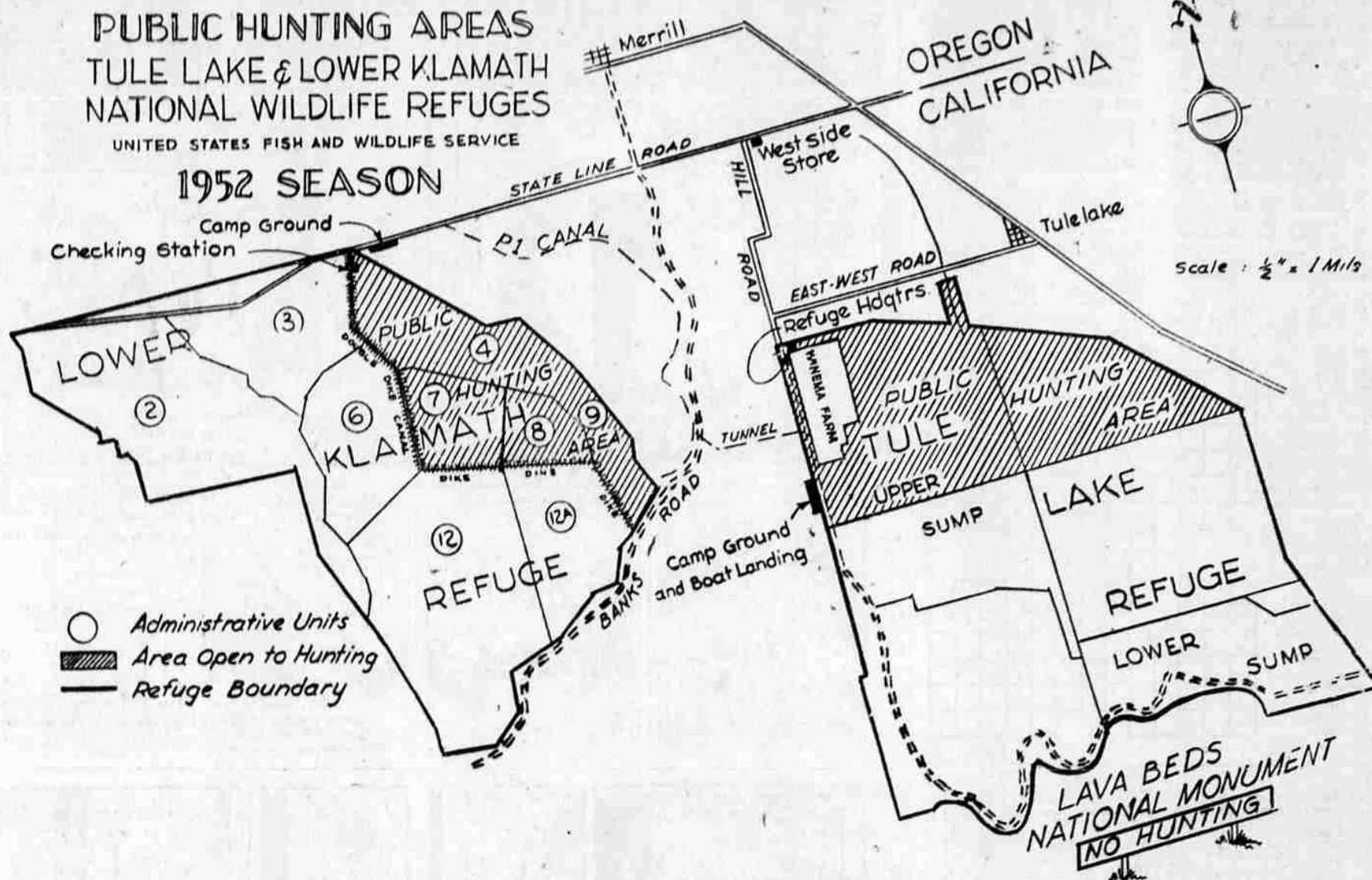




Helpful Hints

TAKE IT EASY
To roast almonds place them in a single layer on a flat pan and roast in a slow oven (300 degrees F.) about 20 to 25 minutes. Stir occasionally so they brown evenly.

BE CAREFUL
Cut paper to fit size of pan before greasing, allowing it to extend about an inch above the top of the pan. Make slashes rather than folds in the paper so the corners will fit well. Grease each layer of paper separately, and then stack them together before fitting in the pans.

ANY KIND WILL DO
Fruit cakes can be baked in most any kind of a pan. Tube and loaf pans are popular for large cakes. Save your empty coffee cans and fruit and vegetable cans for small cakes. You'll find the smaller cake perfect for gifts. Fill the greased paper-lined pans to not more than 1/2 inch from top of pan.

BAKING TIP
Arrange fruit cakes on oven shelf and put a shallow pan of water on the bottom. This gives the cake a soft crust as they bake.

USE SLOW HEAT
Bake fruit cakes in a slow oven, 275 degrees F. Baking time depends on the size of the cake, but to give you an idea, a 9-inch loaf takes about 3 hours. Test them for doneness same as you would another cake. When a wooden pick thrust in comes out clean, the cake is baked.

FRUIT CAKE FILLERS
Candied dried apricots and prunes are good in fruit cakes and for decorating them. To prepare them cover the fruits with water and boil 15 minutes. Then remove pits from prunes and cook slowly 10 minutes in a syrup of one cup water and 2 cup sugar. Cook apricots in same syrup about 20 minutes. Drain on wire rack.

