

The Value of Cheese as Human Food*

Prof. H. H. Dean, O.A.C., Guelph
Have you sufficiently realized the value and importance of cheese as human food? Are you aware that cheese at 17 cts. a lb. furnishes for \$1 more than twice as much human energy as is obtained for \$1 in sirloin beef, or lamb at 18 cts. a lb.? Do you not think that you could profitably use more cheese on your table and thus help reduce the cost of living for your own particular family? Please note the following notes about cheese for some use:

(1) It can be eaten without cooking.
(2) This saves expense and labor.
(3) If desired, it can be cooked in a variety of dishes.

(3) Well ripened cheese is partially predigested, and can be eaten by anyone. Experiments have shown that 95 per cent. of the fat and proteins of cheese are digestible by human subjects.

(4) Cheese is a muscle-builder and brain food. The proteid compounds are the source of human muscle. For \$1 you can buy more than twice as much muscle-forming material in cheese at 17 cts. a lb. as you can in eggs at 25 cts. a dozen, or in ham at 15 cts. a lb.

(5) There is little or no waste in cheese. "Waste not, want not" is a homely proverb well worth considering at the present time. No class of foods have so little waste material as those from the dairy. It pays to study the question of "waste" when purchasing foods.

(6) An almost endless variety of cheese can be made, thus suiting the endless variety of human tastes for food.

(7) Why not ask your grocer for Canadian cheese, and insist that it be of good quality?

Canadian consumers cannot cultivate correct choice on cull cheese. Consequently customers can do Canadian cheddar cheese considerable good by calling for correct cheese. The following dishes will give an idea of the various ways in which cheese may be prepared:

CHEESE SAUCE

One cup milk, two tablespoons of butter, two tablespoons flour, one-quarter cup grated cheese, one-eighth teaspoon mustard, one-half teaspoon salt, a little pepper. Put the butter, flour, mustard, salt and pepper into a saucepan; stir over the fire until it froths; add the milk and stir constantly, until it thickens and boils. Remove to a cooler part of the stove, add cheese, and stir until it is well mixed in. This may be converted into cheese soup by adding a cup more milk and seasoning to taste.

CHEESE CUSTARD

One-half teaspoon salt, one egg, one-quarter cup mustard, two-thirds cup milk, two-thirds cup grated stale cheese. Put the seasoning and egg into a saucepan, and beat thoroughly; add the milk and stir in cheese. Put over fire and stir constantly until it begins to thicken and coat the spoon. Take at once from the fire and pour over soda biscuits, strips of buttered toast, or shredded wheat biscuits arranged on a hot platter.

CHEESE SOUFFLE

One-quarter cup butter, one cup milk, one-quarter cup flour, three-quarters cup grated cheese, four eggs, one cup milk, one teaspoon salt, one-quarter teaspoon mustard. A little pepper. Half of the flour may be omitted, using one-third cup of breadcrumbs instead. Melt the butter, add the flour, and stir over the fire until frothy; add the milk and

stir constantly until it thickens and boils; stir in the seasonings and cheese; stir in the beaten yolks and take from fire at once. Stand mixture aside to cool. Beat egg whites stiff; add a little to the cheese mixture and stir it in; add remainder; fold it in lightly, but thoroughly; turn the whole into a buttered baking dish, and bake about an hour in a moderate oven. If the oven is the least too hot stand the baking dish in a pan of boiling water while making.

Labor Savers for Ten Cents

By Mrs. W. C. Palmer, R.D.A.C.

Not every one can have all her kitchen utensils of aluminum ware, but many useful pieces can be had for 10 cents each that will greatly lessen the work in and about the kitchen. The aluminum ware is very desirable as it is so durable, and then it is so easily kept clean and so light to handle.

The small funnel that is so indispensable in filling jugs, bottles, vinegar cruets, etc., can be had for 10 cents in this ware.

There is the measuring cup also for the same price, in this ware, and it is marked off so one can measure dry or liquid ingredients accurately.

An egg separator that will fit the top of a cup is also to be had for 10 cents in aluminum, and it saves lots of time.

Then there is also the lemon squeezer that will fit the top of a cup. In this way one can squeeze the juice from a lemon into the cup and never waste time picking out seeds from the juice. This handy little device costs only 10 cents too in the same ware.

A doughnut cutter, biscuit cutter, plain and fancy cookie cutters, can also be found in this ware and for 10 cents. Sometimes one can often find the doughnut, biscuit and plain cookie cutter in this ware for 10 cents combined. The handle is made so and arranged that it will turn to either cut doughnuts, biscuits or cookies.

Did you ever find you had a receptacle to clean where you disliked to place a whole bar of soap, or even your hands? You can get the nicest little soap shakers in this ware for 10 cents, and they are so convenient to use in such places. They are nice to use in the dishpan or to make suds to wash some dainty bit of lace.

Tea spoons and table spoons can be had for 10 cents a piece in this ware and they are indispensable to use in the kitchen for measuring and cooking. A good sized mixing spoon can often be picked up for the same price.

Then one can also get the plain and fancy individual moulds in this ware for 10 cents each and they are nice to use in making desserts and various other dishes.

To Keep Butter Cool

When ice is not available, put enough butter for a meal in a small dish, and set it in a larger one containing a little water. Turn a porous clay flower-pot over it and this will cause evaporation of the water in a way that will keep the air inside the pot very cool. If the pot is wrapped in wet cloth, the corners of which are left touching water in outer dish, the arrangement is almost as good as an ice-chest. Stand dish where there is a free circulation of air.

This is as helpful in connection with milk, meat and other food stuffs, and the similar trick of filling a can or bottle with water, closing it tightly, wrapping in wet flannel, and standing in a current of air, will cool the water as effectively as putting ice in it. If the wrapped can is stood in a plate containing water, the flannel will keep wet without attention.

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*Extract from an address by Prof. H. H. Dean at Western Dairy Convention.