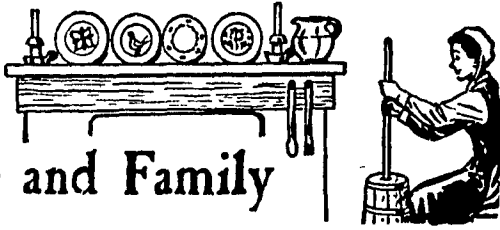


For the Farm Wife and Family



Rice Is Quick And Easy

By Mrs. Richard C. Spence

Rice is a boon for any menu because it is so quick and easy to cook. It takes only about 15 minutes to cook to white fluffy perfection.

For those who like to plan ahead, a double portion of rice may be cooked at one time for the meal at hand, and half refrigerated for later use.

Rice can't be "topped" as an all-around food—use it as a vegetable, casserole ingredient or dessert. Let us show you here how you can use rice in your menus. Don't forget, too, that rice is an economy food.

In Golden Rice Beefburger Pie, a mixture of ground beef and mushrooms gets a golden crust of rice speckled with parsley and pimiento for an easy-to-make one dish meal. With this casserole you might like to serve a vegetable salad and for dessert, cake or brownies with fresh fruit.

GOLDEN RICE BEEFBURGER PIE

2 tablespoons butter or margarine
 3/4 cup chopped celery
 3/4 cup chopped onions
 1/2 cup chopped green pepper
 1 pound ground beef

3/4 cup tomato sauce
 1 tablespoon barbecue sauce
 1 4-oz. can sliced mushrooms
 1 teaspoon salt
 1/4 teaspoon pepper
 Golden Rice*

Melt butter in skillet. Add celery, onions, & green pepper and saute until tender but not brown. Remove from heat. Add ground meat and remaining ingredients; mix well. Turn into a 1 1/2 quart baking pan and top with Golden Rice*. Cover and bake at 400 degrees for 30 minutes. Makes 6 servings.

GOLDEN RICE

2 cups cooked rice (cook in beef broth or bouillon)
 2 tablespoons minced parsley
 2 tablespoons pimiento, diced
 1 tablespoon prepared mustard
 2 eggs, beaten
 1/2 teaspoon salt
 Dash of pepper
 Mix together all ingredients

Curried Lamb and Rice has long been one of the world's favorite dishes and here it is in a bright new treatment—superb soup that is designed as a satisfying main course.

CURRIED LAMB & RICE

3/4 pound boneless lamb, cut in small cubes
 1 apple, chopped
 1 cup chopped celery
 1/2 cup chopped onion
 3 tablespoons butter or margarine
 3 tablespoons flour
 2 teaspoons curry powder
 1 1/2 qts. chicken broth
 1/2 cup uncooked rice
 1/2 teaspoon salt
 Dash of pepper
 Thin lemon slices
 Shredded Coconut

In a large saucepan, brown lamb, apple, celery and onion in butter or margarine. Stir in flour and curry powder, then chicken broth. Add rice, salt and pepper. Bring to a boil. Stir. Cover. Reduce heat and simmer 30 minutes. Serve with thin slices of lemon or shredded coconut. Makes 6 to 8 servings.

NOTE: This soup has the consistency of a stew. Served with your favorite salad and dessert, it is a complete meal.

This wonderful tasting main dish uses succulent veal, tomato sauce, onions and sour cream. It's a marvelous combination of foods which brings out the best in each one. The meat and sauce are served over light fluffy rice pilaf made by

heating uncooked rice in fat then cooking it in water. It's all quickly fixed and the browned meat in the tomato sauce is extra tasty topped with generous spoonfuls of sour cream.

VEAL IN TOMATO SAUCE

About 1 1/2 pounds veal steak or cutlets 1/4 inch thick (enough lean meat for 5-6 servings)
 Flour
 2 tablespoons cooking fat
 2 tablespoons butter or margarine
 1 1/4 cups uncooked white rice
 1 teaspoon salt
 2 1/2 cups water
 1 1/2 teaspoons salt
 1/8 teaspoon black pepper
 1 clove garlic, minced
 1 teaspoon Worcestershire sauce
 1 8-ounce can tomato sauce
 1/2 cup water
 12 thin onion slices
 1/2 pint dairy sour cream
 Parsley for garnish, if desired

Remove any bones from veal. Cut into 5 to 6 serving pieces. Pound some flour into both sides of the meat. Melt the 2 tablespoons of cooking fat in a very large skillet or Dutch oven. Add the meat and brown slowly on both sides. Add fat if necessary.

While the meat browns, melt the 2 tablespoons butter or margarine in a 2 qt. saucepan. Add the rice. Cook slowly, stirring occasionally, until the rice turns a yellowish color. Slowly add the 1

teaspoon salt and 2 1/2 cups water. Bring to a vigorous boil over a high heat. Turn the heat down low. Cover. Simmer over this low heat 14 minutes. Remove the saucepan from the heat but leave the lid on until ready to serve at least 10 minutes.

