

Prepare rice with salt and water as directed on package. Then remove cover and let cool to room temperature.

Mix blueberries, coconut, walnuts and cooled rice. Whip cream; add sugar and extract. Fold into rice mixture. Chill about one hour. Serve with additional coconut or the new packaged toasted coconut. Makes 4½ cups, enough for 8 to 10 servings.

Rice and Vegetable Dressing

- 1 cup uncooked rice
- 2 tablespoons butter
- 1 cup finely chopped onion
- 1 tablespoon minced parsley
- 1 teaspoon minced marjoram
- ¼ cup chicken broth
- 1 10 oz. package frozen lima beans
- 1½ teaspoon salt

Spread rice in a shallow pan, place in oven, and heat at 350° until golden, about 10 minutes. Stir frequently to prevent burning.

Melt butter in a 3-quart saucepan. Add onion, parsley, and marjoram. Cook until onion is tender. Add chicken broth, lima beans and salt. Simmer, covered, for five minutes. Add toasted rice. Heat to boiling. Stir. Reduce heat; cover and simmer about 20 minutes. Makes six servings to accompany your favorite meat dish, especially a well-seasoned pot roast.

Golden Rice Salad

- ¼ cup salad oil
- 2 tablespoons vinegar
- 2 tablespoons prepared mustard
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- 4½ cups hot cooked rice (1½ cup rice cooked in 3 cups chicken broth).
- 1 cup ripe olives, cut in large pieces
- 2 hard cooked eggs, diced
- 1½ cups celery, sliced
- ¼ cup dill pickles, chopped
- ¼ cup pimiento
- 1 small onion, minced
- ½ cup mayonnaise

Blend together salad oil, vinegar, mustard, salt and pepper; pour over hot rice; toss and set aside to cool. Add remaining ingredients; toss. Chill thoroughly. Serve on lettuce leaf and garnish with extra sliced eggs. Makes eight one-cup servings.

Keriyaki Steak Roll-Ups

- 1 package Rice Keriyaki Dinner
- 1 5-oz. can bamboo shoots
- 1 egg, slightly beaten
- 8 medium cube steaks
- 2 tablespoons butter
- salt and pepper
- 1½ cups water

Cook rice and wheat as directed on package; drain well. Drain bamboo shoots; mix rice and wheat, bamboo shoots, and egg.

Flatten each steak slightly with hand; place ¼ cup rice and wheat mixture on each steak. Roll up and fasten with wooden picks. Brown roll-ups in butter, about five minutes, turning for even browning. Season

with salt and pepper. Remove meat and drain fat from skillet.

In skillet, blend Sauce Mix and water. Heat to boiling, stirring constantly; reduce heat and place roll-ups in sauce. Cover and simmer about 40 minutes or until meat is tender. Just before serving, remove wooden picks. Serve roll-ups on large platter; pour sauce over meat. Sprinkle Chow Mein-Almond Topping around edge of roll-ups. Eight servings.

Rice Buttermilk Pancakes

- 2 cups sifted flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 tablespoons sugar
- 3 eggs, separated
- 2½ cups buttermilk
- 5 tablespoons shortening
- 1 cup cold cooked rice

Sift dry ingredients together in a mixing bowl.

Beat egg whites and yolks separately. Combine egg yolks, buttermilk, and shortening and add to dry ingredients, mixing well. Stir in rice. Fold in stiffly beaten egg whites. Bake on hot griddle. Makes 16 4-inch pancakes. Serve with Orange Honey Butter.

Orange Honey Butter

- ¼ pound butter
- ⅓ cup honey
- 1 tablespoon orange juice
- 1 teaspoon lemon juice
- 1½ tablespoons grated orange rind

Melt butter, beat in honey, orange juice, lemon juice, and orange rind. Serve warm over rice pancakes.

Blueberry Rice Supreme with walnuts and coconut in whipped cream is flavorful but light.



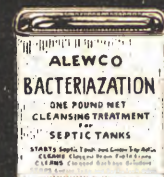
in your yard regularly—one afternoon won't do it. Or take up a morning bowling league now that the youngsters are in school. Nutritionists say time spent this way instead of reading, watching tv, or playing cards can help take off weight faster than dieting. An overweight woman who eats just enough to maintain her weight can lose about 9 pounds in a year by substituting daily an hour of activity for an hour of sitting. If she spends a second hour in active recreation she'll lose another 15 pounds a year . . . for a total of about 24 pounds . . . without a change in her diet.

To accentuate whatever part of your tan is left this fall, wear sparkling white collars . . . atop the grays, blues, and browns to be so good this year. A new design in portable ironing boards is a broad beam aluminum version measuring 17½ x 19½ inches. It comes with rubber-tipped folding legs, a foam rubber pad, and silicone cover, has space to store a travel iron on the underside, and can lie flat in the bottom of a suitcase. A vinyl tapestry carrying case also makes this an answer for

a hard to find Christmas present. You can order it from Gypsy Press, P. O. Box 454, Las Vegas, Nevada, 89101. Another gift item to consider is a chrome-plated shower caddy which features a 5-inch diameter reversible—standard and magnifying—mirror. This handy wire container also provides soap and shampoo holders, two hanger hooks, and a washcloth bar. It attaches easily to any standard shower fixture by means of its snap-on fitting; a large vacuum cup holds this caddy securely to the wall . . . made by Sinclair Industries, 1317 Kentucky Avenue, St. Louis, Missouri, 63110. Teachers, club women, and homemaking executives love the new feminine typewriter covers made of gaily printed vinyls. They're fun for students, too, and a great homework brightener. You can make them for gifts using vinyl-by-the-yard and a little cording, or prowl stationery departments for ready-made styles.

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