



**LAMB STROGANOFF** - Lots of lamb at surprisingly low prices for making this lamb stroganoff and many other delicious dishes will help keep the family budget balanced. Fluffy rice, french green beans, and pickled relishes will make a fine meal.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Lamb, Peas Potatoes, In Menus; Budget Recovers

It was a merry time while it lasted, but now comes the reckoning and we who budget just happen to be very, very lucky because January comes in like a lamb with plenty of lamb, the biggest crop of canned peas on record, and an abundance of potatoes. Right there are the makings of many a fine meal at very low cost.

It seems that 800,000 more lambs are ready for marketing than is customary at this season, and Northwestern grown lambs are known to be the meatiest, the tastiest. Furthermore, people in our part of the country like lamb better than anybody. The lamb, like other four legged critters, has many working parts besides the popular, more expensive hind legs and the chops.

There's just as good eating in lamb shanks, neck slices, shoulder roasts, shoulder chops, breast, patties and stew meat from neck, breast, shank or shoulder.

### Big Bargain

Canned peas are a big bargain. Now is the time to buy by the dozen, or buy the case which means 24 cans. Flavor was never better and their versatility is amazing since they go with everything and in anything besides being mighty good simply seasoned with butter, salt and pepper; maybe a dash of dill, a trim of tarragon, a dollop of sour cream, a topping of slivered almonds, a sprinkle of mint, a scattering of minced onion.

Potatoes pack a punch anytime. They are a powerhouse of energy at low cost. Crop is much bigger than usual and quality is excellent. Bake them, boil them, cream or scallop them; fry them or mash them; put them in soups and chowders; make potato dumplings, salads.

### Lamb Stroganoff Is Elegant Dish



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"special" or "deal" is still on. Store fresh and frozen foods properly and promptly after getting them home. Plan to use all of what you buy fairly soon.

Follow package directions. Food companies spend fortunes working out cooking directions and recipes designed to produce the most nearly perfect results for you.

Use tested recipes and avoid costly mistakes. Keep an emergency shelf. A meal on the shelf or in the freezer saves much money wasted by hasty shopping for a few items.

Cook to retain the food values you bought. Use low heat, small amounts of water. Don't overcook. Don't pour all those good minerals and vitamins down the drain.

As a courtesy to those superwomen at the check-out stand, keep packages price-side-up; place groceries on checkout counter with canned and bottled goods first, then bulky items and perishables last. Have money ready.

**Creamy Corned Beef**  
Bake with Peaches  
A budget balancer to delight the family. A luscious variation on the corned beef theme, crowned during the last 10 minutes of baking with canned cling peach halves brushed with a little prepared mustard. For each 4 generous servings:

1 tablespoon instant minced onion or 3 tablespoons finely chopped raw onion  
2 tablespoons water  
2 tablespoons chopped green pepper  
2 tablespoons butter  
1 12-ounce can corned beef  
1/2 cup commercial sour cream  
4 canned cling peach halves  
1 teaspoon prepared mustard

Measure instant minced onion into water; let stand a few minutes (omit water if raw onion is used). Cook onion and green pepper in butter until soft. Break up corned beef, add to vegetables along with sour cream; stir to combine. Spoon into 8-inch pie plate. Bake in a hot oven, 400 degrees, for 20 minutes. Drain canned peaches and brush each with some mustard. Arrange peaches over corned beef and continue baking about 10 minutes longer.

**Herbed Green Beans**  
Tender canned or frozen green beans taste better than ever with herb - buttered crumbs sprinkled generously over the top. Turn beans into pan and heat gently. Meanwhile, brown fine dry bread crumbs in butter with 1/4 teaspoon each of dried marjoram, oregano and thyme. Be generous with the butter, stung with the heat, and stir, stir, stir, because both herbs and crumbs brown fast. Sprinkle herb crumbs over hot green beans.

**Grand Rapids, Mich. (UPI)** - The Bultema-Timmer Coal Co. here has been broken into by burglars 88 times at night in the past 35 years, despite the fact that all money is removed from the office overnight and there's nothing worth stealing.

**Lamb Cheese Loaf**  
Here's a genuine bargain in good eating. Buy the ground "lamburger," combine it with cheddar cheese for flavor, fine nutrition. Six servings.

Combine 1 1/2 pounds ground lamb, 1 cup grated Cheddar cheese (about 1/4 pound), 1/2 cup sliced scallions (green onions), 1 cup chopped celery, 1 cup fine dry bread crumbs or those new cornflake crumbs, 1 beaten egg, 1 teaspoon salt, 1/4 teaspoon pepper, 1 teaspoon onion salt. Press into a loaf pan; bake in moderate, 350 degree oven, 1 hour.

**Be A Better Buyer**  
When you go supermarking, plan to shop during the slow hours (mornings and early afternoons) and on slow days (Monday, Tuesday and Wednesday) when possible.

Check shelves and refrigerator for items needed and write 'em down on one side of adequate paper (no more bits and scraps).

Check newspaper ads to take advantages of the many specials.

Many think it vital to shop for meat first since other purchases often depend on this choice. Learn the Government grades or brands. Ask meatman to explain cuts and quality if you're uncertain. If you shop in a self-service meat department, read the labels; make comparisons of quality and weight to best serve your family at the lowest cost.

Watch for in-season specials in fresh fruits and vegetables; plentiful are piled high, offer the best values; vary from week to week.

**Not Always Best**  
The big economy package isn't always the best buy for your family. Consider storage space and how soon you're likely to use it up.

Take advantage of introductory sales and of multiple-unit savings; try new items. If the family likes them, go back for more while the



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## Water Outlook Said Not Good at Present

Portland (UPI) - Oregon's water supply outlook for 1959 is not good at present, W. T. Frost, snow survey supervisor of the Department of Agriculture said Wednesday.

However, he said water supplies in reservoirs were excellent.

The mountain snow-pack averages a new record low, according to current surveys. Water content of mountain snow-cover in Oregon averages only 17 per cent of the Jan. 1 normal compared with 120 per cent at this time last

year. Although snow is in short supply throughout Oregon, Frost said it appears to be at least short in the north-eastern counties.

Normally, about 39 per cent of the total winter's "snow crop" is accumulated by Jan. 1. Frost said, "we have accumulated only 6 per cent of the normal winter's 'crop.'"

Frost said it is possible that future snow storms might make up the present shortage of snow. However, in only 4 out of the past 30 years has the snow-pack come up to

normal by May 1 when it was much below normal on Jan. 1.

Frost added that mountain soils in the Cascades are "satisfactorily wetted." In the mountainous regions of eastern Oregon, the soils are only moderately wetted; conditions being generally somewhat better than last year.

Stored water in 20 important irrigation reservoirs is now 132 per cent of the average Jan. 1 amount and slightly better than last year. All of these reservoirs now hold above normal water supplies

with the exception of Agency Valley, Unity and McKay which are somewhat below normal. Emigrant Gap Reservoir has been lowered for construction purposes.

State-wide precipitation averaged 73 per cent of normal at 13 valley station for the period October through December. Precipitation has been only half normal or less in the vicinity of Enterprise, Burns, Nyssa, Lakeview, Klamath Falls and Medford. In most other places it has

been nearer normal. Present outlook for the 1959 April through September irrigation season is for much below average streamflow un-

less succeeding winter storms produce much above average amounts of snow-stored water. The next report will be issued Feb. 8.

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