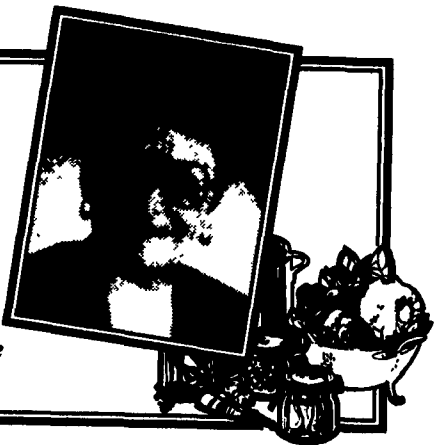


Consuming Thoughts

by
Fay Strickler

Penn State Extension Home Economist For Berks Co.



If you're looking for light, healthy meals that are quick and easy to prepare, try preparing recipes made with rice, a natural convenience food. Spending less time in the kitchen during the summer months is high on the priority list for most homemakers, so why not consider making a double batch of rice and refrigerate the extra rice to use late in the week for a salad, casserole or dessert.

Rice, a dietary staple for millions, can be a low-fat, economical, nutritious and versatile addition to many meals. 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. Here is a guide to help you understand the different kinds of rice.

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.

Converted rice is parboiled rice made by a patented process.

Precooked "instant" rice is long-grain 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 small amount of the bran has been removed. The fiber-containing bran of brown rice gives it a nut-like flavor and a slightly chewy texture. Brown rice needs to cook 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.

The price is right — One cup of cooked white rice offers a lot of nourishment for just a few pennies a serving. Different forms of rice vary in price. Most expensive is instant rice, which can cost up to four times as much as regular rice. Flavored rice mixes also cost more than regular rice. Similar mixtures can be prepared from scratch with little effort and less expense. A touch of any spice can spark interesting flavors in rice.

To make your meat dollar go

further, combine meat with rice. Cabbage leaves or green peppers can be stuffed with a mixture of lean ground beef and rice. Make a gourmet topping for a mound of fluffy rice by stir-frying shrimp, celery and green beans. A good and easy casserole can be made from chicken, cheese, broccoli and rice.

Cooking rice — To make 3 cups of cooked rice, begin with 1 cup of uncooked regular white rice and 2 cups liquid. Bring these ingredients to a boil in a 3-quart saucepan, lower heat to simmer, cover pan with a tight-fitting lid and cook about 15 minutes. For a drier rice, fluff cooked rice lightly with a fork and let stand in cover-

ed pan 5-10 minutes to steam dry. To obtain a firmer rice, use only 1½ cups liquid and decrease cooking time slightly. To cook brown rice use 2½ cups liquid and simmer 45 minutes.

Sticky, gummy rice occurs when the rice grains are ruptured and the starch granules are released. To avoid this problem, accurately measure the cooking liquid and avoid stirring or rapidly boiling the rice.

Cooked rice will keep for a week in the refrigerator if covered or 6-8 months in the freezer. To reheat rice, add 2 tablespoons liquid and simmer 4-5 minutes in a covered saucepan.

Homes For Exchange Students Needed

NEWPORT BEACH, Calif.—Help break the bond of international confusion and tension by helping to create a more peaceful world through intercultural understanding. By hosting an international student from Asia, Europe or Latin America, you and your family will not only be acting as ambassadors to the United States but also creating a bond that will last a lifetime. The Youth Exchange Service, a nonprofit organization, presents these students, age 15-18, to your home

with excellent medical coverage and they are also enrolled in the local high school. The students arrive with their own spending money and a piece of the world. All we ask is you provide a caring and loving home, just as you would for your own children. Participation with the Youth Exchange Service program is tax deductible. Contact Youth Exchange Service, 4675 MacArthur Ct. Suite 830 Newport Beach, CA 92660 or phone 1-800-848-2121.

PAUL B. Zimmerman INC.

HEAVY DUTY ROUND BALE MOVERS

FEATURING: Kverneland forged steel spear electrically heat treated

3 POINT HITCH BALE MOVERS

3 PT 2502 DOUBLE SPEAR
• Small diameter spear for easy penetration

• 1500 lb. capacity

The Same Unit Can Be Used With One Spear For Center Of Bale Or Two Spears For Under Bale.

