

Lamb Shoulder Thrifty, Tasty

When looking for a roast in the economy category, learning about different meat cuts can be a real boon. There are many less well-known, less-demanded cuts that can contribute much variety to mealtime.

One is a rolled lamb shoulder. It's completely boneless... thus, no waste. The meat is rolled and tied in place with string.

Reba Staggs, authority on meat cookery, points out that a lamb shoulder is tender enough to roast, but suggests braising for a pleasant change. In this recipe onion and thyme enhance the flavor. Remember to braise the meat very slowly, never allowing the liquid to boil.

BRAISED ROLLED LAMB SHOULDER

3 to 4-pound rolled lamb

Company Hamburgers

Shoulder
3 tablespoons flour
1½ teaspoons salt
¼ teaspoon pepper
¼ teaspoon thyme
1 small onion, quartered
3 tablespoons lard or drippings
¼ cup water

Combine flour, salt, pepper and thyme. Dredge lamb shoulder in seasoned flour. Brown meat and onion in lard or drippings. Pour off drippings. Add water, cover tightly and cook slowly 2½ to 3 hours or until done.

Whether you're considered a culinary heroine or not, it's difficult to devise ways of serving hamburgers. Although plain ground beef patties are quick and easy, a meal can have so much more sparkle when new tricks are applied.

In fact, this idea produces an entrée that's even special enough for company. The unusual feature is a colorful and scrumptious sauce of sour cream, tomato strips, parsley and dill seed. You heat it in the skillet after the patties have been panbroiled.

Whatever you make of ground beef, storage attention is particularly necessary. Reba Staggs, meat expert, advises freezing ground meat if it is not to be cooked within one or two days.

COMPANY FARE HAMBURGERS

1½ pounds ground beef
2 medium tomatoes, peeled
¼ cup chopped onion
1½ teaspoons salt
¼ teaspoon pepper
1 tablespoon lard or drippings

1 cup dairy sour cream
1 teaspoon dill seed
¼ teaspoon salt
1 tablespoon chopped parsley

Scoop out center of tomatoes and combine with beef, onion, 1½ teaspoons salt and pepper. Mix well. Cut remaining tomato into strips and reserve for sour cream sauce. Shape meat mixture into six patties about ¾ inch thick. Brown in lard or drippings. Remove patties to a heated platter. Pour off drippings, if necessary. Add sour cream, tomato strips, dill seed and ¼ teaspoon salt. Cook just until heated through. Spoon sauce over patties. Sprinkle with parsley. Six servings.

PINEAPPLE SHERBET SUPREME

This pineapple sherbet made with buttermilk is a cooling and satisfying dessert. Combine 1 (8½-ounce) can crushed pineapple with 1 envelope unflavored gelatin and ¼ cup sugar. Stir over low heat until gelatin and sugar dissolve. Blend in 3 cups buttermilk. Place in flat bottom pan. Freeze until firm around edges. Beat thoroughly and return to freezer until firm. Makes about 1 quart.

Before you store food purchases, use a damp sponge to wipe cans, bottles and packages. This is a sensible precaution to protect family health.

Ham And Egg Nests Good Breakfast

September is National Better Breakfast Month and an ideal time for you to take a close look at the kind of meal your family eats in the morning.

Does breakfast include enough nutrients for your children to be alert in school, for dad to be efficient on the job all morning and for your morning tasks? A high-protein meal with staying power is vitally important for everyone, states a noted home economist. And, the protein should be the top-quality kind like that found in meat.

If your family's appetites are not awake enough for a meal, try enticing them with menus with

some sparkle. They'll like this inviting variation of ham and eggs. Complete the meal with citrus fruit and milk.

HAM SLICE WITH EGG NESTS

1 ham slice, cut ¾ inch thick
6 eggs
3 English muffins
3 tablespoons butter or margarine
Salt and pepper

To panbroil ham: Place ham in frying-pan. Do not add fat or water and do not cover. Cook over moderate heat, turning occasionally, until browned on both sides. Remove drippings as they accumulate. A "cook-before-eating" ham slice requires 12 to 15 minutes.

to 10 minutes.

