

**CHOOSE THE RIGHT CHEESE FOR COOKING**

**Decide the Purpose Before Buying and Know All Varieties.**

**Y**OU to whom cheese means always that article of huge circular bulk from which the grocer cuts a piece; you who order "a pound of cheese" for sandwiches, pies and macaroni, regardless of the purpose, just as if it were sugar or salt; you who do not know more than one or at most two of the 300 varieties of cheese—come a-marketing and learn some of the tricks of real cheese cookery.

Some cheeses are at their best when cooked—toasted or rabbit-ed. Others just need the warmth of a cooked dish to melt into lusciousness. Others, to whom it would be murderous to even suggest heat, are for eating as nature made them. And so on. Decide its ultimate purpose, then buy the cheese. Never buy some cheese, and then say, "Now, what shall we do with it?"

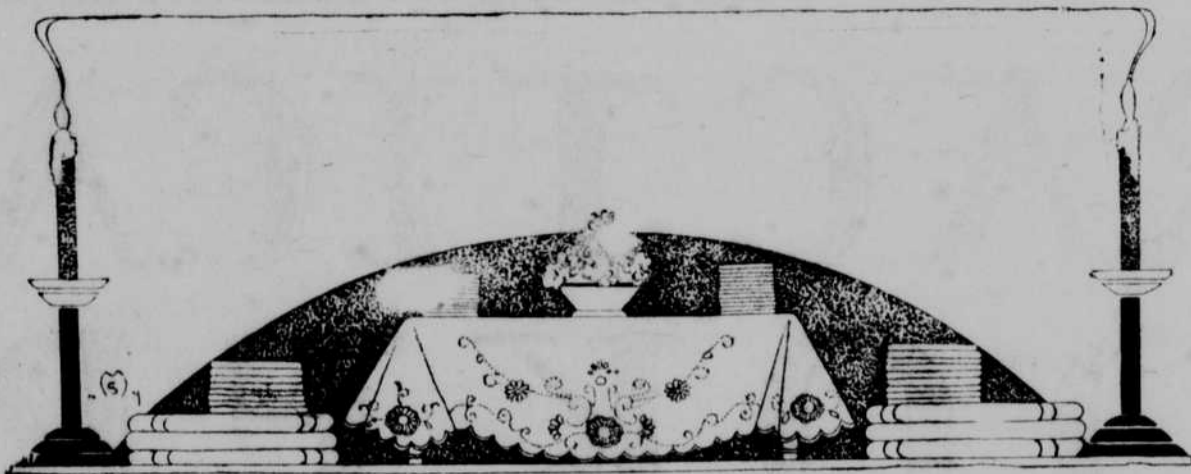
Only in one way are cheeses interchangeable—they are all made of milk, with salt and rennet for the necessary clotting. What makes the hundreds of varieties, then? The kinds of milk used, slight differences in handling, but chiefly the various micro-organisms that produce different flavors.

"Cheese," as generally and non-specifically asked for in this country, is of the cheddar type as made in England—American cheddar cheese being abbreviated to simply American cheese and often called store or factory and miscalled "cream." It is this type that is the classic with apple and mince pies and evoked Riley's soulful—"I thank God three times daily for apple pie and cheese."

This variety can serve, to be sure, throughout the menu from appetizer to finale if passed through dexterous hands. But why use only one cheese any more than one flavoring or vegetable?

An American institution is cheese put up in small packages, jars and tins. The advantages are threefold; first you know the variety and brand, the manufacturer's name stands behind the product, you can keep the tin or jar on your emergency shelf as well as on the daily one, to be called upon when needed. Spoilage and waste are diminished.

This week in the test kitchen we have sampled a variety of the tinned and loaf varieties and



we have enthusiastic memories of their flavor. Officially we approve of them and personally and individually we delight in their fine flavor and texture. For instance, did you know you could buy delicious American-made Swiss cheese of the loaf variety?

**Bread and Cheese**

When it comes to sandwiches, watch and listen at the lunch counter, and the order always comes for "Swiss on rye." Swiss cheese—its aliases are Gruyere, Emmenthal, Schweitzerkase—has the mild, sweetish taste of a sweet milk cheese, and is famous because of its holes or eyes. The different names do signify a difference in treatment, to be sure—largely a question as to the amount of cream removed—but unless one is tasting for testing the lasting impression is the same.

The soft cream cheeses that come wrapped in small bricks with tinfoil make less many sandwiches, and for tea, picnics and Sunday night suppers afford opportunity for variation, because they may be combined with olives, nuts, peppers (red or green), preserves and marmalade, and so on. The cream cheese-jam combination also makes a delectable informal dessert—in formal because to be at its best the two must be stirred together on the plate in forbidden fashion.

American or English dairy for sandwiches demands toasting, "dreams" with soft melting cheese between brown but not hard toast. Or they may be ground and seasoned with mustard, Worcestershire, paprika and salt for a savory filling.

