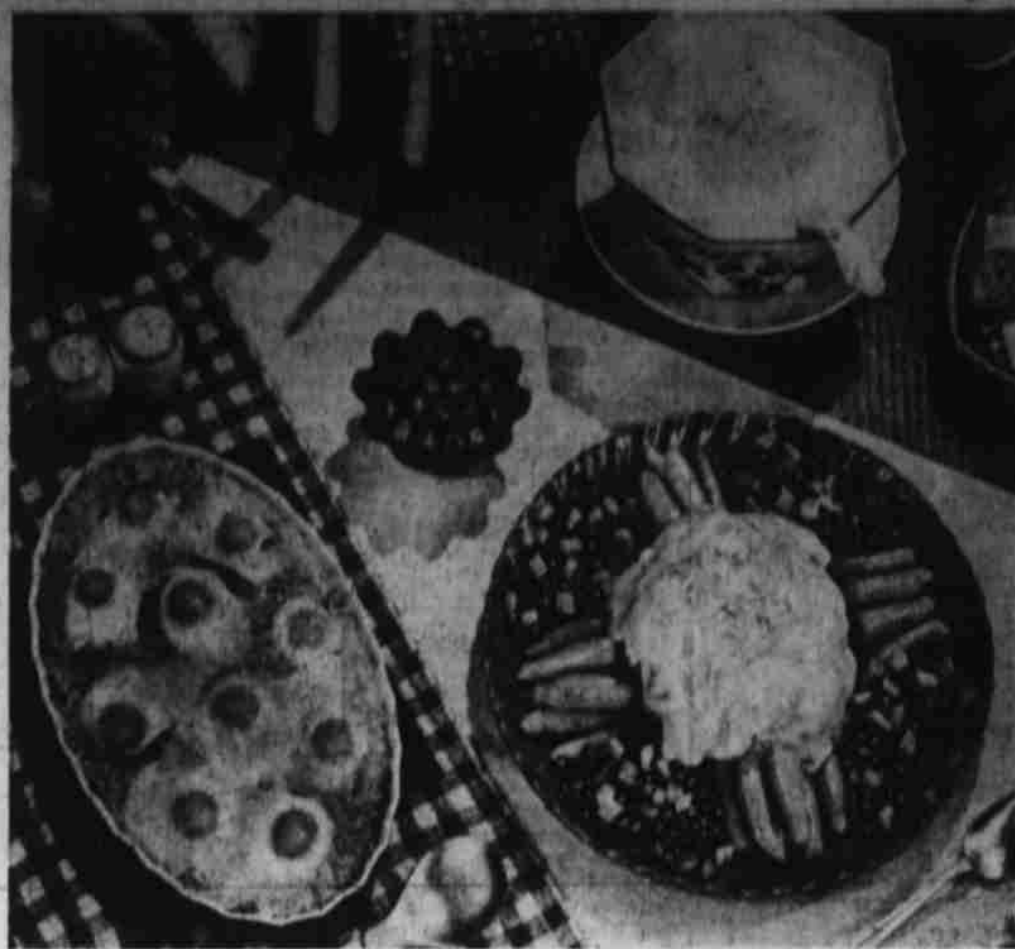


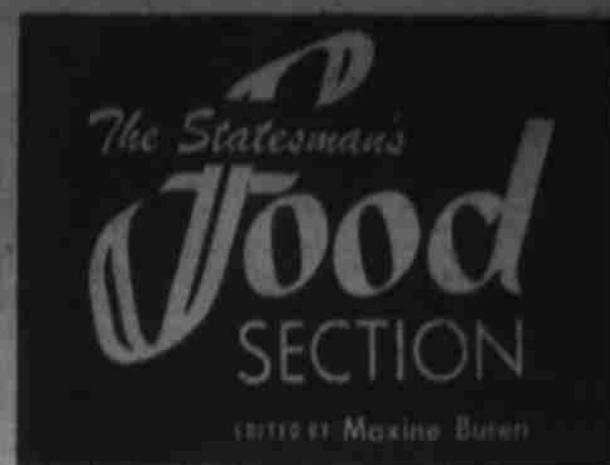
Cheese is Important in the Main Course . . .



Three times a day is not too much for cheese, as here is proved. Pictured are Cheesed Shredded Eggs for breakfast, Cheese Mushroom Soup for lunch and Cauliflower with Cheese Sauce for dinner.