To prepare egg nests: Separate eggs, putting whites in a bowl and each yolk in a cup. Split and toast English muffins. Spread with butter or margarine. Add seasonings to egg whites. Beat until stiff but not dry and pile on English muffins, making a depression in center of each mound to form a nest. Place ½ teaspoon butter or margarine in center of each nest and slip in whole egg yolk. Bake in a moderate oven (350 degrees F.) 12 to 15 minutes, or until egg white is slightly browned. Six servings.

Try Pears With Slaw

Variations on slaw seem limitless; and here's one of the most delicious we've tried in a long time. A mustard-flavored cooked dressing and slices of fresh Bartlett pears are the two distinguishing ingredients in this highly recommended recipe. A can of crushed pineapple is added to the shredded cabbage, too, for more color and flavor contrast.

The sweet yet fairly bland flavor of fresh California Bartlett pears combines delectably with many favorite salad ingredients. It is particularly good in chef-type salads containing strips of cheese, ham and other meats.

PEAR PINEAPPLE SLAW

2 fresh California Bartlett pears
1 can (8½ oz.) crushed pineapple
4 cups shredded cabbage
1 egg yolk
1 tablespoon flour
½ teaspoon dry mustard
½ teaspoon salt
2 tablespoons lemon juice

Pare, halve, core and dice pears. Drain pineapple well, saving one-third cup syrup. Combine pears, pineapple and cabbage; toss together and chill. Meanwhile, beat egg yolk in top of double boiler and blend in reserved syrup, flour, mustard and salt. Place over hot water and cook, stirring constantly until thickened. Remove from heat and stir in lemon juice. Cool. Toss pear mixture with dressing. Makes four to six servings.

Food Hints

Dry baking soda sprinkled in rubber gloves helps preserve the rubber.

If the use of detergent for dishes and laundry is affecting the septic tank, add three tablespoons of sal soda concentrated to your various wash waters.

Hair rates high in grooming priority. Washing with appropriate shampoos and conditioners should be routine once a week if your scalp condition is either dry or normal, twice a week if your hair is oily.

Louisiana now supplies 25 per cent of the sweet potatoes or yams sold on the fresh market in America, and over 40 per cent of those sold in cans.

The American Music Conference reports stage bands have been added to 6,000 of the nation's 30,000 high school music programs. The trend is growing at a rate of 10 to 12 per cent a year.

Dental historians report nomadic people from the Arabian desert today brush their teeth the same way their ancestors did back in the fourth century. They use switches of miswak, a wild bush which contains baking soda.

Before closing the summer cottage, spread a layer of newspaper on the bottom of closets, cupboards, the refrigerator and freezer.

Marketing experts report the average supermarket carries more than 9,000 different items.

Saleratus — baking soda — was one of the first products to be hygienically packaged.

For many centuries, grape growers have noticed that fewer bunches per vine produced larger grapes.

If your television screen is muddied with finger prints, sponge off with a warm solution of sal soda concentrated.

About 1,000 fishermen and an equal number of shore plant workers are engaged in the American crab fishing industry.

Lamb shoulder chops become exceptionally tender, juicy and flavorful when braised.

The number of American workers protected against income loss as a result of off-the-job illness or injury has reached a record high of 44,902,000, the Health Insurance Institute reports.

Window screens need periodical washings to keep them clear of dirt and insects.

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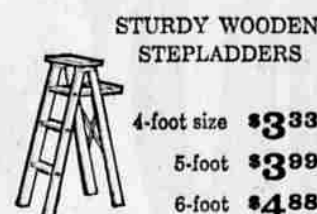
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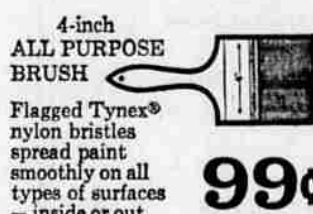


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