

Low-Priced Lamb Here

Lamb is favored the world around! From the Far East to the Far West—the North Pole to the South Pole—wherever people enjoy good food, lamb is a favorite. Homemakers who ordinarily associate lamb with springtime and high prices will find a pleasant surprise awaiting them this month at meat counters all over Oregon. Due to an over-supply of lambs, fine fresh lamb is being shipped into markets right now and will continue through most of January. The period from Dec. 10 through Jan. 17 has been set aside as "Mid-Winter Lamb Festival." Homemakers will find quantity plentiful, quality good and prices relatively low.

There are many delicious lamb dishes. You can't go wrong with a wonderful roast leg of lamb—brown and juicy and served with flavorful mint jelly.

If you are interested in lamb with a foreign flavor, here is a dish that had its origin in Persia—now known as Iran, kiddies. The dish "Chilau Kabob" is composed of savory lamb cubes, liver and onion roasted on a skewer and served on a mound of rice and cottage cheese. Different? It certainly is—and good too!

If your food budget is pinched after lavish Christmas spending, take advantage of thrifty lamb cuts such as ground lamb. It makes up into a delicious, different lamb loaf.

4 cup. cooked rice
1 cup cottage cheese
1/2 cup butter
Thread cubes of lamb, suet, liver and onion slices on small skewers until skewer is full. Roast in a hot oven, 400 F., until meat is done, turning often. Place the kabobs on a mound of hot rice which has been tossed with cottage cheese and butter. In addition, each person is served a small plate containing the following relishes: 1/2 orange, 1/4 cup cottage cheese, 1 tsp. mustard, 1 Tbsp. butter and 1/2 tsp. red pepper.

LAMB LOAF
(Serves 6)
1 1/2 lb. ground lamb
1/2 cup soft bread crumbs
1 cup milk
2 Tbsp. diced green pepper
2 Tbsp. minced parsley
3 Tbsp. minced onion
2 Tbsp. butter
2 tsp. salt
Combine all ingredients. Mix thoroughly. Pack into a 1 1/2 quart loaf pan. Bake at 350 F. for 1 1/2 hours. Serve with mint jelly.



MRS. HENRY ROBBINS
President



MRS. DON PHELPS
Vice-president

ROOSEVELT
By MRS. FREDRICK
An interesting and educational meeting, Tuesday afternoon, Jan. 20, members of Roosevelt PTA were shown how audio-visual aids are used in teaching.

A film owned by the school depicting present day life on a tremendous reclamation project in the Netherlands was shown. The huge project will increase the farming area in Holland materially.

The film demonstrated how the geography, economics and customs of a country can be shown with impact to students through vision. Mrs. Kidd explained how these aids are used to supplement regular teaching methods.

A sextette of students, directed by Walter Smith, faculty member played "Lullaby," traditional French song, "Comin' Round the Mountain," and "My Grandfather's Clock."

During the business meeting the membership voted to allow \$100 on the purchase of a new electric projector screen for the auditorium.

Mrs. Winston Purvine, president, announced that the Oregon Water Corporation is not ready to proceed with fluoridation of the city water until it is known that consumers definitely want it. Petitions were signed at the meeting asking that the chemical be added to the water.

Mrs. Purvine also announced that the state PTA convention will be held in Medford this Spring and that a part of the program will be given by a chorus, "Mothersingers." Participation in the group is open to anyone interested. For further information call Mrs. Earl Sheridan.

The door prize went to Mrs. Ward. Room teachers with the most mothers present were Mrs. Newton and Mrs. Scroggins. Refreshments were served by 4th grade mothers.

TASTE TEMPTER
A Roquefort sauce adds an extra something to a steak dinner. Mash 2 ounces of Roquefort cheese, 2 tablespoons of cream return to the broiler just long enough to melt the cheese under the direct heat of the flame.

