

## Rice an Economic Item Attractive in Any Home

By the Bureau of Home Economics, U. S. Department of Agriculture.

When a certain Captain Smith, returning from Madagascar in 1694, presented a bag of "paddy" to a merchant in Charleston, S. C., he provided the future United States with one of our favorite and cheapest foods. "Paddy" is rough rice, and rice is one of the cereals which, combined with milk, are recommended by the Bureau of Home Economics of the U. S. Department of Agriculture as the basis of the most economical balanced diet that can be devised. It is also one of the important cereal crops of our Southern States; it sells on the retail market in bulk for 3 to 5 cents a pound, and a pound of rice, after cooking, makes more than 10 servings of a cupful each. A bowl of rice, with gravy, is the mainstay of many a southern meal.

Rice is first of all an energy food, containing, like all other grains, a high percentage of starch. It can play an attractive part in any meal, whether as a cooked cereal at breakfast, in soup or with meat gravy and vegetables at dinner, or to make a dinner or supper dessert. Rice is also a good "food extender"—taking the flavor of other foods readily, and therefore good as a stuffing and useful in mixtures with meat, vegetables or fruits. Rice cooked in milk, or in a mixture of half milk and half water, makes a creamy dish of high food value which may be served with or without fruits as a breakfast cereal, or as a dessert with sugar, flavoring, spices, fruits or chopped nuts. If cooked until fairly soft, it may be molded and served attractively with preserved or fresh fruits.

There are many varieties of rice, and any cook would have reason to rejoice if the dealers would sell those varieties unmixed and labeled as to grade. So says Miss Mabel Steinbarger, associate specialist in foods in the Bureau of Home Economics, who has made a special study of the various kinds and grades of rice. The cooking qualities, especially as to the cooking time, vary with the kind of rice, and a mixture of rice of different kinds will cook unevenly. Rice broken in milling is sold as "broken rice" or "brewers' rice." Though less attractive looking, it has all the food value of whole rice, and it sells for less. Broken rice where available, and all the cheaper grades, can well be used in any dish except boiled rice, where the grains should stand apart.

White, polished rice is the most familiar form on the market, and ordinarily is the cheapest in stock. Brown rice, however, has higher food value because it is unpolished, and therefore still has the outer coat of the grain, which contains most of the mineral, much of the vitamin values of rice. In oriental countries, where rice is the principal food, the deficiency disease known as beriberi is common among people who depend upon the polished rice, but does not occur where brown rice is used, because the outer coat contains vitamin B.

Brown rice is sold in packages in many grocery stores, and at some food stores it is sold in bulk. "Rice polishings," i. e., a fine powder which results from polishing the rice grain, can be had at the rice mill, and they are a desirable addition to wheat flour and corn meal because the rice polishings contain the minerals, and vitamin B, which were removed from the grain in the milling.

Boiling, according to Miss Steinbarger, though the simplest method of cooking rice, is one of the most trying tests of its cooking quality. In boiled rice the grains should be white or creamy, tender yet unbroken, and should stand apart. This is accomplished by boiling the rice gently in an excess of water (2 quarts of water to a cup of rice) until the grains are tender, draining and pouring water over them to remove any

starch which may cling to them. In some sections of the country, minerals in the water may cause rice to become grayish or greenish in color when boiled, but a pinch of cream of tartar in the cooking water will prevent this.

Brown rice should be boiled in the same manner as white rice, except after boiling gently about 30 minutes it should be covered and allowed to simmer until the rice is cooked through and the water is absorbed.

**MENU FOR ONE DAY**

**Breakfast**  
Hot Cereal, Griddle Cakes, Syrup  
Coffee (adults) Milk (children)  
Orange or Tomato Juice for Baby  
Toast for Baby

**Dinner**  
Rice Pilau  
Toasted Rolls or Hard Rolls and Butter  
Blackberry Pie  
Milk for All  
Supper  
Egg Plant Creamed Tomatoes  
Jam or Tart Preserves Whole Wheat Bread and Butter  
Milk for Children

**RECIPES**

**Rice Pilau**  
2 thin slices of salt pork, finely diced.  
3/4 cup uncooked rice.  
3 cups hot water.  
2 medium sized onions, cut fine.  
2 cups tomato juice and pulp.  
4 tablespoons minced parsley.  
Salt.  
Pepper.  
Paprika.

Fry the salt pork until slightly browned. Add the rice which has been washed and drained, and stir until the rice is a golden brown, adding the onions meantime. Add the hot water gradually, cover and cook. When the rice is tender, add the remaining ingredients, place in a greased baking dish, and bake 30 minutes in a moderate oven (350 degrees to 370 degrees Fahrenheit).

**Rice Patties**  
Cook boiled rice until it is fairly soft, drain, but do not rinse. Spread it about an inch thick in a shallow pan, pressing it down well. Cut into rounds with a biscuit cutter. Place the rounds in a greased pan, adding a bit of butter to each. Brown in a hot oven (400 degrees to 415 degrees Fahrenheit), or under a broiling flame. One cup of uncooked rice makes about twelve patties. Serve creamed meats or creamed vegetables over the rice patties.

