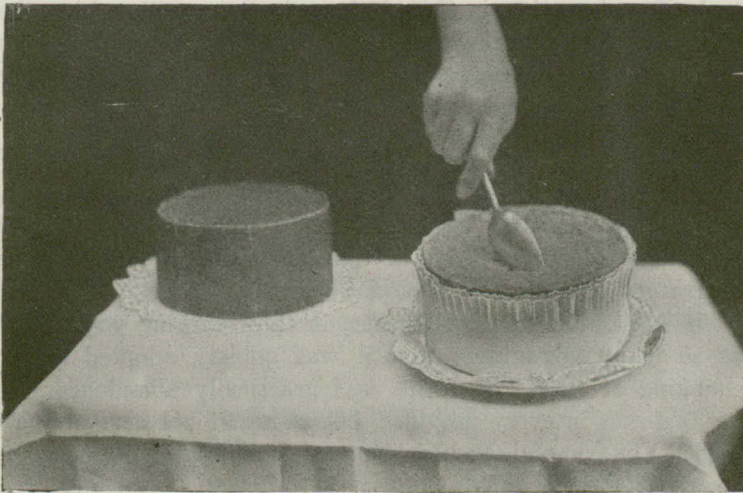


# WHY AND HOW TO USE CHEESE



Cut a 10-pound cheese in half. Paraffin the freshly cut end of one-half and put away for future use. Scoop from the other half the amount required each day and then turn upside down when not in use.

DAIRY AND COLD STORAGE  
BRANCH



Published by authority of the Hon. JAMES G. GARDINER, Minister of Agriculture  
Ottawa, Canada



Agriculture  
Canada

Canadian Agriculture Library  
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## HISTORICAL

CHEESE has been used as a food for man since prehistoric times and its manufacture is one of the oldest of the technical arts. It is an important article of diet in nearly all civilized countries.

The early French settlers in Canada brought the art of making cheese from France. Certain families on the Island of Orleans still make a peculiar type of cheese for which the process has been handed down from generation to generation for possibly 300 years.

The United Empire Loyalists brought with them from the United States a knowledge of the manufacture of the Cheddar type of cheese into different parts of Ontario over 100 years ago.

All cheese was made on farms in Canada until the year 1864, when the first cheese factory was started in Oxford county, Ontario. Another factory was opened in Missisquoi county, Quebec, in the following year. The factory system has so many advantages that it was quickly adopted and in a few years the making of cheese on farms was practically abandoned. There are now cheese factories in every province, but about 97 per cent of the cheese is still produced in Ontario and Quebec. The total production of cheese in Canada in 1932 was 120,524,243 pounds valued at \$11,379,922.

All measurements in these recipes are *level*.

**CHEESE SAUCE**

2 tbsp. butter  
2 tbsp. flour  
 $\frac{1}{4}$  tsp. salt

Pepper  
4 tbsp. grated cheese  
1 c. milk

*Method No. 1:* Melt the butter and stir in the flour and seasonings until smooth and frothy. Stir in the milk gradually and cook, stirring constantly until it thickens. Just before serving, add grated cheese. Stir until melted and serve hot.

*Method No. 2:* Mix the flour smoothly with a little cold milk. Heat the rest of the milk in a double boiler. Add the flour and stir constantly until the mixture thickens. Add butter and seasonings and, just before serving, add the grated cheese. Less butter will be required if this method is used.

**CHEESE SOUP**

4 c. milk  
2 or 3 slices onion  
2 tbsp. butter  
2 tbsp. flour

1 tsp. salt  
Speck pepper  
 $\frac{1}{2}$  c. grated cheese  
Yolks of 2 eggs

Scald milk with the onion, then remove the onion. Melt the butter in the top part of a double boiler. Stir in the flour until smooth. Stir into this the heated milk and seasonings and cook in a double boiler, stirring constantly until thick. Into this stir the beaten egg yolks. Cook one minute and add the grated cheese. Beat with a Dover egg beater and serve at once.

