

For the Farm Wife and Family



Gormets Call Lamb 'Champagne Of Meats;' Try It and See Why

Some nameless gourmet coined the phrase — "lamb, the champagne of meats!"

If your family shares the sentiment, your menu worries should be few.

We should remind you that there's more to a lamb than the leg and chops. Less costly cuts come from the shoulder or from the breast. And they are tender too, and can be cooked by dry heat methods, roasting or broiling. Lamb shanks and neck slices are popular cuts for moist-heat braising.

If you're looking for a really good buy take home a "square cut" shoulder of lamb with the bone left in. It's one of the most economical roasts you can buy. And you can prepare it in a raft of different ways.

For instance, you can roast the shoulder at low temperature — 275 to 325 degrees. Or you can prepare it as a pot roast. You can also cut tender chops from the shoulder to broil or braise. Or you can use cubes of shoulder

meat for savory lamb stew, curry of lamb, or skewered and broiled Shish Kebab.

Or maybe your meat cutter will bone and roll the shoulder into a Saratoga Roll for you. It makes a roast that's easy to carve. And it's perfect in shape and thickness for slow cooking on a barbecue or oven rotisserie spit. Saratoga chops sliced from the roll can be broiled in about seven minutes per side.

For other low cash dishes, try individual servings of "legs of lamb." Serve these tender, braised lamb shanks on a bed of rice with mushrooms.

Ground lamb is the cook's best friend when you're looking for something a little different. For a breakfast surprise, serve broiled lamb patties. Many markets feature ready-made patties wrapped in bacon. Slip a well browned lamb patty between halves of a heated bun for a lamb-burger treat. In addition to salt and pepper, try a bit of thyme or dry mustard as seasoning in the ground lamb.

A lamb loaf can be a double delight. Serve it hot from the oven for dinner. Chill and slice the remainder for sandwiches or a cold buffet dinner feature next day.

For full enjoyment, lamb should always be served very hot, or cold — never luke warm. Avoid over cooking, and always use a

low temperature for roasting.

Following is a recipe for using diced cooked lamb. This dish, Lamb Terrapin, can well be considered a delicacy. It resembles lamb a la king, it's served on toast and color is added to the dish by the addition of sieved egg yolks.

LAMB TERRAPIN.

- 2 cups diced cooked lamb
- 2 tablespoons butter or margarine
- 1 tablespoon flour
- 1 teaspoon dry mustard
- 1 cup water or stock
- ½ cup cream
- 1 tablespoon Worcestershire sauce
- 2 hard-cooked eggs
- 4 to six slices toast

Melt butter or margarine and add flour and mustard. Add water or stock, cream and Worcestershire sauce. Bring to boiling point, stirring constantly and cook for five minutes. Separate the cooked egg yolks and whites. Put yolks through a sieve and finely chop the whites. Add the diced lamb and sieved egg yolks to the cream sauce. Heat and add chopped egg whites to mixture. Serve on hot toast. Yield four to six servings.

An economical cut of lamb, shanks could be a savory meat for your next budget dinner. Plan one shank per person and serve them with gravy made from the cooking liquid. This recipe for shanks is sparked with garlic.

SAVORY LAMB SHANKS

- 4 lamb shanks
- ¼ cup flour
- 1 tablespoon paprika
- 2 teaspoons salt
- ¼ teaspoon pepper
- 2 tablespoons lard
- 1 clove garlic
- 2 cups water

Roll shanks in mixture of flour, paprika, salt and pepper. (Reserve remaining mixture.) Cook shanks in hot fat until well browned on all sides. Cut garlic clove in half, stick halves on toothpick and add the water. Cover pan and cook over low heat 1½ hours or until tender. Remove shanks to platter and discard garlic halves. Blend reserved flour mixture with one-fourth cup water and thicken liquid. Serve gravy with shanks.

COOKING FOR TWO

Cooking for two presents problems whether you are newlyweds or alone after the family is gone. The problem of what-to-serve is sometimes complicated by leftovers that accumulate.

Advance planning is just as important when cooking for two as it is for a large family. Plan the week's menus ahead of time. But make them flexible enough for changes. If you decide on a main course, the rest of the meal falls easily into place.

