

FOOD EXPERTS LAUD VERSATILITY OF RICE AS FOOD

According to Consumer Marketing Information agents rice is thrifty and very versatile for all main meal mixtures to desserts. Rice blends with many food flavorings.

For a new treat in taste and texture try toasted divered blanched almonds with cooked rice to serve with chicken dishes or fish. Or add chopped olives to buttered rice to serve with tomato or cheese dishes.

Orange marmalade added to cooked rice gives you a dish that goes well with many meats. Add chopped onion and parsley to rice and you'll have a dish that goes well with seafood or meat loaf.

Did you know that any blow that will break an egg will also bruise a sweet potato? Never handle them roughly.

Consumer Marketing Information agents tell us to buy them in small amounts and use them shortly for the best value. Good sweet potatoes are smooth, well-shaped, firm and of bright appearance, with color and shape typical of the variety.

Maturity is of little importance except that the early crop may be more readily bruised and skinned than those shipped later in the season.

Egg whites whip best if beaten after standing a while at room temperature.



Homes and Gardening

Proper Lighting At Student's Study Desk Important In Developing Good Study Habits, Specialist Claims

Before advising a student to "Do your homework," it may be well to check on lighting conditions at his study desk.

Many mothers who wouldn't dream of serving unbalanced or inadequate meals to their children fail to provide proper amounts of light for study.

According to lighting specialists, good study habits can be encouraged in students of all ages when desks are properly lighted.

As with any cooking recipe, lighting requires the right ingredients and accurate measurements in placing equipment for best results. Lighting specialists suggest that these points be kept in mind when lighting study desks.

Avoid goose-neck lamps which cause harsh, reflected glare back in the eyes when light is concentrated on white paper. They fail, too, to provide surrounding light for additional comfort.

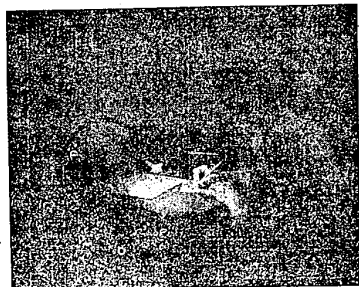
Avoid distracting contrasts between dark finished desk tops and lighted books or papers by using a large pastel blotter.

Choose the right size table lamp for study. Bottom edge of shade should be 15 inches above desk top. Minimum shade dimensions are: top, 8 1/2 inches; depth, 10 inches; bottom, 16 inches. Select a shade that is light-colored but not highly transparent for greatest comfort.

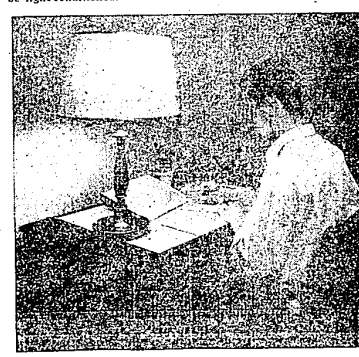
Select any one of three different arrangements under the shade for generous and comfortable lighting results.

A certified eight-inch diffusing bowl (glass bowl with flared metal top) and a 50-150-watt bulb. A wide harp and R-40 150-watt white indirect bulb or a narrow harp with 150-watt white bulb will do.

Final ingredient is correct placement so measure carefully. Place center of lamp 12 inches back from front edge of desk and 15 inches to the left of work center for right-handed students. Reverse placement for southpaws.



Eyes perhaps are this young student's most priceless possession. Yet he is shown here struggling to see under improper lighting from a goose-neck lamp. Even though the bulb is shielded, glare prevails from abrupt contrasts caused by surrounding gloom. For greatest eye comfort and quick, easy seeing, his desk should be light-conditioned.



Homework goes faster with good lighting. There is no need to strain to see at a light-conditioned desk. Recipe lighting promotes good posture, mental attentiveness and aids eyesight conservation for students of all ages, according to lighting specialists.

Many Winter Fires Caused By Faulty Heating Systems, Carelessness

The Three H's — Heaters, Hearth fires and Heating systems — are principal reasons why winter is the worst season for fires, according to the National Board of Fire Underwriters.

The dangers are obvious. Each of the three "H's" involves live flame or very high temperatures. One — space heaters — often involves the use of flammable liquids.

The following precautions are advised for home safety:

1. Heaters. These may present varied hazards. Electric heaters consume a good deal of current, and may overload house circuits. Gas heaters should be vented to the outdoors. Oil heaters should be set level, and never filled or carried while they are lighted. Keep the fuel supply outdoors. Wipe up all spillage. Since heaters use up oxygen, always keep a door or window slightly open in a room where such a heater is in use.

All types of heaters should, of course, be kept clean and in good condition. Any heater that is not in good condition — because of age, damage or wear — should be thrown away. Heaters in use should be set out of the line of traffic and away from curtains, tablecloths, furniture and other combustibles.

