

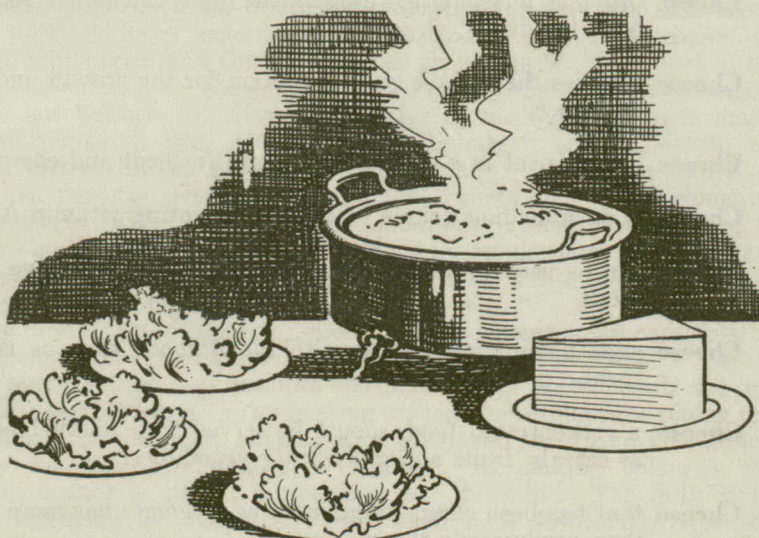
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CHEESE FOR BETTER MEALS

by
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Cheese is an economical food—high in food value—low in cost.

Cheese, with milk, ranks first among foods as a source of calcium—essential for the development of strong teeth and bones.

Cheese provides phosphorus—used chiefly with calcium in tooth and bone building.

Cheese supplies the highest quality protein for the growth and repair of tissues.

Cheese contains fat in a concentrated form for heat and energy.

Cheese is an abundant source of health-promoting vitamin A.

Cheese can be used to advantage in place of more expensive protein foods.

Cheese adds flavour when used with bland foods such as rice and spaghetti.

Cheese, a concentrated food, should be served with bulky foods such as cereals, fruits and green leafy vegetables.

Cheese that has been cured for six months or longer has more flavour than newly made cheese.

Cheese is a nutritious food, not a condiment.

Cheese is all food—no waste.

CHEESE MAKING IN CANADA

The development of the cheese industry in Canada is an interesting story. The early French settlers brought the art of making cheese from France, and one of the original processes which has been handed down from generation to generation is still being used by certain families living on the Island of Orleans to make a cheese which bears that name. The United Empire Loyalists brought with them a knowledge of the manufacture of cheddar cheese, and introduced this type of cheesemaking in Ontario over one hundred years ago.

All Canadian cheese was made on the farms until the year 1864, when the first factory for making cheddar cheese was established in Oxford county, Ontario. In the province of Quebec the first factory was built in 1865, and others soon followed. The industry was introduced about the same time in the Maritime Provinces, and a few years later the Western Provinces became interested in factory cheesemaking. During succeeding years the number of cheese factories steadily increased, principally in Ontario and Quebec, with correspondingly increased production of cheese until a peak was reached about 1904, when over 2,500 factories produced approximately 250,000,000 pounds. Since that time cheese production has fluctuated, statistics for the year 1938 showing that nearly 1,300 factories manufactured 130,625,838 pounds of cheese valued at \$17,965,123, Ontario and Quebec together producing 95.1 per cent of the total.¹

In comparison to some countries—France, for example—Canada manufactures few varieties of cheese. A cheese of medium texture is made by the Trappist monks at Oka, Quebec, while limburger, cottage, cream and other kinds of soft cheese are also made commercially. The manufacture of process cheese has recently developed in Canada, twenty-four establishments making this product in 1937. The method of manufacture consists of grinding Canadian cheddar cheese, heating it with or without an emulsifying agent to pasteurizing temperature in a jacketed container, then pouring it into moulds or packages and allowing it to solidify.

The production of other varieties of cheese is very small compared to that of the principal type manufactured—Canadian cheddar cheese. The first step in the manufacture of Canadian cheddar cheese is to warm the milk to a temperature of 86 degrees F. by heating with steam through the piping underneath the pan of the jacketed cheese vat. A starter or culture is added to the milk to increase development of acidity. In making coloured cheese the colouring matter is stirred thoroughly into the milk. The milk is tested for acidity by using an acidimeter, and when it is sufficiently ripened, rennet, diluted in cold water, is added, and the milk stirred vigorously about three minutes. The milk is then left undisturbed until coagulation takes place. In about 25 to 30 minutes the curd should be sufficiently firm for cutting. The curd is cut with horizontal and perpendicular knives, first lengthwise of the vat, then crosswise. Heat is then slowly applied until the curd is at the desired temperature of 98 degrees F. to 100 degrees F., being stirred constantly to prevent matting and to ensure even and thorough cooking. When the curd becomes firm and springy, and has developed the proper amount of acidity, the whey is drained off. After being stirred thoroughly, the curd is then allowed to mat, and is cut into blocks, which are turned frequently, in order to expel any remaining whey. When the proper acidity and texture has developed, the curd is then put through a milling machine, which breaks it up into small pieces. Stirring is continued until a smooth velvety texture has developed, salt is added, and the curd thoroughly stirred so that the salt be evenly distributed. The curd is then packed into hoops lined with seamless cheesecloth bandages and put under pressure, where it remains for approximately twenty-four hours. The cheese is then removed from the hoops and placed on shelves in the curing or ripening room, where temperature, moisture and ventilation must be controlled to ensure proper ripening.