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

**WELSH RAREBIT**

1 tbsp. butter  
 $\frac{1}{2}$  tbsp. flour  
 $\frac{1}{2}$  c. milk  
 $\frac{1}{2}$  lb. cheese

$\frac{1}{4}$  tsp. salt  
 $\frac{1}{8}$  tsp. mustard  
Few grains of cayenne  
Toast or crackers

Grate the cheese or chop finely. Melt the butter. Stir in the flour and seasonings until smooth, then pour in the milk and cook, stirring constantly, until it thickens. Add the cheese and, as soon as it is melted, pour over toast or crisp crackers on a hot platter.

A rarebit should be smooth and creamy. Soft mild flavoured cheese is best,

**TOMATO RAREBIT**

2 tbsp. butter  
2 tbsp. flour  
 $\frac{3}{4}$  c. milk  
 $\frac{1}{2}$  c. stewed tomatoes  
 $\frac{1}{8}$  tsp. soda

2 c. grated cheese  
1 egg  
Salt  
Mustard  
Pepper

Melt the butter. Stir in the flour until smooth. Stir in the milk and cook, stirring constantly, until thick. Strain the tomatoes, stir in the soda and, as soon as it has finished frothing, stir into the sauce. Add the slightly beaten egg. Cook one minute, then add the grated cheese and pour over toast. Serve at once.

## KINDS OF CHEESE

**C**HEESE is made from whole milk, skim-milk, or milk which is partially skimmed. It is also made from cream and whole milk to which cream is added. There are probably about 250 different kinds of cheese made throughout the world and new types are introduced from time to time.

The different kinds or types made are roughly divided into hard or pressed cheese, and soft or unpressed. Another class is the mouldy or blue-veined cheese, like Stilton, Roquefort, Gorgonzola, etc. The hard varieties include Cheddar, Cheshire, Swiss, Edam and other less known varieties. Among the soft varieties, the most prominent are Camembert, Brie, Limburger, Pont l'Eveque, Gervais, Neufchatel, and many kinds of cream cheese.

The hard, or pressed, varieties are slow in ripening. Some of them, like Cheddar, Swiss or Cheshire, do not reach prime condition until they are about a year old. Soft varieties are usually made in small sizes and ripen more quickly. Some kinds, such as cottage cheese (made from sour milk), cream cheese and Neufchatel are ready for use almost as soon as made.

In the making of all cheese, with some minor exceptions, rennet is used as a coagulating agent. The factors which influence texture and flavour and thus produce the different types, are the age of the milk at the beginning of the process, the degree of heat employed at different stages, the amount of moisture retained, the time of salting and the handling of the curd during the early part of the process. The texture depends largely on the amount of moisture retained, while the flavour is determined by the kind of fermentation which is encouraged.

**ENGLISH MONKEY**

1 c. stale bread crumbs  
 1 c. milk  
 1 tbsp. butter  
 $\frac{1}{2}$  c. mild cheese

1 egg  
 $\frac{1}{2}$  tsp. mustard  
 $\frac{1}{2}$  tsp. salt  
 Few grains of cayenne

Add the milk to the bread crumbs in a saucepan and let stand about 15 minutes. Add butter and seasonings. Heat slowly and stir in the slightly beaten egg. Cook one minute and add the grated cheese. As soon as the cheese is melted, pour over toast or crisp crackers on a hot platter.

**CHEESE PUDDING**

1 c. stale bread crumbs  
 1 c. grated cheese  
 2 c. milk  
 2 eggs

2 tbsp. butter  
 $\frac{1}{4}$  tsp. mustard  
 Salt

Beat the egg slightly. Add the milk, cheese, bread crumbs and melted butter. Turn into a well greased baking dish and let stand about 10 minutes. Set in a pan of hot water and bake in a moderate oven until the pudding is firm. Small squares of bread may be used instead of the bread crumbs.

**CHEESE SOUFFLÉ**

2 tbsp. butter  
 3 tbsp. flour  
 $\frac{1}{2}$  c. milk  
 $\frac{1}{2}$  tsp. salt

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

Make a cheese sauce, using butter, flour, milk and cheese. Season. Add the beaten egg yolks and, when the mixture is cold, fold in the stiffly beaten egg whites. Pour into a buttered baking dish and bake 20 minutes in a slow oven. Serve at once.

