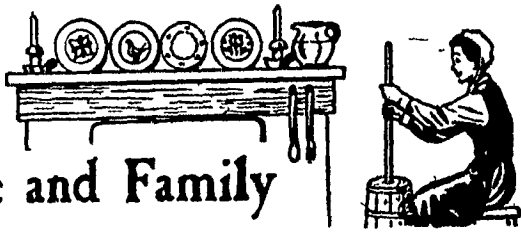


For the Farm Wife and Family



This is National Rice Week so today we have a few facts about rice and also some nourishing as well as tasty recipes using rice. We hope you'll take advantage of this low-cost food item as often as you can in your menu-planning. It is a very versatile food — can be used as a main dish or as a dessert. Here are a few facts

about rice: Rice is the basic food of half the world's population.

Vegetable protein of rice is superior to all other high-energy foods.

Milled white rice need not be washed — washing removes 43 per cent of the Thiamine, 26 per cent of the Riboflavin, 23 per cent of the Niacin — and other valuable nutrients.

Rice "low-salt" diets are used in the treatment of hypertension (high blood pressure).

The use of low-cost rice with higher priced foods increases number of servings (and flavor) while reducing the cost per serving.

Medical science has found rice to be one of the few "non-allergic" foods.

QUICK METHOD FOR COOKING FLUFFY WHITE RICE

1. Put one cup uncooked rice, two cups cold water and one tea-

spoon of salt in a 2-quart saucepan.

2. Bring to a vigorous boil and turn the heat as low as possible. Cover with a lid and cook over low heat for 14 minutes. Do not remove lid or stir rice while it is cooking.

3. Remove from heat. The rice is now ready to use. However, leave the cover on the saucepan for an additional 10 minutes "steaming period" if you want extra fluffy rice.

Now here are some recipes using rice which we hope you'll try. The first one is easy and is for

FANCY SALMON SAUCE ON RICE

2 hard-cooked eggs
2 cups water
1 cup uncooked white rice
1 teaspoon salt
1 1-pound can salmon, flaked Milk
1 10½-ounce can condensed cream of mushroom soup
½ teaspoon salt
¼ teaspoon black pepper
2 tablespoons chopped whole canned pimientos
2 tablespoons sweet pickle relish
Paprika
Cook rice as directed in method above

Drain the salmon juice into a measuring cup. Add milk to make one-half cup liquid.

Put the mushroom soup in a 2-quart saucepan. Stir in the milk mixture, one-half teaspoon salt, pepper, pimientos, pickle relish and the salmon. Place over a low heat until very hot. Stir occasionally.

Separate the hard-cooked egg yolks from the whites. Cut the whites into thin pieces.

Just before serving, mound the rice around the edge of a large platter. Spoon the salmon into the center and over some of the rice. Press the egg yolk through a strainer and cover the center of the salmon sauce with the sieved egg yolk. Sprinkle some paprika on the egg yolks and the white rice. Place the egg

whites around the edge of the salmon sauce. Serve immediately. This makes eight servings.

Here is a one dish casserole meal with a golden brown, bubbly cheese sauce topping. It's creamy — good to eat and the piquantly seasoned mashed egg yolks simply melt in your mouth. The cheese sauce is made an easy way, too.

BAKED EGGS AND CHEESE SAUCE

6 hard-cooked eggs
2 cups water
1 cup uncooked white rice
1 and ½ teaspoons salt
¼ cup milk
1 pound processed cheese grated

1 and ½ cups cooked and seasoned green peas

¼ teaspoon Tabasco sauce

(Continued on page 9)



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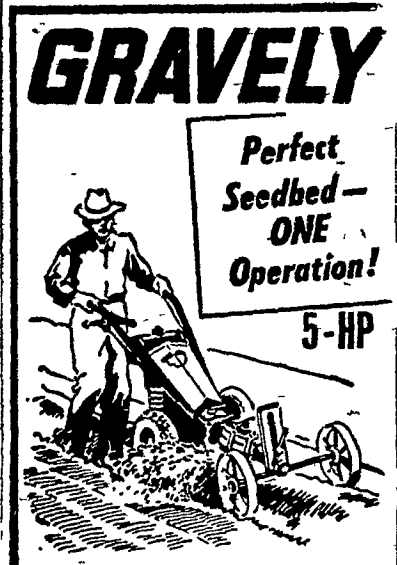
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