¹ Statistics of Dairy Factories, 1937. Dominion Bureau of Statistics.

BRANDING AND GRADING OF CHEESE

The Dairy Industry Act and Regulations, administered by the Dairy Products Division, Marketing Service, Dominion Department of Agriculture, provide that no person shall manufacture, or import into Canada, or offer for sale any cheese which contains any fat or oil other than that of milk or cream.

All cheese must be branded with the day and month of manufacture and must be marked with the vat number, within twenty-four hours after removal from the press. The registered number of the factory, the day and month of manufacture, the vat number and the weight must be marked on cheese boxes.

Skim-milk cheese is defined as cheese made from milk from which any part of the fat has been removed, or cheese of which fat comprises less than 48 per cent of the total solids. This applies to both Canadian cheddar and process cheese. Every manufacturer of skim-milk cheese must brand on the side of every cheese and upon every box or package containing this product the words "skim-milk cheese."

Any cheese which has been processed with or without emulsifying agents shall contain not more than 43 per cent of water.

All cheese manufactured, imported or offered for sale in Canada in packages must contain cheese of the full net weight of $\frac{1}{4}$ lb., $\frac{1}{2}$ lb., 1 lb. or multiples of one pound. This regulation does not apply to portions of cheddar cheese, or cheese manufactured by individual farmers.

Cheese is not sold according to grade in the retail stores, but since 1923 all cheese intended for export must be graded. It has developed that practically all of the cheese produced, whether for export or domestic consumption, is now graded, since the cheese auctioned through the cheese boards situated at central points in the cheesemaking districts is sold according to grade.

GRADES OF CHEESE AND CORRESPONDING SCORES

	<i>First Grade</i>	<i>Second Grade</i>	<i>Third Grade</i>	<i>Below Third Grade</i>
Minimum score for flavour..	39	37	Under 37	No Score Given
			(usually 35 or 36)	
Total score..	92 and over	87 and under	Under 87	No Score Given
		92	(usually 85 or 86)	

SCALE OF POINTS FOR SCORING

Flavour..	45 points
Texture..	25 points
Closeness..	15 points
Colour..	10 points
Finish..	5 points
Total..	100 points

Great care is exercised to ensure accuracy in the grading of cheese. The cheese must, in the opinion of the grader, be sufficiently matured to correctly determine the quality. No cheese which is less than eight days old may be placed in boxes for shipment from the factory in which it has been manufactured.

In 1938, 92.4 per cent of the output of Canadian cheese factories was graded according to government standards by official dairy produce graders, and of this amount 92 per cent was "First Grade Cheese."

An inspection service is maintained throughout the Dominion by the Dairy Products Division, Marketing Service, Dominion Department of Agriculture, to enforce the laws governing the manufacture, marking and sale of cheese in Canada.

BUYING AND STORING CHEESE

The majority of people who live conveniently near a grocery store buy cheese, as they do other foods, in rather small quantities. In such cases there is really no problem of storing cheese in the home—it is simply a matter of keeping a pound or less in good condition for a short time.

Cheese should be kept in a cool place, as high temperature will cause some of the fat to melt and escape from the cheese. It also has the effect of drying out the cheese, particularly if it is left uncovered. The best place for cheese is in the refrigerator or in a very cool cupboard, free from dampness. The flavour and texture of the cheese will be preserved if it is kept in a covered container or is wrapped in heavy waxed or parchment paper. To prevent waste, scraps of cheese may be grated and put in a covered jar to be used as required in cooking. Process cheese should be stored in the refrigerator, and may be left in the package in which it is purchased.

If a whole small cheese, or part of a large cheese, is bought to be stored in the home, care must be taken to prevent drying out or development of mould. A good plan is to cut a small portion from the cheese and wax the cut surfaces of the remainder with a coating of paraffin, applying the melted wax with a small brush. When stored in a cool, well-ventilated, dry place, cheese so treated will keep in perfect condition for some time. The portion cut for immediate use should be covered and kept in a cool, dry place. When this is consumed another portion may be cut from the waxed cheese, again covering the exposed surfaces of remaining cheese with paraffin. This simple operation can be repeated until only one portion of cheese remains.

A five- or ten-pound cheese is popular in many homes, and is easily stored. After removing a slice from the top of the cheese the amount required should be cut or scooped out without breaking the outer edge. Covering the cut surface with paper, inverting the cheese on a large flat plate, and storing it as previously outlined will maintain the original flavour and texture.

