

Wild Rice Expensive But Does Make Good Dressing

By Faith Gillespie
Up in the timber forests of northern Minnesota and Wisconsin, and on into central Canada, the wild rice is being harvested.

Wild rice is not akin to white rice at all. It is a grass that grows from four to eight feet tall in the water of the shallow little lakes that dot the timber lands. It can't be cultivated—it grows wild—and it must be harvested from boats by hand. Traditionally the Indians have done the harvesting, bending the heads of the plant over the sides of the boat and beating the grains loose with two sticks.

As far as I can discover, wild rice is grown nowhere else in the world. I have cherished memories of times spent at a cottage beside one of the pretty rice lakes, with the wild rice growing. But I never saw it harvested, so I can't say whether it is still done by Indians.

Whoever does it now must have formed a union or a soil bank (a lake bank?) or something, because the price has jumped enormously. This is really hurts, but since we love it, I've been finding ways to use it economically. It has become too expensive to eat straight.

Costly as it is, it is a culinary treasure, and it can be stretched quite a ways. Half a cup of dry wild rice makes 1½ cups cooked. This is enough to stuff the neck cavity of a large turkey, while you fill the large cavity with your inexpensive bread stuffing.

WILD RICE STUFFING

Runse ½ cup wild rice in cold water. Drain. Bring to a boil three cups of water with one teaspoon salt and add the rinsed rice. Cook for 25 minutes in the boiling water, till tender, and then drain thoroughly.

Saute a medium onion chopped, and ½ cup chopped celery in two to three tablespoons butter till tender. Stir in the cooked rice and ¼ teaspoon sage, ¼ teaspoon thyme, ½ teaspoon salt, a few grains of fresh-ground pepper, and a tablespoon or two of sherry, if you have some.

Stir it for a couple-three minutes over medium heat, and it's ready to put into the bird. If you really want to live it up, saute ¼ pound of fresh mushrooms with the onion and celery, or a small can of mushroom pieces. This recipe will also stuff a small roasting chicken.

One of my most highly prized recipes is this casserole which came from my sister-in-law in Minnesota. It calls for a cup of wild rice, about four ounces, but the casserole serves 10 to 12, so the cost of the precious rice is only about 10 cents per serving, an epicurean bargain.

GWEN'S TUNA SUPREME

Cook separately, according to directions, two cups white rice and one cup wild rice.

Saute in four tablespoons butter, two medium chopped onions, four cups chopped celery, and ½ cup sliced fresh mushrooms (or a small can of mushroom pieces, drained). When the vegetables are clear and tender, stir in two cans white albacore tuna. (If the occasion is very special and your budget will stretch, a can of medium shrimp or crab meat is an elegant addition.)

Dark Tones Are Needed For Contrast

The stylish new dark toned finishes on oak, pecan or elm Spanish and French Pyrenees furniture designs call for strong contrasts in other furnishing colors.

Back into high fashion are natural colors of materials. Top flight interior designers approve what is called a "no-color" scheme.


Translated into carpets, area rugs, upholstery fabrics and draperies this indicates the natural color of leather, brick, Mexican clay pottery, linen, wool and cotton and brass.

No-dye, no-glaze, no-lin, no-pattern, no-paint, except white or off-white walls. The natural shades of a room's furnishings puts the spotlight on the carved, curved-lined, rugged looking furniture.

The sturdy textured woods with their brown-black antiqued finishes are dramatic combined with the natural tones and textures of other materials.

can of milk, stirring till smooth. Add three tablespoons sherry if you want. Stir everything together in a big mixing bowl, reserving about a half cup of soup mixture to pour over the top. Top with buttered bread crumbs or buttered Ritz cracker crumbs. Bake at 375 degrees for 30 minutes. You will need a three quart baking dish or two 1½ quart casserole dishes. Most often I do it in two, freezing one for another time.

Last time I bought wild rice, I remarked to the manager of the supermarket that the price was outrageous. "It's the Vietnam war," he said. "We just can't get the stuff." Who's he trying to kid?