**Appetizers, Salads, Suppers**

Canapes of savory cheese, cream or dairy; thin slices of Swiss on the mixed hors d'oeuvre platter; celery stuffed with Roquefort or cream; celery stuffed with Roquefort or

cream; thin slices of Edam with the red rim showing; balls of Neufchatel—think of the combinations possible with the varied cheeses and different ways of serving for the appetizer course!

For salads, too, many offer a fine touch—balls of cream or Roquefort or Neufchatel; cooked cheese balls of English dairy or American; grated cheese over the top of a green or vegetable salad; dressing with Roquefort. The salads are improved in taste, looks and nutritive value.

Below are tested recipes and suggestions:

**Lenten Cheese Dish**

- 1/2 cup rice.
- 3 cups milk.
- 1 cup finely diced American cheese.
- 1 snappy cheese.
- 3 eggs.
- 2 teaspoons salt.
- 2 drops Worcestershire sauce.
- Pinch paprika.
- Speck cayenne.

Cook rice in plenty of boiling salted water for 15 minutes. Watch it after that and when just done drain and run cold water through it. Heat milk. Melt cheese in it and pour over slightly beaten eggs. Add cooked rice and seasonings. Place in a baking dish and set in slow oven (300 degrees F.) until set like a custard.

**Tomato and Cheese Salad**

- 6 tomatoes.
  - Roquefort cream cheese.
  - French dressing.
  - Lettuce—a small quantity.
- Peel and scoop out pulp. Fill cavity with a mixture of cheese moistened with French dressing. Serve on lettuce leaves with French dressing.

**Cheese Souffle**

- 2 tablespoons cooking fat.
- 3 tablespoons flour.
- 1/2 cup scalded milk.
- 1/2 teaspoon salt.
- 1/4 cup grated American cheese.
- 3 eggs (beaten separately).

Melt fat. Add flour. Blend well and add milk seasoning and cheese. Stir in egg yolks. Fold in stiffly beaten whites. Bake 20 minutes in a slow oven. Serve at once.

**Hot Cheese Denises**

Toast thin slices of stale bread. Butter lightly and spread with a thick layer of grated cheese, a speck of cayenne and a very little dry mustard. Cut into fingerlengths and trim crust well. Place in a hot oven a few moments. Serve at once with coffee.

**Mexican Rabbit**

- 1/4 pound rarebit cheese (in tins) mashed through strainer.
- 2 cups stewed potatoes.
- 1 tablespoon finely chopped onion.
- 2 tablespoons chopped green pepper.
- 2 eggs.
- 1 cup milk.
- 2 tablespoons butter.
- 2 tablespoons flour.
- 1/2 tablespoon salt.

Toasted crackers or toasted slices of bread. Melt butter and add chopped peppers and onions; cook five minutes at low temperature. Add flour, mix thoroughly, then add one cup of milk. Cook one minute. Add cheese, stirred until melted. Add tomato to cheese sauce; also beaten yolks of two eggs and seasoning. Fold in stiffly beaten whites of eggs and bake 30 minutes in moderate oven. Serve on square of toast.

**Kraft Cheese Biscuits**

- 1/4 pound American cheese—rub through grater.
- 2 cups flour.
- 4 tablespoons baking powder.
- 1 tablespoon salt.
- 1 tablespoon shortening.
- 2-3 cup milk.

Mix and sift dry materials, rub in the shortening and cheese, add milk gradually, toss on slightly floured board, roll one-half inch thick, and cut. Place on a baking sheet, and bake in a hot oven 12 to 15 minutes.

**Pumpkin Pie With Cheese Crust**

- 3/4 cup pastry flour.
  - 1/2 teaspoon salt.
  - 1/2 cup American cheese; rub through grater.
  - 3 tablespoons shortening.
  - Cold water.
- Sift together the flour and salt, work in the fat and cheese, and add enough cold water to make a stiff dough. Roll thin, and line a pie tin, then fill with the following mixture:

- 1 1/2 cups strained pumpkin.
- 2 cups milk.
- 2-3 cup brown sugar.
- 1 tablespoon cinnamon.
- 1/2 teaspoon ginger.
- 1/2 teaspoon salt.
- 2 eggs slightly beaten.

**Baked Potatoes and Cheese**

- 6 large baked potatoes.
  - 1-3 cup hot milk.
  - 2 tablespoons salt.
  - 1/4 pound pimento or American cheese—rub through grater.
  - 1/2 teaspoon paprika.
- Cut potatoes in half lengthwise and scoop out the centers. Mash thoroughly. Add cheese to hot milk, and beat with egg beater until smooth. Mix with the potatoes, add seasoning, and whip until light and creamy. Refill the potato shells, and bake in a hot oven for 10 minutes.

**Chicken Fricassee**

Boil a chicken in the usual way, with a piece of fat salt pork and an onion in the kettle. When tender, remove the meat from the bones in nice large pieces, and put aside. Take four cupfuls of the stock, and three cupfuls of thin cream or very rich sweet milk, one cupful of diced celery, and a dozen very small onions, peeled. Cook all together until onions and celery are tender, then thicken and add the chicken meat and reheat together, seasoning with salt and pepper. Make as many slices of toast as there are persons to be served, and arrange on a large platter, pour the chicken and cream sauce over and serve garnished with the onions.