Meat is usually the main item to consider. When possible choose a meat that does double duty, such as a roast that can be served for dinner and used later as cold roast beef slices, meat pie, or open-face sandwiches.

Space your menus well, so you will not be eating the same kind of meat for three days in a row. Keep your cooked meat covered tightly or wrapped in waxed paper or foil and stored in the refrigerator. Do not handle it again until you are ready to use it.

Desserts need not be a problem when preparing meals for two. Fruit and cheese, ice cream, and sherbert are favorites and easily adaptable to meals for two. Individual pie shells and the already-cooked pie fillings on the market today may be the answer to your dessert problems.

Beef chuck is not only one of the best buys in meat, but it is also one of the most flavorful when it is well prepared. Being a

tough cut, it must be tenderized with long moist cooking, as in a pot roast, or put through the grinder.

The following recipe, Beef Quickie, makes use of the latter method.

BEEF QUICKIE

- ½ cup uncooked rice
- 1 pound chuck roast, ground
- 1 tablespoon shortening
- 1 teaspoon salt
- ½ cup chopped onion
- ½ cup chopped green pepper
- 3½ cups tomatoes
- ¼ teaspoon pepper

While the rice is cooking (will make one cup), brown the ground beef in the fat, stirring it occasionally over medium heat. When well browned, add onion and green pepper for light browning. Add tomatoes, cooked rice and seasonings. Cover and cook slowly for 30 to 45 minutes, stirring occasionally. The longer cooking period will develop flavor. Serves four to six.

You might serve this with green beans, pear and cantaloupe salad, corn muffins, butter, and pineapple sherbert with cookies.

TEACH CHILDREN TO LIKE VEGETABLES

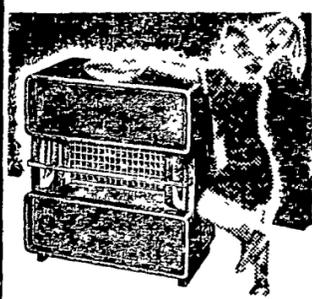
Teach children to like vegetables, and they'll enjoy many!

Children, like adults, "eat with their eyes first" — so be sure the vegetables you serve look appetizing. And learn to enjoy all (Continued on page 9)

HEAR

The Mennonite Hour
Each Sunday

Lancaster WLAN 12:30 P. M.
Norristown WNAR 8:00 A. M.
Hanover WHVR 1:00 P. M.



Wonderful good—
"Wonderful fast—that small gas heater sure makes this room comfortable in a hurry—try one once."

Ward Bottle Gas
EPHRATA
Republic 3-2207

Printed Pattern Jiffy Cut



9242 ONE SIZE—LARGE
by Marjorie Martin

Printed Pattern 9242 Three styles—women's large size only. Each apron pattern one piece—top style takes 1½ yards, center 1½, lower 1¾ yards 35-inch. Send FIFTY CENTS in coins for this pattern—add 5 cents for each pattern if you wish 1st-class mailing. Send to 170 Newspaper Pattern Dept., 232 West 18th St., New York, N. Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.



no argument
about it . . .

your bank is the best place to borrow. You know our rates will be low. You get fast, friendly, confidential service. Repayment terms are easy on your budget. When it comes to any kind of installment loan—see us first.



PEIN SQUARE * MCGOVERN AVE. * MOUNTVILLE * EAST PETERSBURG * AKRON
member federal deposit insurance corporation



Only SIEGLER'S lifetime CAST IRON CONSTRUCTION

can withstand and USE the 4 times hotter heat

There are many reasons why Sieglers Home Heaters are constructed of heavy cast iron. First, it will withstand continuous high temperatures necessary for full house heating. It can't make annoying "popping" noises like so many sheet metal heaters do. It permits the sturdy construction that gives you many, many years of dependable, trouble-free service. Just try and tip a Sieglers—you'll be convinced it's built to last!



Sieglers

PATENTED FORCED AIR
OIL HOME HEATERS

GUARANTEE

MORE AND HOTTER HEAT
OVER YOUR FLOORS!

Also Used Coal and Oil Space Heaters Available

L. H. BRUBAKER

350 Strasburg Pike, Lancaster

Ph. Lanc. EX 3-7607

Strasburg OV 7-6002