

Spring Lamb Is Real Delicacy

Various Ways of Cooking Suggested by Expert.

By EDITH M. BARBER

SPRING lamb has long been considered a delicacy. Our first written records mention the roasting of young lambs for the feasts mentioned in the Bible and the Homeric tales. The word "spring," however, has become an adjective which denotes tender, rather than measurable, meat and sometimes is applied when lambs are approaching the mutton stage.

You may distinguish lamb from mutton by the pinkish tinge and creamy fat. Mutton has a darker color and the outer skin is slightly yellow and has a dry appearance. Some one asked me the other day why we could not get mutton in this country of as good a quality as in England. The reason is that in this country most of the mutton comes from old sheep. In England and Australia mutton really comes from a fat, young animal. In the winter time you sometimes see on a restaurant menu or in the butcher shop the sign "hot house lamb." This comes from young lambs which are especially fed during the winter time.

While many housewives feel that small legs are better than the large legs, there really is no difference in the quality of the small or large legs of lamb if it is young.

The leg and the ribs are used for roasting, as is also the shoulder, which, although less expensive, has a very fine flavor. The loin, the ribs and the shoulder are used for chops. Of these the loin is particularly tender, but many of us prefer the rib chops with their long bones. For special occasions they are sometimes "frenched," that is, trimmed to improve their appearance at the expense of that crisp, brown meat, which I think has the best flavor. Sometimes double chops are cut for hearty meals.

Lamb, like beef, needs a hot fire as a start for its cookery. After

the meat is well browned the temperature may be lowered. Personally I like lamb well cooked throughout.

One of the most expensive roasts and one of the most attractive for a company dinner is a crown roast of lamb. One of the least expensive is a stuffed shoulder. Another attractive lamb dish is a stew with vegetables and dumplings. Left-over lamb is delicious sliced and served with chili sauce.

Dumplings.

1 cup flour
1/4 teaspoon salt
2 teaspoons baking powder
3/4 to 1 cup milk
1 teaspoon fat drippings
Sift the dry ingredients, cut in fat, and add enough milk to give a smooth dough. Drop by spoonfuls over the top of the stew. Cover the dish and allow the dumplings to steam about 12 to 15 minutes.

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Mermaid Persuades "Bob" to Dine



"Bob," a 400-pound tortoise in the Department of Commerce aquarium in Washington, didn't feel just right recently and for some days refused to eat. So Miss Doris Anderson dived down into his tank with a big head of lettuce and after much coaxing persuaded him to devour it.

Suitable Menus for Light Dinner

Will Appeal to Those Not Desirous of Adding to Weight.

"Could you please give me some suggestions on light dinner menus? My daughter has lost weight but is gaining again. She goes to business, has a light lunch and is quite hungry at night. As she does not want to gain any more, I am at a loss to know what to cook. Do you think that you could help me out?"

The dietary expert to whom this appeal was directed gives the following advice:

It is perfectly possible to have attractive light dinners. Every once in a while someone whom I have asked for dinner begs me to provide few "calories." Perhaps you will be interested in a few menus of this type which I have served recently.

I began one meal with cantaloupe as the first course. Next came a broiled chicken, broiled tomatoes with minced onion and string beans dressed with just enough cream to moisten and flavor them. Dessert was merely cheese and crackers and coffee.

Another meal of the same type began with tomato juice cocktail. The next course was lamb chops. Baked onions and cauliflower with brown butter were the vegetables. The meal ended with a salad made of grapefruit and persimmons with a french dressing.

Another light dinner might begin with hot clam juice. For the main course veal steak with a touch of garlic, creamed mushrooms and spinach might be served. I suggest sliced oranges and grapefruit for dessert.

Here is just one more menu, which begins with vegetable soup and has broiled steak and sliced raw tomatoes and onions as a main course. For dessert, coffee jelly garnished with a dash of whipped cream will do very nicely.

Veal With Bacon.

8 strips bacon
3 onions sliced or 2 cloves garlic
2 pounds veal steak
Flour
Salt and pepper
1 cup water
1 tablespoon vinegar

Cut bacon in small pieces, put in frying pan with sliced onions or garlic and cook over low heat until onions or garlic are light brown.

Dredge veal with flour and season with salt and pepper. Push onions or garlic and bacon to the side of the frying pan and brown meat on all sides. Spread onions and bacon on top of meat, add water and let simmer one hour. Add vinegar and continue to cook covered for thirty minutes more.

