

Feeding the Family

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Food Editor

Lamb-rama Reveals Lots of Good Eating

We take a "lamboramic" view of meats for enjoyment at this season; find that west coasters and east coasters (New Yorkers, actually) eat far and away more lamb than people of other areas. Just lucky, we guess. A lesson in lamb logic reveals that there's a lot of good eating both fore and aft besides those elegant legs and fancy loin chops. But first we're going to make a note or two in case you've lamb in mind for Easter Sunday or other special occasion.

Thick sirloin chops may be quickly broiled, seasoned with salt, pepper and a touch of dill weed or with a new Lamb Garni to be found among the herbs and spices. We'd garnish this with lemon wedges, pretied up with finely chopped parsley.

An eight rib rack of lamb is a perfect oven roast for a family of four. If more are to be served, why not two or three of these racks of lamb? Very showy. We'd serve spiced apricots or peaches with this.

If it's to be a festive leg of lamb, we suggest rubbing it with a mixture of one-quarter teaspoon leaf oregano, one-half teaspoon sweet basil leaf, one teaspoon dry mustard and one crushed bay leaf. Or, taking it easy, use the new Lamb Garni which blends rosemary, tarragon, savory and oregano in one convenient spice shelf jar. We suggest that the carver slice the lamb thin; that it be served with minted pineapple or mint jelly.

Watch for Specials

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 mar-

kets. Choose fancy cuts for special occasions, less fancy for the family and we'll tell you why. They're identical in tenderness, good lamb flavor.

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

Gourmet Roast. Make deep gashes in meat and fill with a mixture of finely chopped and mashed garlic and anchovy fillets or anchovy paste.

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

Braise and Simmer. Bargain prices mark cuts for long, slow cooking. Choose neck slices, breast, rolled breast, riblets, shanks, stew meat which comes from several sections of the lamb.

Lamb Seasoning. Lamb, being mild and tender, needs the enhancement of herbs and spices. Perhaps that is why a major spice maker recently introduced a Lamb Garni, so labeled for convenience alongside the other spices on the shelves.

Lamb chops take to curry powder, dill seed, flavor salt, smoke flavor, Worcestershire sauce, lamb garni.

Lamb roast favors basil, caraway seed, curry powder, chop suey sauce, cinnamon, fennel, flavor salt, garlic, lemon, mace, mushroom sauce, oregano, rosemary, soy sauce, thyme, Worcestershire sauce and lamb garni.

Barbecued lamb likes cayenne, garlic, ginger, onion, tomato, vinegar, lamb garni.

Lamb Reminders
Lamb should always be cooked at low temperature. Roast in 300 degree oven. No

searing! Leave "fell" on leg. Lamb should be served either hot or cold—never lukewarm.

South African Lobster Tails In Elegant Almond Sauce
Almonds are grown mostly in Italy, in Spain and in California but South African rock lobster comes only from South Africa. It is in this newsworthy part of the world that an icy ocean current winds its way up from the Antarctic to create the ideal cold water conditions that make for unusually tasty seafood.

A friend recently returned from South Africa makes this proud main dish that can be on the table within 15 minutes of the time you take the frozen rock lobster tails from the freezing compartment of your refrigerator. California almonds are shelled, packaged and ready, whole or sliced, blanched or unblanched for the sauce. Six servings.

6 frozen South African rock lobster tails (family package)

1 cup blanched sliced almonds

6 tablespoons butter

3 tablespoons flour

2 cups milk

1/2 teaspoon paprika

Pinch salt

Drop frozen South African rock lobster tails into boiling salted water. When water re-boils, cook tails six minutes. Drain immediately and drench with cold water. Cut away thin underside membrane. Remove meat carefully in solid piece from shells.

Saute almonds in three tablespoons butter until lightly browned. Make white sauce of remaining butter, flour, milk and seasonings. Add almonds to sauce and serve over rock lobster meat.

Sweet Anise Item
There's sweet anise in the market. Perhaps your family calls it fennel or fennel. It has distinctive flavor liked by many; in fact, by all who like licorice.

The anise bulbs are quartered and eaten raw with salt, like celery. They make an interesting addition to salad. They may be braised or steamed in any ways appropriate



LOBSTER IN SAUCE—South African rock lobster bathed in an elegant almond sauce is yours for your table in an easy quarter of an hour and at surprisingly small cost. Lobster tails are quick frozen, ready and waiting.

for celery or they may be boiled and served with a cream sauce. Treat the family to something new and different by serving anise.