MAKES IT GOOD
Apricot whole fruit nectar, sweet wine, rum, brandy or fruit juice are often used for liquid in fruit cakes. They're used too, to dampen clothes that cakes are wrapped in while they ripen.

START EARLY
Start off a junior miss cook with this simple cookie recipe. Combine a package of semi-sweet chocolate bits with 2 1/2 cup sweetened condensed milk. Heat and stir over hot water until smooth. Then add a cup of chopped walnuts. Drop by teaspoonfuls onto a greased cookie sheet. Bake in moderate oven about 10 minutes.

WINTER WONDER
A favorite salad for winter months is a molded avocado and grapefruit one. Dissolve a package of lemon-flavored gelatin in 1 1/2 cups hot water. Stir in 2 tablespoons lemon juice, 1/4 teaspoon grated onion and a dash of salt. Chill until partially thickened and fold in diced avocado and diced grapefruit. Chill until firm.

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Most Important Food In World Today Is Rice

Rice cultivation is as old as civilization itself. No one knows how many years ago man first began to cultivate this food, which is today the basic food of more than half of the world's population.

The ancestor of the rice we eat today is a wild grass growing beside lakes from India to the East Indies and northern Australia. The Hindus call this wild grass "nivara" or "newaree" which was grown in India as early as 3000 B. C. Our English name for this crop comes from the Greek "oryza," "oryza," which in turn comes from the Arabic, "ariz," and before that from the Sanskrit (the ancient Aryan language of the Hindus of India).

TRAVELED
During the Middle Ages the invading Arabs carried rice into Spain under the name of "Arus." It was first cultivated in Italy, near Pisa, in the year 1468. The Greeks first secured rice during expeditions of Alexander the Great to India. It was early brought to Syria, Egypt and parts of northern Africa.

The words rice and food are synonymous in many languages the world over, showing that rice was one of the chief foods used in those early days. Rice is not mentioned in the Bible but it is alluded to in the Jewish Talmud. The Greek poet, Sophocles, in 495 B. C. mentioned rice in the Tragedies.

The earliest mention of rice in history is in China. In 2800 B. C. a Chinese emperor established a ceremonial ordinance for rice planting and a great spring festival was held in honor of the rice plant. The emperor alone was given the high honor of scattering the precious seeds of the rice plant. The princes were allowed to scatter the seeds of less important grains.

In China and Japan, the earliest and most common institution was the public charity granary, where rice was received sometimes as taxes, sometimes merely as gifts from the well-to-do or from feudal lords to be stored as a community provision against times of famine.

COMMON FOOD
For many, many years rice has been a precious and sacred food to the people of Japan. They believe that the gods gave them the rice fields and that the Goddess of Food lives in the growing rice plant. The fox is believed to be the servant of the Rice Goddess and when farmers see this animal in the fields, they think that the animal has come to look over them and report to the Rice Goddess whether or not the weeds are pulled and the fields are well cared for. All over Japan, in the fields, in the hills and even in the homes, are shrines to the Rice Goddess.

In some parts of the Orient, where grown in large quantities, rice was still the medium of exchange. Debts, taxes, charities, various feudal obligations, pensions, even wages were and are paid in rice.

U. S. EARLY
When rice was first introduced into the United States is not definitely known, but one account states that it was grown in Virginia as early as 1647. Another account states that it was grown in a garden in Charleston, South Carolina, from seeds brought from the Island of Madagascar, around 1685. On Aug. 31, 1693, Lord Albemarle, one of the Lord Proprietors of the province of Carolina, wrote to the Governor of the Barbadoes advising planters there to settle in the province of Carolina to grow rice. By 1690 some headway was made in growing rice because the leading men of the province petitioned Governor Sothell to arrange with the Lord Proprietors for the people to be allowed to pay their rents in several of the "most valuable" products of their land and rice was included among those listed. As early as 1754 the province was exporting 104,682 barrels in addition to supplying its own people.

The Civil War was the beginning of the end for rice growing in the Carolinas but at this time the development of the rice industry in Louisiana began. In the '90's Texas land which had been used for cattle was converted to rice farms. In 1902 a farmer at Loneoke, Ark., began growing rice. Modern experiments in growing rice in California began in 1908 near Biggs, although rice was grown in Alameda and other coastal counties as early as 1860.

Today the total United States rice crop is grown in Louisiana, Texas, Arkansas and California, with a little commercial production in Mississippi and Missouri. Try these recipes.

Here is a "shouting good" rice dressing, special enough to stuff any fowl or to be served with any kind of meat.

For big birds or little birds, this super savory rice dressing is such an eating treat that the anticipation of eating it will keep "other birds" from sidgiting, while Dad carves and serves the plates with steaming spoons of a super delicious rice dressing.

RICE DRESSING
1/2 pound butter or margarine
1 cup finely chopped onion
1/2 cup finely chopped green pepper
1 cup finely chopped celery
1 cup chopped mushrooms
2 cups cooked rice
1 teaspoon salt
1/2 teaspoon pepper

Preparing the fluffy white rice: To make 3 liberal cups of fluffy rice, put 1 cup of uncooked rice, 2 cups of cold water and 1 teaspoon of salt into a 2 quart sauce pan and bring to a vigorous boil. Turn the heat as low as possible. Cover saucepan with a lid and leave over this low heat for 14 minutes. Do not remove lid nor stir rice while it is cooking. Turn off the heat.

For real convenience and economy of time and effort, keep unused rice in the refrigerator in a covered container at all times. Use

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