

LAMB TEMPTING AND INEXPENSIVE DISH FOR SPRING

Thrifty Housewives Find All Cuts Tender and Easily Prepared — Low Cost Vegetables Fill Out Menu

For a good reasonable meat buy at this time of year, try lamb, the Bureau of Home Economics of the U. S. Department of Agriculture suggests. A shoulder of lamb, perhaps, with the bones taken out and replaced with bread crumb stuffing seasoned with fresh mint leaves. There you have a roast that is both tempting and easy to slice, and not expensive.

The price of lamb is a little lower now than it was in the winter, and this is the time of year when plenty of "fed lambs" are coming on the market from the western states. "Fed lambs," as city people may not know, are now about 10 or 12 months old. They were born last spring on the western ranges and since the late summer or fall have been fattened or "finished" in feed lots or sheds in the middle west. They begin to appear on the local markets in December, and continue in abundant numbers until May 1, and occasionally later.

Available All Year.

But there is lamb on the market all the year round. Early "spring lambs," born this year and fattened chiefly on their mothers' milk, are usually marketed when they are 3 to 5 months old. They usually sell at a premium price, and are most plentiful from May to July 1. Along in August to November come the "grass lambs," which have been feeding on grass. They are for the most part 8 to 8 months old. Next come the "feeders" in late winter and spring. There is relatively little mutton any more. Sheep growers market about ninety per cent of their stock as lambs.

The big market for lamb is in the cities—a very much bigger market than it used to be. When sheep were brought to America by the early settlers back in 1609, they were needed to furnish wool for clothing. But as the population increased there developed a market for mutton and lamb. Later came the development of the west, and more and more sheep were raised on the great ranges beyond the Mississippi. Railroads were built, and the market for lamb and mutton became still wider as refrigeration made long distance shipments possible. Sheep growers turned more to the mutton type of sheep and to cross breeding for stock that would be equally good for wool and for meat. Since 1900 the demand for lamb has grown so much that most producers now find it more profitable to market their lambs for meat than to hold them for the wool they would yield.

Man's Raise Sheep.

There are in this country something like 50,000,000 sheep on farms and ranges, and two-thirds of them in 10 states—Texas with the most, then Montana, Wyoming, California, Colorado, Oregon, New Mexico, Idaho, Utah and Ohio. But there are small flocks on farms almost everywhere in the middle west and in the eastern states, and in some parts of the south.

Every cut of lamb is tender, because the animal is so young. And either the breast or the shoulder, which are the cheaper cuts, make an attractive roast when stuffed. It is economy to buy a good-sized shoulder or a leg of lamb for roasting, however, say the specialists, because roast lamb is one of the best meats for slicing cold, and every leftover can be used in a spicy curry or any one of a dozen other appetizing dishes. Bones and trimmings removed before cooking make excellent soups and jellies.

Advice on Temperatures.

For roast lamb, the directions differ some according to the kind of oven you have. The ordinary gas oven, where you can lower the heat quickly, should be hot to begin with—450 to 500 degrees Fahrenheit for the first half hour. When the roast begins to brown slightly, turn the gas down and finish cooking slowly at moderate temperature. But in an oil stove or coal range, or in a heavily insulated gas or electric oven, have the heat moderate—that is, about 350 degrees F.—all the time the roast is there. The low heat cooks the meat through slowly and evenly, and keeps down shrinkage. Even the fat and drippings in the bottom of the roasting pan do not burn, but brown just enough to make good gravy.

But regardless of the oven and the temperature you use when roasting lamb, remember that, since lamb is a tender meat, it is best cooked in an uncovered pan without added water. Slip a rack under the roast to keep it from sticking to the bottom of the pan.

Relishes Listed.

Certain relishes and certain vegetables seem to "belong with" lamb—mint sauce, mint jelly, currant jelly, spiced conserves and pickles, or horseradish sauce for a relish, say, and onions, tomatoes, string beans, spinach or turnips among the low-cost vegetables. For salads served at the meal with lamb, you probably would want a tart dressing.

And then, say the specialists in lamb cooking, if you are serving lamb hot, have it piping hot on piping hot plates. The fat hardens as soon as it begins to cool.

Lamb Patties With Tomato Gravy.

Season ground raw lamb with salt and pepper. Drain the juice from a can of tomatoes and save the juice to use in the gravy. To the ground lamb add the drained tomatoes, a chopped onion, and enough bread crumbs or ~~breadcrumbs~~ ~~potatoes~~ or boiled rice to make a fairly stiff mixture. Knead the mixture with the hands, mold into flat cakes, dip in flour and fry slowly in fat until the cakes are well browned on both

sides. Make gravy of the pan drippings and tomato juice and serve with the patties.

Fricassee of Lamb With Dumplings.

Lamb breast, shoulder, neck, and flank are all good for a fricassee. Cut from 1 to 2 pounds of meat

into fairly small pieces, sprinkle with salt, pepper and flour. Brown in fat and add a sliced onion. Add water to cover, put on a lid, and cook slowly for 1 to 1 1/2 hours. Then add turnips and carrots, and chopped green peppers, if desired, and cook

until the meat and vegetables are tender. The stew should have plenty of gravy, very slightly thickened. Season to taste with salt and pepper.