After the meat browns, sprinkle with the 1 1/2 teaspoons salt and black pepper. Add the garlic, Worcestershire sauce, tomato sauce and 1/2 cup water. Place the onion slices over the meat. Cover and simmer about 25 minutes or until the meat and onions are tender. Add water if the mixture begins to cook dry or if a thinner gravy is desired.

Just before serving, spread the sour cream over each of the meat pieces in the skillet. Cover. Turn heat

Fall Fertilization

Spread, Bulk or Bags
 Small Grain

5-10-10
 0-14-14
 0-20-20

Hay Topdressing

0-14-14
 0-20-20
 0-15-30

Control Weevil This Fall
 Dieldrin with fertilizer or direct application

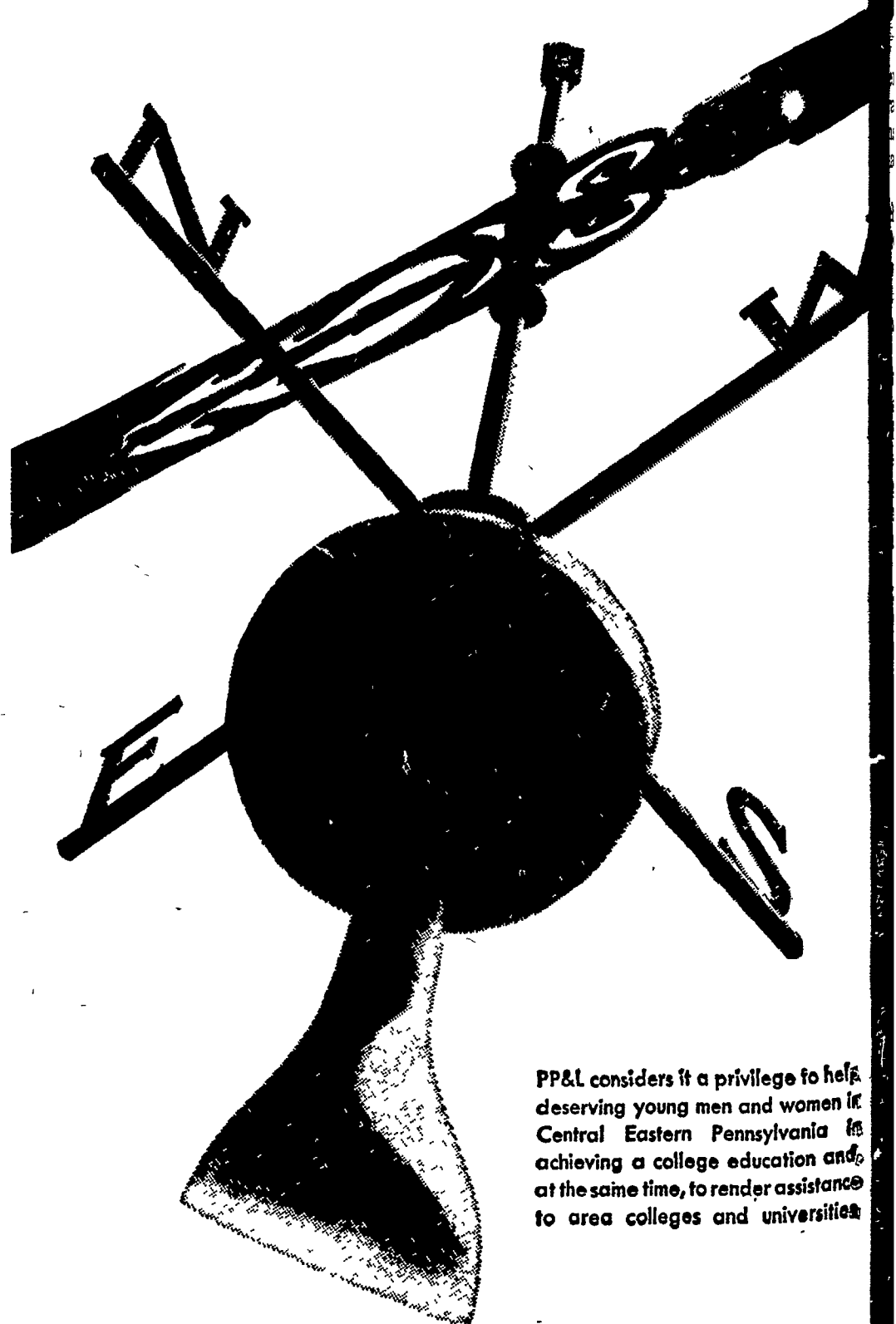
PHONE EX 2-4963

ORGANIC
 PLANT FOOD CO.

GROFFTOWN RD.

Next to the Waterworks

AFTER HIGH SCHOOL



PP&L considers it a privilege to help deserving young men and women in Central Eastern Pennsylvania in achieving a college education and, at the same time, to render assistance to area colleges and universities.



WE USE
BOTH Barrels!

CURRENT DIVIDEND

3 1/2%

PER ANNUM

Paid On Savings

FIRST FEDERAL
Savings and Loan
 ASSOCIATION OF LANCASTER



25 North Duke St.

Customer Parking in Rear

Phone EX 7-2818