VALUE OF CHEESE IN THE DIET

Cheese has been used as a food since prehistoric times, and in many countries of the world it is one of the staple articles of the diet. Like milk, the nutritional value of cheese was not fully appreciated until modern research proved that it made valuable contributions to the needs of the body.

Canadian cheddar cheese is practically all made from whole milk, and although very different in form to milk, is quite similar in nutritive value. Most of the calcium and the casein—the principal protein of milk—remain in the cheese. Cheese also retains practically all of the original fat of milk, which contains essential vitamins. The whey drained from the curd in cheesemaking contains most of the milk-sugar, some phosphorus and calcium. As it takes approximately 11 pounds (or a little more than a gallon) of milk testing 3.5 cent butterfat to make a pound of cheese, about 4 ounces of cheese is equivalent to one quart of milk in total caloric value. Cheese, composed of approximately one-third butterfat, one-third other solids, most of which is protein, and one-third water, is rightly described as a concentrated form of milk, and as such provides high food value at low cost.

Taking these factors into account, the present consumption of cheese in Canada, which amounted to 3.5 pounds per capita for the year 1937, seems extremely low, and could well be increased in the interests of good nutrition and economy.

Proteins in Cheese

Almost all of the casein of the milk is retained in the curd, which makes cheese a high protein food. It is recognized to-day that proteins contained in animal foods are of greater importance in building and repairing body tissue than those found in foods of plant origin, and it is recommended that about half of the protein in the diet should be of animal origin. This fact, together with the accepted rule that 10 to 15 per cent of the total food intake should be supplied by proteins, should assure cheese a regular place in the diet.

Fat in Cheese

Fats supply over twice as much energy to the body as sugars or starches. The large percentage of fat in cheese makes it a valuable source of energy.

Minerals in Cheese

Cheese is a rich and economical source of calcium and an important phosphorus provider. The generous use of cheese, as well as milk, in the diet will ensure a sufficient supply of calcium for the building and maintenance of bones and teeth.

Vitamins in Cheese

The vitamins in cheese are essentially the same as those found in milk. Due to the percentage of butterfat which it contains cheese, like milk, is rich in the fat-soluble vitamin A, associated with growth, and a factor in building up resistance to disease. It also contains some of the vitamins, B, D, and G, each of which is essential to bodily health.

Process cheese contains the same valuable food nutrients as Canadian cheddar cheese, but there is a difference in total food value per pound, due to the higher moisture content of process cheese. The average composition of process cheese is approximately 28 per cent fat, 30 per cent protein and other solids, and 42 per cent moisture.

Skim-milk cheese is a poor source of vitamins compared to Canadian cheddar cheese, as the fat-soluble vitamins occurring in cheese are found chiefly in the fat of the milk from which the cheese is made. The total food value of skim-milk cheese is less than that of Canadian cheddar because of its lower fat content.

VARIED USES OF CHEESE

Quite apart from its nutritional merits, cheese has another attribute which commends its generous use. The characteristic flavour of cheese, which appeals to most people, is not found in any other food. This unusual flavour is more pronounced in well ripened than in freshly made cheese, and so it follows that those who prefer a nippy flavour will buy cheese at least one year old.

Few foods can be used in such a variety of ways as cheese in the luncheon, supper or dinner menu. Because more attention is directed to its high food value, this healthful food is gradually being given a more important place in the meal than it held in the past, when it very often was served as a final titbit.

In planning to serve cheese, several points to be taken into consideration are its high protein and fat content, its flavour and the fact that it is a concentrated food. As it is usual to depend upon the main course to supply the protein for the meal, the principal use of cheese should be in this role. It may also be served in the salad or dessert course in meals which would otherwise be deficient in protein. Cheese, rich in fat, should be served with starchy foods such as bread and cereals, which will help in the digestion of the fat. The palatable flavour of cheese makes it easy to prepare many appetizing dishes by using it with bland foods which alone have little appeal to the taste. To counterbalance the concentrated nature of cheese it should be combined in the meal with bulky foods such as fruits, green leafy vegetables, and cereals. Bread and cheese may seem simple fare, but a workman who carries these two foods in his lunch box is provided with a tasteful meal, which requires little in addition to complete it nutritionally.

Like other foods rich in fat, cheese is slowly digested, which may account for the erroneous belief that it is indigestible. It should be remembered that cheese has already been subjected to heat in manufacture, and that prolonged cooking, or high temperatures, will have a tendency to toughen the protein of the cheese and affect its digestibility. For this reason the cheese is added at the last when making a cheese sauce, and low temperatures are recommended for baked cheese dishes.

Most of the recipes in this bulletin are for main-course dishes, including both hot foods for the cold weather and salads for summer. Suggestions are also given for salad accompaniments and sandwiches which, together with serving cheese as part of the dessert course, are popular means of including this tasty, nutritious food in the menu.

