

Ladies Have You Heard

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Lancaster
Home Economist



HOW TO USE COLOR EFFECTIVELY IN THE HOME

Rules for using color in decorating have been established and used for a long time. They usually work successfully, and for most people, it's best to work with these rules in mind.

It's only when you know what the rules are that you can be aware when, how and why they should be broken.

The decorating trend today is to break established rules for the use of color. This is fine and can be fun,

but it can be expensive if the experiment fails. For most people, home decorating is an investment in both time and money and costly mistakes can be avoided by thoughtful planning and following the rules.

Professional designers who create bold, dramatic interiors have had years of training and experience with color theory. While the effects they create look free and spontaneous, they really have just substituted "new" rules for the old.

When selecting colors for

your home, limit your choices to three or four. If that doesn't sound like many choices to you, consider the hundreds of shades available in just one color, the variety of intensities in those colors, and the textural interest created by the materials using those colors - the range of colors you have to work with is almost limitless.

Once you have worked out what colors you want, you can introduce them in a number of ways - paint, fabric, wallpaper and light.

Paint is the least expensive way to use color - on walls, accents on moldings and woodwork, around doors and windows, on the ceiling, on the furniture and even on the floor.

Fabric is an important way to integrate color by using it on upholstered furniture, in rugs, curtains and drapes.

Wallpaper, which should be considered at the same time as fabric, introduces color and pattern. This can complicate your color

scheme slightly if you don't make your selection carefully.

LAMB - A MEAT LIKE NO OTHER

Looking for a dish that'll turn an ordinary meal into an extraordinary delight? Then think lamb; it's a meat like no other. Enthusiasts rave about its natural tenderness and delicate flavor, and cooks love it for its versatility.

Almost all lamb cuts are naturally tender because they come from young sheep under one year old. Meat from one to two year old sheep is called yearling mutton, and meat from sheep older than two years is called mutton. Lamb is not mutton; mutton is much less tender.

Much of today's lamb is of high quality, but some is better than others. How can you tell which is better? Just look for the U.S. Department of Agriculture's quality grade shields stamped on the outside fat covering. They're your reliable guides to lamb eating quality - its tenderness, juiciness, and flavor.

Five grades - USDA Prime, Choice, Good, Utility, and Cull - span the range of lamb quality. However, the lower two are seldom, if ever, sold as retail cuts. USDA Prime is the highest quality grade, but USDA Choice is the one most widely available at retail markets.

In addition to the quality grade you should also select by the cut because, although most lamb cuts are naturally tender, some are more tender than others. Cuts from the less-used muscles along the lamb's back - the rib and loin sections - will always be the most tender cuts. While not quite as tender as rib and loin cuts, cuts from the leg are very acceptable. Cuts from the shoulder are still fairly tender.

Consistently tender retail

cuts include the sirloin chop, the loin chop or roast, the rib chop or roast, and the leg center slice or roast. You will find that most cuts of USDA Prime or Choice lamb - including the less expensive shoulder cuts - are tender and can be oven roasted, broiled, or pan-broiled. Because of lamb's natural tenderness, even the breast, riblets, neck, and shanks will make excellent dishes when braised slowly.

Besides tasting good, lamb is good for you. Among meats, lamb is a good source of vitamins B-1 and B-2, iron and niacin.

To get more information on lamb grades and cuts, write for a single free copy of "How to Buy Lamb" (G-195) to: Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Please include your zip code.

Fruit meeting planned

LANCASTER -- The Lancaster-Dauphin-Lebanon fruit meeting will be held on March 1 at the Lancaster Farm and Home Center.

Beginning at 9:30, the program will start with a county agent report, given by Arnold Lueck, Extension Agent-Horticulture and Agronomy. This will be followed by an evaluation of orchard practices which have paid off in recent years. Speaker on the topic will be Dr. Marshall Ritter, Extension Pomologist from Penn State.

Covering the promotion of apples, Debbie Lott, the 1977

State and National Apple Queen will be next on the program, followed by Kurt Schweitzer, marketing representative for apple marketing program of the Pa. Dept. of Agriculture.

There will also be a fruit growers meeting in the morning.

Afternoon subjects will include disease control for '78, featuring Dr. Don H. Petersen, Extension Plant Pathologist from Penn State, and orchard insects, covered by Dr. Robert C. Tetrault, Extension Entomologist.

Meat imports down

WASHINGTON, D.C. - U.S. meat imports were down last year. At 783,979 metric tons, they were off six per cent from a year earlier, reports USDA. But they were still slightly higher than 1974 and 1975 meat import levels.

Imports of beef and veal, at 633,636 tons, and pork, at 135,346 tons, were both off six per cent from a year earlier. Lamb imports, at 9,543 tons, were off 39 per cent.

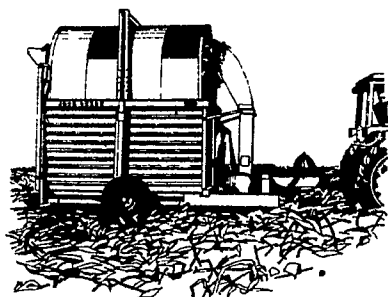
But, a breakdown of U.S. Customs Service monitorings of meat imports subject to the Meat Import Law (mainly fresh, chilled

and frozen beef and veal), shows Jan. - Dec. imports at 1.250 billion lbs., up about 1 1/2 per cent from the 1.232 billion lbs. imported in 1976.



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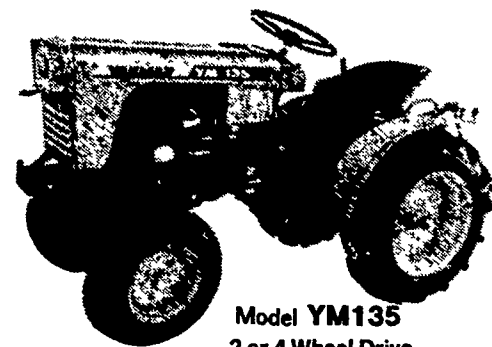
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