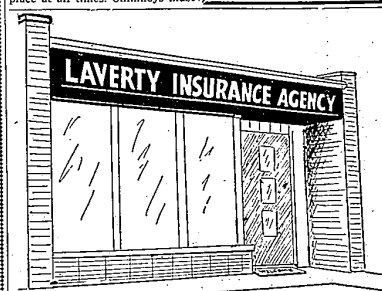
2. Hearth fires. To keep sparks from flying out on rugs and upholstery, keep a sturdy fire screen in place at all times. Chimneys must

be clean and free of cracks, too. 3. Heating systems. Every home heating plant, including boilers and pipes, must be kept clean and in good repair. If the ceiling or walls near the furnace feel hot, you may need more insulation to keep them from charring or catching fire. If in doubt, consult an experienced serviceman. Don't leave rubbish or kindling, paint or turpentine near the furnace. If there are ashes, put them in covered metal cans, never in wooden or cardboard boxes.

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CHILD AUTHORITY SUGGESTS FAMILY READING SESSIONS

Reading aloud is one of the most delightful ways for the whole family to share Christmas joys, declares Grace Harrison. Miss Harrison is an instructor in the child development department at Michigan State University. She feels that there is a wealth of Christmas poems, stories and legends that appeal to the youngest as well as the oldest members of a family.

The preschooler may catch the feeling of the story, she explains, even though he doesn't understand every word. Or, he may like the sound or the rhythm.

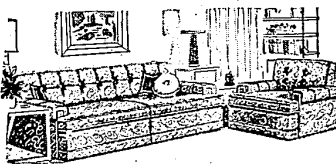
For those reading selections especially directed toward children, Miss Harrison suggests The Long Christmas by Ruth Sawyer and Told Under the Christmas Tree, a collection by the Association for Childhood Education.

One of Miss Harrison's favorite suggestions is to gather around the fireplace and reread the account of Tiny Tim's Christmas dinner or Donner and Blitzen's ride through the air. And, for new volumes with treasures you have not met, she reminds that your public library is an excellent place to go.

Miss Harrison adds a few more suggestions to her list of family Christmas reading. She asks, "Do you remember Louisa Alcott's description of Little Women making merry of a meager Christmas? Or Rat and Mole's activities in the Wind in the Willows by Kenneth Grahame?" Miss Harrison also suggests for fine reading aloud Eugene Field's Why Do the Bells of Christmas Ring?

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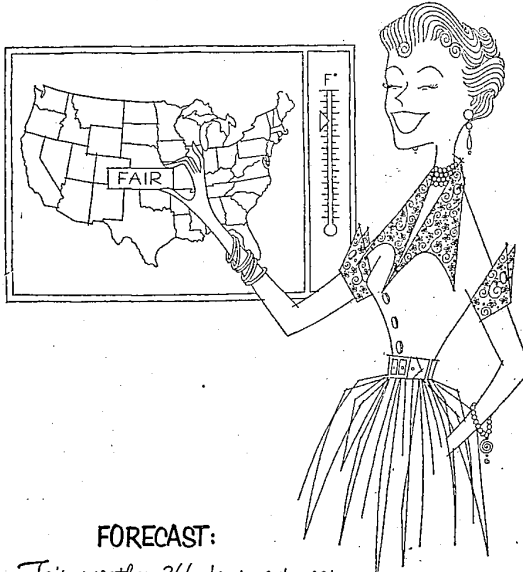
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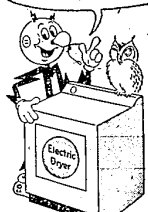
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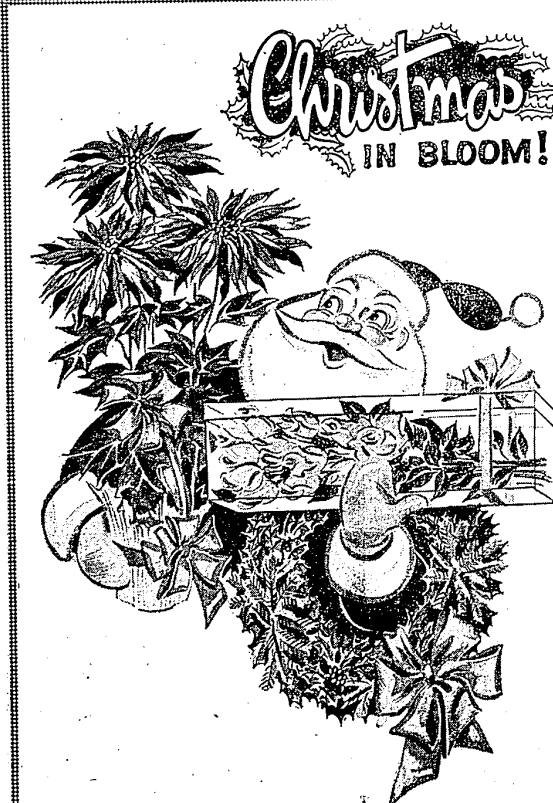
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