



FOR THE
FARM
WIFE
AND
FAMILY

RICE COOKERY

By Mrs. Richard S. Spence
Rice is becoming more and more popular in the United States, with annual consumption now up to 78 pounds of milled rice per person—a half pound per person more than one year before—but there is considerable variation from place to place.

New York uses more rice than any other state—15 pounds out of every 100. But on a per capita basis, consumption is highest in Hawaii, where it averages 115 pounds per person per year.

All the rice consumed in the United States is grown here with the exception of a small amount of broken rice, which is imported each year. The Carolinas, Georgia, Texas, Louisiana, Mississippi and Arkansas produce both long and medium grain rice, while California produces medium grain and almost 100 percent of the short grain variety. Eight other States are also producers, but on a much smaller scale than these.

Rice farms in the U. S. are claimed to be the most scientifically operated and the most

highly mechanized in the world. Production methods of U. S. rice farmers have resulted in a high quality of rice, almost untouched by human hands from farm to market, that has found increasing popularity abroad, where it is known for its cleanliness and uniformity as well as quality. It is now exported to more than 100 foreign countries.

RICE THINGS TO REMEMBER—Rice may be long, medium or short grain. When cooked, long-grain rice is light and fluffy, and grains are separate and distinct. When short or medium-grain rice is cooked, the grains are moist and tend to cling together.

You can buy rice in the following forms:

Regular white rice has been milled to remove the hull, germ, and practically all of the bran. Milling removes some of the vitamins and minerals. White rice has a bland flavor and tender texture.

Enriched rice is white rice, plus added vitamins, and iron.

Parboiled rice is treated by a special steam-pressure process before milling. This forces the vitamins and minerals from the hull, bran, and germ into the starchy part of the grain. Much of the natural vitamin and mineral content is retained after milling. Parboiled rice takes longer to cook than regular white rice. The cooked grains are fluffy, separate, and plump. 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 regular white rice, but costs more.

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

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

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, patties, and croquettes.

Rice is easy to cook—you can boil, steam, oven-cook, or fry 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 precooked rice yields from 1 cup to slightly more than 2 cups.

To keep as many nutrients as possible in cooked rice, follow these 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 rice after cooking.

You can use leftover rice in most combination dishes that call for cooked rice. To reheat cooked rice, steam it in a colander or sieve over boiling water. Or add 2 tablespoons water for each cup of cooked rice. Reheat in a covered pan over low heat or in the oven. While rice is heating, occasionally stir it gently with a fork.

To heat packaged precooked rice, follow directions on package.

TRY THESE VARIATIONS—Cook rice in a flavorful liquid instead of water. Try: chicken broth, beef broth, fruit juice, equal parts of tomato juice and water. Add flavor with spices, herbs, or other seasonings.

—Add curry powder, cumin, thyme, turmeric, mace, saffron, or dried parsley flakes to the



The great poncho rush is on, and everyone is having a grand time. This casual comfortable cover-all is as much fun to make as it is to wear. It is worked in a 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. Free instructions are available by sending a self-addressed, stamped envelope to this newspaper along with your request for Leaflet PC 5650.

water with the rice. For most spices or herbs, use ½ to 1 teaspoon for 1 cup uncooked rice, but use 1 tablespoon of dried parsley flakes, and only ½ teaspoon of saffron.

—Cook chopped onions, celery, or mushrooms in a little fat or oil until tender, add to rice at start of cooking.

—Add raisins to rice before cooking. Or add nuts, chopped

olives, or toasted sesame seed after cooking.

—Add chopped fresh or frozen parsley or chives to cooked rice.

Make a rice ring. Blend 4 cups hot cooked rice with 2 tablespoons butter or margarine and pack into greased 1-quart ring mold. Set ring mold in pan of hot water until serving time. Unmold rice on warm platter.

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