Biscuits made with bran cereal and cheese, and flavored with caraway are the piece de resistance at a buffet menu. Here they're served with ham and turkey, frosted grapes and olives, crisp celery and spiced cranberries. To frost the grapes, dip the bunches of grapes in slightly beaten egg whites, place on waxed paper and sprinkle with sugar and allow to dry.



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The lingering mellowness of bleu cheese transforms the homey ham loaf into a gourmet's delight. Fresh pork is also included in the recipe.

Cheddar and Bleu in Breads, Meat Loaves

By MAXINE BUREN,
Statesman Woman's Editor

Bleu cheese, that flavorsome, creamy product usually associated with snacks and salad dressing, may take a more important place in the menu, once the cook gets the knack of using it.

Several American brands of bleu cheese are on the market, one of the best is made in Oregon. Protect the freshness by wrapping in foil or several thicknesses of waxed paper.

Bleu cheese gives its flavor to a meat loaf which blends fresh and smoked pork, and it goes nicely with veal in stew too. Add a dash to your next corn chowder for a new taste flavor.

BLEU CHEESE HAM LOAF
2 eggs, slightly beaten
1/2 cup milk
1/2 teaspoon pepper
1/2 teaspoon ground cloves
1 cup fine dry bread crumbs
1/2 cup crumbled American Bleu cheese (about 4 ounces)
1 medium-sized onion, finely chopped
1 pound ground lean pork
Combine eggs, milk, pepper, cloves and bread crumbs; let stand 10 minutes. Add 1/2 cup cheese, pork, ham and onion; mix well. Press into 9x5x3-inch pan and bake in moderate oven (350°) 1 1/2 hours, or until done. Drain; remove from pan and place on broiler rack. Top with remaining 1/2 cup cheese. Broil 3 to 4 inches from source of heat 5 to 7 minutes or until lightly browned. Garnish with apple slices, if desired.

VEAL STEW WITH BLEU CHEESE
1 1/2 pounds boneless veal shoulder cut in 1 1/2-inch cubes
Salt, pepper and flour
2 tablespoons fat
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 1/2 quarts hot water
4 medium-sized potatoes, pared and sliced
3 medium-sized onions, sliced
4 medium-sized carrots, sliced
1/2 cup chopped parsley
1/2 cup crumbled American Bleu cheese (about 1 1/2 ounces)
Sprinkle veal with salt and pepper. Dredge with flour. Melt fat over medium heat. Add veal and brown well. Add 1 1/2 teaspoons salt, pepper and water. Cover and cook over low heat about 1 hour, or until veal is almost tender. Add potatoes, onions, carrots and parsley. Cover and cook 1/2 hour, or until vegetables are tender. Remove meat and vegetables to heated platter. Add cheese to liquid in pan and cook over low heat until cheese is melted. Serve Bleu cheese sauce over meat and vegetables. Makes 4 to 6 servings.

Cheese Main Dish Popular

One of the old fashioned cheese dishes that's enjoying a revival of popularity is this one:

RINGTUM DIDDY
1 cup shredded cheese
1 cup food or aged cheese
1/2 cup butter
1/2 cup flour
1 cup hot milk
1/2 teaspoon soda
1 cup cooked tomatoes
1/2 teaspoon dry mustard
1/2 teaspoon paprika
1/2 teaspoon salt
Dash cayenne pepper
5 slices hot buttered toast.

Melt the butter in a heavy skillet. Add cheese. Sprinkle the flour over the cheese. Cover the pan. Cook very slowly until cheese melts and bubbles up through the flour. Stir in milk slowly. Blend thoroughly. Add soda to tomatoes. Stir into cheese mixture. Season. Simmer a few minutes to blend. Do not overcook. Serve on toast, crackers, or cooked rice. This is a good chafing dish recipe.

Lamb Breast Easy on Budget

An idea for dinner that's mighty good eating and easy on the budget is breast of lamb. Have it cut in serving pieces. Cook it slowly in a small amount of boiling water to which salt, pepper, a small onion, and a bit of thyme have been added. When the lamb is tender, drain and allow to cool slightly. Just as you are ready for dinner, cook the pieces of lamb in plenty of butter, until they are crisp and nicely browned. A bit of paprika helps in the browning. Serve with sauerkraut, or lentils, or a bowl of lima beans.

Caraway With Cheese Makes Good Biscuits

There are so many uses for American or Cheddar cheese in cooking, that entire books have been written about them. Here however, we have something a bit out of the ordinary—cheese biscuits, laced with caraway. They go especially well with cold turkey or meat, but are wonderful with salads too.

Oregon-made cheddar cheese is among the best.