**Save It for Winter**

Piccalilli puts "punch" in mid-winter menus. Do you pride yourself on the piccalilli you put up? Then let it be plentiful, for nothing so "peps up" the winter diet as piccalilli.

You chop together a peck of green tomatoes, a head of cabbage, eight large onions, and three red or green peppers. Add a cupful of salt, and let the mixture stand till next morning. Then drain off the liquid, and add two quarts of vinegar, one pound of brown sugar, two tablespoonfuls of cinnamon, two tablespoonfuls of ground black pepper, a quarter of a teaspoonful of cayenne pepper and a bag in which there is a tablespoonful of allspice and two tablespoonfuls of ginger.

Finally, boil the mixture for a half hour, stirring it occasionally to keep it from scorching; then seal the piccalilli in jars. If you want your mid-winter menus to have pungency and punch—put up piccalilli!

**Pineapple Salad Mousse**

Soften 1 teaspoon gelatine in 1 tablespoon water and dissolve over boiling water. Thoroughly drain 1 cup crushed pineapple and add 1/2 cup diced oranges, 1 cup very thick mayonnaise, 2 cups cream, whipped, and the dissolved gelatine. When well mixed pour into a mold, cover tightly and pack in equal parts of ice and salt 4 hours. Serve on lettuce with additional mayonnaise if desired. This may be used for a combination salad and dessert course.

**Celery and Cheese Canapes**

Cover rounds of fried bread with a thin layer of tomato jelly, chili sauce or catsup. On this place two short pieces of curled celery and fill the grooves in the stalks with a paste made from Roquefort cheese moistened with mayonnaise or cream and seasoned with a few drops of Worcestershire sauce and paprika.

**"Chicken of the Sea"**

Dear to the hearts of housewives as well as sportsmen, is the tuna or "tunny," known as the "aristocrat of the ocean," and the "chicken of the sea."

This fish is found in the Mediterranean and along the Atlantic and Pacific coasts. Its fame among sportsmen, who long ago dubbed it the "leaping tune," originated in its game-ness; among housewives, who probably think of the giant fish only in its canned form, the fame of "tunny" has something to do with the facility with which it may be disguised as chicken.

Particularly is this likeness to chicken apparent in the canned albacore, called the "long-finned tuna" or "tuna title." This fish is small, but its flesh, in reality a faint pink, is the whitest and mildest of all tuna meat. If you want to please your family and guests by making them think they are eating chicken, chill a can of this tuna thoroughly before you open it, then cut it in dice and use it in salad.

Much darker in color is the flesh of the blue-fin—it is a light buff shade. It is not coarse, considering the size of the fish from which it comes, and it has only a slight "gamy" taste.

Better, but harder to procure, is the yellow-fin. The meat is more delicate of texture and lighter of color than that of the blue-fin—it is often as light as that of the albacore.

The smallest, and often considered the best, of all tuna is the striped tuna—"skipjack," as Californians call it, or "bonito," as Europeans say. The fish which are canned are generally about two feet in length, and between six and seven pounds in weight. The meat has a slightly "gamy" taste and is a pinkish buff color. Fishermen say it is the swiftest and most handsome of all tunas.

Although anglers catch tunas for sport, commercial fishermen catch them with huge purse seiners. Mediterranean fishermen catch them in anchored traps, with entrances shaped like funnels which pass them through enclosures into the heart of the trap, where they are speared.

The canning industry monopolizes most of the catch, and you will see very little fresh tuna meat in our markets. But fortunately you may still serve your "chicken of the sea" out of cans.

**In My Grocer's Window**

**Cauliflower—the Aristocrat of Cabbages**

When you see the cauliflower in your grocer's window—a food familiar enough, yet decidedly a delicacy—perhaps you do not think of it as being merely a luxurious version of the humble cabbage.

Yet that's what it is: A cabbage, the flower buds and flower stalks of which form a "curd," a white, compressed mass. It is this curd, not the leaves of the plant, which is the vegetable, proper.

The production of first-class cauliflower necessitates extreme care, first in selection, second in cultivation, and third in marketing. It is especially important that the vegetable be guarded from sun or rain discolorations during cultivation, and from dust and bruises during the shipment.

It is in this painstaking cultivation that modernity has contributed to the cauliflower of today. The plant itself is not a product of modern times. It came to North America through England, but it was grown in lands bordering the Mediterranean for hundreds of years before it ever emigrated to the north.

You can know an inferior cauliflower by rough surface and the "richness" of the curd. The cauliflower whose curd is divided by leaves or broken up in some other way is also undesirable. Yellow or green color in the curd, too, indicates low quality, while dark spots or soft places are indicative of staleness.

You can tell a first-class cauliflower by its large, close curd, which is firm, smooth and white.

Lamb, when just of the right age, is very tender, and quite as digestible as beef and mutton. The flesh contains a large proportion of fat—more than is found in veal.