

FOR THE **FARM** WIFE AND **FAMILY**

RICE COOKERY

able variation from place to as quality. It is now exported

New York uses more rice than tries any other state - 15 pounds out of every 100 But on a per BER-Rice may be long, med capita basis, consumption is imm or short grain When cook highest in Hawaii, where it ed, long-grain lice is light and averages 115 pounds per person fluffy, and grains are separate per year

the exception of a small amount cling together of broken lice, which is import ed each year The Carolinas, lowing forms Georgia, Texas, Louisiana, Mis rice, while California produces Milling removes some of the each cup of cooked rice. Reheat medium grain and almost 100 vitamins and minerals White in a covered pan over low heat iety. Eight other States are also der texture producers, but on a much small er scale than these.

Rice farms in the U S. are claimed to be the most scien-

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By Mrs. Richard S. Spence highly mechanized in the world Production methods of U S. Rice is becoming more and rice farmers have resulted in a more popular in the United high quality of rice, almost un States, with annual consumption touched by human hands from now up to 78 pounds of milled farm to market, that has found rice per person—a half pound increasing popularity abroad, per person more than one year where it is known for its clean before — but there is consider- liness and uniformity as well to more than 100 foreign coun cups

RICE THINGS TO REMEM and distinct When short or All the rice consumed in the medium-grain lice is cooked, the United States is grown here with grains are moist and tend to ing

sissippi and Arkansas produce milled to remove the hull, germ, der or sieve over boiling water both long and medium grain and practically all of the bran Or add 2 tablespoons water for percent of the short grain var rice has a bland flavor and ten or in the oven. While rice is

Enriched rice is white rice, gently with a fork plus added vitamins, and iron

special steam-pressure process age tifically operated and the most before milling This forces the TRY THESE VARIATIONS hull, bran, and germ into the instead of water Try: chicken spoon of saffron. starchy part of the grain Much broth, beef broth, fruit juice, mineral content is retained after water. Add flavor with spices milling Parboiled rice takes herbs of other seasonings longer to cook than regular white rice The cooked grains thyme, turmeric, mace, saffron, are fluffy, separate, and plump or dried parsley flakes to the cooking. Or add nuts, chopped Converted rice is parboiled rice made by a patented process

Packaged precooked rice is long-grain white rice that has been cooked and dried. It takes less preparation time than regu la white rice, but costs more

Brown rice is whole-grain ace from which only the hull and a small amount of the bran has been removed. It has a nut like flavoi and a slightly chewy texture Brown rice needs to COOK a little longer than regu lai white rice

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Wild rice is not greatene rice; but the seed of a grass that grows wild in shallow lakes and marshes It is dark brown, distirctive in flavor, and costs considerably more than other types

Store rice at room temperature in a tightly closed container to keep out dust, moisture, and insects Choose a relatively cool, dry place in your kitchen—not above the range or refrigerator Do not store rice near soap or other products with strong odors

SOME RICE IDEAS - Some persons like rice fluffy and dry, firm yet tender, with the grains well separated. Others prefer rice soft and moist with the grains clinging together Soft rice is best for rice rings, pat ties, and croquettes

Rice is easy to cook - you can boil, steam, oven-cook, oi fiy it

Keep in mind that most kinds and brands of rice swell during cooking One cup of uncooked white parboiled, or brown rice yields 3 cups or more, 1 cup of piecooked rice yields from 1 cup to slightly more than 2

To keep as many nutrients as possible in cooked rice, follow tnese rules

Do not wash before cooking Packaged rice is clean

Use only the amount of water that the rice will absorb during cooking

Do not rinse lice after cook

You can use leftover lice in You can buy rice in the fol most combination dishes that call for cooked rice To reheat Regular white rice has been cooked lice, steam it in a colanheating, occasionally stir it

- Add curry powder, cumin lice at start of cooking

To heat packaged precooked water with the rice For most olives, or toasted sesame seed Parboiled rice is treated by a rice, follow directions on pack spices or herbs, use ½ to 1 tea. after cooking. spoon for 1 cup uncooked rice, but use 1 tablespoon of dried en parsley or chives to cooked vitamins and minerals from the Cook rice in a flavorful liquid parsley flakes, and only 1/2 tea rice.

-Add chopped fresh or froz-

Make a rice ring. Blend 4 -Cook chopped onions, cel cups hot cooked rice with 2 of the natural vitamin and equal parts of tomato juice and ery, or mushrooms in a little tablespoons butter or margarine fat or oil until tender, add to and pack into greased 1-quart ning mold Set ring mold in pan of hot water until serving time. - Add raisins to rice before Unmold rice on warm platter.

(Continued on Page 25)



block pattern of double crochet and chain stitches,

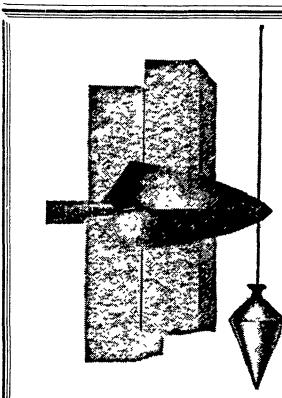
using two contrasting colors of cotton yarn. The style

dips to a point in front and back. It has a turtle neck

and is trimmed around the bottom with knotted fringe.

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