

Leg O'Lamb Roast

the palate is a handsome leg of lamb, vegetables, sliced lamb heated in roasted to perfection awaiting the carving knife.

Before roasting, remove fell for noodles. easier carving of the cooked meat.

Use no water. Bake in a slow oven equally delightful such as lemon or (325 degrees F.). A roast meat ther- orange sauce, or a spicy barbecue mometer is your most accurate guide sauce for variety. to perfectly done meat.

may be slashed during the last 15 is preferred, 3 to 4 broiling steaks minutes of roasting and a sliver of may be cut from the loin end and a garlic inserted in the slashes. Finish 1 to 2-pound shank piece cut off for roasting and be certain to remove a savory lamb and vegetable stew. This will leave a 3 to 5-pound leg the garlic before serving.

Variety In Left-Over Lamb all the roast lamb because so many left-over steaks.

HEALTH FOR ALL

SMALLPOX

out forever in this country.

disfigured by scars.

cases reported in 1921.

of smallpox is rare in areas where

vaccination is required before school

To be on the safe side, doctors rec-

spread when the sick person coughs

or sneezes and spreads germs into the

acteristic rash appears which in se-

form crusts which gradually fall off. often leaving permanent pits or scars

Babies should be vaccinated against smallpox between the second and sixth month of their lives. For maximum protection, it is wise to revacci-

nate at least every five years and whenever cases are present in the community. Anyone who has been exposed to smallpox should, of course,

Since vaccination has been made available to all of us, it has been said

there is no disease of mankind as easy to control as smallnox. Taking advantage of this protection is the best way of keeping smallpox under

Time Out First Co-ed: "Why are you taking that whistle with you tonight?"
Second Co-ed: "I have a date with

Blended

Whiskey

Retail

\$2.10

Pints

\$3.35

Fifths

Price

be vaccinated immediately.

control in this country.

a basketball player."

in the skin.

consists of blister-like les-

variations are possible-cold sliced A feast for the eyes and a treat for lamb with mint jelly and hot creamed gravy or a zesty sauce with boiled or baked potatoes, fluffy rice, or

To roast, place the leg of lamb fat Mint is the traditional flavor to go side up on a rack in an open pan. with lamb, but many tart sauces are

A full cut leg of lamb may weigh The fat covering on the leg of lamb 8 to 12 pounds, but if a smaller roast roast. So, the full cut leg will make There are no problems in using up broiling, roasting, braising as well as

Farmers Find Sheep Paying Enterprise

A well-managed flock of farm sheep can produce a lining other than a wool lining for your over-coat, says A. V An outbreak of smallpox in the Allen, livestock specialist with the

a traveler, shocked and surprised lining of your pocketbook. As proof, many people who had assumed that he cites the records from 89 dif-the hideous disease had been wiped ferent flocks in 13 North Carolina counties. Owners of these flocks av-Modern medical techniques have eraged an income of \$37.41 per head greatly improved the picture of times in 1951-an increase of \$6.70 per head when the disease was striking heavi- over the returns during 1950. Returns ly at every continent, killing a fourth from individual flocks ranged from a of its victims and leaving survivors low of \$15.30 per head to a high of \$60.40. Today we have dependable protec-

tion against smallpox in vaccination ways figured that the wool from a I'm married and have a child. Would which is primarily responsible for the sheep would pay for the upkeep of I be eligible for the \$120-a-month subgradual reduction of cases in the the animal," says Allen. "The lamb sistence for veterans with more than United States to 56 in 1949 as comcrop thus represents the annual pro- one dependent (my husband and pared, for example, with the 102,787 fit. Last year the average ewe in child)? North Carolina produced seven pounds Vaccination of small children has of wool which sold for \$8.49. The become routine in many sections of same ewe cost her owner only \$7.73 our country. Its continued depend- in feed and labor and thereby overpaid ability is proved by studies in refor her keep with her fleece." cent years which show that a case

The state average for wool return in 1951 was raised considerably by sales in the mountain counties of Ashe, Alleghany, Watauga and Avery. ommend that a baby be vaccinated These counties sold their wool crop ly from the County Agricultural Exagainst smallpox during the first for \$1.50 per pound—the highest price reported east o fthe Mississippi. The against smallpox again later in life remainder of the state marketed its had from your local Chamber of Com-

Allen reports the average sheephave no guarantee that smallpox, perman in the state ended the 1951 lambhans in the fatal, disfiguring form, ing season with a 104 per cent lamb will not be brought into this country are season with a 104 per cent lamb at some future date and spread rapid-torp. These lambs sold at an average of \$4 per cent lamb at a constant and present lamb. ly among those unprotected by vacci- age of 84 pounds and returned \$28.89 per head.

service of Gospel in A special air. A person can also pick up the Praises will be held at St. John's germs from the patient's sores or scabs or by handling his soiled ar-April 20, at 4 o'clock with choirs from Symptoms of smallpox, which show all the county churches participating.

the disease, include fever, headache, and aches and pains. Later the char-hard aches and pains. Later the char-enteristic rash appears which in se-

whenever the doctor advises. For we wool for a top of 91 cents per pound.

