

SAVE AND SERVE Every Dollar Is a Contribution To- wards Victory

The public demand for a national form of war service open to all has been met by the government's thrift and saving campaign. Some can fight. Others can work on munitions. Others again can do farm work. Still others can none of these things, but all—every man and woman in Canada—can join in the great patriotic effort to serve by saving. It touches the whole life of the Dominion—industrial, commercial, financial, professional and domestic. Factories can save by the prevention of waste and the utilization of waste product. Business men can scrutinize every expenditure. Nothing should be bought that is not essential. Domestic economy should be rigidly observed in every household. Every dollar invested in war savings certificates is a dollar toward the cost of maintaining the Canadian divisions in the field. Every dollar so invested is a direct contribution to victory. Save your money and serve your country by giving it to the nation for war purposes.

COTTAGE CHEESE

Some Ways to Use Cottage Cheese in Making Tasteful and Nutritious Dishes

Cottage cheese is richer in protein than most meats and is very much cheaper. Every pound contains more than 3 ounces of protein, the main material for body building. It is also a valuable source of energy, though not so high as foods with more fat. It follows that its value in this respect can be greatly increased by serving it with cream, as is so commonly done.

Cottage cheese alone is an appetizing and nutritious dish. It may also be served with sweet or sour cream, and some people add a little sugar, or chives, or chopped onion, or caraway seed.

The following recipes illustrate a number of ways in which cottage cheese may be served:

Cottage Cheese With Preserves and Jellies.

Pour over cottage cheese any fruit preserves, such as strawberries, figs or cherries. Serve with bread or crackers. If preferred, cottage cheese balls may be served separately and eaten with the preserves. A very dainty dish may be made by dropping a bit of jelly into a nest of the cottage cheese.

Cottage-Cheese Salad.

Mix thoroughly 1 pound of cheese, 1½ tablespoonfuls of cream, 1 tablespoonful of chopped parsley, and salt to taste. First fill a rectangular tin mold with cold water to chill and wet the surface; line the bottom with waxed paper, then pack in three layers, putting two or three parallel strips of pimento between layers. Cover with waxed paper and set in a cool place until ready to serve; then run a knife around the sides and invert the mold. Cut in slices and serve on lettuce leaves with French dressing and wafers. Minced olives may be used instead of the parsley, and chopped nuts also may be added.

Cottage-Cheese Rolls.

A large variety of rolls to be used like meat rolls, suitable for serving as the main dish at dinner, may be made by combining legumes (beans of various kinds, cowpeas, lentils or peas), with cottage cheese and adding bread crumbs to make the mixture thick enough to form into a roll. Beans are usually mashed, but peas or small Lima

beans may be combined whole with bread crumbs and cottage cheese, and enough of the liquor in which the vegetables have been cooked may be added to get the right consistency; or, instead of beans or peas, chopped spinach, beet tops or head lettuce may be added.

Boston Roast.

1-lb. can of kidney beans or equivalent quantity of cooked beans. ½-lb. cottage cheese; Bread crumbs; Salt.

Mash the beans or put them through a meat grinder, add the cheese and enough bread crumbs to make the mixture sufficiently stiff to be formed into a roll. Bake in a moderate oven, basting occasionally with butter or other fat, and water. Serve with tomato sauce. This dish may be flavored with chopped onions, cooked in butter or other fat, and a very little water until tender.

Pimento and Cottage-Cheese Roast.

2 cupfuls cooked Lima beans; 1-lb. cottage cheese. 5 canned pimentos, chopped; Bread crumbs; Salt.

Put the first three ingredients through a meat chopper. Mix thoroughly and add bread crumbs until it is stiff enough to form into a roll. Brown in the oven, basting occasionally with butter or other fat, and water.

Cottage-Cheese and Nut Roast.

1 cupful cottage cheese; 1 cupful chopped English walnuts; 1 cupful bread crumbs; 2 tablespoonfuls chopped onion. 1 tablespoonful butter; Juice of half a lemon; Salt and pepper.

Cook the onion in the butter or other fat and a little water until tender. Mix the other ingredients and moisten with the water, in which the onion has been cooked. Pour into a shallow baking dish and brown in the oven.

Cheese Sauce.

1 cupful milk; 1 tablespoon cottage cheese. 2 tablespoons flour; Salt and pepper to taste.

Thicken the milk with the flour and just before serving add the cheese, stirring until it is melted.

This sauce may be used in preparing creamed eggs or for ordinary milk toast. The quantity of cheese in the recipe may be increased, making a sauce suitable for using with macaroni or rice.

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