CARAWAY CHEESE BISCUITS
1 1/2 cups sifted flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1/2 cup whole bran cereal
1/2 cup grated sharp cheese
2 teaspoons caraway seeds
1/2 cup shortening
1/2 cup buttermilk or sour milk

Sift together flour, baking powder, soda and salt; combine with whole bran cereal, cheese and caraway seeds. Cut in shortening until mixture resembles coarse corn meal. Add buttermilk, stirring only until combined. Turn dough out on lightly floured board and knead gently a few times. Roll out to 1/4 inch in thickness. Cut with floured 1 1/2-inch biscuit cutter. Place on ungreased baking sheet. Bake in very hot oven (450 degrees F.) about 12 minutes. Yield: 1 1/2 dozen biscuits, about 2 inches in diameter.

Broiled Bird
Wonderful broiled chicken: rub the surface of a cut-up broiling chicken with lemon juice. Add 4 teaspoons each of salt and sugar to a quarter cup of melted butter; stir in a teaspoon of paprika and a dash of white pepper. Coat the chicken pieces with the butter mixture. Broil slowly, turning.

Put Olives in Shrimp Bake

Combine olives and shrimp in this baked dish for an interesting flavor.

SHRIMP AND OLIVE BAKE
4 ounces elbow spaghetti
2 tablespoons butter or margarine
1 clove garlic, finely chopped
1/2 cup finely chopped onion
1 cup tomato sauce (8-ounce can)
1/2 cup liquid drained from ripe olives
1 cup cooked or canned shrimp
1/2 cup sliced ripe olives
2 tablespoons finely chopped parsley
1/2 cup shredded process American cheese (2 ounces)

Cook spaghetti in boiling salted water until tender (about 8 minutes). Drain and rinse. While spaghetti is cooking, melt butter or margarine in saucepan. Add garlic and onion. Cook gently about 5 minutes. Stir in tomato sauce and olive liquid. Heat to serving temperature. Turn spaghetti into greased 1-quart casserole. Add shrimp, olives and tomato mixture. Mix gently. Sprinkle top with parsley and cheese. Bake in moderate oven (375 degrees F.) until mixture is bubbly and cheese is melted (about 20 minutes). Makes 4 servings.

SWEET DOUGH

A sweet yeast-dough coffee cake, resplendent with jewels of light and dark raisins, candied fruits and plenty of nuts, will make a breakfast treat guests will long remember.

Green Dip

An avocado mixture tastes wonderful when it is used as a dip for crisp corn chips. Mash the avocado fine and add salt and pepper to taste plus minced onion. Some cooks also like to add a dash of chile powder.

Your Own

Make an extra sandwich when you are packing a lunchbox. Wrap the sandwich in waxed paper and refrigerate it. At noon, when you are ready for lunch, spread the top surface of the sandwich bread with soft butter or margarine and toast under the broiler; turn, spread other side of sandwich with soft butter and toast. Almost any filling—cheese, egg or tuna salad—takes to this sandwich treatment.

In Peppers

Cooked rice, mixed with grated cheese, makes a good filling for baked green peppers.

Double Duty Dip Also is Dressing

Quick as a flash to make, this really does have a two-fold purpose. It has a come-back-for-more quality when served with crackers or potato chips as an appetizer, or makes the best dressing thinned out with sour cream or mayonnaise, and served over a wedge of crisp lettuce or in a mixed green salad. It's the chopped ripe olives that give this cheese mixture a note of individuality.

DOUBLE-DUTY DIP
1/2 cup Roquefort or

Bleu cheese

1 cup commercial sour cream
1/2 teaspoon garlic salt
1 tablespoon lemon juice
1 (4 1/2-ounce) can chopped ripe olives
Mash cheese until well blended. Stir in all remaining ingredients. Use as a soft dip. Or, use as a salad dressing. (Mixture may be thinned, if desired, with cream, sour cream or mayonnaise). Makes about 1 1/2 cups.



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CONTEST RULES

1. Baby must be three (3) years or younger.
2. Baby must have been fed Morning Milk.
3. "Snapshot" of baby must be attached with each entry. Write baby's name and address on back of "snapshot." All "snapshots" become the property of the Morning Milk Company and cannot be returned.
4. Entries must be postmarked before midnight, February 11, 1956.
5. There is no limit to the number of babies three years or younger (in one family) who can be entered. Each "snapshot" must be accompanied by an entry blank.
6. Babies will be judged on healthy appearance, cuteness, and personality. Decision of the judges will be final.

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Baby's age _____ Years _____ Months _____
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Baby's height _____
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