**CHEESE FONDUE**

1 c. milk  
 1 c. soft stale bread crumbs  
 1 cup grated cheese  
 Whites of 2 eggs

Yolks of 2 eggs  
 $\frac{1}{4}$  tsp. salt  
 1 tbsp. melted butter

Soak the bread crumbs in milk a few minutes and add the cheese and beaten egg yolks. Season and add the melted butter. Fold in the stiffly beaten egg whites. Pour into a buttered baking dish and bake in a moderate oven about 20 minutes.

**CHEESE ROULETTES**

2 c. mashed potatoes  
 $\frac{1}{4}$  c. milk  
 4 tbsp. grated cheese

Salt  
 Pepper

Add the milk, cheese and seasoning to the mashed potatoes and beat until light. Drop by spoonfuls on a greased pan. Brush the potatoes with beaten egg and brown in a moderate oven. These may be served alone or with creamed or baked fish.

## CANADIAN CHEESE

**C**ANADIAN cheesemakers confine their activities almost wholly to the Cheddar type. It is practically the only kind made in the factories. It is made in various sizes ranging from 5 and 10 pounds up to 80 or 85 pounds. The 10 pound cheese are often wrongly called "Stilton," or "Canadian Stilton." Stilton cheese is a mouldy variety and very unlike Cheddar. A few genuine Stilton cheese are made at the Dominion Experimental Farm at Agassiz, B.C. The Trappist monks at Oka, Que., make a cheese of medium texture and pronounced flavour which is known as "Oka" cheese. The agricultural colleges and government departments make a comparatively small quantity of cream and other soft varieties, and there are a few private makers of these types of cheese.

There is another class of cheese on the Canadian market put up in jars, packets and in small loaves, which is only cheddar cheese ground up and to which extra fat and flavouring material is sometimes added.

Cottage cheese is prepared in many households from sour skim-milk without the addition of rennet. It is a delicious and wholesome food and should be much more extensively used than it is. It is easily and quickly made and requires no special apparatus for making small quantities for family use. (See directions on page 10.)

**CHEESE CROQUETTES**

$\frac{3}{4}$  c. milk  
3 tbsp. butter  
4 tbsp. flour

$\frac{3}{4}$  c. grated cheese  
 $\frac{1}{2}$  tsp. salt  
1 tsp. onion

Make a thick sauce using butter, flour and milk. Add seasonings and grated cheese and, as soon as the cheese is melted, remove from the heat. When quite cold, form into small balls or cut in squares. Roll in bread crumbs, in beaten egg and in crumbs again. Fry in deep fat, or brown very carefully in a small amount of fat. Serve with tomato sauce.

One finely chopped, hard cooked egg may be added to the sauce, or one-third of a cup of cooked rice.

The egg in which the croquettes are rolled should be beaten very slightly and 2 tablespoonfuls of water added.

**MACARONI AND CHEESE**

1 c. macaroni  
2 qts. water  
2 tsp. salt  
2 c. milk  
3 tbsp. butter

4 tbsp. flour  
1 c. grated cheese  
 $\frac{1}{2}$  tsp. salt  
Pepper

Add the salt to the water. Put over the heat and, when boiling rapidly, drop in the macaroni broken into pieces about 1 inch in length. Boil rapidly until the macaroni is tender, then drain through a sieve. Pour cold water over the macaroni in the sieve to prevent it sticking together. Make a sauce of the remaining ingredients and into this stir the macaroni. Serve hot. This may be put in a baking dish, sprinkled with buttered crumbs and baked in the oven until browned on the top.

**TO BUTTER CRUMBS**

Melt  $\frac{1}{2}$  tablespoonful butter in a saucepan. Add  $\frac{1}{2}$  cup dry bread crumbs and stir lightly with a fork.

**DELMONICO POTATOES**

2 c. milk  
4 tbsp. butter  
4 tbsp. flour

$\frac{1}{2}$  c. grated cheese  
Cold boiled potatoes cut in small cubes

Make a cheese sauce using milk, butter, flour and cheese. Put a layer of potatoes in a buttered baking dish. Add a layer of sauce and repeat these layers until the dish is full. Cover with buttered crumbs and re-heat in oven.