FOOD FAIR Markets

Hunt's Pizza Catup
14 OZ. 10¢

WHIP 'EM QUICK
Duff Instant Potatoes
3 OZ. 10¢

PAPER TABLE NAPKINS
44 CT. 10¢





10¢ SALE!

YOU'LL SAVE DOLLARS DURING FOOD FAIR'S 10¢ SALE

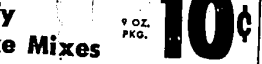
Yes, your little dimes are pretty valuable fellows during a 10¢ sale that tops all sales. Many other popular items have been put on sale, including: Morton Salt, Royal Pudding, Campbell's Tomato soup leads the list of sale items. It's the favorite for perking up leftovers, as well as standing alone as a creamy rich soup. And 10¢ is the price!

CAMPBELL'S NOURISHING Tomato Soup
10 3/4 OZ. CAN **10¢**



NO SLICES REMOVED

Swift Premium Smoked Ham
FULL SHANK HALF LB **59¢**



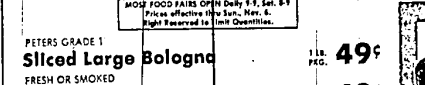

ASSORTED FLAVORS
Jiffy Cake Mixes
9 OZ. PKG. **10¢**





PACKED IN RICH TOMATO SAUCE
Hunt's Pork & Beans
15 1/2 OZ. CAN **10¢**





HARMONY BRAND TENDER STRINGLESS
Cut Green Beans
15 1/2 OZ. CAN **10¢**



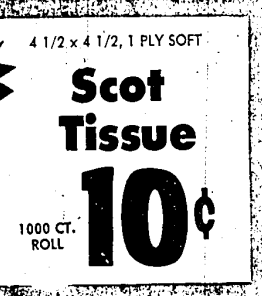
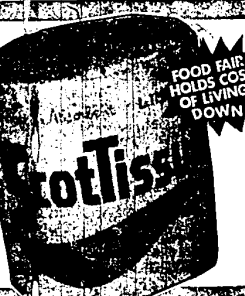
U.S. CHOICE
Sirloin Steak
1 LB. **95¢**



SWIFT PREMIUM
Butterball Turkey
12 TO 13 LB. AVG. **55¢**





LAND OF LAKES
Turkey Rolls
1 LB. **99¢**



FOOD FAIR HOLDS COST OF LIVING DOWN


Scot Tissue
4 1/2 x 4 1/2, 1 PLY SOFT
1000 CT. ROLL **10¢**




FLORIDA THIN SKIN
Juice Oranges
126 SIZE DOZ. **29¢**



POURS WHEN IT RAINS PLAIN OR IODIZED
Morton Salt
1 LB. 10 OZ. PKG. **10¢**



ASSORTED FLAVORS REGULAR
Royal Puddings
3 OZ. PKG. **10¢**



SPECIAL LABEL FOAMING ACTION
Ajax Cleanser
14 OZ. CAN **10¢**



THIS WEEK'S CORNING WARE SPECIALS!

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With this coupon and purchase of 2 PKGS. OF ANY CHRISTMAS CARDS

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With this coupon and purchase of 1 PKG. 500 SHEETS 100% LAMP PAPER

C FREE! ONE CORNING WARE BONUS COUPON
With this coupon and purchase of 1 LB. CAN OF HILLS BRN. COFFEE

D FREE! ONE CORNING WARE BONUS COUPON
With this coupon and purchase of 1 LB. BAG OF ANY POTATOES

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ADVANCE SALE PRICE \$1.10!
'Mod' Guys & Gals of the smart 'In Set-Point' your 'Wheels' toward your nearby Food Fair and Save \$1.00 on each Carnaby Street Fun Festival Ticket you buy!
Remember! There's Continuous Entertainment from Noon 'Til 10:00 P.M.—Nov. 18, 19 & 20 at the State Fair Coliseum!

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27415 Schoolcraft
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705 South Main
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Downtown Farmington
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