

other dishes. The cheese materially increases the protein and lime content of the sauce, thickens it somewhat, and, unless the acid is neutralized with baking soda, lends it a slight sour or acid flavor which is desirable in some dishes and undesirable in others. From $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of soda is necessary to neutralize completely the acid flavor in one cup of cheese. The soda should be dissolved in a little milk or hot water, and blended with the cheese.

Proportions for White Sauces With Cottage Cheese

THIN SAUCE—

1 cup milk
 $\frac{1}{2}$ tablespoon butter
 $\frac{1}{2}$ tablespoon flour
 $\frac{1}{3}$ teaspoon salt
Dash pepper
 $\frac{1}{4}$ cup cottage cheese

MEDIUM SAUCE—

1 cup milk
 $\frac{1}{2}$ tablespoon butter
1 tablespoon flour
 $\frac{1}{3}$ teaspoon salt
Dash pepper
 $\frac{1}{4}$ cup cottage cheese

THICK SAUCE—

1 cup milk
1 tablespoon butter
2 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
Dash pepper
 $\frac{1}{4}$ cup cottage cheese

Variations.—Add 1 tablespoon of grated American cheese and reduce fat by half. Season with cayenne pepper.

Add 1 tablespoon of peanut butter, blended with cheese.

Mix a little curry powder with the flour used in the white sauce foundation, and add onion juice if desired.

Add a few drops of Worcestershire sauce and some finely chopped parsley.

Add chopped parsley and pimentos; this sauce is especially good for creamed potatoes.

Make the sauce by any desired method, cook it thoroughly, and cool it slightly before adding the cheese. Stir the sauce gradually into the cheese till well blended, then reheat carefully. If the cheese is strongly acid it may curdle the sauce unless the acid is neutralized. Avoid boiling the sauce, for this will toughen the cheese and make it more difficult to digest.

Scalloped dishes made with cottage cheese sauce should be placed in a quick hot oven so that the crumbs may brown before the sauce boils.

Salad Combinations

2 cups cottage cheese
1 cup pickled beets, cut up
Mix and add salad dressing.

This makes a very pretty red salad. Serve on crisp lettuce.

1 cup chopped cabbage
 $\frac{1}{2}$ cup chopped celery
1 cup chopped apple (red peeling may be left on)

Add cottage cheese salad dressing and serve on lettuce leaf.

Salad Dressing

$\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup vinegar (not too strong)
1 egg
1 cup soft cottage cheese
1 cup sour cream, whipped
1 teaspoon salt
1 teaspoon mustard
 $\frac{1}{2}$ teaspoon paprika
2 teaspoons flour
1 $\frac{1}{2}$ teaspoons melted butter

Mix the dry ingredients together and cream them with the melted butter. Add the creamed mixture to the heated milk and stir until very thick. After the mixture has boiled, add vinegar slowly, stirring all the while. Cool slightly and add beaten egg. Put the cottage cheese through a sieve if necessary to break up lumps. Using an egg beater, beat the cottage cheese gradually into the dressing until smooth. Lastly fold whipped cream into dressing.

Cottage Cheese Desserts

Cottage Cheese Tart

1 $\frac{1}{3}$ cups cottage cheese
Whites of 2 eggs beaten stiff
 $\frac{1}{3}$ cup heavy cream, whipped
 $\frac{1}{3}$ cup sugar
2 teaspoons lemon juice
Few gratings of lemon rind
2 to 3 tablespoons sweet milk

Soften the cheese with the milk. Add part of the whipped cream, and the flavoring, which should be very delicate. Fold in last the beaten egg whites. Heap lightly into ready cooked, delicately browned pastry cases, made by baking pie crust in muffin tins or on the bottom of inverted pie tins. Garnish the top of the tart with the rest of the whipped cream, and with fresh or canned fruit if desired. This makes a large one-crust pie or tart.

Variations.—Cinnamon or nutmeg may be substituted for lemon in the above recipe.

Fresh dried or canned fruits may be folded into the filling just before serving or the top may be garnished with jelly or marmalade or with fresh fruit lightly dusted with powdered sugar.

Suggested Menu.—Potato puff with nuts, border of vegetables in cream of curry sauce, twice-baked bread or crisp rolls; dressed lettuce or cucumbers; cottage cheese tart, black coffee.

Cottage Cheese With Cream and Sugar

Use in place of meat or eggs for breakfast or supper.

Variations.—Add berries, peaches, or other fresh fruits; canned fruits, raisins, cut dates or other dried fruits; brown sugar, honey, jam or marmalade, or chopped nuts.

Suggested Menu for a Summer Breakfast.—Cottage cheese with cream and fruit (cornflakes if desired); toasted Victory bread; coffee. For a heartier meal, include baked or fried potatoes, or a cereal.

Cottage Cheese Pie

1 cup cottage cheese
 $\frac{3}{8}$ cup sugar
 $\frac{3}{8}$ cup milk
2 egg yolks, beaten
1 tablespoon melted fat
Salt
 $\frac{1}{4}$ teaspoon vanilla

Mix the ingredients in the order given. Bake the pie in one crust. Cool it slightly and cover it with meringue made by adding 2 tablespoons of sugar and $\frac{1}{2}$ teaspoon of vanilla to the beaten whites of 2 eggs and brown it in a slow oven.—N. Y. State Col. Agr.

Conservation Crust

(For Two Pies)

$\frac{3}{4}$ cup cornmeal, cornflour or other substitute
 $\frac{3}{4}$ teaspoon baking powder
3 tablespoons shortening
 $\frac{3}{4}$ cup wheat flour
1 teaspoon salt
Cold water to mix (about $\frac{1}{2}$ cup)

Sift together the dry ingredients; cut in the shortening, blending it thoroughly with the dry materials. Mix with dry materials. Mix with very cold water to a rather stiff dough. Roll as thick as can be handled. Line two pie tins and use the trimmings to cross-bar the tops if desired. This crust may be baked before filling the pie, if the nature of the filling makes it desirable.