



LEMON RICE with your favorite fish fillets, which have been sauteed or broiled a golden brown make a real "man pleasin'" Lenten dish. This recipe is made with packaged pre-cooked rice. While you are completing the finishing touches of the meal, just add the rice to boiling salted water and let stand — add the lemon touch and serve. Crisp radish roses, carrots curls and frozen or canned asparagus tips served with a cream sauce give this quick-easy meal the final touch.

— Photo courtesy Minute Rice.

Lemon Rice and Mighty Nice

For a quick Lenten meal, packaged pre-cooked rice makes a very fine companion for the fish entree. Here's Lemon Rice:

Staff of Life

Cost of bread is no longer determined by the price of wheat, states the Agricultural Marketing Service in a recent market analysis. High labor and high production costs in the baking and milling industries are the determining factors.

Although the annual average price for a pound loaf of wheat bread in 1953 increased 6 cents over the average for 1949, the farmer's share of the retail price declined because of high labor and production costs at the other end of the supply line.

The housewife paid an average of 16.4 cents for a pound loaf of white bread in 1953. This is an increase of 8 cents above the annual average price for 1949.

The value of farmer-produced ingredients in a loaf of bread increased 5 cents at the farm but the farmer's share of the retail price declined from 26 per cent in 1946 to 19 per cent in 1953.

Seven years ago, 1947, a one-pound loaf of white bread retailed in the United States at an average price of 12.5 cents. The farmer's share of this retail price was 2.9 cents. Since 1947, the retail price of bread has the farmer's share has decreased.

The USDA report concluded with the statement: "Figures show whatever happens to the price of wheat in the future will have little effect on bread prices at the consumer level."

STRING BEANS
For savory canned string beans dice two thin slices of bacon and fry gently but do not crisp. Add liquid from can of beans and cook to reduce liquid to one-half. When ready to serve, add beans and butter and just heat through—do not boil.

HOT CHOCOLATE
Melt one 7-oz. package semi-sweet chocolate pieces in top of double boiler. Stir until smooth. Gradually add 4 cups of milk, stirring to blend. Continue cooking over hot water, stirring occasionally until really hot. Add 1 teaspoon vanilla and serve.

MARK STORED TRUNKS
When you store trunks in an apartment house storage room, attach your name to each with a patched tag.

- 2 tablespoons butter
- 1-3 cups packaged pre-cooked rice
- 1 1/2 cups water
- 1 teaspoon salt
- 2 tablespoons chopped parsley
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon rind

Saute garlic in butter until golden brown. Add rice, water and salt. Mix just to moisten all rice. Bring quickly to a boil over high heat, uncovered. Then cover and remove from heat. Let stand 13 minutes. Add parsley, lemon juice and lemon rind, mixing lightly with a fork. Makes four servings.

RHUBARB

Try cutting the tender pink stalks of new rhubarb into half-inch slices and cook them about 5 minutes with only a couple of tablespoons of water. Sweeten to taste and add a generous handful of sweet seedless raisins. The sweet-sour combination of fruits is refreshing.

SALAD

Try adding to a mixed green salad chopped sauteed chicken livers, crisp bacon bits and diced avocado. Toss lightly with an oil and wine vinegar dressing. Use only salt and freshly ground black pepper for seasoning.



DAVIDOW'S color co-ordinated exclusive British tweeds for a trim. Scarlet wool diagonal weave suit teamed with a loose 38-inch coat of giant taupe and scarlet checks. High-buttoned suit - jacket has double-take patch pockets and Peter Pan collar. The coat has a club collar and deep cuffs. This is from a group of designs especially for the five-foot-three figure. Photograph courtesy Couture Group of the New York Dress Institute.

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LIME ICE, a cool, refreshing touch of spring, is a light note to top off a company dinner. Make it in your refrigerator trays and for true fruit flavor use frozen limeade.

— Photo courtesy Minute Maid

Touch of Spring

When making frozen desserts at home, it is better not to fill refrigerator trays to the brim. Liquids need room to expand.

If you wrap your tray in wax paper as soon as the lime ice is frozen and lower the temperature control, you can avoid those large crystals that sometimes form on the surface of homemade frozen desserts.

- LIME ICE**
- 1 cup sugar
 - 1 cup milk
 - 1 cup heavy cream
 - 1 can fresh - frozen limeade
 - 2 cups water
 - 5 drops green coloring
- Blend sugar, milk and cream together in heavy pan and stir over moderate heat only until sugar is dissolved. Remove from heat. Blend contents of limeade can with

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2 cups water and stir slowly into two refrigerator trays and place milk and cream mixture. Blend in in freezing compartment of refrigerator. Pour mixture into refrigerator. Set dial for fast freezing.

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FIGCO
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- Cheese Pepper** 2 Year Old Wisconsin **59c lb.**
- Dill Pickles** Schilling's Black Package of Flower Seeds Free! 4-oz. **49c**
- Orange Marmalade** Steinfeld's 1/2 gal. Barrel Jar **53c**
- Jewel Oil** King Kelly Delicious on toast from Coast to Coast. 12-oz. **19c**
- Peanut Butter** Swift's - for salads or Cooking Qt. **59c**
- Luncheon Meat** Swift's 12-oz. jar **33c**
- Tuna** Canadian Pork - 12-oz. **35c**
- Salmon** Standby - Light Meat Solid Pack No. 1/2 tin **33c**
- Cake Mix** Sextant, Pink No. 1 Tail Cans **3 for \$1**
- Tea** Dromedary - Devil's, White, Yellow Pkg. **19c**
- Ginger Bread Mix** Tenderleaf Black. Pkg. of 48 bags **48c**
- Tuna Noodle Dinner** Dromedary 2 pkgs. **45c**
- Pretzel Sticks** Starkist 15-oz. can **29c**

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Old Fashioned Frankfurters		35c lb.
BABY BEEF LIVER	Sliced Fresh	39c lb.
Fresh Rabbits	Cut up, Ready to Fry	65c lb.

SUNSHINE
Crackers 1-lb. **25c**

Young, Tender Beef Roasts lb. **39c**

Center Cut Pork Chops lb. **65c**

Full of Flavor Pork Roasts lb. **45c**

Country Style Pork Sausage 3 lbs. **74c**

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- RED RADISHES or GREEN ONIONS** bun. **5c**
- Noodle Dinner** 29-oz. can **50c**
- Grahams** 1-lb. pkg. **29c**
- Peas** 10-oz. pkg. **2 for 23c**
- Strawberries** Lg. 12-oz. pkg. **25c**
- Bouquet** 3 for **25c**
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