

**For The Farm Wife**

(Continued from Page 14)  
 skillet; brown chops on both sides. Remove chops, drain excess fat from pan. Add brown sugar, grated peel, orange juice and mace to skillet. Return chops to pan; cover and simmer 40 to 50 minutes, or until meat is tender. Add orange pieces; simmer until oranges are just heated. Serve with rice.

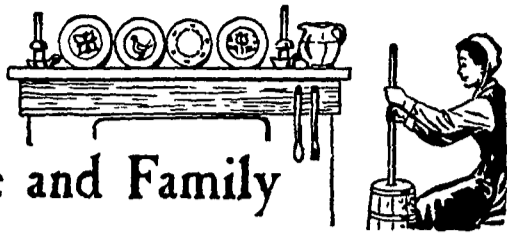
- CRANBERRY-ORANGE LAMB CHOPS**
- 4 blade or round bone lamb chops, 1/2 inch thick
  - 1 tablespoon shortening
  - 1 cup cranberry juice
  - 2 teaspoons cornstarch
  - 1 tablespoon sugar
  - 1 teaspoon salt
  - 1/2 cup raisins
  - 11 ounce can Mandarin orange sections, drained

Place shortening in skillet and brown lamb chops on both sides. Remove chops from pan and add cranberry juice. Blend in cornstarch and cook until sauce is thickened. Add sugar, salt, and lamb chops and simmer 25 minutes. Stir the sauce occasionally. Add raisins and oranges and simmer an additional 10 to 15 minutes or until chops are fork-tender

- LAMB CASSEROLE**
- 1 1/2 cups cubed cooked lamb
  - 2 tablespoons butter or margarine
  - 3 tablespoons flour
  - 1 teaspoon salt
  - 1 1/4 cups milk
  - 2 teaspoons prepared mustard
  - 1/2 cup cubed process American cheese
  - 2 tablespoons chopped pimiento
  - 1 1/2 cups cooked rice
  - 1 teaspoon crumbled mint leaves
  - 1/2 cup chopped ripe olives
- Melt butter in skillet and blend in flour and salt. Gradually add the milk, stirring constantly until sauce is thickened. Stir in prepared mustard. Place the lamb, cheese, pimiento, rice, mint leaves, and olives in a 1-quart casserole. Fold in the sauce. Bake for 20 minutes in a hot oven (425 degrees). Serve hot.

- LAMB STUFFED GREEN PEPPERS**
- 1 cup cubed cooked lamb
  - 4 large green peppers, stems and seeds removed
  - 2 tablespoons chopped onion
  - 1 tablespoon shortening
  - 1/4 cup water
  - 2 tomatoes, cut into small pieces
  - 1/2 cup pre-cooked rice
  - 1/2 to 3/4 teaspoon leaf oregano
  - 1 1/2 teaspoons salt
  - 1/2 teaspoon pepper
  - 1/2 cup water
  - 1 teaspoon sugar
  - 1 tablespoon shortening
- Simmer peppers in water for 5 minutes. Drain. Cook onion in 1 tablespoon of shortening until transparent. Add 1/4 cup water, tomatoes, rice, oregano, salt, pepper, and lamb. Simmer about 10 minutes. Spoon lamb mixture into green peppers and place in a 1-quart baking dish to which 1/2 cup water, sugar, (Continued on Page 16)

**For the Farm Wife and Family**



**Ladies, Have You Heard? . . .**

By: Jane Thurston, Extension Home Economist

**Shears and Scissors in Good Condition**  
 Sharp cutting tools are a must for home sewing. You can't cut out a dress with dull shears.  
 First rule for shears and scissors care is to use these cutting tools for their intended use—that is to cut fabrics. It may help to store shears and scissors where you won't be tempted to use them for odd jobs.  
 Careful handling pays off. Dropping scissors or shears is one of the worst things you can do to them.  
 Protect the points of your cutting tools. Between usings, keep each pair in a separate container or on hooks on a storage board.  
 Keep scissors and shears in a dry place



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and keep them clean. Before and after using, wipe the blades with a soft cloth so they won't collect lint.  
 Your cutting tools need oiling about every six months is enough. Put a drop of sewing machine oil on both sides of the screw that holds the blades, than wipe off excess oil. Always wipe the blades before cutting.  
**About Nutmeg and Mace**  
 Nutmeg is the dried seed of a peach-like fruit from the nutmeg tree. Mace is the fleshy skin which covers the nutmeg.  
 Whole mace is referred to as "blades of mace".  
 The flavors of nutmeg and mace differ, however, there is some similarity.  
 Nutmeg, available ground or whole, is almost essential in doughnuts and is excellent in beverages, especially eggnog.  
 Mace, available ground, adds an exotic flavor to pound and yellow cakes, chocolate dishes, and is excellent for sauces and pies, especially peach and cherry.  
 Nutmeg and mace may be used separately, together, or in combination with other spices.  
**Some Terms Used With Soap**  
 All-water soaps . . . are soaps made with special oils to resist combining with minerals in hard water. It's this reaction that cuts the lathering action and produces scum when ordinary soaps are used in hard water.  
 Super-fatted is a term applied to soaps to which lanolin, cold cream, or some other extra fat or oil has been added. The addition of this extra fat neutralizes the slightly driving effect of soap on some types of skin . . . it doesn't lubricate the skin as face creams do.  
 (Continued on Page 16)



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