



POINTS TO HOMEWIFE

Miss Ruth Comer
State Home Demonstration Agent

Leg O'Lamb Roast

A feast for the eyes and a treat for the palate is a handsome leg of lamb, roasted to perfection awaiting the carving knife.

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

To roast, place the leg of lamb fat side up on a rack in an open pan. Use no water. Bake in a slow oven (325 degrees F.). A roast meat thermometer is your most accurate guide to perfectly done meat.

The fat covering on the leg of lamb may be slashed during the last 15 minutes of roasting and a sliver of garlic inserted in the slashes. Finish roasting and be certain to remove the garlic before serving.

Variety In Left-Over Lamb

There are no problems in using up all the roast lamb because so many

variations are possible—cold sliced lamb with mint jelly and hot creamed vegetables, sliced lamb heated in gravy or a zesty sauce with boiled or baked potatoes, fluffy rice, or noodles.

Mint is the traditional flavor to go with lamb, but many tart sauces are equally delightful such as lemon or orange sauce, or a spicy barbecue sauce for variety.

A full cut leg of lamb may weigh 8 to 12 pounds, but if a smaller roast is preferred, 3 to 4 broiling steaks may be cut from the loin end and a 1 to 2-pound shank piece cut off for a savory lamb and vegetable stew. This will leave a 3 to 5-pound leg roast. So, the full cut leg will make broiling, roasting, braising as well as left-over steaks.

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. Allen, livestock specialist with the State College Extension Service.

The lining Allen refers to is the lining of your pocketbook. As proof, he cites the records from 89 different flocks in 13 North Carolina counties. Owners of these flocks averaged an income of \$37.41 per head in 1951—an increase of \$6.70 per head over the returns during 1950. Returns from individual flocks ranged from a low of \$15.30 per head to a high of \$60.40.

"Experienced sheepmen have always figured that the wool from a sheep would pay for the upkeep of the animal," says Allen. "The lamb crop thus represents the annual profit. Last year the average ewe in North Carolina produced seven pounds of wool which sold for \$8.49. The same ewe cost her owner only \$7.73 in feed and labor and thereby overpaid for her keep with her fleece."

The state average for wool return in 1951 was raised considerably by sales in the mountain counties of Ashe, Alleghany, Watauga and Avery. These counties sold their wool crop for \$1.50 per pound—the highest price reported east of the Mississippi. The remainder of the state marketed its wool for a top of 91 cents per pound.

Allen reports the average sheepman in the state ended the 1951 lambing season with a 104 per cent lamb crop. These lambs sold at an average of 84 pounds and returned \$28.89 per head.

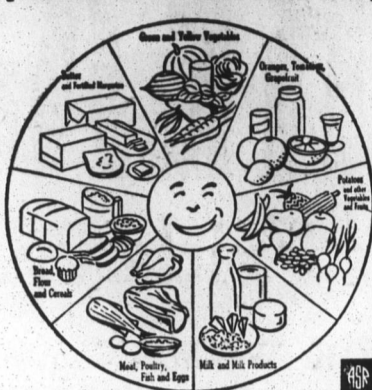
CHOIRS PLAN JOINT SING

A special service of Gospel in Praises will be held at St. John's Episcopal Church, Sunday afternoon, April 20, at 4 o'clock with choirs from all the county churches participating. Please come out.

This program is being sponsored by Mrs. Bertha V. Halsey, Mrs. Tamar Hathaway, and Mrs. Theresa B. Blaine.

Food Sense—Not Nonsense

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, patterned on the basic seven food groups.



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 groups. (Servings are given as eating guides.)

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 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 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 fears banished.

Vets Question Box

Q—I am an ex-WAC, going to school full time under the GI Bill. I'm married and have a child. Would I be eligible for the \$120-a-month subsistence for veterans with more than one dependent (my husband and child)?

