

Government of the Province of Saskatchewan

DEPARTMENT OF AGRICULTURE

DOMESTIC SCIENCE CIRCULAR NO. 12.

MEATLESS COOKERY

BY MISS ESTHER THOMPSON.

The following recipes are selected from the "Meatless Cookery" cook book by Mrs. Gillmore. The book is most highly recommended by Dr. L. F. Bishop, M.D., Professor of Heart Diseases, Fordham University, N.Y., and by Dr. G. F. Langworthy, of the United States Department of Agriculture.

The book costs \$2.00 and can be obtained from E. P. Dutton & Company, New York.

Oatmeal with Cheese.

2 cups oatmeal.	1 tablespoon of butter.
1 cup grated cheese.	1 scant teaspoon of salt.

Method.—Cook the oatmeal as usual, shortly before serving stir in the butter and add the cheese, and stir until the cheese is melted and thoroughly blended with the cereal. The cheese should be mild in flavour and soft in texture. The proportion of cheese may be increased if a more pronounced cheese flavour is desired.

This dish served with fruit, toast and cocoa, or chocolate, will make a most palatable and nutritious breakfast. The cheese may be added to any cooked breakfast cereal. It is very good with corn meal.

Cheese Cakes.

3 tablespoons of butter	1 tablespoon of salt.
4 tablespoons of flour	Few grains of cayenne.
4 tablespoons of grated Canadian cheese.	

Melt the butter, add the flour and stir until well mixed; then add the grated cheese; season with salt and cayenne. Drop from tip of spoon on a buttered sheet one inch apart, and bake in a moderate oven.

Cheese Biscuits.

$\frac{1}{4}$ lb. soft cheese.	4 teaspoons baking powder
2 cups of flour.	1 teaspoon salt.
1 cup of water.	

Mix and sift the dry ingredients, then work in the cheese with a