



Tasty Lamb Dishes

Lamb chops and steaks can become gourmet fare when combined with bread for added flavor.

In Canada, lamb is not as popular an entrée as it is in Europe. These recipes take their flavors from France, Turkey and India, but they have been adapted to our methods of cooking and preparation. All of them can be prepared quickly. In addition to the bread crumbs and stuffing that are to be combined with the other ingredients, you can serve sliced whole wheat bread with the meal.

Today we are fortunate that bread is enriched by Canada's bakers. This helps supply us with some of our daily nutrient requirements and the combination of lamb and bread is an excellent source of niacin.

In the Middle East, Lamb Curry is a menu staple. When roasting or broiling lamb try reducing the cooking time, lamb does not have to be cooked well done; serve it as they do in Europe—slightly pink. It has more flavor that way!

Lamb Chops with Curried Fruit Stuffing

Serves 6

- 1½ tablespoons shortening
- 6 lamb shoulder chops
- salt
- pepper
- ½ cup finely chopped celery
- ½ cup finely chopped onion
- 4 cups unseasoned bread stuffing
- 1½ teaspoon curry powder
- ½ cup seedless raisins
- ¼ cup peach juice
- 6 peach halves
- ¼ cup sifted brown sugar
- Season lamb chops, brown in melted shortening; place in shallow baking dish. Sauté celery and onions in pan drippings and combine with next 4 ingredients.
- Place equal amount of dressing over each chop, top each with a peach half rounded side up. Sprinkle each with ½ teaspoon brown sugar. Bake, uncovered in a 350°F. oven 30 minutes.

Lamb Steaks—Turkish Style

Serves 4

- 1½ pounds lamb steak cut in 4 pieces
- ½ cup minced onion
- ¼ cup olive oil
- 1½ teaspoon salt
- 6 peppercorns crushed
- 4 slices whole wheat bread, toasted
- ¾ cups hot beef broth
- 3 cups yogurt
- paprika
- Trim fat from lamb. Combine next 4 ingredients; marinate meat in mixture for 2 hours at room temperature; drain.
- Place toast in heatproof serving dish, pour broth over it, place in warm oven until liquid is absorbed. Broil steaks to desired degree of doneness, arrange over toast. While steaks are broiling beat yogurt with wooden spoon over low heat until warm. Pour yogurt over steaks and sprinkle with paprika.

Breaded Lamb Chops—French Provincial Style

Serves 6

- 6 rib or loin lamb chops, cut 1 inch thick
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ¼ teaspoon thyme
- 2 eggs
- 2 tablespoons olive oil
- ¼ cup flour
- ¾ cup dry bread crumbs
- 4 tablespoons butter
- Trim fat from chops. Combine next 3 ingredients, rub over chops. Beat eggs and olive oil together. Dip chops first in flour, then in egg mixture, then in bread crumbs; chill ½ hour. Melt butter in frying pan and sauté chops 7 minutes on each side or to desired degree of doneness.

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Teatime Topics

by Jean Sharp (CP) — If you're looking for an easy dinner that will feed eight people or taste better left over than it did the first day, try a chicken stew. The recipe is from the Canadian Spice Association.

Old fashioned Brunswick stew calls for: a 4 to 5 lb. stewing chicken or broiler-fryer, 1 teaspoon each of salt and celery salt, 1 bay leaf, ½ cup of dehydrated instant onion, 1 tablespoon pepper flakes, ¼ teaspoon cayenne, 1/8 teaspoon each of ground ginger and ground cumin, freshly ground black pepper, 1 tablespoon Worcestershire sauce, 1 teaspoon sugar, 12-ounce can of kernal corn, 19-ounce can green lima beans.

Cover the chicken, whole or in pieces, with water in a large pot. Add salts and bay leaf. Cover and simmer until chicken is fork-tender. Remove the chicken and cut it off the bone in large pieces. In a Dutch oven or large saucepan, combine onion with next 9 ingredients. Add 2 cups of strained chicken broth and the cut up chicken. Cover and simmer an hour, adding more broth if necessary. Add corn and lima with their liquid during the last half hour. Thicken stew

with 4 to 5 tablespoons of flour blended with a little water.

To complete the old-fashioned appeal of the dinner, make a lemon snow with a modern recipe.

Prepare a 3-ounce package of lemon jelly powder according to package directions, but add 1 tablespoon lemon juice as part of the liquid. Chill until it is the consistency of unbeaten egg whites. Meanwhile, beat 2 egg whites and 1-16 teaspoon salt until whites hold a stiff peak. When jelly is partially set, beat with egg beater or whip until frothy. Beat in egg whites. Pour into individual moulds or a larger bowl. Chill to set, then serve with ginger custard sauce.

The sauce calls for: 1¼ cups scalded milk, 2½ tablespoons sugar, 1/8 teaspoon ground ginger, 1 teaspoon cornstarch, pinch of salt, 2 slightly beaten egg yolks, ¼ cup cold milk, ¼ teaspoon vanilla, 1/8 teaspoon almond flavoring.

