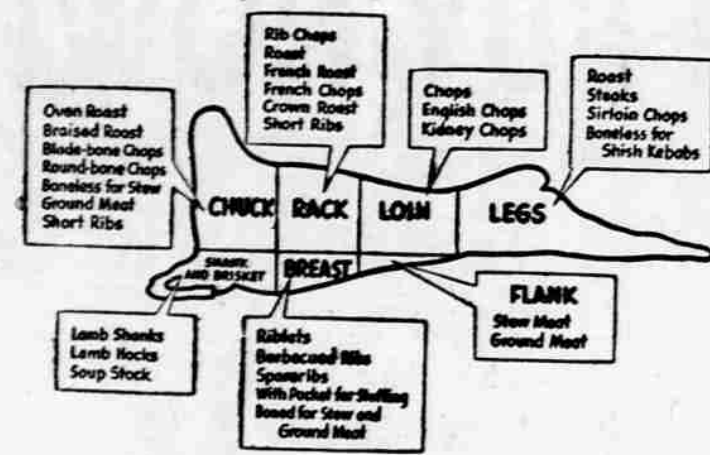




LESSON IN LAMB LOGIC—A lesson in lamb logic as we realize that the critter isn't all legs and loin chops. There's a lot of good eating forward and all of it is high quality and reasonably priced right now. Ways with lamb are included in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Excellent Quality Makes Lamb A Best Buy

West coasters and east coasters eat more lamb than anybody and what a treat those in-betweeners have been missing! Hard to figure it out but instead of trying that, we hope to get new-comers and old-comers too, to try lamb often.

This season's lambs are bigger and better because they've been better fed throughout their growing months, thanks to green pastures. They're not older, mind you, just heavier so perish the thought that the meatier lambs have turned into muton; a mistaken notion some people have. Ninety per cent of all lamb grown is marketed as lamb.

All cuts of lamb are good buys and some are genuine bargains. Take a look at the ads in this newspaper and at the display cases in the markets. Buy now for immediate enjoyment; freeze for future pleasures.

Lamb is tender. Practically every cut may be roasted, broiled or panbroiled.

Lamb should always be cooked at low temperature no matter what cooking method is used. Roast in 300 degree oven; 175 to 180 on a meat thermometer. This means less shrinkage, more lamb to serve and juicier and more tender meat. No searing!

The "feet"—that paper-like covering should not be removed from the leg of lamb. Leave it on and the leg roasts in less time, holds its shape better and is juicier.

Lamb should be served either hot on hot plates or cold—never lukewarm.

Mint jelly and mint sauce are delicious with lamb but many tart jellies and fruits are equally good accompaniments. Plentiful prunes and pineapple slices are very good.

Roast Lamb Cuts. Roast American leg, frenched leg, loin roast, boneless loin roast, boneless sirloin ribs, crown, square cut shoulder, cushion shoulder, rolled shoulder, breast, rolled breast, lamb loaf.

To Roast Lamb. simply season with salt and pepper. Place fat side up on rack in open roasting pan. Roast in slow oven, 300 degrees, 30 to 35 minutes per pound. Add no water. Do not cover. Do not baste. Roast to desired degree of doneness.

Gourmet Leg or Lamb. Make deep slashes in leg of lamb and fill with a mixture of finely chopped and mashed garlic and anchovy fillets. No salt. Anchovy paste can be used.

Broiling Cuts. For broiling, panbroiling or frying, choose loin sirloin chops, leg steaks, loin chops, english chops, sardoga chops, rib chops, shoulder chops, patties.

To Broil. set oven regulator for broiling. Place meat two to three inches from heat. Broil until top of meat is brown. Season with salt and pepper. Turn meat, brown, season; serve at once.

To Panbroil Lamb. place meat in heavy frying pan. Cook slowly. Do not add fat or water. Do not cover. Turn occasionally to insure even cooking. Pour fat from pan as it accumulates. Brown on both sides. Do not overcook. Season and serve hot.

To Panfry. season meat and dredge with flour or corn meal. Brown quickly on each side in a small amount of fat. Do not cover. Cook at moderate temperature, turning occasionally. Drain and serve at once.

Braise and Simmer. Cuts include neck slices, breast, rolled breast, riblets, shanks, stew meat which comes from several sections of the lamb.

To Braise. brown meat on all sides in hot fat in heavy utensil. Season with salt and pepper. Add small amount of liquid if necessary. Cover tightly; simmer until tender.

To simmer large cuts. cover meat with hot or cold water; season with salt and pepper. Cover kettle tightly. Cook slowly; simmer. Do not boil. Add vegetables just long enough before serving to be cooked.

To simmer stewing meat. cut in one to two inch cubes, brown on all sides in hot fat. Season; cover with water and cover kettle tightly. Cook slowly until done. Add vegetables just long enough before serving to be cooked.

