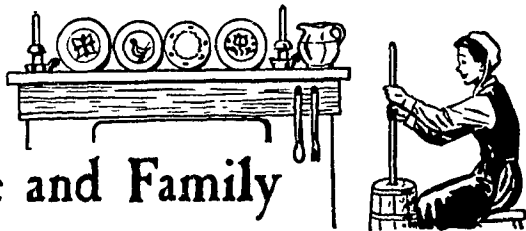


For the
Farm Wife and Family



Try Rice - for A Better Diet

What a wonderful food rice is! Every grain is packed with high quality vegetable protein. Every grain is ready and waiting to be quickly cooked in one of a thousand different ways. There is no tedious peeling, scraping, washing or cutting up to do. Yes, rice is our No. 1 convenience food.

Today we are going to feature rise in our recipes, main dishes, desserts, salads, etc. Try them soon and you'll hear your family asking for seconds.

Here's a real conversation piece for special dinners — a pleasant way to get real nourishment into your feeding-problem child. For fun, you can make sad or glad faces; have girl-Riceburgers or boy-Riceburgers. Use olives for the eyes and pimiento pieces for the nose and mouth. Pieces of carrots, radishes, pickles, onions and even peanuts may also be used to make the faces. You might also try green beans, shreds of carrots or celery, thin onion rings or parsley for "hair". Serve 'em with a "cap" of hot tomato sauce.

The juicy, perfectly seasoned beef patties have a filling of sharp cheese and rice. Mister Riceburger is baked just a short time so this is a real fast meal. These burgers are really fun, so good and especially nutritious because of the high protein contributed by the meat, cheese and the vegetable protein of the rice. Minus a facial decoration, this succulent beef patty will delight the sophisticated

MISTER RICEBURGER
 2/3 cup uncooked white rice
 1 3/4 cups water
 1 1/2 teaspoons salt
 1 slice white bread
 1/3 cup milk
 1 1/4 pounds ground beef (chick or round)
 1/4 teaspoon black pepper
 1 teaspoon thick steak sauce
 1/2 cup grated sharp cheese
 Pimiento-stuffed green olive slices
 1 8-ounce can tomato sauce
 Put the rice, one and one-third cups of the water and one-half teaspoon of the salt in a 2-quart saucepan. Bring to a vigorous boil. Turn the heat down. Cover with a lid. Simmer over

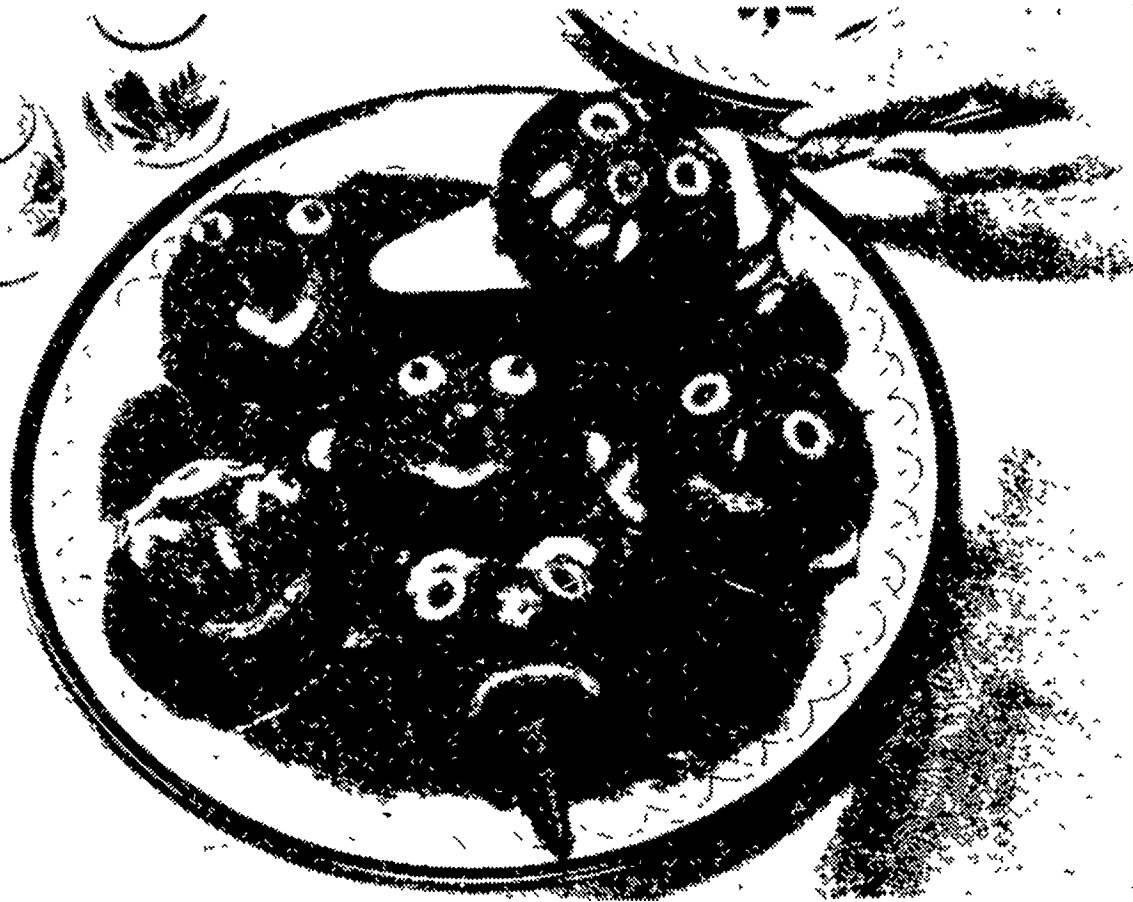
this low heat 14 minutes. Remove the saucepan from the heat but leave the lid on 10 minutes.

While the rice cooks, tear the bread into small pieces. Pour on the milk. Stir in the beef, one teaspoon of the salt, one-eighth teaspoon of the pepper and the steak sauce. Mix well. Roll into

12 equal-sized balls.

Cover a large shallow pan or baking sheet with aluminum foil

Pan should be large enough for 6 meat patties. Place 6 of the meat balls in the pan. Pat out as



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