**BAKED RICE AND CHEESE**

Put a layer of cooked rice on the bottom of a buttered baking dish, sprinkle with salt and add a layer of cheese sauce. Repeat these layers, spread with buttered bread crumbs and re-heat in the oven. Stewed tomatoes may be added to this recipe.

## THE ADVANTAGES OF CHEESE AS A FOOD

**T**HE manufacture of cheese does not impair the nutrients in the milk from which it is made. Almost all the protein of the milk is present in cheese, and if the cheese is made from whole milk, almost all the butter fat, with the associated fat soluble vitamin which is indispensable to growth and mental development. It also contains some of the water soluble vitamin and most of the mineral matter so necessary for building bones and teeth. One pound of cheese contains nearly all the protein and fat in one gallon of milk. By weight, its composition is approximately one-third protein, one-third fat and one-third water.

Cheese is a very concentrated form of food and, compared with other protein foods, is economical. One-half pound of cheese contains about as much nourishment as one pound of moderately lean beef, while there is no waste such as there is in meat. Its small bulk makes it convenient to handle or to store. With proper care, cheese will keep a long time in good condition and the many ways in which it can be served give variety to the diet which includes a great deal of this food. From the standpoint of the housekeeper, one of the greatest advantages is that it can be served in its natural state, without any time, labour or expense required for heating, cooking or preparing it for the table.

In many European countries, cheese is one of the most important foods. A labourer at hard manual work finds a noontday meal of bread and cheese sufficient to maintain health and strength for his work and it provides a high percentage of body building substance needed by the growing girl or boy. In this country, cheese is used more for its flavour than as a main dish of a meal, but it could very advantageously be given a more important place in Canadian dietaries. It can be procured almost anywhere and at all seasons of the year.

Cottage cheese is different in flavour from Cheddar cheese. It forms one of the cheapest sources of protein necessary for body building. It is made from skim-milk and is an excellent way to utilize small quantities of sour milk which otherwise would be wasted.



**BAKED CHEESE AND TOMATOES**

Select firm, ripe tomatoes. Cut a thin layer from the top and scoop out part of the tomato. Fill with equal amounts of grated cheese and bread crumbs; replace the layer on the top and bake in a hot oven. Serve hot.

**CREAMED CABBAGE WITH CHEESE**

Chop cooked cabbage finely and put a layer in a buttered baking dish. Cover with cheese sauce. Repeat these layers until the dish is full. Spread with buttered bread crumbs and serve hot.

The cheese sauce may be added to the cabbage and served without putting in the oven, or without adding bread crumbs.

**CORN AND CHEESE TIMBALES**

1 egg  
1 c. milk  
1 c. corn, canned

8 tbsp. grated cheese  
1 tsp. salt  
Pepper

Beat the egg. Add the milk, corn, grated cheese and seasoning. Pour into greased pans. Set in a pan of hot water and bake in a slow oven until firm (about 30 minutes). 1 tablespoonful finely minced pimento may be added.

**CHEESE OMELET**

2 eggs  
1 tbsp. melted butter  
Salt

Few grains of cayenne  
3 tbsp. grated cheese

Beat the eggs slightly. Add  $\frac{1}{2}$  teaspoonful melted butter, seasonings and grated cheese. Melt the remaining butter in a smooth pan. Heat the pan and pour in the mixture. Cook at a low temperature without stirring. Spread with grated cheese, then fold and sprinkle grated cheese over the top. Serve at once.

**SCALLOPED EGGS WITH CHEESE**

4 hard cooked eggs (chopped)  
2 c. milk  
4 tbsp. flour

3 tbsp. butter  
 $\frac{1}{2}$  c. grated cheese  
Buttered bread crumbs

Make a cheese sauce using the milk, butter, flour and grated cheese. Put a layer of buttered bread crumbs on the bottom of a buttered baking dish. Add one-half the eggs and pour over this about one-half the sauce. Repeat, using the remaining eggs and sauce and cover the top with buttered bread crumbs. Put in a hot oven and cook until the crumbs are brown.