For dumplings, sift 1 pint of flour with three-fourths teaspoon of salt and 3 to 4 teaspoons of baking

powder, work in 2 to 3 tablespoons of fat, and add 1 cup of liquid (water or milk). Drop the dumpling batter by spoonfuls over the stew, cover tightly to hold in the steam, and cook for 15 to 20 minutes, or until the dumplings are done.

Injured in Fall.

LIMA, O.—(UP) Jack Crites, three-year-old son of Mr. and Mrs. Bernard Crites, was unscathed, despite a 30-foot fall from a porch roof at his home. The youngster crawled through a second-story window to the roof

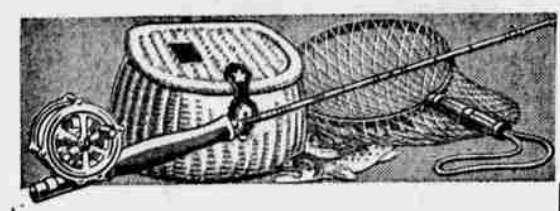
and fell. After the "tumble," he picked himself up and walked into the house.

Money Sweeper Successful.

MILLERSBURG, O.—(UP)—Add to the list of occupations a "money sweeper." Ben Johnson claims he makes handsome pin money searching the gutters for coins which are dropped by passers. Ben says he picked up \$96.83 last year and his earnings so far this year are \$7.

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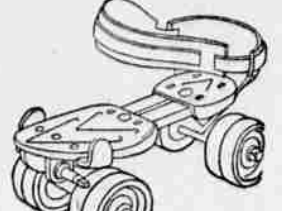


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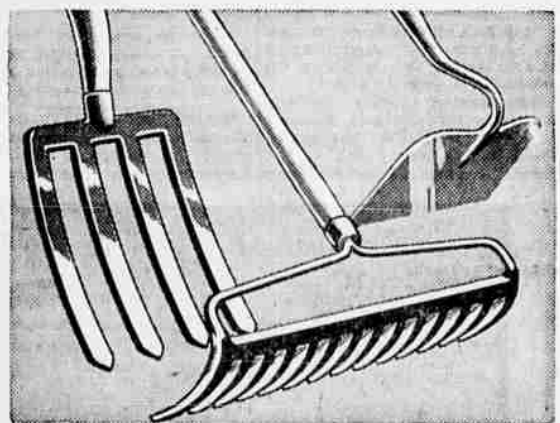
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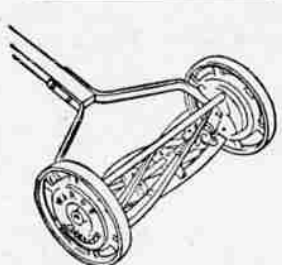
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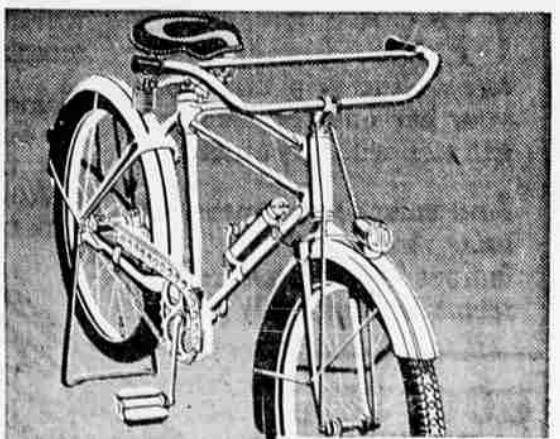


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69c C & P grease in 5-lb. can. 1-lb. can 17c	39c Ignition set for Chev. 4 or 6. Full size.	\$2.25 set Lined brake shoes. Ford V8 set of 4.	45c set Molded lin. for Chev. 28-29, frt. whls.	\$1.10 Fire pump—1 1/2-in. barrel. High speed.	39c Auto body polishing liquid. Easy to use.
10c up Cemented patches, 1 x 5 to 9-11 ins.	15c pr. Distributor contact points, tungsten.	\$4.38 set Lined brake shoes. Ford V8 set of 4.	\$2.49 set Lined brake shoes. Plymouth. 29-32, 2 whls.	49c Fire pump—1 1/2-in. cylinder. Sturdy.	29c Touch-up Black. Can & brush.
69c Fire rollers for 34S, 430.	69c Ignition cable set for many 6 cyl. cars.	8c Mazda auto tail and dash light bulb.	25c ft. Flexible molded brake lining. 1 1/2x3-3/8.	29c Wrenches for tappets. Extra thin.	25c Sponge, 7 to 7 1/2 in. when wet. A buy!
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85c Wrench set, 11 pieces—12 pt. sockets.	39c Batter Cable Full size copper wire.	\$1.96 pr. Ender guards protect your fenders.	35c ft. Flexible molded brake lining. 1 1/2x3-3/8.	59c Top Dressing. Pint and good brush.	\$3.59 Two tone auto horn, vacuum-type.

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