MACARONI WITH SALMON
Add a cup of flaked salmon to a can of macaroni with cheese sauce for a dandy casserole combination. Season the mixture with a speck of prepared mustard. Bake the casserole at 375 F. until hot and bubbly, about 20 minutes.

TRY IT
A mixture of honey with half as much marmalade gives baked ham an elegant glaze and tastes delicious.

TOPPER
To pep up a casserole of macaroni and cheese, add a topping of toast cubes dipped in garlic-flavored butter. Serve piping hot directly from the oven of your automatic gas range, with celery and carrot sticks, gingerbread topped with minted whipped cream adds the final touch.

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Summer's PTA 1953 Corps



MRS. HENRY ROBBINS
President



MRS. DON PHELPS
Vice-president



MRS. CHARLES DUGGAN
Treasurer



MRS. J. R. RHODES
Secretary

ON THE HOUSE

By DAVID O. BARRETHUR, AP Real Estate Editor

New methods of heating homes are being developed so rapidly the average householder is virtually compelled to learn as a sort of amateur heating engineer or see a good chunk of his money go up the chimney.

We all have to have at least a smattering of facts about convectors, diffusers, radiant panels, heat pumps and what not, or run the risk of buying some glamorous equipment that may turn up most of the family budget in operating costs.

One of the easiest ways to decide on a type of heating system for the home is to find out what our neighbors use, how they liked it, and why. Forced hot water, for example, "probably ranks second to warm air heating in the United States." This is the observation of John C. Campbell of Oregon State College in his bulletin entitled "Selecting a Heating System for Your Home."

Hot water can be used in radiators, convectors, baseboard units or radiant floors or ceilings. With forced circulation, this type of heating plant requires no basement, it can be used to heat the basement—which is a problem with systems depending on gravity circulation of water.

Another advantage is that most modern hot water heating plants provide domestic hot water for the year round without the need for a separate water heater.

But undoubtedly the biggest preference for hot water heating is based on its even flow of heat. Water holds heat so much longer

than air that abrupt fluctuations in room temperature can be avoided. It makes it possible to have mild heat on mild days and to maintain any comfortable degree more or less steadily.

This is probably why hot water heat is a favorite in hospitals, where carefully regulated and constant temperatures are needed. Although steam is commonly used to heat most other large buildings, hot water is used in many luxury apartment buildings.

Comparisons are not odious when the fundamental advantages and systems are examined on a factual basis. Prof. Campbell lists advantages of forced hot water heat as compared with warm air, steam and other central heating systems, as follows:

1. Hot water "has less heat loss between boiler and radiator or convector than between the furnace and register used in the warm air system. It also has a smaller heat loss than that encountered with a steam system. This low heat loss in distribution of heat makes it ideal for use in large rambling houses."

2. "Surface temperature of the radiator or convector is lower than that for steam; therefore, less chance of burns."

3. "Pipes and radiators are free from disturbances (hammering) which are not uncommon in steam installations."

4. Hot water is "better adapted to hand firing if desired than the warm air system, as heat stored in the water prevents rapid drop in room temperatures during periods when the fire is low."

However, this expert also found the following disadvantages:

1. "High first cost. A hot water system can be expected to be 25

to 35 per cent more expensive to install than a warm air system. (This difference in cost may not prevail in some localities. Engineers for Warren Webster & Co. dispute it sharply for radiant baseboard installations.)

2. "Radiators or convectors common to both hot water and steam systems, may interfere with placement of furniture and with the cleaning of the house. (Warm air registers at baseboard level also have this disadvantage—a point that should be considered when planning a new house, so that heating outlets can be located where furniture is not likely to be placed.)

3. "Hot water pipes are subject to freezing if the furnace dies out."

4. "Air humidity and circulation of air are not as readily controlled as in a warm air system."

Another unavoidable disadvantage is that the air in the house is not filtered as it is with circulating warm air.

However, the need for humidity in the house has been largely re-

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