**Baked Creamy Rice Pudding**  
3 tablespoons uncooked rice.  
1 quart milk.  
1-3 cup sugar.  
1/2 teaspoon nutmeg or cinnamon.  
1/2 teaspoon salt.

Wash the rice, add to the remaining ingredients, and stir the mixture. Pour into a baking dish, and bake 2 1/2 to 3 hours in a slow oven (285 degrees to 295 degrees F.). Stir three or four times during the first hour. One-half cup of raisins may be added if desired. The creaminess and delicious flavor of this pudding result from long, slow cooking.

**Rice Left-Overs**  
Substitute cooked rich for bread crumbs in making meat loaves or scalloped dishes.  
Combine left-over rice with the less tender cuts of meat in making stews.

**Meat Stuffing for Tomatoes**  
Mix boiled rice with chopped cooked meats, minced green pepper and celery; or omit the cooked meat and use a stuffing for meats or fish.

## SQUATTERS GRAB UMPQUA FOREST LAND IS REPORT

ROSEBURG, Ore., June 10.—(AP)—A group of from fifteen to twenty persons is reported to be on Fish creek burn in what is regarded as a new colonization attempt in that section of the North Umpqua National forest, according to information received here by V. Harpham, supervisor. Forest rangers reported to Harpham that the persons making up the group arrived on the burn Sunday and Monday last and have established camps.

Efforts to colonize the Fish creek burn have caused the forest service much trouble in the past few years. E. H. Best and Emory Davis, who have been evicted in the federal court at Portland, are reported to be with the present group, Harpham says.

Cedar Springs, one of the particular sections in dispute, where Davis formerly tried to establish a claim, is being opened this year as a public camp, and forest service men are now fencing off an acre of land surrounding the water hole and grove there. As the spring is located near Fish creek and Toketee falls, the camp is expected to be very popular with fishermen and recreation seekers generally.

## NAMED AS METHODIST BISHOPS



J. Ralph Magee (left) of Seattle, Wash., and Ralph S. Cushman of Rochester, N. Y., are shown together in Atlantic City, N. J., after they were elected bishops of the Methodist Episcopal church.

## NO MORATORIUM FOR AUTO TAGS

PORTLAND, Ore., June 10.—(AP)—Governor Julius L. Meier said to-

day he does not plan to grant a "moratorium" to automobile license buyers this year.

The matter of enforcement rests with the state police, the governor said, but so far as he is concerned the license plates must be on all automobiles by July.

Salem—\$98,000 hospital building at state tuberculosis hospital south of here completed.

## TRUCK OPERATORS SECURE REVISION OF BALLOT TITLE

SALEM, June 10.—(AP)—The supreme court today handed down its decision on the appeal from the ballot title of the "highway protective bill," which is proposed for an initiative measure on the November ballot. The court changed the title to the "freight truck and bus bill." The body of the title remained unchanged.

The appeal from the title as handed down by the attorney-general was made by the allied truck owners organization in Portland, claiming the title misleading and unfair. The initiative proposal is being sponsored by the highway protective association, of which Oswald West is president.

The change in title necessitates the printing of new petitions and cancelling of signatures on the original petition, if any had been circulated. The statute provides that the names of 17,886 voters necessary to place the measure on the ballot.

The measure seeks to impose additional restrictions upon freight and bus vehicles and increase the tax assessed on such carriers.

### Medford's Modern Fruit & Vegetable Market

Specials for Friday & Saturday  
June 10th and 11th

Peas—Fancy local varieties, 3 pounds	14¢
New Potatoes—Early Rose, very smooth, 5 pounds	17¢
Cabbage—Local solid heads, pound	5¢
Lettuce—Large crisp heads, 3 heads	14¢
Large Red Ripe Berries	
Delicious Flavor, 3 baskets	14¢
Crates, 15 Baskets	55¢
Strawberries	
Cantaloupes—Imperial Ripe—3 for	20¢
Watermelons—Imperial Ripe—Pound	3 1/2¢
Oranges—Extra special—3 dozen	33¢

Specialties  
Cherries, Peaches, Plums, Apricots

### Valley Fruit & Produce Co.

Free Delivery 10 So. Central Ave. Phone 97  
Open Evenings and Sundays

## CHIEF ELLIOTT MADE TRUSTEE

CORVALLIS, Ore., June 10.—(AP)—J. F. Volstorff of Hood River was elected president of the Oregon Fire Chiefs' association here. He succeeds C. J. Baughman, of Ashland.

Other officers named were Henry Leconq, Marshfield, first vice-president; A. C. Kielblock, Albany, second vice-president; James M. Fletcher, Roseburg, re-elected treasurer, and Lester B. Davis, deputy state fire marshal, re-elected secretary. The new board of trustees is composed of Ivan L. Pearson, McMinnville, Roy Elliott, Medford, and Percy Tallman, Corvallis.

