

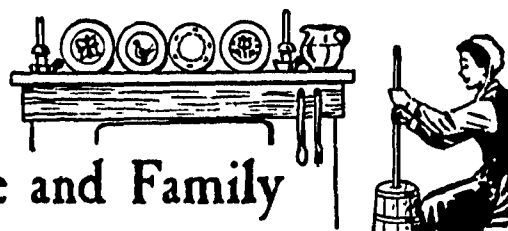
**For The Farm Wife**  
(Continued from Page 5)

**CITRUS-PEACH JULEP**  
 3/4 cup lemon juice  
 2 cups orange juice  
 2 to 3 ripe fresh peaches,  
 peeled and sliced  
 1/2 cup sugar

1/4 cup honey or maple syrup  
 1 cup crushed ice  
 Cinnamon or nutmeg  
 Combine lemon, orange juice  
 and peaches in electric blender.  
 Cover and blend at high  
 speed until smooth, about 30  
 seconds. Add sugar, honey and  
 crushed ice. Blend at high

speed until frothy. Pour into  
 tall, chilled glasses and sprinkle  
 with cinnamon or nutmeg. 4  
 servings.

The femur, or thigh bone,  
 is the longest bone in the  
 body and is about a quarter  
 of the length of the body.



**For the Farm Wife and Family**

By Doris Thomas, Extension Home Economist

**Ladies, Have You Heard? . . .**

**Worth Knowing About Rice**

Rice no longer needs washing or rinsing  
 before cooking. The label on the package  
 explains what to do.

Regular white rice swells to about three  
 times its original measure, processed rice to  
 about four times, and precooked rice to about  
 double.

You can refrigerate cooked rice for as  
 long as a week if it's stored in a covered  
 container.

In freezer wrap, cooked rice may be kept  
 in the home freezer as long as six to eight  
 weeks.

To reheat refrigerated or thawed frozen  
 cooked rice, put enough water in a saucepan  
 to barely cover the bottom —  
 about one tablespoon for each  
 cup of cooked rice. Add rice,  
 cover saucepan, and simmer  
 over low heat until the rice is  
 hot and fluffy — six to eight  
 minutes. If you prefer, bake  
 the rice, using the same  
 amount of rice and water, in  
 a covered pan 15 minutes in a  
 moderate oven, 300 to 350 de-  
 grees.

**Hints For Home Ripening  
 Of Peaches**

When peaches are not quite  
 ripe enough to eat, ripen them  
 at room temperature because  
 the fruit won't soften in the re-  
 frigerator.



THOMAS

When tender to the touch,  
 keep the ripened peaches cool  
 until ready to use  
 Never put peaches in direct  
 sunlight to ripen — peaches  
 may shrivel and even decay.

For a quick treat for chil-  
 dren, put graham crackers on  
 a baking sheet Sprinkle pea-  
 nut butter flavor chips on top  
 of crackers, then press halves  
 of marshmallows — cut side  
 down — onto the chips Heat  
 in oven at 350 degrees about  
 five minutes or until chips are  
 soft enough to spread Top  
 each cracker with another plain  
 one and serve the sandwiches  
 at once

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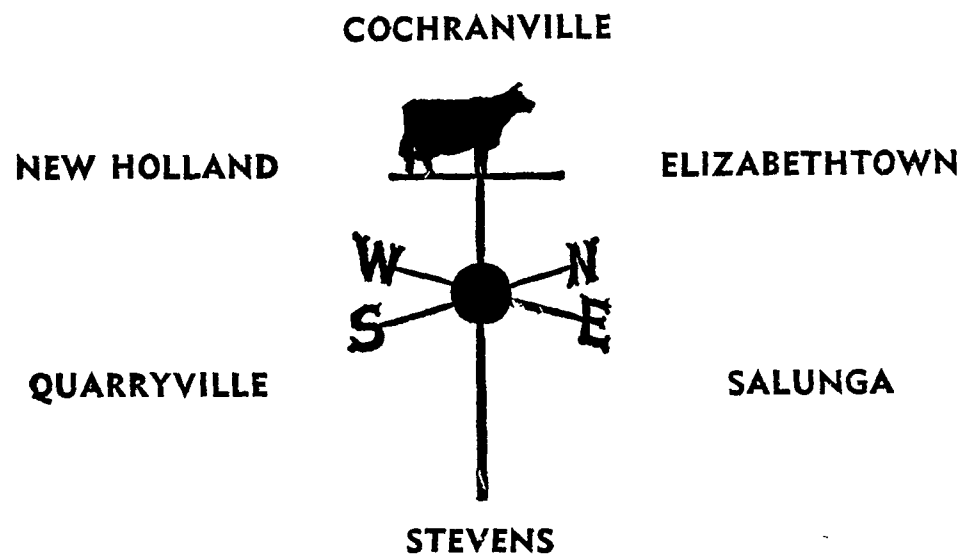
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