COMBINATION BALE MOVER

• Heavy duty structure designed to fit any 3 pt. hitch or loader boom with one or two cylinders
• Small diameter spear for easy penetration

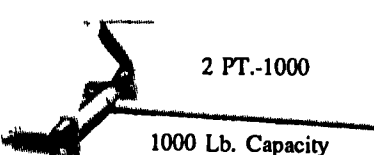
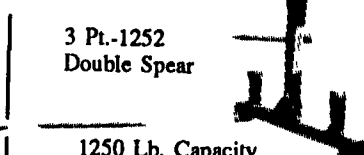
• 2500 lb. capacity

The Same Unit Can Be Used With One Spear For Center Of Bale Or Two Spears For Under Bale.

COM 2502



STANDARD DUTY BALE MOVERS 3 POINT HITCH BALE MOVERS

 2 PT.-1000 1000 Lb. Capacity	 3 Pt.-1252 Double Spear 1250 Lb. Capacity
---	---

The Same Unit Can Be Used With One Spear For Center Of Bale Or Two Spears For Under Bale.

LOADER BUCKET MOUNTED BALE MOVERS

PLF-4000 FRONT END LOADER FORKS

• Mounts to loader bucket in minutes



• 1500 lb. capacity
• 24" high load guard

SSL-2500 SINGLE SPEAR BALE MOVER

• Mounts to loader bucket in minutes
• Complete with chain and binder



• 1500 lb. capacity

LAPP'S BARN EQUIPMENT

5935 OLD PHILADELPHIA PIKE, GAP, PA 17527

PHONE: 717-442-8134

WE SERVICE WHAT WE SELL

— Radio Dispatched Trucks —



NEW ROBIN HEDGE AND GRASS TRIMMERS



"As Good As The Best and Better Than The Rest" Ask Any Owner

ALL ROBIN GRASS TRIMMERS BRUSH CUTTERS
Protected By Limited **LIFETIME SHAFT WARRANTY**
incl. bent shafts

Model NBF171 GRASS TRIMMER/BRUSH CUTTER

\$157⁰⁰

- Solid State Ignition • Auto Clutch • "Sight-Glass Primer" Helps Prevent Flooding
- Designed For all Position Operation • Weighs Only 9.6 Lbs. • Includes Shoulder Strap • 2 Yr. Limited Consumer Warranty

Model HT200L HEDGE TRIMMER



- 20.3cc (1.1 HP) two-cycle Robin engine with solid state ignition • Diaphragm-type carburetor designed for easy starting and all-position operation 24-inch blade with a tooth pitch of 1.4 inches • Two-year limited consumer warranty • Weight 10.9 lbs.

SPECIAL PROMOTION PRICE \$289⁰⁰

ALL NEW! Model NB251 GRASS TRIMMER/BRUSH CUTTER

- 24.5 cc two-cycle Robin engine • Robin straight shaft • Quick Feed Poly Line Head • Shoulder Strap • Tool Kit • Weight: 8.6 Lb.

Model FL411 BACK-PACK BLOWER



- 40.0 cc (2 HP) two-cycle Robin engine with solid state ignition • Float-type carburetor • 3-quart fuel tank • 385 cu. ft. per minute (186 MPH) maximum air volume • Interlocking tubes • Two-year limited consumer warranty.

Model NF11BDM BACK-PACK DUSTER & MIST BLOWER



- 40.2 cc (2 HP) two-cycle Robin engine with solid state ignition • Standard equipment includes 60-inch interlocking discharge tube set, mist attachments, static discharge chain and tool kit • Two-year limited consumer warranty • Weight 23.4 lbs.

19 Different Models of Trimmers and Blowers To Choose From!

<p>Union Co. J.L. Peachy And Sons Winfield, PA 17889 717-966-0465</p>	<p>Lancaster Co. Lawn Care of PA Martindale, PA 717-445-4541</p>	<p>York Co. Eastern York Repair Wrightsville, PA 17368 717-252-0286</p>	<p>Chester Co. Zook Engines Honey Brook PA 19344 610-273-3028 (8-8:30 am)</p>
<p>Lancaster Co. Mascot Sharpening & Sales 434 Newport Rd. Ronks, PA 17572</p>	<p>Lancaster Co. Chestnut Hill Sales and Service Christiana, PA 17509 610-925-3339</p>	<p>Cumberland Co. Blue Mountain Small Engine Repair Newburg, PA 17240 717-423-5358</p>	<p>Lancaster Co. Horst Repair East Earl, PA 17519 717-445-6657</p>