A pound of rice, a quart of chicken: good eating

Looking for ways to cut corners now that holiday feasting and spending are over? Make sure you have a package of rice on the pantry shelf and your troubles may be just about over.

With this budget-priced item on hand, you're equipped to tackle your menu plans for the weeks ahead. First, take stock of food supplies in the refrigerator, freezer and on the pantry shelf.

If some replenishments are in order, select nutritious and tasty, but fully priced substitutes for the more expensive items, and renew those that won't pinch your purse.

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For a starter, plan on several dishes using rice for a main feature.

Any small quantities on hand of pork, chicken, turkey or other meats, fish, cheese or eggs combined with rice will help get you over the hump.

Remember, this good grain has meant survival for some of the world's most destitute people, yet it rates a place on an elegant menu, as well — an indication of its wide-spread appeal.

Right now, according to the U.S. Department of Agriculture's Consumer and Marketing Service, rice is in plentiful supply and one of the good buys, so you would do well to rely on the old standby for many menu needs — in main dishes or desserts.

For breakfast, you might serve it as a cereal, with fruit and milk.

For lunch or dinner, serve it in a main dish — either as a separate vegetable or in a casserole or baked dish, in soups, and in desserts.

The meat-type foods will provide the good quality proteins, vitamins and minerals the family needs. And the fruits and vegetables will provide other needed nutrients.

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Here's a menu for a day's good eating using foods that are plentiful and reasonably priced:

BREAKFAST
Orange juice
Pancakes with syrup and margarine
Milk
Coffee or Tea

LUNCH
Vegetable Soup
Grilled peanut butter and jelly sandwich
Fresh apple
Milk
Coffee or Tea

DINNER
Rice with chicken and cheese
Tossed salad
Half grapefruit
Cookies
Milk

Coffee or Tea

This recipe for rice with chicken and cheese is for the main dish of the dinner meal:

1½ cups diced chicken; chicken bones; salt; 1 onion, chopped fine; 1½ tablespoons chicken fat; ½ cup uncooked rice; Grated cheese.

Cover chicken bones with water and simmer an hour or longer. Drain off broth. Add water, if needed, to make 2 cups broth. Add salt to taste. In a large fry pan, cook onion a few minutes in chicken fat; add broth.

When it boils rapidly, add the rice slowly. Cover the pan. Simmer rice about 25 minutes or until the grains swell and become soft. Stir with a fork from time to time to keep the rice from sticking.

By the time the rice is done, it will have absorbed the broth, and the grains will be large and separate. Then add the chicken and more salt if needed. Turn mixture onto a hot platter, and sprinkle generously with grated cheese. Four servings.

Swordfish Mercury Content High

WASHINGTON — The Food and Drug Administration issued reassuring statistics Thursday on mercury content of canned tuna but it said there was so much mercury in swordfish it might vanish from the American market.

The FDA, half finished with sample tests of the nation's entire canned tuna stock, said it found excess mercury in less than 2 per cent and was recalling 1.2 million of cans from the market in addition to nearly one million cans recalled last month.

Initial tests, announced Dec. 15, found excessive mercury in 23 per cent of a much smaller sample. Even then, the FDA said tuna was safe to eat. The new findings reinforced that conclusion, FDA officials said.

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words delivered by the Rev. Logan Kearse to students, faculty and administration when the Community College of Baltimore held services commemorating the birthday of the slain leader of the non-violence movement on Tuesday.

The audience packed the

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JANUARY 16

The Pickwick Players will hold auditions for salaried acting positions in their Children's Musical Theatre company on today from 2:00 p.m. until 5:00 p.m. in the Dixie Room of The Sheraton Belvedere Hotel at Charles and Chase Streets.

Landlady told she must rent to all qualified

HARRISBURG, Pa. — Justice does triumph.

The Pennsylvania Human Relations Commission recently reported an incident in Reading in which a black woman knocked on a landlord's door in answer to a newspaper advertisement offering a two-room furnished apartment for rent.

The landlord, a white woman, opened the door, told the black woman she rented only to white people and slammed the door in her face.

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A public hearing in the case was held in Reading.

The landlord — Mrs. Richard Quirin of 143 S. 8th Street, Reading — didn't show up, but through her lawyer, informed the Commission that she would accent an order settling the case.

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The order of the Commission requires the landlord to: offer to rent the apartment to the black woman, pay $25 damages to the complainant for mental anguish and inconvenience suffered; and

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For a period of two years, inform the commission and the Reading-Berks Human Relations Council of any vacancies in the apartments she owns, and give the Council time to find a suitable tenant — meaning someone from a minority group who meets the standard criteria for applicants and is able to afford the rent charged.

She must also submit a statement of policy on compliance with the Pennsylvania Human Relations Act, and post the Fair Housing Notice where it can be seen by tenants and applicants for apartments.

Testimony about her experience with housing discrimination was given by Mrs. Idella Hopkins Smith of Reading, a nurse's aide.

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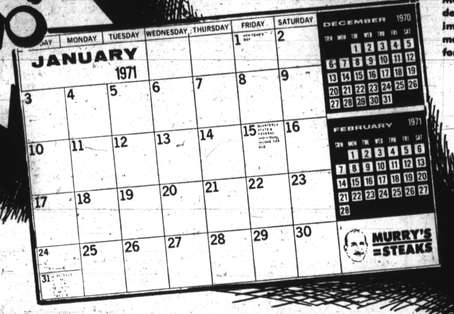

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