Scald milk. Combine sugar, ginger, cornstarch, salt and egg yolks with the cold milk. Stir into scalded milk. Stir-cook over medium to low heat until slightly thickened. Add flavorings. Chill quickly. If sauce curdles it has been over-cooked. Beating with

an egg beater will make it smooth again. Serve with lemon jellied fruit or puddings.

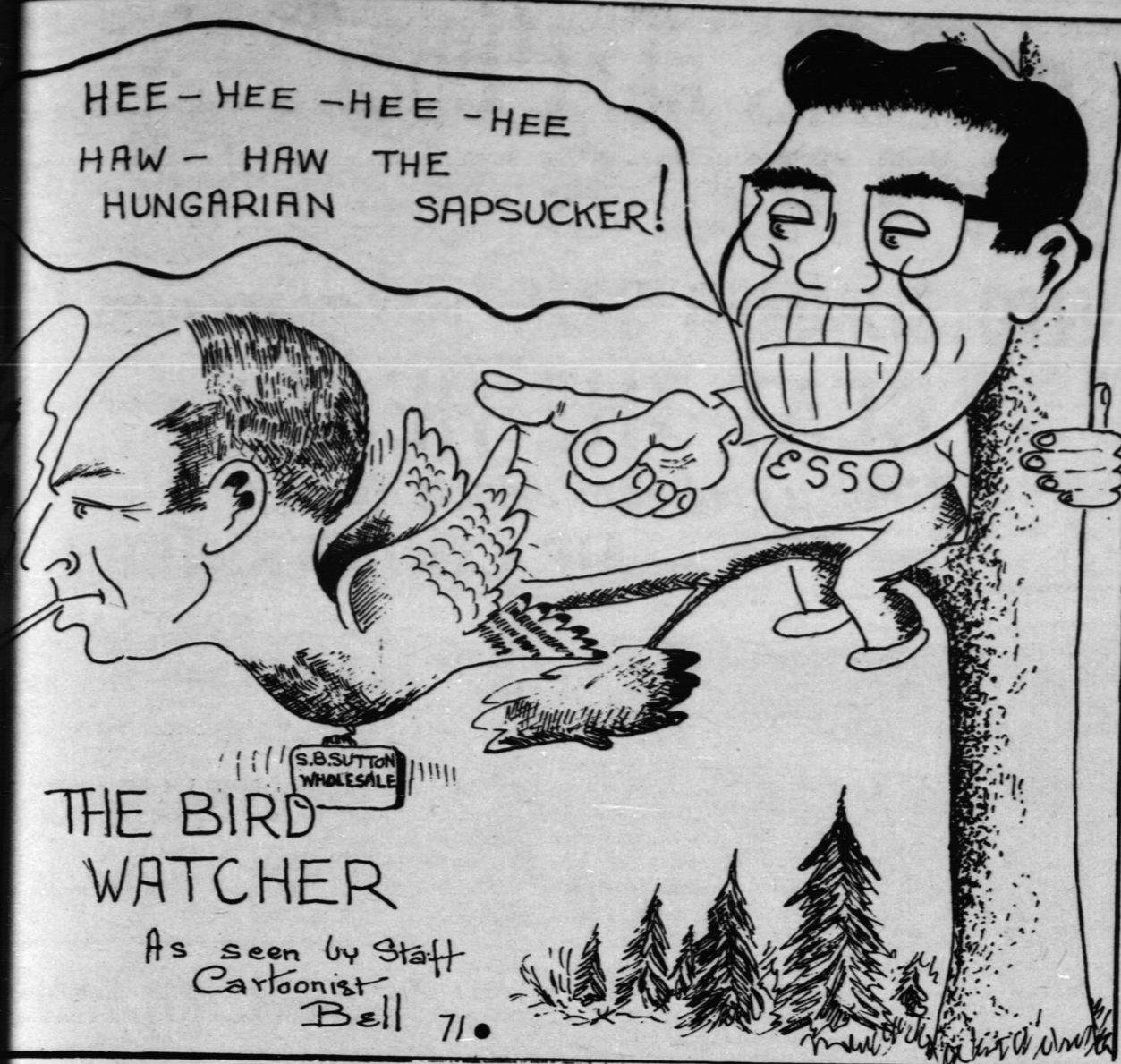
Kinsmen Sponsors Dance

Tranquility Buxton Castle, the well-known RCA bands, furnished the music for dancing at Hagersville Arena on evening.

Approximately 100 people took advantage of the hearing and social nationally known entertainment.

One Kinsmen member stated the club sponsored the dance required at least persons to break even just can't understand more didn't come.

Over the week-end Tranquility Base, was featured in the entertainment program at Ontario Place.