PHONE 342

Lula White's Flower Shop

203 WEST CHURCH STREET

East a few years ago, when the di- State College Extension Service. The lining Allen refers to is the

sease was brought into the state by

Smallpox is caused by a virus and

CHOIRS PLAN JOINT SING

about 12 days after exposure to Please come out.

Blaine

Food Sense-Not Nonsense



lect foods from these following groups. (Servings are given as

Green and yellow vegetables, such as broccoli, green beans and carrots—one large serving daily. These are rich in vitamin A essential to good vision, and iron to build red blood cells.

Oranges, tomatoes, grapefruit
—one serving daily. This group
also includes raw cabbage and salad greens. These furnish vitamin C, also known as ascorbic acid, necessary for healthy gums and body tissues.

Potatoes and other vegetables and fruits. One potato daily and two or more servings of the others. These are thrifty sources of needed

daily, with other grain foods, such as breakfast cereal. Enriched bread furnishes carbohydrates for energy; protein for building muscles; calcium for strong teeth and bones; iron for red blood cells; and the three B vitamins, niacin, thiamine and riboflavin for general good health.

Butter and fortified margarine—two or three tablespoons daily. These

are high in vitamin A, essential to good vision, and are good "fuel" foods.

The important point is to include foods from each of these groups every day. Your diet will be balanced—your hunger satisfied—your food

Vets Question Box

60.40. Q—I am an ex-WAC, going to school full time under the GI Bill.

A-No. You may, however, be eligible for the \$105 rate paid to veterantrainees with one dependent-that dependent being your child.

Q-How do I go about finding a lender who will lend me money under the GI Bill?

A-Information as to who makes GI farm loans may be obtained usualtension Agent. Information concerning home and business loans may be merce, or by inquiring at banks, savings and loan associations, mortgage

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Worried about vitamins? Afraid of carbohydrates? Puzzled as to whether or not you and your family get enough protein each day? Avoiding fats and sugars? In spite of the fact that an increasing knowledge of nutrition has been one of the offerings of this scientific age, food crazes have been sweeping this country over the past few years like a plague of locusts. The public is both puzzled and concerned. It is reassuring to know there is no substitute for a well balanced diet, natterned on the basic seven food graving.

By an every day selection of foods from these groups you can be assured of meeting individual needs for vitamins, minerals, protein, fats and carbohydrates. All of these are essential to your physical well being. To have a well balanced diet, with all needed health giving factors, select foods from these following

or more servings of the others. These are thrifty sources of needed vitamins and minerals.

Milk, and milk products, such as cheeses and ice cream. One pint of milk for adults and more for children, daily. These are especially important for protein and calcium. They build strong bones and teeth.

Meat, poultry, fish and eggs—one serving meat, fish, or poultry daily, at least 4 eggs per week. These are the high protein, muscle building foods, carrying essential minerals.

Bread, flour and cereals. Six slices of enriched, or whole wheat bread, daily, with other grain foods such as breakfast cereal. Enriched bread

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and insurance companies, and other public and private lending agencies.

ENGAGEMENT ANNOUNCED Mr. and Mrs. William D. Braswell announce the engagement of their daughter, Hazel Marie, to Albert E. Lassiter, Jr., son of Mr. and Mrs. Albert E. Lassiter. The wedding will

take place June 1.

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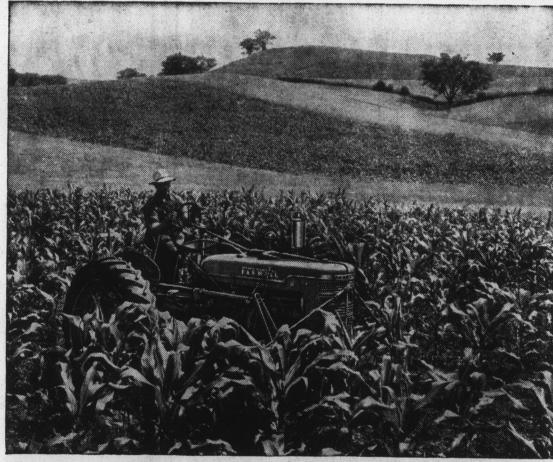
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