



Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

If you are the "average homemaker," the experts say, you do 6.3 washer loads a week! Of course, you may be doing less, or much more. Those same time-motion-study experts say you spend almost 30 percent of your total household-chore time doing laundry. No wonder it's so high on the most-hated list. Not only is it such an incessant chore, but you don't simply launder when you do the laundry. You have to gather it, carry it, sort it, pretreat it, wash it, soften it, dry it, fold or hang it, iron it, and put it away.

I want to share the following time-saving laundry tips with you to cut down the laundry time and make the whole process a lot easier!

Buying new bed sheets? Pick a different color or pattern for each size bed, so sorting after laun-

dering will be faster.

Wash dark things inside out, to keep right side from collecting lint.

Prevent tangling by buttoning shirt and blouse sleeves to front buttons.

Close zippers to protect them; fasten hooks to prevent snagging on clothes.

Brush lint from pockets and cuffs before laundering, to prevent it from getting on other wash.

Bulky items like blankets and bedspreads should be washed alone for best results.

Wash knits inside out to protect against snags.

Spray clean sneakers lightly with starch; it protects them from soil.

Save a wash by using your dryer to fluff and remove dust from shag rugs, sofa pillows, draperies and bedspreads, but hand or spread

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Kathy Jo has shared her recipes and lamb samples across the state. The "Liberty Grange Lamb Special" is one of her favorites. "The ladies of the Lawrence County Grange serve this old fashioned meal the first Saturday of February for the wool associations of Beaver, Butler and Lawrence Counties," she says. Kathy Jo's own "Lamb Balls" were sampled by over 1,000 visitors during the Pennsylvania Farm Show.

The following lamb recipes have been family favorites in the Hixenbaugh home "since the beginning of time" laughs Kathy Jo. "Try one of these recipes and experience the delicate, delicious taste of lamb!"

them immediately to avoid wrinkles.

Read labels and instructions, to be sure you are using the right amount of detergent; amounts can vary based on strength of formula, size of wash load, amount of soil and hardness of water.

Queen shares recipes

LIBERTY GRANGE LAMB SPECIAL

5-6 pound Leg of Lamb
1 medium onion
several cloves
8 slices of bacon
sprigs of celery leaves

Debone and roll the Leg of Lamb (or have your butcher prepare the Leg). Put leg in an elastic sleeve. Add celery leaves, bacon slices, slices of onion and a few cloves to the top. Roast at 350°f. for 3 to 3½ hours. Cool thoroughly. Slice with an electric knife. Place slices in layers of foil and place in an electric roaster or skillet to steam. Serve with gravy made of the drippings.

KATHY JO'S LAMB BALLS

2 pounds of ground lamb
½ cup milk
1 package dry onion soup
1 Tablespoon soy sauce
2 cups bread crumbs
2 eggs, slightly beaten

2 Tablespoons ketchup
Combine all ingredients and mix well. Press into bite size meatballs and pan fry until golden brown. They freeze and reheat easily. Serve with a quick tomato sauce. The electric skillet is great to heat in a hurry and the meatballs can be served anytime.

LEG OF LAMB

1 Leg of Lamb
4-6 celery stalks, sliced
Nature's Seasons
Water
2 medium onions, quartered
1 clove of garlic, sliced
Paprika

With a sharp knife, cut slits in the Leg of Lamb and place garlic slices in the slits. Sprinkle leg well with seasons. Add the celery, onions and paprika. Cook 20 minutes per pound in a preheated 325°F. oven. Keep an eye on the water so the lamb stays moist.

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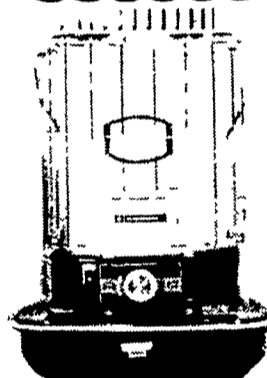
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