

Lamb Chops On Economy List

In expanding your knowledge of economy cuts of meat, as many home-makers are doing these days, don't overlook lamb. If you are accustomed to think of lamb in terms of rib or loin chops and roast leg, you may not realize that there are many other delicious lamb cuts which are less demanded largely because home-makers do overlook them.

The cuts from the forequarter of lamb are among the economy portions. They are fine in flavor and are tender, as are all cuts of lamb. But some of them contain bones which are troublesome in serving.

This is true of the lamb shoulder and breast. But it is an easy matter to have these bones removed. When the bones are removed from shoulder of lamb, it can be rolled and roasted like any lamb roast, uncovered, in a slow oven. Another way is to leave it flat, to sew around the edges except on one side, and to place a bread dressing in the pocket thus formed.

The lamb breast may be used in similar fashion. A pocket can be cut and a dressing placed in this. Or all of the bones, including the shank bone, may be removed and the shank meat rolled with the breast meat.

Lamb shanks can be used to make a very delicious and economical main dish if you serve them as restaurants frequently do. Instead of having the meat cut from the bones for stew, cook the shanks with vegetables in a casserole.

First, season them with salt and pepper and brown in hot lard. Then cover with potato and carrot halves and peas. Add a little hot water, cover the casserole tightly and cook slowly in a moderate oven or on top of the range.

Lamb neck slices can also be prepared in tasty fashion. Here is an attractive and different way to use them.

- Lamb Neck Slices with Vegetables**
- 4 double lamb neck slices
 - 2 tablespoons flour
 - 2 tablespoons Spry
 - 4 carrots
 - 1 can green beans
 - 3 potatoes
 - 1 small head cauliflower
 - Salt and pepper

Have double lamb neck slices cut three-fourths to one inch thick. Dredge these with flour and brown in shortening. Add cup water, cover and cook slowly for one hour. Cut carrots, green beans and potatoes in match-like pieces and place in a buttered casserole dish. Season. Remove the bones from the neck slices, if they are sufficiently loosened, and place the slices on top of the vegetables. Pour the liquid from the meat into the casserole, cover and put in a slow oven (300 degrees F.). Cook until the vegetables are done. Cook the cauliflower in boiling water until tender. Before serving, place a cauliflower floweret in each cavity made by removing the bones from the neck slices.

'Best Dressed' Contender Presents Fashion Preview



What the well-dressed Baby Brummell will wear is beautifully illustrated by Peter B. Good, infant Hollywood actor. At left Peter shows his conception of the well-dressed baby on a rainy day. The three-cornered pants carry out the umurella motif. In center: Sports wear for juvenile fans. Right: A skating ensemble

THE DOCTOR Tells the Story

by W. E. AUGUSTBAUGH M.D.

MEDICINE—1600 A. D.

When the Great Black Plague ravished London approximately in the year 1603, medicine was still in its swaddling clothes, doctors uninformed but pregnant with superstitious beliefs, and the quacks making sums of money that would, even at this late day, be considered fabulous.

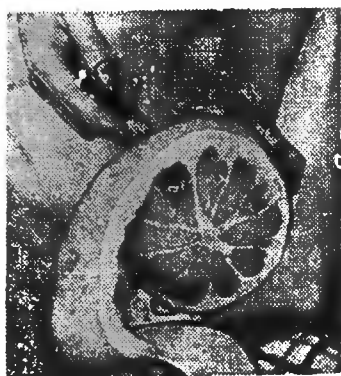
London, then a filthy, ill paved city, without sanitation of any kind and notorious for its germ-laden drinking water, very naturally suffered a heavy death rate from diseases of all kinds and relied upon superstitious beliefs to prevent and cure ailments. Naturally this was a fertile field for the quacks and they prospered. In fact there was not a large city in the Continent of which the same might not be said.

Homes where death and mystifying diseases had entered were marked with a red cross, painted on the door; the origin of the medical symbol of today. And above the cross was painted, also in red, "God Have Mercy Upon Us," so that pedestrians might hold their handkerchiefs to their nose and run past.

It is estimated that more than 15,000 quacks flourished in the British capital then. They advertised their cures through the medium of the press and by handbills scattered about the streets and stuffed beneath doors.

Windows, doors, shops and houses were closed to prevent the "poisoned miasma" from enter-

How To Prepare A Grapefruit



IT'S easy to peel a grapefruit if you do it the correct way. With a sharp knife, cut off rind in a circular sawing motion, cutting deep enough to remove white membrane with the peel.



Perfect sections can be removed from the peeled grapefruit by cutting along the side of each dividing membrane to the core. Sections then can easily be lifted out.



Careful arrangement enhances the appeal of grapefruit in salad. Color contrast is also important and can be supplied by green or red pepper strips; cooked or fresh cranberries; pimiento cheese balls or raw carrot.

ing and laying low the citizens. Fires burned at street intersections to clarify the air. The learned medical men of London gravely shook their bewigged heads and said the "Black Death was caused by a conjunction of Saturn, Venus and Mars"—and that medicine could do nothing for those stricken.