Lamb Kabobs. Lamb is superb when broiled, barbecued or roasted on skewers indoors or outdoors.

For each six servings, cut 1½ pounds lamb shoulder into one inch cubes. Pour French dressing over the lamb. Add a split clove of garlic unless the dressing already contains garlic. Let stand at least an hour (overnight in the refrigerator is better). Wash half pound of button mushrooms or use an eight ounce can of whole mushrooms. Cut four slices bacon in one-inch pieces. Alternate lamb cubes, bacon and mushrooms on metal skewers. Allow space between for thorough cooking. Season with salt and pepper. Broil three inches from source of heat, about 15 minutes. Turn to brown evenly. Eat with signs of contentment.

Barbecued Lamb and California Limas. Quickly browned lamb riblets from bargain priced breast of lamb are cooked in a wine barbecue sauce along with plentiful California large dry lima beans for a very satisfying dish. Partyish and inexpensive. Five servings.

Have meat man cut four pounds breast of lamb into riblets. Sprinkle with salt and pepper and one clove garlic, minced. Brown on both sides in hot oven or under broiler. Pour off excess fat and place lamb in large casserole.

Combine one cup boiling water, one-half cup California Burgundy wine, one-half cup tomato catsup, one sliced onion and one teaspoon worcestershire sauce. Pour this boiling hot over lamb. Cover and bake in moderate oven, 350 degrees, one hour.

Simmer 1½ cups large dry lima beans 30 minutes in five cups boiling water. Add one teaspoon salt and pour limas into casserole. Top with lamb. Cover and bake 1½ hours longer until most of the liquid is absorbed. Uncover last few minutes to crisp riblets.

Baked Trout Rare Treat. We make no attempt at interpreting trout fishing licensing but we do tell you

that fresh from the stream, fish market or frozen food locker, this is a fine way to fix trout:

For four persons, four trout. In two tablespoons butter, saute two tablespoons finely chopped onion, two tablespoons finely chopped celery, two tablespoons finely chopped mushrooms. Add 1½ cups fresh bread crumbs, one slightly beaten egg, one-fourth teaspoon thyme and two tablespoons lemon juice; mix well.

Wash four large cleaned fresh or frozen trout. Dry and rub with salt, pepper and one-fourth cup lemon juice. Stuff trout with bread mixture and place in aluminum foil. Fold foil and close ends tightly. Bake at 350 degrees for about 20 minutes or until done. Remove fish from foil to warm platter. Cover with parsley butter and garnish with lemon wedges.

Corn Tamale Pie

One Dish Meal
Here is a quick main dish that makes wonderful eating; needs only a tossed green salad to make a satisfying meal. It combines hamburger, Creole corn, muffin mix and grated cheese for six satisfying servings.

Cook one medium size onion, finely chopped, in two tablespoons butter or margarine until tender. Add one pound crumbled freshly ground beef and brown. While beef browns, fix a package of corn muffin mix according to package directions or make one batch from usual recipe. Add two tablespoons sugar, two tablespoons flour, two teaspoons salt, one-fourth teaspoon pepper and two cans Creole style corn to the beef-onion mixture.

Pour into an oblong baking dish. Spread muffin batter over corn mixture. Sprinkle with one-half cup grated Parmesan or American cheese. Bake in moderate oven, 375 degrees, 25 to 30 minutes or until crust is golden brown.

SP Freight Rate Reduction Favored

Junction City, Ore. — A spokesman for the Willamette Valley Lumbermen's association has voiced approval of the proposed lumber freight reductions slated to go into effect May 21 on the Southern Pacific line.

The proposed changes would reduce charges for the transport of lumber and lumber products from Oregon to California and Arizona, as well as from California points within that state and Arizona. They have been under fire from northern California lumbermen who said they favored Oregon shippers.

Nils Hult, president of the association, said the present rate structure constituted a "very real danger" to the lumber industry in the Pacific Northwest.

"No thanks, Lady. Those aren't **SANTIAM BLUE LAKE** STRINGLESS GREEN BEANS!"



STRAIGHT-STRINGLESS ALL MEAT TENDER GREEN BEANS

More Students Enter Engineering Field

Urbana, Ill. — More students are preparing for engineering careers this year than at any time since 1948, according to the American Society for Engineering Education.

The society quoted government figures showing that a total of nearly 243,000 students are enrolled in accredited engineering colleges.

The total almost equals the all-time high of 1947, when the engineering schools were jammed with World War II veterans, and the trend indicates a further increase.

Dr. W. L. Everitt, dean of

Physicians to Hold 106th Annual Meet

Chicago — More than 18,000 physicians will gather in New York June 3-7 for the 106th annual meeting of the American Medical Association.

Some 500 doctors will present scientific papers or participate in symposiums or discussion groups at the convention which has the major purpose of providing doctors an opportunity to catch up on rapidly changing medical knowledge.

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