A—No. You may, however, be eligible for the \$105 rate paid to veteran-trainees 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 usually from the County Agricultural Extension Agent. Information concerning home and business loans may be had from your local Chamber of Commerce, or by inquiring at banks, savings and loan associations, mortgage

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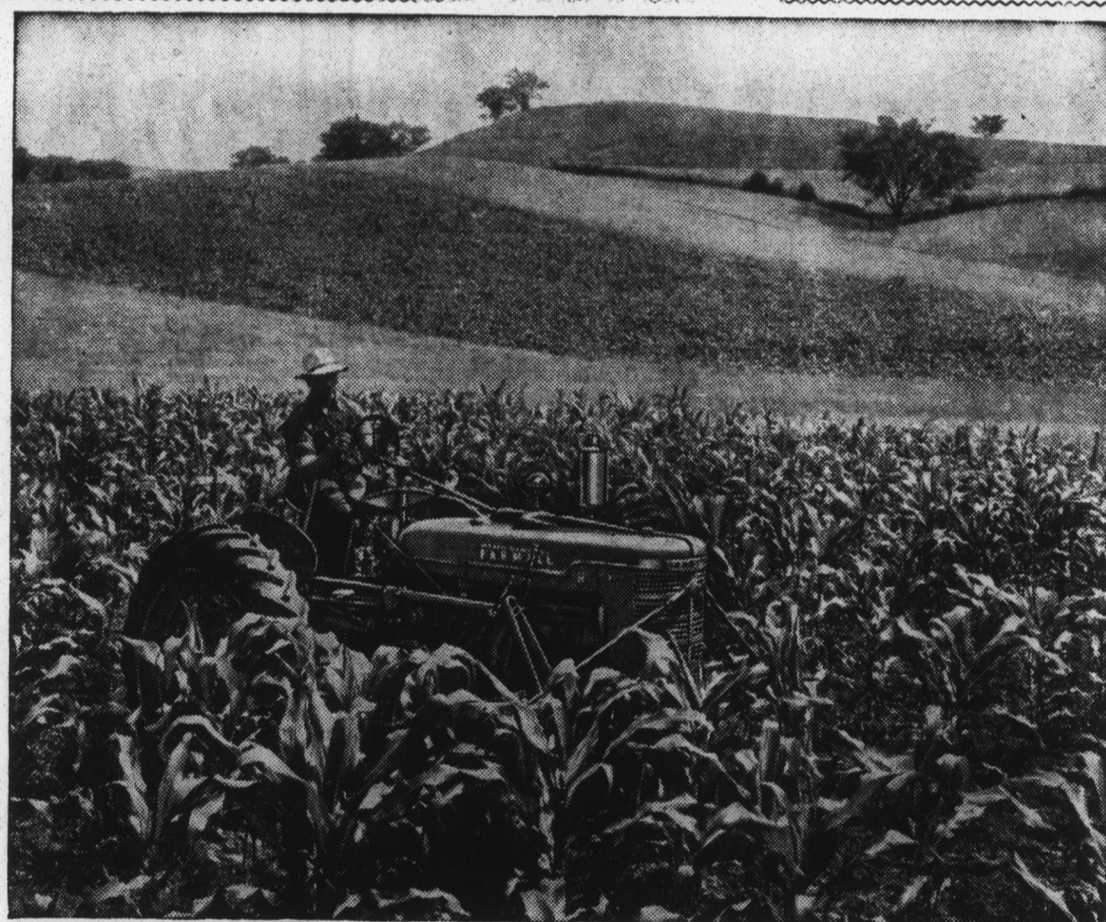


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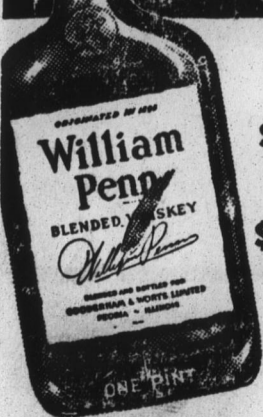
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