



NOD TO ST. PATRICK—Shamrock salad gives the nod to St. Patrick as we decorate favored canned peach halves and snowy cottage cheese with appropriate designs cut from green peppers. Add a bit of green food coloring to mayonnaise or other dressing for a further color note.

Feeding the Family

By ZOLA VINCENT
Food Editor

Cheddar Is Big Cheese Along Oregon's Milky Way
Lentzen season spotlight is on cheese because of its high quality protein and other valuable nutrients famed for satiating values or "staying" qualities. And there is no doubt about it—the "big cheese" among dairy foods is natural cheddar with cottage cheese second in consumer demand.

Dairying looms large in the economy of our state with milk and its many satellites zooming along far outdistancing all other agricultural crops. Whether you call it Cheddar, American or store cheese, this variety represents approximately 80 per cent of all cheese consumed in our country today.

Cheddar is available, mild to sharp in flavor, in rindless, flavor-fresh packages sized to suit all needs and at surprisingly low cost. Most versatile of cheeses, it is ideal for every hour of the day, any course of any meal. "As is" or combined with any of the galaxy of macaroni products, it also has an affinity for an astronomical number of egg dishes; combines with meat, fish, poultry, fruit and vegetables.

Cheese Care
Cheese should be kept refrigerated in a covered container, wrapped in foil, waxed paper or transparent plastic film; or in its original container if pre-packaged. Keep it away from strong-flavored foods. For best flavor and easy cutting, allow cheese to come to room temperature before serving. Storing in refrigerator is not recommended.

Cheese Cookery
Cheese should always be cooked at a low temperature. Stringiness and curdling will result when prolonged cooking or high temperatures are used when cooking by moist heat.

When dry heat methods are used, prolonged baking or high temperatures will produce leatherness. The temperature for baking should never exceed 350 degrees. If cheese is used as a topping on baked dishes, it usually is combined with crumbs.

Breakfast Cheese
For a welcome change, start the day with a cheese omelet or a sprinkling of grated American over the shirred eggs. Some people like their breakfast toast spread with cream cheese and sprinkled with cinnamon. There are sturdy folks who want a piece of sharp cheddar cheese equals about four ounces.

Fluffy Souffle
A fluffy cheese souffle is good eating at breakfast, lunch or dinner. This one is easily, quickly made. For six servings:

Melt one-fourth cup butter; blend in one-fourth cup flour and add one cup of milk, one-half teaspoon salt and a dash of cayenne. Cook over low heat, stirring constantly until sauce is very thick. Add two cups (one-half pound) medium aged cheddar cheese and stir until cheese is melted.

Remove sauce from heat and stir in the beaten yolks of four eggs. Beat egg whites until stiff. Slowly add yolk mixture to egg whites, blending carefully but thoroughly. Pour into an ungreased two-quart casserole and bake one hour in a 300 degree oven. Serve at once.

Cottage Cheese Tricks
For Popular Salad Plates
Second only to cheddar in popularity among cheeses, snowy, fresh nutrient-rich cottage cheese offers many exciting new ways to perk up menus. Here are combinations certain to be enjoyed by all members of the family; good luncheon party suggestions, too.

The gold of California cling peaches combines ideally with popular cottage cheese for offering with mayonnaise, French dressing, fruit dressing or a combination of mayonnaise and sour cream. This can be further dressed-up in an infinite variety of ways with bits of green pepper, pimiento, green or red maraschino cherries, chopped nuts. Roll cottage cheese balls in finely chopped nuts. Stuff prunes with cottage cheese.

Combine cottage cheese, grated carrots and/or shredded cabbage. Garnish spoonfuls of cottage cheese with cubes of fruit flavored gelatine or tomato aspic.

When making gelatin fruit salads, press spoonfuls of cottage cheese down in center just before gelatin thickens. Spread thin slices of dried beef with mashed or sieved cottage cheese and roll up like a jelly roll; cut in one-half inch slices.

Dip half moon slices of avocado in lemon juice and surround cottage cheese mound. **Minted Pears**
For a touch of "wearing of the green," mint pears like this. Serve as dessert or as salad with cream cheese fluting around edges; sprinkle generously with slivered almonds.

Pour liquid from canned pears and heat with a few drops of green coloring and oil of peppermint or a few mint leaves. Turn off heat; add pear halves and leave in hot liquid until tinted the shade of green desired. Remove from liquid, drain and chill in refrigerator. Arrange on mint leaves if any are handy.

Party Notions for St. Patrick's Day Fun
Sure and the 17th will be a fine night for a shindig! Sing Irish songs and dance to Irish tunes and of course decorate with green and white crepe papers and other Irish motifs. Color scheme can easily be carried into the food you serve. This could be fun for the family, too!

Ice cake or cookies in green, decorate with shamrock or clay pipe design. Make salad or salads in shimmering lime-flavored gelatin. For added zest and a bubbly appearance, use pale dry ginger ale in making the gelatin.

White cake frostings take on a proper seasonal tint with a mere drop of green vegetable coloring. Better measure this; no pouring from the bottle, or oops!

Lemonade and other beverages might just as well take on a green glint.

How about green ice cubes easily made by "tinting" water in ice cube pans.

Guacamole with its already-green coloring of the avocado is ideal.

Toss a handful of finely chopped parsley into the mashed potatoes. Or a handful of green pepper or finely chopped green onion tops.

A lime gelatin souffle salad with avocado and grapefruit would delight all.

Pistachio ice cream or lime sherbet. Or top vanilla ice cream with a mint sauce as a colorful ending to a St. Patrick's Day dinner?

Lettuce Dressing
Equal parts of mashed soft avocados and sieved cottage cheese makes a delicious and unusual dressing for lettuce wedges. Season with salt, pepper, finely chopped onion, lemon juice and horseradish.

Carrot Dress-Up. Next time you serve whole honey-glazed carrots, tuck a generous sprig of parsley in for tops to pretty them up.

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