**CREAMED EGGS AND CHEESE**

3 hard cooked eggs  
2 c. milk  
4 tbsp. flour

3 tbsp. butter  
 $\frac{1}{2}$  c. grated cheese  
Salt

Make a cheese sauce and to this add the finely chopped hard cooked eggs. Pour over slices of toast and serve hot. If desired, only the whites of the eggs may be added to the sauce, the yolks pressed through a sieve and sprinkled over the top.

## COTTAGE CHEESE

**S**OME years ago, cheesemaking was a part of the work on many farms. While Cheddar cheese is now made almost entirely in factories where labour-saving devices and trained cheesemakers make a more uniform product, there are still certain kinds of cheese which can be made on the farm without very much labour and without a great deal of experience.

Cottage cheese, which is made from skim-milk, is the only kind which can be made satisfactorily in small quantities. For this reason, it is the one which the housekeeper attempts and which is of special interest to her. The process of making is so simple and so little time is required that it is one of the most convenient ways of utilizing small quantities of milk which otherwise might be wasted.

If a quart of milk sours, it need not be wasted, for with very little labour it can be made into a nutritious, palatable and very economical dish. Milk which has soured very slowly, or is stale, should not be used, as it is apt to impart a bitter flavour to the cheese. Cottage cheese should be eaten within a day or so after it is made. Its mild flavour makes it suitable for combining with fruits and vegetables to make delicious salads.

*Method:* Put the soured milk in a pan and set over hot water until it separates into curds and whey. Strain through a double cheese cloth over a dish. Put the curd in a bowl, mix well, season with salt and pepper and add a little cream or butter. Chill and serve.

The milk should not be allowed to heat above luke-warm temperature, or the curd will be tough.

Cottage cheese may be formed into small round balls and rolled in finely chopped parsley. These make an attractive salad alone or in combination with vegetables or fruits.

If cottage cheese is preferred with sweets, such as fruit juices or jam, less salt and no pepper should be used for seasoning.

The whey which drains from the curd in making cottage cheese may be used as a beverage if sweetened with sugar and flavoured with lemon juice. It should be strained and chilled before serving.

**BAKED EGGS WITH CHEESE**

4 eggs	Salt
$\frac{3}{4}$ c. grated cheese	Pepper
1 c. buttered bread crumbs	

Break the eggs into a buttered baking dish or into ramekins. Bake in a hot oven until cooked around the edges. Cover with seasoned cheese, then spread the top with buttered bread crumbs. Re-heat and serve hot.

**CHEESE BISCUITS**

2 c. flour	$\frac{1}{4}$ tsp. salt
4 tsp. baking powder	$\frac{3}{4}$ c. milk (about)
2 tbsp. lard or butter	$\frac{1}{2}$ c. grated cheese

Sift the flour, baking powder and salt together and rub in the fat evenly. Add the grated cheese and enough milk to make a soft dough. Roll, cut in shapes and bake in a hot oven. The dough should be handled as quickly as possible and mixed only enough to blend the ingredients.

**CHEESE STRAWS**

1 c. flour	Salt
4 tbsp. lard	Cold water
2 tbsp. butter	Grated cheese

Add the salt to the flour and into this cut the fat evenly. Add enough cold water to make a stiff dough. Chill and roll out one-quarter of an inch thick. Sprinkle one-half with grated cheese. Fold, pressing the edges of the dough firmly together. Fold again and roll out one-quarter of an inch thick. Sprinkle with cheese and repeat. Cut in strips about 5 inches long and one-third of an inch wide. Bake about 8 minutes in a hot oven. Serve with soup or salad. This is a good way of using left over pie paste.

**CHEESE CRACKERS**

Butter crackers sparingly and spread evenly with grated cheese, allowing about 2 teaspoons of cheese to each cracker. Sprinkle with salt. Place in a hot oven until the cheese is melted. Serve with soup or salad.

**CHEESE CANAPES**

Toast slices of bread about one-third of an inch thick. Sprinkle with a thick layer of grated cheese seasoned with salt and pepper. Place in a hot oven until the cheese is melted. Serve at once. The bread may be cut in different shapes, such as strips about 2 inches wide, or in circular shapes.