OHSC — OHA Important To You

By people get between the (Ontario Hospital Commission and Ontario Hospital Association). They are quite organizations. OHSC has a twin Ontario Government, Insurance plan and charged with "a balanced and system of health in the province.

The OHSC doesn't build or operate hospitals. These remain functions of local hospital boards, made up of trustees from the community. But OHSC has to approve annual budgets of hospitals because nearly all hospital operating expenses are paid out of public funds ("operating expenses cover basic costs of running the hospital, and do not include "capital"

expenses for new buildings"). Proposals for new buildings or renovations have to be approved by OHSC to qualify for provincial and federal grants, which supply part of the money for these purposes.

Now let's look at the OHA. This is a body set up by the hospitals themselves in 1924. It is the voice of the 250 hospitals in Ontario. It is governed by a Board of Directors, representing member hospitals and responsible to them.

The OHA staff of 300 carries on programs for hospitals in education, research and information, all of which are designed to contribute to advances in hospital administration. The association keeps constant contact with similar associations in other countries. Each fall it holds a convention — the largest in Canada — for hospital people to attend seminars, discuss the latest techniques and problems. There are always problems!

For hospital employees the OHA offers a variety of benefit programs, including an industry wide pension plan. This enables employees covered by the plan in one hospital to move to another hospital in

Ontario without losing benefits.

The OHA also operates the well-known non-profit Blue Cross health insurance plan. Since the Ontario government hospital insurance came into service in 1959, Blue Cross has supplied supplementary semi-private care insurance and other health benefit plans, particularly for employee groups. More than 20,000 Ontario companies use Blue Cross plans, thereby covering some 3½ million people.

Jarvis Dairy Calf Club

The Jarvis Dairy Calf Club held the May meeting at the home of Joyce Stark and opened with the 4-H pledge.

Our leaders informed us of the different breeds of dairy cattle and taught the members what to look for when judging the dairy cow.

The June meeting will be at the home of Bob Banfield.

The meeting was called to a close and we were treated with chocolate milk and doughnuts.

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Wide Appeal

VANCOUVER (CP) — William Balderstone, self-styled psychic consultant predicts that in another few years local newspapers won't carry anything on their religion pages except stories on psychis phenomena and the occult.

Mr. Balderstone, in an interview, called occultism "the religion of the future."

"It's what the kids want," he said. "They are searching for something, and organized religion just hasn't given it to them."

Mr. Balderstone said he has been working with psychic phenomena for more than 40 years.

He conducts classes in tarot — a system of card-reading prognostication — and for 15 years has operated a store here where every conceivable type of psychic contrivance, from "astral goggles" to crystal balls, is sold.

"There's a sort of do-it-yourself religious searching going on today," he said. "People want to investigate things for themselves, and psychic phenomena rate high on the list."

Books on the world's religions, books on metaphysics, on teacup reading, astrology, ghosts, yoga, Tibetan gurus, Zen Buddhism, astral projections, I Ching and witchcraft-you name it, he sells it, and the public buys.

"Subjects that once attracted only the fringe element now are appealing to people of all ages and classes," he said. "Occultism has become respectable."

His view is shared by Peter J. Thompson, minister of the First United Spiritual Church here.

"The old taboos are ending," the minister said. "So many people today are interested in Spiritualism that we're going to have to build a new church."

A down-to-earth Australian, Mr. Thompson dislikes the word supernatural.

"There is no such thing," he said. Nothing exists outside natural law. What we call the spirit world is simply an extension of life."

The major difference between spiritualism today and that of a half a century ago was that now it is attracting "increasing numbers of educated, professional people."

Cayuga UCW

The meeting of the Cayuga UCW was held in the church parlor on May 17 with 26 members present.

The President, Mrs. Robert Kiefer, welcomed the ladies.

An invitation to attend the Kohler UCW meeting in June was gratefully accepted.

Mrs. A. Zintel and Mrs. J. M. Howland are to be the visiting committee for June.

A bale of clothing is to be sent in June.

Mrs. M. L. Douglas reported on the annual UCW Conference held in Mt. Forest and Mrs. R. Kiefer reported on the Spring Rally held in Scotland.

It was decided to hold a Fellowship Hour following the confirmation service on May 30.

The June meeting of the UCW is to be in the form of a pot luck supper to which the members of Cayuga Senior Citizens will be invited.

A bake sale is to be held in June.

Mrs. D. D. R. Weylie, Mrs. J. Ross and Mrs. H. C. Winger were in charge of the program.

Mrs. D. R. Weylie conducted the study on problems of Latin America with regard to Education. The average amount of schooling is 2.2 years. Education is sometimes political. Other problems are lack of scholarships, student unrest and much illiteracy. Education is part of the mission of the Christian Church. Ideal education is a cradle to the grave process.

Some experiences of a visitor of Mr. and Mrs. Lloyd Strachan in Brazil were related.

Brazilians are happy with nothing — why can't we be happy with so much.

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