Physicians of the day, in common with the populace, had no knowledge of insanity or its treatment and the handling of these mentally sick unfortunates beggars description. The so-called insane asylums often sent, for a gratuity, patients to weddings and feasts, in charge of an attendant, who put them through their erratic performances, using a whip on them as though he were in a cage of wild beasts, and thus create entertainment for the guests.

Sundays, many London citizens spent part of the day at these horrible places watching the antics of the inmates, much as we take our children to the zoo at present. Hangings were common and public, and usually took place on holidays so that the crowds might gloat over the victims' struggle. When the culprit was disembowled, as was often the case, crowds assembled days before the execution, in order to gain favorable locations to witness the revolting tragedy.

Ads. get attention—and results.

H-O-U-S-E —and— H-O-M-E

—by Mary E. Dagne—

Last week I did a bit of quite unintentional antiqueing and acquired an appealing old blocked-tin teakettle.

In case you are like my husband and can't for the life of you see why I'd want such a thing I'll tell you first of all that it fits perfectly on the largest element of my range and water heats in no time thereby saving current. Its shape and the tiny spot of clean tin showing through layers of dirt as well as its usefulness

were the reasons I bought it. The old books on "household management" recommend kerosene and brick dust for the cleaning of tin ware but I discovered that Gossene and scouring powder applied with the finest steel wool obtainable does the trick beautifully and my teakettle has the patina of lustrous pewter.

Even the most modern and efficient of kitchens can be planned to fit your own personality. Pine paneling and gingham for the Early American farmhouse type of house and the woman who likes blocked-tin teakettles; metal and glass for the ultra modern and gleaming enamel for the average up-to-date home that doesn't follow a definite period. You can also put yourself into

your kitchen by the choice of your color scheme. Soft, pastel colors if you are the "feminine" type. Straps, vivid colors if you are the vigorous, forceful type, and one clear tint with glass and metal predominating—structurally if you are the utterly efficient type of person.

Reading the ads, getz you more for less money. Try it.

For sale at once—300 men's flannel shirts, rich colors—69c each. 200 Men's and Boys' weather proof short jackets with zipper \$2.00. 500 men's, women's and children's sweaters, 48c and up. 5,000 pairs of winter shoes—for all the family, 79c and up. 25,000 pounds Christmas candles 10c pound and up.—Goodwill Department Store.

Use FORESTER'S ROYAL BLUE GASOLINE IT'S SUPERIOR

"I Recommend Forester's Royal Blue Gasoline BECAUSE



MISS FLORENCE ROGERS Home Economist and Lecturer

It's an 80 OCTANE AVIATION GRADE GASOLINE; quick starting on cold mornings; Makes your motor purr with eager, smooth life; gives you more miles per gallon and every drop is free to deliver it's full quota of power.

Sale Of Valuable Real Estate Dec. 18 In Wilkesboro

A commissioner's sale of valuable real estate in Wilkesboro has been announced for Monday, December 18, two o'clock.

The property, a part of the estate of the late Rev. Milton McNeill, will be sold under direction of Attorney Robert H. McNeill, who was appointed commissioner by the court to sell the property. It consists of 25 choice homesites and is located just off Main street in Wilkesboro and adjoins the O. F. Blevins property.

The homesites will be sold at absolute auction and the sale is described as a wonderful opportunity to buy homesites at the purchaser's own price.

One choice lot will be given away absolutely free at the sale and several Christmas turkeys will also be given.

The property will be sold on easy terms.

Those who desire further information about the property are asked to call at room 3 in the Bank of North Wilkesboro building.

"A COLD BOTTLE OF

Pepsi-Cola

Makes You Feel Mighty Good When You Are Busy In The Kitchen," says Miss Florence Rogers, the Cooking Expert. "I Always Keep a Bottle Nearby, Because It's Such a Sparkling, Bracing Beverage."



MISS FLORENCE ROGERS Home Economist and Lecturer



BE SURE TO ATTEND

The Journal-Patriot's COOKING SCHOOL

at the Woman's Club Building Thursday and Friday, Dec. 14-15, 2 P. M. and be sure to keep PEPSI-COLA in the refrigerator. Everybody's turning to PEPSI-COLA now—it's so REFRESHING and HELPFUL.

ASK FOR PEPSI-COLA—A BOTTLE WILL PEP YOU UP.

"Be Sure To Visit —THE— GOODWILL FOR YOUR Christmas Gifts,"



Miss Florence Rogers Home Economist and Lecturer

Says Miss Rogers

You'll Find Our Store An Ideal Place To Select That Gift For Friend, Mother, Daughter or Sister . . . All Priced To Please. It's Only A Few Days Until Christmas So Shop Now.

Candies, Nuts, Oranges, Bananas, Tangerines, Raisins. DOLLS and TOYS

The Goodwill Store

"THE PLACE FOR BARGAINS"