  
Isabel, Isabel, didn't worry,  
Isabel didn't scream or scurry.  
She took those pills from the pill concocter,  
And Isabel calmly cured the doctor.