



RICE is a new discovery for summer salads. The flavorful, distinctive grains of Converted Rice remain separate and fluffy even after a stay in the refrigerator. Marinate them and toss in a quickly-made Rice Medley—serve with tomato wedges and garnish with a bit of endive.

No Monotony Summer Food, Use Salads

A hearty salad with wheat crackers or rice and an iced beverage could aptly be termed America's favorite light meal—quick to prepare and quick to eat. Use it frequently but watch the combinations and preparation to avoid monotony. A little ingenuity assures continued enjoyment even in a steady diet of these quickies.

The featuring of different main ingredients—cubed meats, flaked tuna, chopped eggs, or cheese will give entirely varied results. The "frosting" in any salad is the dressing—carefully select one that will blend well with this main ingredient to assure perfect flavor.

Interest in texture may be obtained by fresh or cooked vegetables—the cooked ones may be remnants of a previous meal. Try strips of vegetables for one salad and diced for another—cut them in any way you please but don't mince them beyond recognition.

Salad greens (endive, watercress, lettuce, etc.) are not for the rabbits alone. Toss them with the main ingredients instead of using them only as a "frame." Be imaginative with the garnishes and give the party a real. One word of caution—the many garnishes on one salad are worse than none at all!

A really good trick is to introduce foods that have not been overworked. Rice is such a food. Converted Rice, especially its qualities of nutrition, flavor, and ability to keep its distinctive shape even after several days storage in the refrigerator.

If you're a beginner at gauging proportions, here's a suggestion for four servings of "Rice Medley":

- RICE MEDLEY**
- 1 1/2 cups cooked rice
 - 1/2 cup Tuna, flaked or cubed cold meat
 - 1/2 cup Green peas
 - 1/2 cup pickles, diced
 - 1/2 cup celery, chopped
 - 2 tbsps. salt
 - 1/2 Pepper (red-cayenne) as desired

olives, tomato quarters, or celery curls. If time permits, marinate rice in dressing for several hours before using.

A delightful accompaniment to ham or fowl is a sweet salad made with rice and a tangy lemon cream dressing. Fold the dressing into the cold converted rice (1/2 cup dressing to 1 cup rice). Place a few rounds of the mixture on a ring of orange sections, saving enough to stuff extra large prunes for the garnish. Dribble a bit of dressing over the top of each prune. For a dash of flavor sprinkle a few grains of nutmeg over the dressing.

LEMON CREAM DRESSING
 5 tbsps. Pineapple Juice
 2 tbsps. Lemon Juice
 1 Egg, whole
 5 tbsps. Sugar
 1/2 Cup Cream, whipped
 1/4 tsp. Salt

Heat fruit juice in top of double boiler. Beat egg until frothy, add sugar gradually. Stir in hot juices slowly, return to double boiler and cook over hot water until smooth and thickened, stirring constantly.

SURE CAN!
 Keep stewed fruit on hand in your refrigerator. You can serve it alone or top it with a biscuit dough and serve as a delicious cobbler.

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