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### Things to Cook



By  
NINA BREWER  
of Home Service  
Department of  
North Shore Gas  
Company

There are so many ways of using less expensive cuts of meat that it is not always necessary to buy the expensive cuts to have really delicious food and a greater variety. One of these variations will be found in the following recipe.

#### Lamb Shoulder Roast with Stuffed Green Peppers

Lamb shoulder 3½ to 4 pounds  
Salt  
Pepper  
Dash of cayenne pepper  
2 large green peppers  
1 cup tomato pulp  
½ cup rice uncooked  
¼ teaspoon dry mustard  
¼ teaspoon paprika  
½ teaspoon salt

Trim the lamb nicely, cutting off the thin skin and most of the fat. Roll up as compactly as possible and tie in several places to hold it firmly in place. Place in oven heated to 500 degrees and sear uncovered for twenty to thirty minutes, turning once or twice.

Sprinkle with salt and pepper and a few grains of cayenne. Add a very little water, cover, turn regulator wheel back to 350 and bake about two hours more. About thirty to forty minutes before meat is done, place the stuffed peppers around the meat and bake. Baste both meat and peppers, as this will greatly improve the flavor of both.

To prepare the stuffed peppers, cut them in half length-wise, remove fibre and seeds and trim a very thin slice from the bottom of each half to make them stand level in the pan. Cook the rice in two quarts of boiling, salted water, drain and mix with the other ingredients, chopping the slices cut from the peppers and adding. Fill the halves and bake as above.

### St. James Baseball Club Holds Banquet

The St. James baseball club closed the 1929 season recently with a banquet. A nine-course dinner was served and short talks were given by each member and guest.

Plans were laid to make the 1930 season the greatest of all, although 1929 was a big success. The team finished with 16 victories and only four defeats.

Several of the players were presented with gifts.

One of the honored guests was Dick Germann, captain of the Beloit football team who was the guest of Frank Stipe.

#### Cat and Dog

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