CHEESE LUNCHEON AND SUPPER DISHES

CHEESE SOUP

4 cups milk
2 or 3 slices onion
2 tablespoons butter
2 tablespoons flour

1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ cup grated cheese
Yolks of 2 eggs

Scald milk with onion. Remove onion. Melt butter in top part of double boiler. Blend in flour. Add hot milk and seasonings and stir constantly until mixture thickens. Cook five minutes. Add beaten egg yolks. Cook one minute and add grated cheese. Beat with rotary egg beater and serve at once.

Egg yolks may be omitted, but they make a richer and more delicious soup.

POTATO CHEESE SOUP

3 medium potatoes
2 cups boiling water
2 to 3 cups milk
1 slice onion
3 tablespoons butter

2 tablespoons flour
1 teaspoon salt
Pinch of pepper
1 cup grated cheese
1 tablespoon chopped parsley

Cook potatoes in boiling salted water until tender. Put through strainer. Measure liquid and add enough milk to make four cups. Scald with slice of onion. Melt butter, add flour and seasonings. Gradually add potato mixture, removing onion. Cook 3 minutes. Add cheese and beat until smooth. Sprinkle parsley on soup before serving.

WELSH RAREBIT

1 tablespoon butter
1 tablespoon flour
1 cup milk or thin cream
2 cups grated cheese

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon mustard
Few grains cayenne
1 egg

Make a sauce of butter, flour and milk. Add grated cheese and seasonings. Pour some of hot sauce over beaten egg. Return to double boiler and cook a minute or to. Serve on toast or crackers.

MEXICAN RAREBIT

3 tablespoons butter
1 small onion
3 tablespoons flour

2 cups canned tomatoes
1 teaspoon Worcestershire sauce
Salt and pepper

(2 cups corn, macaroni or spaghetti may be added with tomatoes)

Cook chopped onion slowly in butter for 5 minutes. Stir in flour. Gradually add tomatoes and cook until mixture thickens. Add grated cheese and seasonings. Cook very slowly until cheese melts. Serve at once on toast.

CHEESE PUDDING

4 slices buttered bread $\frac{1}{2}$ inch thick
 $1\frac{1}{2}$ cups grated cheese
2 cups milk

3 eggs
 $\frac{1}{4}$ teaspoon mustard
Salt

Cut bread in cubes. Arrange alternate layers of bread and cheese in buttered dish. Beat eggs. Add milk and seasonings. Pour over bread and cheese. Set in a pan of hot water and bake in a moderate oven (350 degrees F.) until pudding is firm—about 45 minutes.

CHEESE SOUFFLE

3 tablespoons butter
4 tablespoons flour
1 cup milk
 $\frac{1}{2}$ teaspoon salt

Yolks of 3 eggs
Whites of 3 eggs
Few grains cayenne
 $\frac{1}{4}$ cup cheese, grated

Pinch of mustard

Melt butter. Blend in flour. Add seasonings and milk. Stir until sauce has thickened. Add cheese. Add beaten egg yolks and, when mixture is cold, fold in stiffly beaten egg whites. Pour into buttered baking dish or ramekins and bake in a moderately slow oven (325 to 350 degrees F.) until firm—30 to 40 minutes. Serve at once.

CHEESE FONDUE

$1\frac{1}{2}$ cups milk
 $1\frac{1}{2}$ cups soft stale bread crumbs
 $1\frac{1}{2}$ cups grated cheese

Yolks of 2 eggs
 $\frac{1}{4}$ teaspoon salt
1 tablespoon melted butter

Whites of 2 eggs

Soak bread crumbs in milk for a few minutes and add cheese and beaten egg yolks. Season and add melted butter. Fold in stiffly beaten egg whites. Pour into buttered baking dish and bake in a moderate oven (350 to 375 degrees F.) about 30 minutes.

MACARONI AND CHEESE

1 cup macaroni
2 quarts water
2 teaspoons salt
3 tablespoons butter

4 tablespoons flour
2 cups milk
 $\frac{1}{4}$ teaspoon salt
Pepper

1 cup grated cheese

Add salt to water. Put over heat and when boiling rapidly, drop in the macaroni, broken into pieces about 1 inch in length. Boil rapidly until macaroni is tender, then drain through a sieve. Pour cold water over macaroni in sieve to prevent it sticking together. Make a sauce of butter, flour, milk, seasonings and cheese. Arrange alternate layers of macaroni and cheese sauce in buttered baking dish. Cover with crumbs and bake in a moderate oven (350 to 375 degrees F.) until crumbs are browned.

NOTE: To butter crumbs, melt $\frac{1}{2}$ tablespoon butter, add $\frac{1}{2}$ cup bread or cracker crumbs, and stir lightly with a fork. Spaghetti may be used in place of macaroni. If an unbaked dish is desired, macaroni may be combined with cheese sauce and served when thoroughly heated.