**CHEESE AND TOMATO SALAD**

Select medium sized ripe tomatoes. Peel and remove some of the pulp. Sprinkle with salt and fill cavities with seasoned cottage cheese, or grated cheddar cheese. Serve on crisp lettuce leaves with salad dressing.

## DIGESTIBILITY OF CHEESE

**C**HEESE is made easier of digestion by combining it with other foods. When eaten with bread, or other starchy food, such as potatoes or macaroni, it forms one of the most satisfactory food combinations and one which will not be difficult of digestion for most people. If eaten at the end of a heavy meal, as is common custom, it may tax the digestive organs, but if eaten as the main dish at a meal which is finished with a light dessert, it is not likely to cause any digestive disturbance.

When used in cooking, care should be taken that the cheese is not heated to too high a temperature, as heat will toughen protein foods and make them harder to digest. Cheese is very thoroughly digested. It is all, or nearly all, used by the body to build new tissues and to provide energy for the body to do its work.

For invalids and for young children, a large amount of cheese is not recommended, but for older boys and girls, as well as adults, it is one of the best muscle builders and one which is entitled to a larger place in our menus.

## USE OF CHEESE IN THE DIET

**A**LTHOUGH cheese may be served without any further preparation, it can be used in cooking in many different ways. It does not lose its flavour or nutritive value in cooking, but it should be borne in mind that cheese will be harder to digest if subjected to a high temperature. Because cheese is a highly concentrated protein food, it should be combined and eaten with starchy foods such as bread, and the addition of vegetables and juicy fruits to the menu is advisable. Accompanying dishes should not contain much fat, as cheese has a very high percentage.

The composition of cheese makes it a suitable substitute for meat or fish. If served in quantity, it can well replace these more expensive foods in many meals and should be used in this way rather than as a supplement to them. The diet will thus remain well balanced and the cost will be considerably less.

### CHEESE AND OLIVE SALAD

Put Cheddar cheese through a meat chopper or grate finely. Mix with a little cream and season with salt and pepper. Mix this with finely chopped olives. Mould into small balls or rolls and arrange on crisp lettuce leaves. Serve with salad dressing. Chopped parsley or lettuce may be sprinkled over the top.

Cream cheese or cottage cheese may be used for this salad and are equally delicious in flavour.

### POTATO AND CHEESE SALAD

Mix finely chopped or grated cheese with cold potatoes cut in cubes. Season with salt and pepper and moisten with salad dressing. Place by spoonfuls on lettuce leaves and serve cold.

Chopped celery, finely minced onion or pimento in small pieces may be added and give variety to the salad.

### CHEESE AND CELERY SALAD

Wash celery thoroughly and crisp by placing on ice or in very cold water. Mix cream cheese or grated Cheddar cheese with salt and finely chopped nuts. Moisten with a little salad dressing or cream. Dry the celery and fill the hollow part with the cheese mixture. Serve on lettuce leaves. The celery may be cut into 2-inch pieces before placing on the lettuce.

### PINEAPPLE AND CHEESE SALAD

Place slices of canned or raw pineapple on lettuce leaves. Put a ball or small mould of cottage cheese in the centre and garnish with chopped nuts or olives. Serve with salad dressing. Sour cream dressing is delicious with this salad. Cream cheese may be used for this salad, or mild cheddar cheese grated and moistened with a little cream or salad dressing.

### FRUIT AND CHEESE SALAD

Moisten cottage cheese, cream cheese or grated mild Cheddar cheese with cream or salad dressing. Add finely chopped nuts if desired. Form into small balls and fill cavities of large peaches cut in half, firm pears or large cooked prunes. Serve on lettuce leaves with salad dressing.

### ASTORIA SALAD

4 large figs  
1 tsp. lemon juice  
Soft cheese

8 large dates  
Almonds

Add the lemon juice to the cheese and season with salt. Beat smoothly. Chop the dates, figs and almonds together. Add the cheese mixture and beat thoroughly. Form into moulds or balls and serve on lettuce leaves with some sour cream salad dressing or mayonnaise.

## HOW TO BUY AND KEEP CHEDDAR CHEESE

CANADIAN Cheddar cheese is made in various sizes from small cheese weighing 5 and 10 pounds to large cheese weighing 80 pounds. It can be secured at all seasons of the year and in almost any quantity. Many people prefer to buy only what is needed for a few days at a time and, in that case, there is no difficulty in keeping it. Those who live some distance from a shop can buy it in large amounts and, with proper care, keep it in good condition for considerable time.

