

Cheese Products Add Zest To Meals, Life to Budget

Liberal use of cheese will provide the family with highly nutritious protein in the diet at modest cost. A touch of cheese can give a "lift" to any meal and will take any dish out of the ordinary class.

No matter what the dish, cheese it—and watch it go farther and taste better in addition to being more nutritious. See that cheese is on menus often and discover that the food budget is helped immensely.

HERE'S HOW to make a tempting, hearty easy-to-fix rice cheese mold made rich with the flavor of rindless sharp aged cheddar.

Serve the mold on a large chop platter and fill the center with buttered green peas. For an added touch, add little pearl onions and small canned mushrooms to the peas. Garnish the mold with ripe tomato wedges and a bit of greenery, and it becomes a meal-in-one dish that is both economical and satisfying.

CHEESE RICE MOLD

¾ cup scalded milk
1 cup soft bread crumbs
¼ cup butter or margarine
2 cups cooked rice
1 teaspoon chopped onion
1 teaspoon salt
3 cups grated sharp aged cheddar (¾ lb.)
2 eggs, well beaten
1 teaspoon Worcestershire sauce
Four milk over crumbs and butter. Add remaining ingredients in order, given. Mix thoroughly and pour into well-buttered ring mold and set in pan of hot water. Bake in 375 degree oven 55-60 minutes or until delicately browned and inserted silver knife comes out clean.

Place rice ring on large chop platter. Fill center with buttered peas. Garnish ring with tomato wedges and greenery. Serves 8.

SOUFFLED CHEESE SANDWICH

6 slices bread
6 slices sliced cheese to cover bread
¼ teaspoon salt
3 eggs, separated
¼ cup salad dressing
Toast bread on one side. Cover untoasted side with cheese. Add salt to egg whites and beat until shiny and whites leave peaks when beater is withdrawn. Add salad dressing to yolks and beat until light.

Fold yolk mixture into whites. Heap on top of cheese. Bake in moderate oven (350 degrees) until puffy and brown, about 15 minutes. Serve promptly. 6 sandwiches.

Recipe may be varied by placing thin slice of cooked ham on toast. Top with cheese and proceed as above.

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Home Dyeing Is Easy With Today's Tints!

BY EDNA MILES

THE so-called "good old days" were hard on housewives. Hoping for more attractive dresses, drapes and other things that make a home attractive, those little ladies were forced to go through the over-arduous processes connected with always-messy home dyeing.

Home dyeing in the old days meant muscle-straining drudgery over steaming tubs and kettles. Actually it has only been 75 years since chemical dyes were developed from coal tar.

Before that, home dyeing was often disappointing. You could not tell in advance whether you would end up with the desired color or not. For that matter, your color choice was confined mostly to blues, reds and yellows. You could not hope for success unless you knew a great deal about cloth, textures, mordants and dyes.

However, today's home dyeing is a cinch, thanks to the development of easy-to-use, all-fabric dyes in 50 colors and an efficient color remover.

Widespread ownership of washing machines helps, too, because the washer is ideal for tinting bulky things like curtains, drapes, sheets, bedspreads and shag rugs.

All you need do is dissolve your dye in a quart jar or pitcher of hot water, then pour the mixture in your machine as soon as it fills with hot tap water. Let the pigment sink deep into the fabric, pull the cloth out and hang it up to dry.

Home dyeing in 1952 is much better, much easier, and certainly a lot more successful than back in "the good old days." Today, thanks to modern science, there are many good, efficient dyes on the market. You can find them in almost any drug, dime or department store.



Today a cool, crisp, young modern uses the latest home-dyeing process in her own kitchen, tinting in a few minutes what often took a long time in "the good old days."

Three-quarters of a century ago it was not unusual to see a housewife perspiring over the steaming tub-kettle combination needed to tint dresses and living room drapes.

Thanksgiving Finds Fowl In Freezer

With the traditional "turkey day" fast nearing, kitchen activity will assume first place among the household chores.

In other years the bird was selected just prior to Thanksgiving from neighborhood store or distant farm. Now the turkey is apt to have been "bedded down" in the family deep-freezer for many a month. His reaction to cooking processes naturally differs from his room-temperature cousin.

Thaw poultry in the package on a shelf in the refrigerator; or, if time does not permit, at room temperature; or in front of an electric fan.

The time for defrosting depends upon the size of the bird. Allow 4 hours per pound to defrost a bird in a household refrigerator and approximately 1 hour per pound to thaw at room temperature.

In an emergency poultry may also be thawed in cold running water, allowing approximately 2 hours.

WHEN THAWED, cook at once. Cook thawed birds like you would freshly dressed poultry. Poultry that is not thawed before cooking requires a longer cooking time and should be started at a lower cooking temperature, in order to give a uniformly cooked product.

To roast, begin by removing the giblets from the cavity. Sprinkle cavity of thawed bird with salt, and stuff with a favorite dressing. Truss and broil with melted fat.

Place on rack, breast down, in a shallow pan. Roast in a slow oven at 325 degrees until tender. Baste with drippings or cover bird with cloth dipped in melted unsalted fat. Do not add water and do not cover. If meat thermometer is used, cook to a temperature of 190 degrees.

TO FRY CHICKEN, dredge pieces in seasoned flour or crumbs. Brown pieces on both sides in a skillet with hot melted fat. When browned, cover and cook slowly over low heat until tender.

Another frying method is to cook in boiling water for 20 minutes.

Shepherd's Pie
Roast beef cut in cubes
Salt-pepper
Onion juice
Gravy
Mashed potatoes
Season beef with salt, pepper and onion juice. Moisten with gravy. Put in a baking dish. Cover with a thin layer of mashed potato. Bake in an oven 425 degrees.

utes and then finish cooking and brown in deep fat (350 degrees) for 10 minutes.

Unless chicken is thawed there will be considerable spattering of fat and crumbs until it will not adhere to meat.

CHICKEN MAY BE broiled by wiping dry the thawed halves of broilers and brush with melted

butter or fat. Place on greased broiler rack, skin side down.

Broil the chicken on the rack, 4 inches below the heat. Turn every 10 minutes, brushing with fat after each turning. Cook 40 to 60 minutes, until tender, according to the weight of the bird.

Turn heat off, season and serve. Chicken may be left in broiler 10 minutes longer after the heat is

turned off for further cooking.

COMPLETE THAWING is not required for fricassee chicken. Separate pieces and dredge in seasoned flour. Brown slowly in a small amount of fat. Place in a well-greased casserole, cover casserole, and bake in a slow oven, 300 to 325 degrees, 1 to 3 hours, or until tender.

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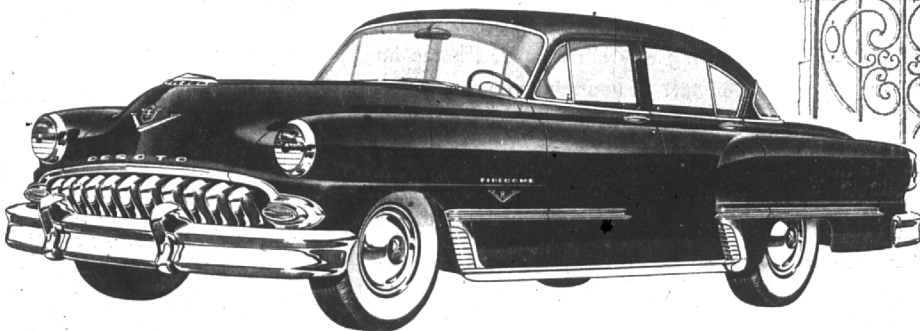
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