Coffee Jelly.

3 tablespoons granulated gelatin
1/2 cup cold water
2 cups clear strong coffee
1/2 cup sugar
Soak the gelatin in the cold water five minutes and dissolve in the hot coffee. Add sugar and turn into a mold. Chill. Serve with whipped cream.

Grapefruit and Persimmon Salad.

Peel persimmons and lay on a bed of lettuce. Arrange sections of grapefruit around the persimmons. Serve with french dressing.

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Steam Engine Made by Watt Is Still Running

More than 150 years ago James Watt built a steam engine for a plant at Broseley, in Shropshire. It must have been about 1775. Watt has been dead for many years, but the engine is still working, probably the oldest operating steam engine in the world, says a London correspondent of the Detroit News.

The engine was originally used to sink the shaft of what are known as "The Deep Pits" at Broseley, and it has driven the pit cage ever since. Apart from the fact that it was

made at the Broseley foundry, no one knows much about the engine. But it is known that the stationary engines designed by James Watt were being made at Broseley years before the first locomotive was built and this is believed to be the last working survivor of these engines.

Every part of it is cast iron; cast and smelted from iron ore that was mined in the locality. There was a rust-resisting quality about the Broseley iron made about that time. The iron has never been sheltered, but is as good as when first cast.

Only one of the original parts of the machine has ever been replaced, the piston, a year or two ago.

For 50 years the engine was operated by one man. Now it is in charge of his son.

No Pagan Gods

Five thousand people climbed to the top of Puncbow, an extinct crater overlooking Honolulu, for the Easter Sunrise service. Christianity first came to this community in 1820, from New England.

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The Household

By Lydia Le Baron Walker

EVERY possession a person has means care and work, unless the thing is utterly ignored and neglected. When this is the case, nature has a way of reducing the value, or seeing to it that it becomes a total loss to the owner. Even land which is imperishable goes out of the owner's hands unless care is taken to pay the taxes.

Residences go to rack and ruin without the work of occasional repairs. After continual neglect by the owner, and the appearance of the property belonging to no special person, it is not an unknown occurrence for one with no title to the property to use it, and even put up some sort of a dwelling.

The old saw that possession is nine points of the law may render it difficult to oust the occupant and resume complete ownership. At least lawsuits pend, and these mean extra work, cost, and careful attention. So in order to get the benefit from ownership of anything, work and care are essential.

Equipment Requires Care.

There are certain articles and devices which come under the head of labor-saving equipments. While they reduce work, they do not eliminate it entirely. Fortunately some of these devices minimize tasks so decidedly that extra man or maid service may not be needed, the possessor being able to perform the tasks himself or herself. However, the care of the equipment itself means that work on it cannot be neglected, and have it function properly.

A vacuum cleaner is a good exam-

ple of a customary labor-saving equipment which reduces cleaning house decidedly. But the brush, if there is one, will not pick up threads, etc., unless it is free to work. The bag must be emptied often or the suction feature is reduced decidedly. The cord must be unbroken and correctly attached or the power is gone. While these are trifling tasks to attend to, compared with the strenuous labor of sweeping, yet it is easy to see that work and care cannot be done away with entirely.

One Consolation.

Persons who crave possessions, who wish they had this thing or that, whatever the articles or things desired may be, little or large, costly or cheap, and who have not the ways and means of getting them, may have one consolation. That is, they are relieved of the work of caring for them. Rich people sometimes crave the freedom from the cares of possessions. Occasionally a family moves into smaller quarters rather than have the care of a large estate, even though the manual labor of doing the work does not fall on them, but on a retinue of servants.

In these times of financial stress, it is well to consider the work and care of possessions; and gain a measure of contentment in the freedom from these features, when possession is not feasible or possible. In other words be contented with what you have and make the best of it.

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My Neighbor Says:

Sift and warm soil when preparing it for seeds to be sown in the house.

A teaspoon of fine tapioca scattered over the lower crust of a fruit pie will prevent juices running out.

Sugar for fried cakes should be dissolved in milk to keep the cakes from absorbing grease while frying.

Rapid cooling in a draft or in a cold pantry makes pastry heavy. If pastry is to be eaten cold let it cool slowly in a warm kitchen.

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New Catspaw Design



The new catspaw design in this navy and white silk crepe dress is copied in the stitching on the navy taffeta jacket. The hat and gloves are taffeta.

of pride and self confidence, would it not make a very distinct contribution toward the solution of our problem?

