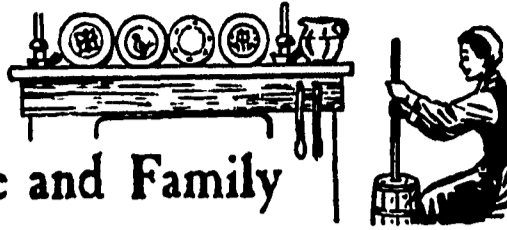


## For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

### The Goodness Of Lamb



SPENCE

Many cooks are just discovering the versatility of fine-flavored lamb. They are experimenting beyond the mint jelly and curry sauce recipes that seem to be traditional for lamb. "Company" roasts are now served with dried fruit sauce or tangy barbecue glaze, appetizers of ground lamb in tart shells reach the most elegant dinner parties, and creamed lamb cubes in patty shells appear on luncheon menus.

Lamb is hearty for family suppers, too. Creamed casseroles, stews, creoles, shepherd's pies and curries have savory, family-appealing flavor.

Here are the different ways to prepare lamb — plus the cuts to be used for each

#### method

**How to PAN FRY** lamb — Season meat and dredge with flour if desired. Brown on both sides in a small amount of fat. Do not cover and use moderate temperature for frying. Brown well on both sides, drain, serve at once. Cuts to Pan Fry: Rib chops, shoulder chops, steak, loin chops, English chops, patties.

**How to ROAST** lamb — Season with salt, pepper, and herbs if desired. Place fat side up on rack in open roasting pan. Insert meat thermometer, making sure it does not rest in fat or against bone. Roast at 325 degrees. Add no water. Do not cover. Do not baste. Roast to degree of doneness

desired. Cuts to Roast: Leg of lamb, rack of lamb, crown roast, cushion shoulder, rolled loin, lamb loaf, breast, sirloin roast.

**How to SIMMER** stews — Cut meat in one-to two-inch pieces and brown on all sides in fat, if desired. Browning is not essential. Season. Cover with water or other liquid and cover kettle tightly. Cook slowly until done. Add vegetables just long enough before serving to be cooked properly. Cuts to Stew: Shank, stew meat, neck slices, cut-up shoulder.

**How to BROIL** lamb — Set oven regulator for broiling. Place meat on broiler rack two or three inches from heat.

**ately. Cut to Broil:** Rib chops, syrups into saucepan, add lemon and spices. Boil 10 minutes on and strain. Pour 1/4 cups syrup over fruits in shallow dish; chill thoroughly. Use remaining syrup to brush on lamb during last hour of roasting. Drain the spiced fruit. Fill center of pear halves with cranberry orange relish; arrange on serving dish with orange segments. When roast is done, let "set" 10 minutes before carving. Serve while very hot. Makes 6 to 8 servings.

**How to DEEP-FAT FRY** lamb — Coat meat with seasoned flour, cornmeal, eggs and crumbs, or batter. Fry a few servings at a time in enough fat to cover meat, using approximately 350 degrees temperature until golden brown and crisp outside. Remove from frying kettle and drain. Serve at once. Cuts for Deep-Fat Frying: Use ground lamb or left-over cooked lamb.

**How to BRAISE** lamb — Brown meat on all sides in hot fat in heavy utensil. Season. Add small amount of liquid, if necessary. Cover tightly and cook at simmering temperature until tender. Cuts of Lamb to Braise: Shoulder chops, rolled shoulder, shanks, neck slices, rolled breast, breast riblets, stew meat.

#### LAMB SHOULDER WITH SPICED FRUIT

- 1 shoulder of lamb, rolled
- 1 Salt and pepper to taste
- 1 can (1-lb., 13 oz.) Bartlett pear halves
- 1 can (11 oz.) mandarin orange segments
- 1 slice lemon
- 1 cinnamon stick
- 1/2 teaspoon whole cloves
- 1/2 teaspoon cardamom seed

Cranberry orange relish. Place lamb on rack in shallow roasting pan. Sprinkle with salt and pepper. Roast in 325 degree oven 40 to 45 minutes per pound or until meat thermometer registers 175 degrees for medium doneness. Meanwhile drain pear and orange

#### HEARTY LAMB CASSEROLE

- 1 small onion, minced
  - 1/4 cup finely chopped green pepper
  - 1 tablespoon butter or margarine
  - 1 can (10 1/2-oz.) condensed cream of celery soup
  - 1 3/4 cups milk
  - 3 cups diced cooked lamb
  - 1 can (4-oz.) mushroom pieces, drained
  - 1 teaspoon salt
  - 1/4 teaspoon marjoram or thyme leaves
  - 1/4 Dash pepper
  - 8 ounces wide egg noodles, cooked and drained
  - 1/2 cup grated Cheddar cheese
- Saute onion and green pepper in butter in large skillet until tender. Stir in celery soup, milk, lamb, mushrooms and seasonings. Combine with noodles. Turn into 2-quart casserole. Sprinkle cheese on top. Bake at 350 degrees for 45 minutes. Makes 6 servings.