## MARY PICKFORD CHIDES BANKERS

LOS ANGELES, June 10.—(AP)—Mary Pickford as Hollywood knows her—a charmingly shrewd woman—talked today to the women attending the American Institute of Banking convention here, but had little to say about woman's place in business or solutions of the depression.

What she wanted to know was when bankers were going to look upon motion picture films as security.

"It seems to me," she told the women, "that there is a lack of understanding between bankers and motion picture producers—a lack of recognition on the part of the banker of the value of a finished film. A film, if it is a good film, ought to be as good security for a loan as flour or steel or sugar."

Recall Briand's Yachting. OUISTERHAM, France.—(AP)—The seafaring promenade of this channel fishing village has been named for the late Aristide Briand because he used to come here to sail his yacht, "The Simonnele."

# WHY HILLS BROS. COFFEE IS THE MOST ECONOMICAL COFFEE TO BUY

If you are sincerely interested in *quality and economy*, you will read these facts about the largest selling brand of coffee between the Pacific Coast and Chicago.

Millions, who are as careful about their household budgets as they are about the goodness of the coffee they buy, have made the discovery that Hills Bros. Coffee is the most economical.

That is one reason why more people, from Chicago to the Pacific, buy more Hills Bros. Coffee than any other brand.

They know that the quality of coffee determines the flavor. They know that the strength of coffee determines the number of good cups you can make. Flavor without strength is expensive. Strength without flavor is unsatisfying.

Only the highest quality selected coffees are used at the Hills Bros. plant. These coffees plus perfect roasting, grinding and packing, give Hills Bros. Coffee its full-bodied strength and rich, delicious flavor.

**Why Hills Bros. Coffee goes further**

This abundance of flavor is the reason Hills Bros. Coffee goes further. It is why Hills Bros. Coffee offers the greatest value. Indeed, Hills Bros. Coffee gives you such unusual goodness that your first cup is a notable and remembered occasion.

The U. S. Customs Districts' records of coffee imports offer substantial proof of the unusual quality found in Hills Bros. Coffee. These records show that the per pound value of coffee received in the San Francisco Customs District in 1931 was 30 per cent higher than New York's importations and 50 per cent higher than New Orleans'. Hills Bros.' plant is located in San Francisco. The enormous quantities of high-grade coffee used by Hills Bros. are responsible for the quality showing of this port in the United States records.

**The high quality and flavor of Hills Bros. Coffee account for its popularity throughout major area of United States**

Back in the eighties, A. H. and R. W. Hills paved the way for

the coffee business seems of equal importance. First, to market good coffee, you must buy high-grade green coffee. And even though the green coffees are good, they must be properly blended. Yet, the finest blend cannot be developed to full flavor by poor roasting.

The common method of roasting coffee is in batches of several hundred pounds, but Hills Bros. roast in small quantities by their exclusive process—"Controlled Roasting". It is precise. Every berry receives the same even roast—just the roast required to develop the delightful goodness that nature makes possible. The process never varies, neither does the flavor. People who appreciate the same fine flavor in their coffee, meal after meal, continually praise this feature of Hills Bros. Coffee.

**Quality insured and safeguarded by grinding and packing**

Through scientific tests, Hills Bros. have determined the degree of granulation that will give the most satisfactory results in making coffee. The grinding is done by machines which, like Controlled Roasting, embody certain exclusive principles developed by Hills Bros. If you make coffee in a Drip Pot, Percolator, Urn, or even in a saucepan, the granulation of Hills Bros. Coffee will give perfect results.

In July, 1900, Hills Bros. originated the vacuum process of packing coffee. The vacuum process is the only method that fully preserves coffee freshness—the air is removed from the can and kept out. And remember, there is no magic about a vacuum can, it will not make poor coffee good but it will keep good coffee fresh.

**A month's trial will be a revelation in value received**

Drink Hills Bros. Coffee! Every steaming, fragrant cup will be a thrill to your taste. You will enjoy a flavor and satisfaction such as you never dreamed of. Compared with Hills Bros.' flavor and quality, any other coffee would cost you more.

Here is the coffee of coffees. The choicest berries of the world's crop, expertly blended, perfectly roasted, ground to the correct degree and packed in vacuum to keep fresh always. Order Hills Bros. today. Ask for it by name and look for the Arab trade-mark on the can. Hills Bros., San Francisco, California.

## EXTRA FLAKY ...prove it yourself!

**B**REAK one of these dainty, slightly salted Sunshine Krispy Crackers... You can actually see for yourself the many, delicate layers of tiny, tender flakes that make them so much crisper and more flavorful.

It's this extra flakiness that makes them just the cracker for delicious tea-sandwiches, for dainty spreads... and all through meals.

Try them with your next grocery order!

**Sunshine KRISPY CRACKERS**

LOOSE-WILES BISCUIT COMPANY  
PORTLAND

## Hills Bros. took the guess out of roasting their coffee

It is interesting that almost every step in

**Hills Bros. Coffee**

Back in the eighties, A. H. and R. W. Hills paved the way for