SCALLOPED POTATOES WITH CHEESE

Wash, pare and rinse potatoes. Cut in very thin slices. Butter a baking dish. Put in layer of potatoes. Sprinkle with salt and pepper. Dredge with flour and cover with grated cheese. Repeat until dish is full. Pour in hot milk until it reaches top layer of potatoes. Bake in a moderate oven (350 degrees F.) until potatoes are soft (about 1 hour). Cover during first part of cooking.

CHEESE RING WITH VEGETABLES

1 cup milk
1 cup soft bread crumbs
1 egg
 $1\frac{1}{2}$ cups cooked macaroni
1 cup cheese diced

1 tablespoon minced parsley
1 tablespoon chopped pimento
1 teaspoon minced onion
3 tablespoons melted butter
Salt and pepper

Scald milk. Add to bread. Add well beaten egg and other ingredients. Pour into greased ring mould and oven-poach in a moderate oven (350 degrees F.) for about 50 minutes. Turn out on hot platter. Pour filling in centre and garnish with parsley.

Filling: —

1 cup medium cream sauce
2 cups cooked vegetables such as 1 cup cooked peas and 1 cup cooked carrots
Salt and pepper

CHEESE EN CASSEROLE

- | | |
|--|---------------------|
| 4 tablespoons butter | 1 cup grated cheese |
| 4 tablespoons flour | Salt and pepper |
| 2 cups milk | Buttered crumbs |
| 4 cups cooked spaghetti, macaroni or rice | |
| or 4 hard cooked eggs and 2 cups spaghetti, potatoes, celery, corn, peas or spinach | |
| or 4 cups cooked vegetables—cauliflower, cabbage, potatoes, corn, spinach, asparagus, peas | |
| or 2 cups spaghetti and 2 cups celery, corn, cabbage or peas | |

Make a cream sauce of butter, flour, seasonings and milk. When cooked, add grated cheese. Place alternate layers of spaghetti, etc., and cheese sauce in a buttered baking dish. Cover with crumbs and brown in a hot oven (400 degrees F.).

CORN AND CHEESE CASSEROLE

- | | |
|-------------------------------|---|
| 1 cup corn | 1 tablespoon melted butter |
| 1 cup bread or cracker crumbs | 1 teaspoon Worcestershire sauce |
| 1 cup grated cheese | 2 tablespoons chopped green pepper or pimento |
| $\frac{1}{2}$ teaspoon salt | 2 eggs |
| 2 cups scalded milk | |

Combine all ingredients except eggs and milk. Beat egg yolks and add with milk. Fold in stiffly beaten egg whites. Place in a buttered baking dish and oven-poach in a moderate oven (350 degrees F.) until firm—about 40 minutes.

SPANISH RICE

- | | |
|---------------------------------|-------------------------|
| 1 No. 2½ can tomatoes (3¾ cups) | 1 green pepper, chopped |
| 1 cup grated cheese | $\frac{3}{4}$ cup rice |
| 2 onions chopped fine | Salt and pepper |

Combine all ingredients. Bake in a moderate oven (350 to 375 degrees F.) for one hour.

VEGETABLES WITH CHEESE SAUCE

- | | |
|----------------------|--|
| 3 tablespoons butter | 1½ cups milk and vegetable water |
| 3 tablespoons flour | $\frac{1}{2}$ to $\frac{3}{4}$ cup grated cheese |
| Salt and pepper | 1 No. 2 can vegetable |
| | or 2½ cups cooked vegetable |

Make a sauce of butter, flour, seasonings, milk and vegetable water. When thickened add grated cheese and allow to melt in sauce.

SUGGESTIONS FOR SERVING VEGETABLES WITH CHEESE SAUCE

- Asparagus—Arrange asparagus on buttered toast in individual servings. Pour cheese sauce over the asparagus and toast, leaving tips of asparagus uncovered.
- Cauliflower—Break cooked cauliflower into flowerlets. Arrange on toast in individual servings. Add 2 tablespoons chopped green pepper to cheese sauce. Pour over cauliflower.
- Peas—When cheese sauce is cooked add peas and heat thoroughly. Serve on buttered toast.
- Spinach—Add 2 hard cooked eggs chopped in medium sized pieces to spinach. Mix with cheese sauce and serve on toast or pile spinach on toast and pour cheese sauce over the vegetable.
- Brussel Sprouts—Place cooked sprouts on buttered toast. Pour cheese sauce over sprouts and serve hot.

MACARONI, TOMATO AND CHEESE

1 cup macaroni, spaghetti or rice
2 cups canned tomatoes
1 slice onion
3 tablespoons butter

3 tablespoons flour
Salt and pepper
1 teaspoon Worcestershire sauce
1 cup grated cheese

Cook macaroni, spaghetti or rice in boiling salted water until tender. Drain through a sieve or collander. Pour water through the cooked cereal to separate the pieces.

