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HOUSEKEEPERS' CHAT

(NOT FOR PUBLICATION)

Subject: "Saving Day Suggestions." Information from the Bureau of Home Economics, U.S.D.A.

It's surprising, when you come to think of it, how many different dishes you can make from cheese. There are the familiar stand-bys that appear often on most of our tables, dishes like baked cheese and macaroni, cheese and spaghetti, cheese toast or cheese dreams, Welsh rabbit and so on. Other well-known uses for cheese are cheese salads and salad dressing, cheese custards and cheese souffle. You'll find such dishes listed in your green cookbook and in some of the leaflets. But beside these, there are also the very unusual cheese combinations. For example, did you ever hear of a cheese cake or a cheese pie? Good old-fashioned delicacies these are, probably invented long ago in Europe by German or Dutch cooks. I can't tell you when they came to America, but I shouldn't be surprised to learn that they arrived when the Mennonites came to settle Pennsylvania. Anyway, their fame has traveled long since across the country. And this very day I've read a letter from a lady in La Crosse, Wisconsin who wants a recipe for cheese cake.

If this lady has been to Atlantic City, she'll remember that cheese cake is one of the favorite foods of that gay resort. Yes, odd as it seems, this old-fashioned home goody is displayed all along the Board Walk where there are so many open booths and delicatessons. There you'll see beautiful big round cheese cakes of different varieties ready to tempt the appetite of every passer-by.

"Have a slice of cheese cake?" calls the smiling man behind the counter, all dressed in his immaculate starched white suit and cap.

Then he cuts for you a big section of the rich yellow layer cake with the sweet cheese filling. Or perhaps you'll choose a piece of that other cheese sweet which he also calls cheese cake but which is really a delicious creamy cheese pie.

Of course, strongly flavored cheeses are not suitable for these sweet cheese desserts. For them, either cottage cheese or the soft white Philadelphia cream cheese is used.

In these days of pasteurized milk and good home refrigerators, we don't have the sour milk problem that we used to have. Just the same, with warm weather coming on, many housekeepers, especially those on farms, will frequently have sour milk to use up. Making cottage cheese and cottage cheese dishes is one of the best ways to use surplus skim milk. It's a valuable food for everybody in the family, the small children included. And it's an economy food beside. So cottage cheese desserts are useful for your summer menus.

The Recipe Lady has promised to investigate good recipes for cheese cake. I'll report her findings to you later. In the meantime, she has given me her best recipe for cheese pie--lemon cheese pie. I have it here with me. Now if you'll get out your quill pen or your pencil or whatever you use to write down recipes, I'll stop and give you at once this tempting recipe for lemon cheese pie.

How many ingredients? Exactly eight. And here they are:

1 pound of cottage cheese	2 tablespoons of melted butter or other fat
1/3 cup of sugar	
1/2 teaspoon of salt	The rind and juice of 1 lemon, and
3 eggs beaten	Pastry

Shall I go over that list? Be sure you come out with eight. (Repeat.)

First press the cheese through a fine sieve. Then add the sugar, cream, salt, beaten eggs, melted butter, and, finally, the lemon juice and grated rind. Stir all together until well mixed. Now line a deep pie tin with pastry and bake until the crust is a delicate brown. Then fill with the cheese mixture. Bake in a moderate oven until the pie is firm in the center. This will take about fifteen or twenty minutes.

This pie is also very good with raisins in it. You can add 1/2 cup of chopped raisins to this recipe, if you like.

While we're on the subject of cottage cheese, we might stop for a minute and discuss making it. Whenever any one tells me that he doesn't care for cottage cheese I suspect that he's been eating some that wasn't prepared as carefully as it should be. For a high quality of cottage cheese, use clean, sweet skim milk that has soured quickly. Watch the temperature while you make it to see that the milk never gets too hot. That hardens the curd.

Here's how you make the cheese:

Cut the curd of the sour milk into pieces about 2 inches square. Then stir it thoroughly with a spoon. Heating makes the whey separate easily and aids in giving the cheese a firm temperature. Now set the container holding the sour milk in a vessel of hot water so as to raise the temperature to 100 degrees F. Now cook at this temperature for about 30 minutes, occasionally stirring it gently.

Pour the curd out onto a piece or a bag of cheesecloth over a bowl and drain it for 20 or 30 minutes. Then add salt and a small amount of sweet or sour cream, if desired.

When the cheese comes from the bag, you can work it with a spoon until it becomes fine in grain and smooth.

Cottage cheese should be eaten fresh for the best flavor. It can be kept, however, in an earthenware, china or glass vessel in the refrigerator or any cold place for several days.

There's a helpful bulletin on the subject of cottage cheese--a good

one for your summer housekeeping library. Write me for Farmers' Bylletin 1451-F called "Making and Using Cottage Cheese in the Home."

By this time, I'm sure you've begun to wonder about our economy menu for today. Such a good one, I have to give you.

It begins with brown stew of beef. The recipe for that is in your green cookbook. Next, on the list, is boiled onions. And then buttered new beets. This is the season for the thrifty menu maker to feature new beets. I saw some in the market yesterday for a very small amount per bunch. Now our menu has variety in color and flavor, but we still need something to give it crispness. How about some crisp radishes or a crisp green salad of some kind? For a beverage, let's have iced tea. And for dessert? What do you suppose? You've guessed it. For dessert, lemon cheese pie. And that finishes our meal.

I hope I didn't talk too fast as I went over that menu. I don't want you to miss anything. Guess I'd better go over it again. Brown stew of beef; Boiled onions; Buttered new beets; Crisp radishes or salad greens; Iced tea; and Lemon Cheese pie.

Now then, we have just time for a few of the saving day suggestions my friends have been sending to me.

Here's one to help the busy mother who does her own laundry: If you fold dish towels--or other towels for every day use--smoothly before you run them through the wringer, and then if you hang them straight to dry, they will not require ironing.

While we're on the subject of the laundry, here's another idea. Have you an old rain coat that you have discarded? My Next-Door Neighbor made a very serviceable wash-day apron from the back of her old rain coat. She cut the pattern like those straight one-piece aprons butchers wear. Tapes made the strap around the neck and the ties for the sides.

Here's a kitchen suggestion: Lemons yield more juice if you place them in hot water for two or three minutes before squeezing.

For the girl who wants to dress well on a small amount, here's a suggestion from the clothing experts. Choose conservative colors for a limited wardrobe, they say. Bright colors are often a poor choice because they are conspicuous, easily identified and may grow tiresome and monotonous to the wearer because she must see herself in them so often.

One more saving day hint about clothes. Watch out to prevent mildew on your clothes as well as your linens this summer. Mildew stains are often very difficult to remove and, as you know, they're much more frequent in warm weather. So don't leave your clothes for any length of time after you have sprinkled and rolled them for ironing. And don't store them in any place that is damp and dark.

Tomorrow, first thing, we'll answer questions. Then we'll discuss some recent news items of interest to housekeepers.