Four Ways to Serve Piping Hot Cross Buns

This is the season of delight in spiky, luscious fresh-from-

the-oven hot cross buns fragrant with currants and citron and topped with a cross of confectioners' icing.

Whether you make your own hot cross buns or buy them at the bakery, there's only one way to serve them—and that is piping, butter-

melting hot. We suggest 4 ways of achieving this.

In Aluminum Foil. Place buns on a large piece of aluminum foil. Wrap tightly and turn edges of foil around to form a tight seal all around. Bake at 375 degrees about 20 minutes. To serve in foil, turn edges back to form a basket.

In Paper Bag. Moisten buns by sprinkling them lightly with water. Place in a brown paper bag. Close bag securely. Bake at 350 degrees about 15 minutes.

In Covered Skillet. Place two tablespoons water in a large skillet. Place a round trivet in bottom. Arrange rolls on trivet. Cover and heat slowly about 10 minutes.

In Original Package. Heat rolls in package in oven at 350 degrees about 15 minutes.

Oyster Pan Roast April Specialty

April is a fine month for oysters. And we just remembered the grand manner in which the Grand Central Oyster Bar in New York serves Oyster Pan Roast. This is a single serving, mind you, worthy of the head of the house but you'll probably

scale it down for the rest of the family.

Place in a deep pan, 10 freshly opened oysters, one pat of butter, one tablespoon of chili sauce, one teaspoon Worcestershire sauce, a few drops of lemon juice, one-quarter cup of oyster liquor, celery salt and paprika. Let the above mixture cook for about one minute, stirring continuously while cooking. Add one-half cup cream and when it comes to a boiling point, pour it over dry toast points in a soup plate; serve immediately.

Ex-Wife Held on Charge of Assault

Portland—(UPI)—A Portland man was in serious condition today from gunshot wounds suffered Tuesday night. His former wife is being held on a charge of assault with a deadly weapon.

Wounded was Albert Griffin, 57. He was taken to the hospital by his present wife, Frankie Jean Griffin, 55. Police arrested Mrs. Myrtle Black, his ex-wife, who was a visitor in the Griffin home.

Gunnar Not To Seek Reelection

Salem—(UPI)—Peter M. Gunnar has announced that he is not a candidate for reelection as chairman of the Oregon Republican party, and that he will be a write-in candidate for Oregon Republican national committeeman.

The move was a surprise. The Oregon GOP will elect a new chairman next July.

The Republicans have no candidates on the May 20 ballot for national committeeman since both persons who filed withdrew. They are Wendell Wyatt, Astoria, and John Merrifield, Portland.

Gunnar is the first to announce his candidacy as a write-in candidate for national committeeman. He has been at the helm of the state Republican party for 15 months.

DEATH DECLINE

Washington—The number of deaths from measles, whooping cough, scarlet fever and diphtheria in the U. S. has declined by as much as 95 percent since 1915.

LITERACY RATE
Melbourne—Only 3.4 percent of Australia's white population is illiterate as compared with 6 percent in the U. S., 7 percent in Canada, and an estimated 11 percent in Europe.



	LARGE SOLID	3 Heads	39¢
	BRIGHT GREEN	2 LBS.	33¢
	ZUCCHINI	4 LBS.	35¢
	FRESH NEW PEAS	2 LBS.	29¢
	FRESH CLEANED SPINACH (Ashland Grown)		19¢ Cello Pkg.

NESTLE'S	QUICK INSTANT COCOA MIX	jumbo family-size tin	79¢
MAXWELL HOUSE	INSTANT COFFEE	jumbo 10-oz. jar	\$1.29
	INSTANT SANKA	4-oz. jar	69¢
S&W FANCY	Peaches 4 303 tins	Mandarin 4 TINS	89¢
	Halves or Sliced	ORANGES	\$1.00
DEL MONTE	Pineapple-Grapfrt. Drink	46 oz. Tins	3 89¢
HORMEL'S	BEEF STEW	Contains More Beef 15 oz. tins	2 79¢
BLUE PLATE	DEVILED Jumbo Shrimp	69¢ Tin	
STANDBY LIGHT MEAT	TUNA	4 Large Tins	89¢
PARD	DOG FOOD	7 1-lb. tins	\$1.00
U.S. Grade A	Light Amber HONEY	5 lb. tin	98¢
HEINZ	TOMATO SOUP	10 Tins	\$1.00

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