Simmer tomatoes with onion for 10 or 15 minutes. Strain. Melt butter, add flour and seasonings. Add strained tomato and cook, stirring constantly, until sauce thickens. Place a layer of cooked macaroni, spaghetti or rice in buttered baking dish. Cover with sauce and sprinkle with grated cheese. Repeat until dish is full, finishing with a layer of grated cheese or equal parts of grated cheese and bread crumbs. Bake in a moderate oven (375 degrees F.) until cheese is melted or crumbs are browned.

SCRAMBLED EGGS WITH CHEESE

8 eggs
1 tablespoon chopped parsley

2 cups grated cheese
 $\frac{1}{2}$ cup cream

Salt and pepper

Beat eggs slightly and add remaining ingredients. Pour into a well-buttered frying pan and cook slowly, stirring constantly so that the cheese will be melted by the time the eggs are cooked. Serve on toast.

MACARONI LOAF

$1\frac{1}{2}$ cups cooked macaroni
1 teaspoon onion juice
1 cup soft bread crumbs
 $1\frac{1}{2}$ cups grated cheese

2 tablespoons chopped green pepper,
pimento or parsley
Salt and pepper
2 eggs

$1\frac{1}{2}$ cups hot milk

Combine all ingredients except eggs and milk, and place in buttered baking dish. Add hot milk slowly to beaten eggs and pour over other ingredients. Place baking dish in a pan of hot water and oven-poach in a moderate oven (350 degrees F.) until set—about 40 minutes.

BAKED TOMATO AND CHEESE

6 slices bread
1 cup cheese
2 eggs

2 cups tomato juice
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

1 tablespoon minced onion

Butter bread and cut into cubes. Cut cheese into cubes and put bread and cheese in baking dish in alternate layers. Beat eggs slightly, add tomato juice, salt, pepper and onion. Pour over bread and cheese, and bake in moderate oven (350 degrees F.) about 40 minutes.

CHEESE RICE ROLLS

2 cups cooked rice
1 cup grated cheese
1 egg

1 teaspoon salt
Dash of cayenne
1 tablespoon milk (approximately)

$\frac{1}{2}$ cup sifted bread crumbs

Combine rice and cheese. Add slightly beaten egg and seasonings and just enough milk to moisten the ingredients. Shape with hands into rolls and coat with sifted crumbs. Place on lightly buttered pan and bake in a moderate oven (350 to 375 degrees F.) for 25 minutes. Serve hot with tomato sauce.

CRABMEAT IN TOMATO CHEESE SAUCE

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|------------------------------------|---|
| 2 tablespoons chopped green pepper | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| 2 tablespoons butter | Dash of cayenne pepper |
| 4 tablespoons flour | 2 cups tomato juice |
| $\frac{1}{2}$ teaspoon mustard | 1 cup grated cheese |
| $\frac{1}{4}$ teaspoon salt | 1 egg |
- 1 can crabmeat (approximately 1 cup)

Cook green pepper in butter for 5 minutes. Blend in flour. Add seasonings tomato juice, cheese and slightly beaten egg. Cook for a few minutes. Add crabmeat. Serve on toast or in patty shells. Garnish with parsley.

POTATO CHEESE SOUFFLÉ

- | | |
|-----------------------------|-------------------------------------|
| 2 cups mashed potatoes | 2 eggs |
| 1 cup grated cheese | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons melted butter | $\frac{1}{4}$ teaspoon white pepper |
| $\frac{1}{4}$ cup milk | $\frac{1}{8}$ teaspoon mustard |

Mix grated cheese thoroughly with potato. Add milk and melted butter and seasonings and beat with a slotted spoon until smooth. Add yolks of eggs well beaten (until thick and lemon coloured) and fold in whites beaten until stiff. Turn into well-buttered baking dish and bake in moderate oven (350 degrees F.) 40 minutes. Serve with a vegetable, such as peas, beets or asparagus.

CABBAGE WITH CHEESE SAUCE

- | | |
|------------------------------|--|
| $\frac{1}{2}$ medium cabbage | 1 $\frac{1}{2}$ cups milk (approximately) |
| 1 cup boiling water | 4 tablespoons flour |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ to $\frac{3}{4}$ cup grated cheese |

Cut cabbage fine. Cook in boiling salted water in covered saucepan 7 minutes. Add enough milk to come to top of cabbage. Add flour, mixed to a smooth paste with a little milk. Cook, stirring, until sauce thickens. Add cheese. Cover and leave in a warm place until cheese melts.

CHEESE ROAST

- | | |
|---------------------------------------|--------------------------------|
| 2 cups grated cheese | 1 egg slightly beaten |
| 2 cups cooked kidney or navy beans | 2 cups soft stale bread crumbs |
| $\frac{1}{4}$ cup finely diced celery | 2 tablespoons butter |
| 1 teaspoon minced parsley | Salt and pepper |

Drain beans, mash with fork and add with celery and parsley to cheese. Add egg and mix thoroughly. Melt butter in saucepan. Add crumbs, mixing well and cooking until slightly browned. Add to cheese mixture until stiff enough to shape into a loaf. Roll in remaining crumbs. Bake in a moderate oven until heated through and nicely browned. Serve hot with tomato sauce. Small onion finely chopped or grated may be added if desired.

