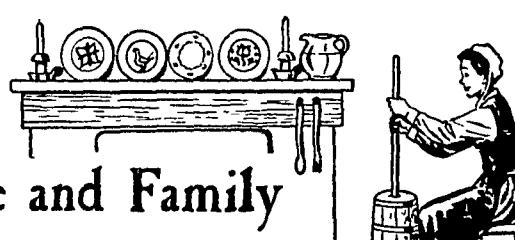


For the
Farm Wife and Family



How Do You Feel About Lamb? These Dishes May Cause a Change!

People seem to feel one of two ways about lamb. After eating Casserole of Lamb Parmesan, we think almost everybody will be on the enthusiastic side. This is no idle boast, for we believe you will agree when you sample this masterful creation. Artful use is made of cinnamon and nutmeg.

CASSEROLE OF LAMB PARMESAN

2 tablespoons butter or margarine
1 pound ground lean lamb
2 cups chopped onion
 $\frac{3}{4}$ cup tomato paste
1 cup warm water
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{8}$ teaspoon nutmeg
1 teaspoon salt
6 ounces elbow spaghetti
 $\frac{1}{4}$ cup grated Parmesan cheese
1 egg, beaten
3 tablespoons butter or margarine
3 tablespoons enriched flour
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
 $1\frac{1}{2}$ cups milk
2 eggs, beaten
Grated Parmesan cheese

Melt butter or margarine in large, heavy skillet. Add meat and then onion and cook until browned, stirring frequently. When meat is browned, add tomato paste, water, cinnamon, nutmeg and salt. Mix well. Bring mixture to boiling, reduce heat, cover and simmer meat mixture 25 to 30

HEAR

The Mennonite Hour
Each Sunday

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

minutes. Meanwhile, cook spaghetti. Rinse with warm water and drain well. Combine one fourth cup cheese and egg. Add drained macaroni and mix lightly. Melt butter or margarine in saucepan. Blend in flour, salt and pepper. Add milk gradually and cook until thickened, stirring constantly. Stir a small amount of sauce into eggs. Mix thoroughly and return mixture to saucepan, stirring constantly. Cook two or three minutes longer. Make a layer of meat sauce in well-greased 9 x 13-inch baking dish. Cover with a layer of macaroni. Repeat layering. Then cover with a layer of meat sauce. Pour egg sauce over all. Sprinkle with Parmesan cheese. Bake in moderate hot oven (400 degrees) about 15 minutes. Makes six servings.

Do you ever wonder why flavorful lamb riblets are so economical? It's simply because the riblets contain a large percentage of fat and bone along with plenty of tasty lean meat and they are cut from the breast of lamb. Here's a recipe using lamb riblets that is a "dilly" — it actually contains whole dill seed!

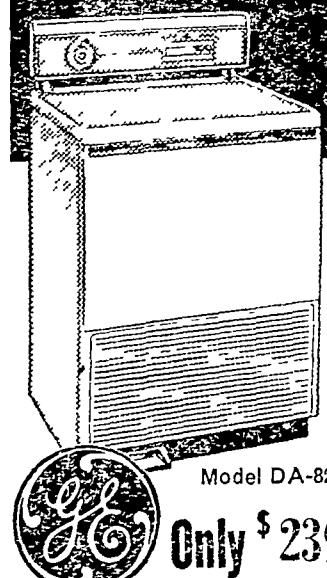
LAMB RIBLETS WITH DILL

3 pounds lamb riblets
2 tablespoons fat
1 medium onion, chopped
 $\frac{1}{4}$ cup water
2 tablespoons vinegar
2 teaspoons salt
1 teaspoon whole dill seed
 $\frac{1}{2}$ teaspoon pepper

Brown riblets on all sides in hot fat. Remove from pan and cook onion in fat three minutes. Return meat to pan and add water, vinegar, salt, dill, and pepper. Cover and cook slowly one hour. Six servings.

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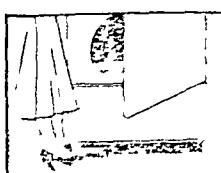


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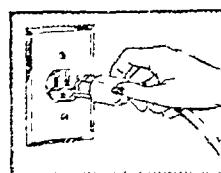
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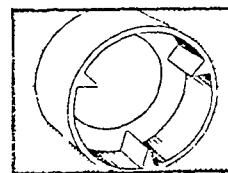
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8 WHITE

THE
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A RED CROSS worker designed this quilt which is done in red and white and set together with white squares which may be quilted with patriotic emblems—the flag,

the eagle, or stars. Many quilt fans will think of others as they plan the blocks (Copyright: Weekly Star Farmer)

BREAD-CEREALS

Breads and cereals — whole grain, enriched, restored — furnish worthwhile amounts of thiamine, protein, iron, and niacin, and also help out with other vitamins and minerals and with food energy.

The importance of grain foods in the diet rests on their many-sided nutritional contribution at relatively low cost rather than on

large contributions of one or two nutrients. For this reason foods of this group are not rated as sources of a specific nutrient.

The bread-cereals group includes any of the following foods if they are whole grain, enriched, restored (check the labels to be sure). Bread, cook cereals, ready-to-eat cereals, cornmeal, crackers, flour, grits, macaroni, noodles, rice, rolled oats, and spaghetti

Biscuits, muffins, cake, cookies, and other baked goods made with whole grain or enriched flour can also be counted.

In developing the daily food plan, four servings from this group were figured as three slices of bread and one serving of cereal (one ounce of ready-to-eat cereal or $\frac{1}{2}$ to $\frac{3}{4}$ cup of cooked cereal including rice, cornmeal, grits,

(Continued on page 9)

STORM or NO STORM, Power Blackouts are NO EXCUSE...

HER FAMILY STILL WANTS HOT MEALS



She's lucky she has a fireplace . . . or is she? Cooking in this medieval manner is no picnic. Of course, if she had Suburban Atlantic States Gas Service she wouldn't be in this predicament.

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