#### ROCKY MOUNTAIN LAMB SALAD

- 1 1/2 teaspoons salt
- 1 1/2 quarts boiling water
- 2 cups (4-oz.) shell macaroni
- 2 cups cubed cooked lamb
- 2 cups sliced sweet gherkins
- 1 cup diced celery

- 1 cup grated sharp natural Cheddar cheese
- 1/4 cup coarsely chopped red onion
- 1 cup mayonnaise
- 1 tablespoon red wine vinegar
- 1 teaspoon prepared mustard
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 Dash cayenne
- 1 Lettuce leaves

Add 1 1/2 teaspoons salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse in cold water; drain again. Combine lamb macaroni, gherkins, celery, cheese and onion. Mix together mayonnaise, vinegar and seasonings; add to lamb mixture. Toss lightly; chill. Serve on lettuce leaves. Makes 6 servings.

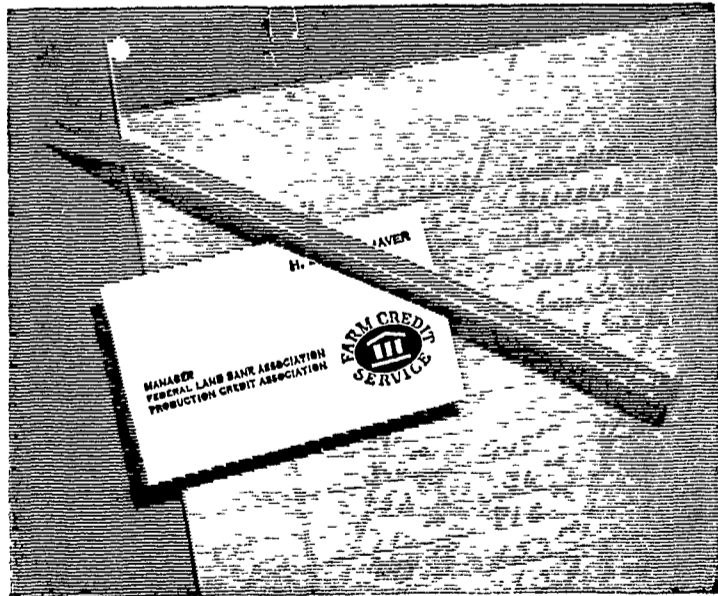
#### CREAMED LAMB IN PATTY SHELLS

- 1/4 cup sliced scallions
- 1/4 pound mushrooms, sliced
- 1/4 cup butter or margarine
- 1/4 cup flour
- 1 1/2 teaspoons salt
- 1/4 teaspoon rosemary leaves
- 1/8 teaspoon pepper
- 1 cup light cream
- 3/4 cup milk
- 2 cups diced cooked lamb
- 2 tablespoons pimiento, diced
- 1 package (10 oz.) frozen patty shells, prepared according to package directions

Saute scallions and mushrooms in butter until tender. Stir in flour and seasonings. Gradually add cream and milk; cook, stirring constantly until sauce thickens and boils. Add lamb, pimiento; mix and heat thoroughly. Spoon into hot patty shells on serving plate. Makes 6 servings.

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## Farm Credit ASSOCIATIONS

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## Who Says A Lancaster County Health Department Will Be Too Costly!

See for yourself the cost per person —

Year of Operation	Total Estimated Cost	State Will Pay	Earnings from Fees, ETC.	NET COST TO COUNTY PER PERSON
1	\$ .80	40c	8c	32c
2 & 3	\$1.00	50c	10c	40c
4 & 5	\$1.25	62c	12c	50c
6	\$1.50	75c	15c	60c

IS GOOD HEALTH DELIVERED LOCALLY WORTH:  
1 PACKAGE OF CIGARETTES?  
1 GALLON OF GAS?

### WHO SAYS PUBLIC HEALTH IS A POLITICAL ISSUE?

Some people are trying to make the November 7th ballot question just that by saying, "We favor creating a Lancaster County Health Department but, we don't want it under Law 315 because the County won't have complete and full control".

### THE THINKING VOTER WILL ASK HIMSELF THESE QUESTIONS:

1. Is it better to continue to have no local delivery of public health services or to vote "YES" now and create a department that can be effective and sensitive to County needs rather than statewide needs?
2. Is it better to have checks and balances between governmental units (County and State) or to depend entirely on only one in a matter as vital to all of us as our health?
3. When the State transfers its health powers to the County, pays half of the County costs, but under the State law continues to be responsible to see that this County has public health protection, isn't it reasonable for them to have the opportunity to approve the QUALIFICATIONS of the Medical Director and his staff?  
(The State has no authority (1) to direct or require selection of any individual (2) over the manner or amount of compensation of any employee or (3) direct or require removal of any individual)
4. What ironclad guarantee can any government make that it will always appropriate "adequate" funds? Our own County couldn't guarantee its appropriations either because the Voter makes the final decisions.
5. Isn't the proof of the pudding in the eating? BUCKS COUNTY, after 12 years of operating its County Health Department, says "Rather than exercising a serious control over local programs, we have found the State Department of Health constantly promoting County take-over of all State Health programs".

DON'T LET LEGAL NIT-PICKING COST YOU YOUR CHANCE TO CREATE A LANCASTER COUNTY DEPARTMENT OF HEALTH

ON NOVEMBER 7th, vote "YES" to Question #2.

Citizens' Committee for a LANCASTER CO. HEALTH DEPARTMENT  
Albert W. Adey, Chairman Robert L. Wertz, Treasurer