For the average family a 10-pound cheese is usually a convenient amount to buy at one time. One-half of the cheese may be preserved for future use by covering the freshly cut side with a thin layer of paraffin wax and keeping it in as cool a place as possible until required. The other half will keep fresh and moist if put on a flat plate or sheet of waxed paper with the freshly cut side down. When serving, it is better to scoop out the amount required with a small spoon or knife, leaving the outer edge uncut. The cheese should be turned upside down on the plate as soon as the meal is over and put away in the coolest place available. This will prevent the cheese from becoming hard or dry and there will be no danger of it moulding.

A 5-pound cheese is a convenient shape and size for family use. This will keep very satisfactorily if a thin layer is cut off the top and the cheese inverted on a plate.

If cheese is allowed to become hard and dried out, it is not spoiled and should not be wasted. It can be grated and used in cooking. If very dry, cheese will keep well if put in a clean, dry, glass jar and it is just as valuable for cooking as fresh moist cheese. It will usually have a more pronounced flavour than fresh cheese and this is often desirable when combining it with other foods.

The annual consumption of cheese in the United Kingdom is estimated at about 13 pounds per capita. In Canada it is not over 3½ pounds per capita.

**DEVILLED EGGS WITH CHEESE**

4 hard cooked eggs  
Grated cheese  
 $\frac{1}{4}$  tsp. mustard

Salt  
Pepper  
1 tsp. vinegar

Cut the eggs in halves and remove the yolks. Mash the yolks and add the cheese, vinegar and seasonings. Make into small balls resembling yolks and refill the whites. Arrange on lettuce leaves and serve with salad dressing. These may be served hot with cheese sauce.

**BREAD FOR SANDWICHES**

Bread for sandwiches should be cut with a sharp knife, so that the edges of the bread will not be rough or uneven. It should not be more than one-quarter of an inch thick.

Crusts may be removed if desired, but are often left on.

Brown or whole wheat bread may be used instead of white bread. Brown bread combines well with cheese.

**BUTTER FOR SANDWICHES**

Butter should always be mixed until soft and creamy before spreading on bread for sandwiches. It can then be spread more evenly and without danger of breaking the bread.

**CHEESE PASTE FOR SANDWICHES**

1 c. grated cheese  
 $\frac{1}{2}$  c. tomato catsup  
2 tbsp. chopped nuts

A little onion juice or grated onion  
 $\frac{1}{2}$  tsp. salt  
Pepper

Mix ingredients together and beat well. Spread between slices of bread cut thin. This will be sufficient paste for about twenty-four sandwiches.

**CHEESE AND JELLY SANDWICHES**

Cut slices of bread thinly. Butter sparingly and spread one slice with a layer of cottage, cream or grated cheese. Spread the other slice with jelly. Press together and cut in desired shapes.

These may be toasted in a hot oven before serving, if desired.

Jam may be used instead of jelly.

**TOASTED CHEESE SANDWICHES**

Cut fresh bread in slices about one-eighth of an inch thick. Remove the crusts and butter very sparingly. Spread with grated cheese and sprinkle with a little salt. Put the slices together to form a sandwich and press firmly. Roll and fasten with tooth picks. Bake in a hot oven until the bread is slightly browned. Serve at once.

The sandwiches need not be rolled, but cut in desired shapes and toasted in the oven in the same way.

Instead of placing in the oven, they may be browned by placing on a pan greased slightly with bacon fat or butter.

**Other publications of the Dairy and Cold Storage Branch relating to  
the food value of dairy products**

(Available for free distribution)

- Why and How to Use Skim-milk.
- Why and How to Use Cream.
- Why and How to Use Cottage Cheese.
- Why and How to Use Buttermilk.
- Milk Drinks.
- Why and How to Use Milk.
- Home-made Frozen Desserts.
- An Argument in the Kitchen (A playlet for children, in one act).
- The Care of Milk in the Home.
- Why Pasteurize Milk.
- School Lunches.