OYSTER AND MACARONI CASSEROLE

- | | |
|--------------------------------|--------------------------------|
| 2 cups cooked macaroni | 1 cup grated cheese |
| 1 pint oysters | $\frac{1}{2}$ teaspoon salt |
| 2 cups bread or cracker crumbs | $\frac{1}{8}$ teaspoon pepper |
| 4 tablespoons butter | $\frac{1}{8}$ teaspoon paprika |
- $\frac{1}{2}$ cup milk or thin cream

Cover bottom of buttered baking dish with crumbs. Add layer of macaroni and sprinkle with cheese. Add layer of oysters, sprinkle with crumbs, salt and pepper and paprika. Dot with butter. Make alternate layers of macaroni, cheese and oysters until dish is filled, having crumbs on top. Add heated milk or cream from side of dish. Bake at 400 degrees F. until crumbs are browned, about 20 minutes.

CHEESE SALADS

MACARONI AND CHEESE SALAD

- | | |
|--|-------------------------------|
| 2 cups cooked macaroni cut in $\frac{1}{4}$ -inch pieces | 1 diced green pepper |
| $\frac{1}{2}$ cup grated cheese | 1 pimento, chopped |
| 3 hard cooked eggs, chopped | 1 slice onion, finely chopped |
| 1 cup diced celery | Salt |

Combine ingredients and toss lightly together with enough mayonnaise to moisten. Serve on crisp lettuce. Chopped sweet pickle may be substituted for the pimento or pepper.

JELLIED TOMATO SALAD

- | | |
|------------------------------|-----------------------------------|
| 2 tablespoons gelatine | 1 teaspoon lemon juice |
| $\frac{1}{4}$ cup cold water | Salt and pepper |
| 2 cups tomato juice | $\frac{1}{2}$ cup celery, chopped |
| $\frac{1}{2}$ teaspoon sugar | $\frac{1}{2}$ cup cheese, cubed |

Soak gelatine in cold water. Add to hot tomato juice. Add sugar, salt, pepper and lemon juice. Cool. When partially set add celery and cheese. Turn into moulds and chill. Serve on bed of lettuce, with salad dressing.

CABBAGE, BEET AND CHEESE SALAD

- | | |
|-------------------------|----------------------------------|
| 1 cup cheese, cubed | 1 cup diced cooked beets |
| 2 cups shredded cabbage | Salt and pepper |
| | $\frac{1}{2}$ cup salad dressing |

Mix cheese, vegetables, seasoning and salad dressing. Blend thoroughly with a fork. Pile on crisp lettuce leaves.

CARROT, PINEAPPLE, AND CHEESE SALAD

- | | |
|----------------------------------|--------------------------------|
| 3 medium sized carrots | $\frac{1}{2}$ cup diced cheese |
| 1 cup crushed pineapple, drained | Cooked salad dressing |

Scrape carrots and grate. Drain pineapple. Mix carrots, pineapple and cheese with enough dressing to moisten. Serve on crisp lettuce.

LAZY DAISY SALAD

Arrange slices of fresh or canned peaches on bed of lettuce to represent petals of a flower. Pile grated cheese mixed with salad dressing in centre. Place several pieces of raisin in cheese. A piece of green pepper may be used as a stem.

PINEAPPLE CHEESE SALAD

Arrange slice of pineapple on bed of lettuce. Pile grated cheese blended with salad dressing in centre. Sprinkle with chopped nuts.

STUFFED TOMATO SALAD

Peel medium tomatoes and cut in sections almost through to stem end. Remove some of pulp. Fill cavity with mixture of chopped celery and finely shredded cabbage mixed with Cheese Salad Dressing. (See page 14.) Serve on bed of lettuce. Garnish with watercress.

SALAD ACCOMPANIMENTS

CHEESE SALAD DRESSING

Mix 2 cups grated cheese with $\frac{1}{2}$ cup mayonnaise or cooked salad dressing. Fold in $\frac{1}{2}$ cup whipped cream. Serve with fruit or vegetable salads.

STUFFED PRUNES, DATES OR CELERY

Blend grated cheese with sufficient salad dressing to moisten. Fill cavity of prunes, dates or celery and serve with fruit salad.

CHEESE SQUARES

Cut fruit bread in squares (about $1\frac{1}{2}$ inches). Blend together grated cheddar cheese with sufficient butter to make a soft mixture. Spread the four sides and top of the bread squares with the cheese mixture. Sprinkle with paprika. Bake in a hot oven or under broiler until cheese begins to melt. Serve hot.

CHEESE STICKS

1 cup flour	Dash of cayenne
1 teaspoon baking powder	2 tablespoons butter
1 teaspoon salt	2 cups grated cheese
$\frac{1}{2}$ teaspoon mustard	Cold water

Mix dry ingredients. Add butter and cheese. Add water to make a soft dough. Roll $\frac{1}{8}$ inch thick. Cut in strips 4 inches by $\frac{1}{2}$ inch. Bake in hot oven (400 degrees F.) for 10 minutes.

