

Lamb May Be the Answer To Your Menu Problems

When you're short on time, look to lamb chops to solve your menu problem.

Meat dealers display several types of lamb chops. All lamb is tender and it has a sweet, mild flavor because it comes from a young animal. But, which chops should you buy? Here is some information to help you make a choice.

THE LOIN CHOPS—which most folks consider the best—are easily identified by the T-bone dividing the sirloin from the smaller tenderloin muscle. For best service have them cut thick for there is nothing more disappointing than a thin chop.

All lamb chops should be cut at least one inch thick to be sure of the best flavor, juiciness and total enjoyment of this delicious meat. Be sure that all chops in a package are also cut the same thickness.

IN ADDITION there are English chops which are double loin chops, boned and fastened with skewers on twine. Rib chops are recognized by the rib bone. They are small, so be sure to plan on two or three per serving.

When the meat is cut away from the rib ends and paper frills are placed over the bones, these chops are known as Frenched chops.

THEN THERE ARE shoulder chops—both the round bone and the blade. Though they are less expensive and slightly less tender, they are every bit as flavorful as

the rib or loin chops when they are properly prepared. The round bone shoulder chop may be broiled or grilled but the blade bone chop is best braised with moist heat.

Shoulder chops have a fine flavor, but since they are less tender and not as well formed they are usually considered family fare. And they are often the best buy for the family.

WHEN LAMB CHOPS are simply seasoned with salt and pepper before broiling or braising, they are delicious. However, for variation, you might try these suggestions:

BROILED LAMB SHOULDER CHOPS WITH MINT SAUCE
4 round bone lamb shoulder chops (about 1 inch thick)
Salt and pepper
½ cup water
½ cup mint jelly

Sprinkle chops with salt and pepper. Place on broiler rack and broil three to four inches from the source of heat for 10 to 12 minutes.

Catholic Women Give Card Party

A Mr. and Mrs. Harvest Time card party is being sponsored by the South Oakland Deanery of the Detroit Archdiocesan Council of Catholic Women.

The party will be held at 8 p.m. Thurs., Oct. 10, at St. James Parish gym in Ferndale.

or to desired degree of doneness. Turn chops during broiling period. Drain off drippings from broiler pan. Reserve two tablespoons drippings.

Add water to two tablespoons drippings; heat to boiling point. Add jelly, mix well. Cook until jelly is melted, stirring frequently. Serve with chops. Serves four.

LAMB SHOULDER CHOPS, PIZZA STYLE

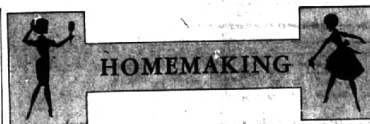
1 one-inch blade shoulder chop per serving
Salt and pepper, coarse ground
Garlic salt
½ tablespoon tomato paste per chop
½ teaspoon oregano per chop
1 slice Mozzarella cheese per chop

Parsley, chopped
Strips of anchovies, if desired
Brown each chop slowly on both sides in a small amount of butter or drippings. Sprinkle each with salt, coarse-ground black pepper and garlic salt. Spread tomato paste over each chop, then sprinkle with oregano (marjoram or thyme may be substituted).

Top each chop with a slice of Mozzarella cheese. Spread cheese with an additional teaspoon of tomato paste.

Sprinkle liberally with chopped parsley and, if you like, add strips of fat-packed anchovies.

Cover skillet tightly and simmer slowly until chops are fork-tender, about 45 minutes. If moisture is needed, a bit of tomato juice, stock or water may be added. Serve piping hot.



Review Insurance Needs Regularly

Tailor-make your family's insurance program to meet your needs, recommends Mary A. Hardy, Oakland County Extension agent in home economics.

She points out that we are all pretty much in the habit of buying a policy in a hit-or-miss fashion. And the result may be inadequate coverage for more-than-necessary cost.

EACH POLICY you buy should be chosen with careful consideration and should fit into a total family insurance program.

"Moreover," Mrs. Hardy adds, "you can't buy insurance once and call it a job well done for all time. You must re-evaluate your family's needs every few years and adjust your insurance program to meet them."

No family can have a perfect insurance plan, but it can get a good start toward obtaining the best possible program by taking three basic factors into consideration.

THE FAMILY must decide:
• The probability of loss (for example, there is a greater probability of loss by cyclones in Michigan than by earthquakes, and

residents are more likely to insure against cyclones).
• How serious a certain loss would be to the family pocketbook.
• How much a particular insurance plan costs.

KNOW HOW much insurance you need. How can you estimate how much life insurance you need? Lucille Ketchum, home management specialist at Michigan State University, offers the following formula.

"You will first need to provide a lump sum to cover final expenses and major debts," she says. "Then figure your family's needs. Estimate their minimum monthly expenses."

The next step is to check your financial resources. Consider your savings (including your home), social security benefits and assets, and work out an estimate of the total monthly income available to your dependents.

The difference between minimum monthly expenses and the available monthly income—plus the amount for final expenses and major debts—is the amount of insurance you should work toward, says Miss Ketchum.

Make Moving Easier for Youngsters

Moving away from playmates and neighborhood friends can be much harder on children than on their parents.

But you can make it easier with some extra understanding and love.

One way is to turn your household move into an exciting adventure for the youngsters by telling them about your new home, the city you're moving to, and the new friends they'll be making.

BUT IT'S ALSO important to recognize that friendships in the old neighborhood are very important to children.

You might want to do this by letting your youngsters have a party for their friends a few days before the moving van arrives.

Part of the fun might be exchanging addresses so that the older children can write their former friends from their new home.

IT'S USUALLY a good idea to have the children out of the way on moving day, but again, this should be done with understanding. Perhaps a neighbor or relative will care for them, but they should know they're still part of the family.

IF YOU INCLUDE them in the moving plans, perhaps even in the chores where possible, they'll feel much more a part of what's going on and the move will be fun and exciting, instead of unpleasant.

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