The choice of the easiest way is also fraught with evils of idleness. The devil has mischief for idle hands to do, no doubt of it. One of the most difficult social problems with which we may have to wrestle in the future are the conditions arising from enforced idleness. The lowering of the morale is in itself a grave peril, but even more threatening may be the moral and social conditions arising out of idleness. With the five day week the problem of leisure is no longer confined to those who are gainfully employed. It is bound to effect the vast army of the unemployed. Is any appreciable amount of unemployment due to the loss of pride and courage and the fear to make another venture? This might prove to be an interesting inquiry if we endeavor to ascertain the facts.

Doors of Our Ancestors

The first doors of our emigrant ancestors probably were not much to grow excited about, utility being the chief, if not sole consideration. Two wooden planks nailed or fastened with wooden pins and hung with strips of home-tanned leather for hinges, probably constituted a door in those days. A wooden bar that slid into sockets served as a fastener.

Beauty or Death



This is Mary Harriet Heckman of Gloucester, N. J., former beauty shop operator, who has offered herself for experimental purposes to "any doctors, surgical or plastic," who would attempt to make her beautiful. "I don't want to live any longer as I am," Miss Heckman is reported to have stated. "I am perfectly willing to face death. I will submit to any experiment the doctors wish to submit me to. I am not doing this for any gain other than to do something about a body and face which have made me so miserable that I will take death rather than go on."

AMAZE A MINUTE SCIENTIFACTS - BY ARNOLD

AIR STICKS CLOSE TO EARTH!
HALF OF THE EARTH'S ATMOSPHERE LIES BELOW 3 1/2 MILES HIGH, WHILE THE HALF ABOVE EXTENDS UPWARDS FOR FIFTY MILES.

ORANG GRASP - THE ORANG-UTAN, LESS THAN FOUR FEET TALL, HAS AN ARM SPREAD OF OVER 7 1/2 FEET.

DISCOVERED SILVER - THERE IS 50,000 TONS OF SILVER DISCOVERED IN THE MOUNTAIN RANGE OF THE ANDES IN ALL THE WORLD.

WITH AUNT LUCY'S BLESSING!

IT WAS NICE TO MEET YOU, MRS. KINGSTON! YOU KNOW, I THINK YOUR NEPHEW IS A VERY NICE BOY!

I SUPPOSE HE'S TOLD YOU I'M RICH, SO YOU THINK HE'S QUITE A CATCH!

GOOD! IF SHE REALLY LOVES HIM THAT REMARK WILL HURT!

SHE PUT ME THROUGH COLLEGE AND LAW SCHOOL, HONEY, AND HANDLING HER AFFAIRS IS THE BIGGEST JOB I HAVE

WELL-THEN WE'D BETTER GIVE IT ALL UP, JACK! I LOVE YOU ... BUT YOUR AUNT - WE COULD NEVER BE HAPPY!

POOR AUNT LUCY... SHE DOESN'T MEAN TO BE CROSS, BUT HER HEADACHES AND INDIGESTION MAKE HER SO IRRITABLE!

PROMISE ME YOU'LL TELL HER WHAT I TOLD YOU, DEAR... IT REALLY MAY BE COFFEE-NERVES!

MARY'S MOTHER HAD YOUR TROUBLE ONCE! SHE CUT OUT COFFEE AND TRIED POSTUM. THE CHANGE WORKED WONDERS! WON'T YOU TRY IT, AUNT LUCY?

OH, MERCY! I WILL... IF YOU'LL JUST STOP RAVING ABOUT MARY!

CURSES! I KNEW THAT GIRL MARY WAS UP TO NO GOOD! NOW I'LL HAVE TO DUCK!

WASN'T IT NICE OF AUNT LUCY TO GIVE US THIS CRUISE FOR A WEDDING PRESENT?

SHE'S BEEN JUST TOO WONDERFUL FOR WORDS SINCE SHE SWITCHED TO POSTUM!

"I DIDN'T suppose a coffee could harm anyone... except, of course, children!"

"Oh, yes... many adults, too, find that the caffeine in coffee can upset nerves, cause indigestion, or prevent sound sleep!"

If you suspect that coffee disagrees with you... try Postum for 30 days. Postum contains no caffeine. It's simply whole wheat and bran, roasted and slightly sweetened. It's easy to make... and costs less than half a cent a cup. It's delicious, too... and may prove a real help. A product of General Foods.

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