CHEESE BACON STRIPS

Lightly toast thin slices of bread on one side only. Cut in strips about 3 inches long and 1 inch wide. Cover the untoasted side generously with grated cheddar or processed cheese blended with butter. Sprinkle with pieces of bacon, cut very finely with scissors. Place under broiler until bacon is cooked. Salted crackers may be used instead of toast. Serve hot.

CHEESE MUFFINS

2 cups flour	$\frac{1}{2}$ cup grated cheese
3 teaspoons baking powder	2 tablespoons butter, melted
$\frac{1}{2}$ teaspoon salt	1 egg
1 cup milk	

Mix and sift together flour, baking powder and salt. Add grated cheese. Mix in milk and beaten egg, then add butter. Fill buttered muffin tins $\frac{2}{3}$ full with mixture. Bake in moderate oven (375 degrees F.) for 25 minutes.

CHEESE BISCUITS

3 cups flour	$\frac{1}{2}$ teaspoon salt
2 tablespoons baking powder	1 cup milk (approximately)
3 tablespoons butter	$\frac{3}{4}$ cup grated cheese

Sift flour, baking powder and salt together and cut in butter. Add grated cheese and enough milk to make a soft dough. Roll, cut in shapes and bake in a hot oven of 400 degrees F. for about 12 minutes. The dough should be handled as quickly as possible and mixed only enough to blend the ingredients.

CHEESE BITES

Cubes of bread ($1\frac{1}{2}$ inches)	2 tablespoons melted butter
1 egg, well beaten	$1\frac{1}{2}$ cups grated cheese
1 tablespoon milk	Dash of paprika and mustard

Dip cubes of bread into egg, milk and butter mixture. Roll in grated cheese to which seasoning has been added. Bake in a moderately hot oven (375 degrees F.) until nicely browned—8 to 10 minutes.

CHEESE SANDWICHES

In Making Cheese Sandwiches:—

Use day-old bread. Brown or whole wheat bread combines well with cheese fillings.

Cut bread with sharp knife using saw-like motion to prevent unevenness or roughness on the slices.

Cut bread in slices of various thicknesses to suit the type of sandwich being made.

Use sufficient cheese filling to make a tasty, moist sandwich.

Wrap sandwiches in waxed paper and keep in refrigerator until required.

Process cheese can be blended with salad dressing or cream for sandwich fillings without being grated.

FRENCH TOASTED CHEESE SANDWICH

8 slices bread, buttered
4 large slices cheese
Prepared mustard

1 egg
 $\frac{1}{4}$ teaspoon salt
 $\frac{3}{4}$ cup milk

Place a slice of cheese between two slices of buttered bread and spread lightly with prepared mustard. Beat egg and add milk and salt. Dip sandwiches in this mixture and fry on both sides in heated buttered frying pan until nicely browned. Serve with tomato sauce or hot chili sauce.

SAVOURY CHEESE SANDWICHES

1 tablespoon butter
1 tablespoon sugar
1 tablespoon flour
2 tablespoons vinegar
 $\frac{1}{2}$ cup milk

Dash of cayenne
1 hard cooked egg, chopped
2 cups grated cheese
2 tablespoons chopped pimento
2 tablespoons minced onion

$\frac{1}{4}$ teaspoon salt

Melt butter in top of double boiler. Blend in sugar and flour. Add vinegar, milk, salt and pepper. Cook, stirring constantly until mixture thickens. Combine with cheese, pimento, egg and onion. Use as sandwich filling with white or brown bread. Filling may be kept in covered jar in refrigerator and used as required.

OPEN FACE SANDWICHES

1. Cut bread $\frac{1}{2}$ to $\frac{3}{4}$ inch thick into small squares or rounds. Spread top with generous amount of grated cheese mixed with salad dressing. Sprinkle with finely chopped nuts, olives, green pepper, pimento or watercress.

2. Cut bread about $\frac{1}{4}$ inch thick into fancy shapes. Make a border of grated cheese mixed with salad dressing around edge. Fill centre with half stuffed olive, some grape jelly or marmalade.

ROLLED SANDWICHES

Spread very thinly sliced buttered bread with grated cheese, blended with salad dressing. On each slice place a short asparagus stalk, sardine, gherkin, sprig of watercress or stick of celery. Roll and chill before serving.

TOASTED CHEESE SANDWICHES

1. Spread thin slices of buttered bread with grated cheese mixed with salad dressing. Add chopped pimento, nuts, olives, celery or green pepper if desired. Roll, fasten with tooth picks and bake in a hot oven until delicately browned, or spread mixture between slices of buttered bread and toast.

2. Spread one slice of buttered bread with cheese mixture and another slice with marmalade or jelly. Roll, fasten with tooth picks and bake in hot oven until slightly browned.

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