

# Of Interest to Women



Hello Homemakers! When a long absent commodity finds its way back on the grocers' shelves, it receives an enthusiastic welcome.

So it is not surprising that with the appearance of rice, homemakers are writing to us for ways to use it. Some find the price high and want to know ways to use it wisely. Others have thrown away pre-war rice recipes.

To-day, therefore, we refresh your memory with rice recipes for soup, main course or dessert. Rice is a starchy food which should be cooked in plenty of hot liquid quickly. To prevent rice forming a sticky mass during cooking, sprinkle rice slowly into rapidly boiling water. Cook without a cover, keeping the food constantly boiling until rice is soft (about 40 mins.) then drain and pour a cup of cold water through the rice in a sieve and place in a partially covered dish in a warm place before serving.

### RICE SOUP

For each quart of brown or white stock, use 2 tbsps. rice. Soak one half hour in enough stock or water to cover it. Bring remainder of stock to simmering point. Add soaked rice and simmer in closed saucepan one half hour.

### CURRIED RICE

1 cup rice, 2 tbsps. fat, 1 tsp. chopped onion, 2½ cups boiling water, 1 to 2 tbsps. curry powder, 2 tbsps. salt, ¼ tsp. pepper.

Wash the rice well. Place fat and onion in a stew-pan and cook them until the onion is yellow, add the rice and stir the whole over a hot element for five minutes. Draw the pan off the heat, season with the curry powder, salt and pepper, stir well and pour in the boiling water. Cover the stew-pan and boil rapidly for ten minutes, then cook very slowly for 40 minutes.

Curried rice is appropriate with any kind of meat dish that has been prepared with a sauce.

### RICE CROWN WITH APRICOTS

Cook rice in milk and put in a buttered ring mold. When cool turn into a fruit dish. Cook dried apricots and place halves around the top of the crown. Strain the remainder of the fruit through a fine sieve and pour in the hollow of the crown. If this dish is desired hot, put the mold in the oven for a few minutes before trimming it with the apricots.

### RICE MUFFINS

¼ cup sugar, ¼ cup boiled rice, 1 egg, 2 tbsps. shortening, 1 cup milk, 5 tbsps. baking powder, 2¼ cups flour, 1 tsp. salt.

Mix sugar, boiled rice, egg, melted shortening and milk. Sift baking powder, salt and flour together, and add. Bake in greased muffin pans in electric oven (400 degs. to 425 degs.) for 30 mins.

### CREAMY RICE PUDDING

3 tbsps. rice, 2 tbsps. sugar, 1 quart milk, ½ tsp. salt, ½ tsp. cinnamon or nutmeg.

Wash the rice thoroughly, add the other ingredients and pour into a greased baking dish. Bake from 1½ to 2 hours in electric oven (250 degs. to 300 degs.) stirring several times. The mixture should not boil.

This is the old fashioned creamy pudding which has such a delicious flavor because of the long slow cooking. One half cup of raisins may be added if desired. Serve hot or cold.

### TAKE A TIP

1. To make broiled cube steaks, you can use either round steak or tenderloin cut into individual serving pieces. To tenderize it, pound each piece with a wooden mallet or potato masher. Preheat the broiling element. Place steak on lightly greased rack of broiling pan two inches below the hot element. Brown for 10 mins., then turn and broil on other side. Sprinkle with salt and pepper and serve.

2. Meat sandwiches are attractive. Cut canned meat in thick slices, spread one side with prepared mustard or chili sauce. Whip mashed potatoes with milk and put in between slices of meat. Heat in a covered casserole.

3. A souffle can be made on top of the stove. Put 2 squares chocolate with 1 cup milk in top of double boiler. Cook over boiling water until chocolate melts; beat until smooth with egg beater; add ½ cup sugar, dash of salt, 1 tsp. vanilla and 3 unbeaten eggs. Beat vigorously one minute. Cover and cook 20 minutes without peeping. Remove from electric element. Serve warm with cream or milk.

4. February salad: mix 2 cups shredded carrots, 1 small minced onion and 2 cups diced apples. Mix with salad dressing just before serving. Sprinkle with paprika.

Make business a force for world renaissance or a dying world will force us out of business.

### STOCK OF FUNNY STORIES

A stock of funny stories is said to be a great asset for a public speaker. It also helps a person along greatly in private conversation. Some speakers and some people in ordinary talk may tell the same stories to their audiences or listeners too many times which is not so good.

The remedy for that would seem to be to keep getting some new stories, and fresh ones are being printed every day in newspapers and magazines. Collections of them can be purchased for a small sum. The speaker who can introduce his remarks by an appropriate bit of humor wins the attention and sympathy of his hearers from the start. The ability to tell good stories helps to make a person popular, and people enjoy such a person's society.

### UNSELFISHNESS IN FAMILIES

One test of how far the spirit of unselfishness is affecting the world is found in the way people live in families. It can be said for the great majority of parents, that they give an enormous amount of unselfish effort for the benefit of their children. They deny themselves pleasures, they go without things that they would like and often need, that they may save the money to give their children a good development, and to help them make a good appearance before the world. Many of them wear old and shabby clothes so that daughter and son can have things they want.

Thoughts of Lent tell children to feel gratitude for this spirit of unselfishness shown by parents, and to show willingness to make their own contribution to the life of the family.

### THE PURSUIT OF KNOWLEDGE

What is the main motive that induces people to take courses in the higher education? How far do they continue these studies because of a love for knowledge, or a wish to give themselves the best possible preparation for some desired life work?

How many people are influenced to take such studies by such motives as the belief that highly educated persons earn more money, or the desire for the athletic or social activity that may be found in a college career? The fact that many young people enter colleges because of one or more of the last named motives, does not prove that they may not become thoroughly interested in the pursuit of knowledge. They see many fascinating human problems in the study of history and literature, science gives them insight into some of the mysteries of the universe, and foreign languages give a revealing picture of life in those lands. There are high rewards for all study. The pursuit of knowledge has a way of attracting the keen interest of those who enter into it.

### CHEW SLOWLY

Only such creatures as ostriches can afford to "gobble" food. Doctors warn that thorough chewing is necessary to ensure proper digestion, and to get the most out of what we eat.

They point to experiments carried out in an English nursery school, where it was found that 25 to 35 minutes is required for a meal for young children. The authorities also advise eating in serenity with a minimum of clatter and chatter.

Some men fear responsibility more than they fear hunger.

### PRESCRIPTION DRUGS

Unless armed with medical prescriptions, Canadians cannot buy some drugs over a drug store counter. Health authorities, who have drawn up, and enforce, regulations to protect health in this field, explain that such restrictions are essential.

Such drugs, they say, have a very narrow margin between what is effective and what is positively dangerous. Further, the unregulated use of such medicines could lead to conditions which may progress to a serious degree before the sufferer is aware of them.

### Notice to Creditors

In the matter of the Estate of HENRY WILLIAM ARCHER BRAND, late of the Township of Nassagaweya in the County of Halton, retired clergyman, deceased.

All persons having claims against the Estate of Henry William Archer Brand, late of the Township of Nassagaweya, in the County of Halton, retired clergyman, deceased, who died on or about the 17th day of January, 1947, are requested to send the same to the undersigned Solicitor on or before the 10th day of March, 1947, otherwise the estate will be distributed without regard to their claims.

GEORGE E. ELLIOTT,  
Milton, Ontario.  
Solicitor for the Administrator.  
Milton, February 15th, 1947. 37-3

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