



Sister Mae X Luster

Lamb Roast Prepared by An Expert

Sister Mae X, clerk in the Temple No. 2 Grocery and Market, wonders why so many women pass up such a delicious meal treat as lamb roast.

Because many declare they do not know the proper way to prepare lamb, Sister Mae submits her favorite lamb recipe—Muslim Lamb Roast, an easy-to-prepare and taste-pleasing addition to the family table. This is it—.

MUSLIM LAMB ROAST

- 4 to 5 lb. lamb shoulder
- 1 medium green pepper
- 1 clove of garlic
- ½ cup water
- lowery seasoning salt
- 1 medium onion
- 3 stems celery
- ½ cup catsup
- paprika
- tumeric
- black pepper

DIRECTIONS: Pre-heat oven to 350 degrees Fahrenheit. Mix water and catsup and pour into bottom of roaster. Sprinkle the roast liberally with paprika, tumeric, black pepper and lowery seasoning salt before placing it in the roaster.

Make three or four slits on top of roast and place slivers of garlic in each. Add chopped green peppers, onions and celery, sprinkling over and around roast. Cover and cook 2 to 3 hours until done.

Cites Negro In Science

The Museum of Negro History, in Chicago, last week announced the publication of its 1964 Negro History Calendar, which is devoted to the achievements of African-American men of medicine and science.

The calendar, containing 14 original drawings of distinguished scientists and biographies, exemplifies the fact that "science knows no race, color or condition. The gifts that science and invention offer are shared by all

are reproduced in the calendar is Bernard Goss of Chicago. The editor of the calendar is Gerard N. Lew, poet, Negro history specialist, lecturer and president of Museum of Negro History.

New Jamaica Embassy

ADDIS ABABA, Ethiopia —The independent West Indian country of Jamaica has selected the Ethiopian capital as the site for its first embassy on the African con-