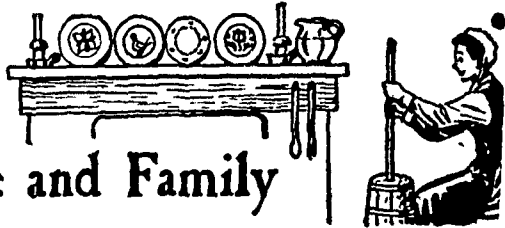


For the Farm Wife and Family



Flavor Meals With Cheese

By Mrs. Richard C. Spence

Many food markets are featuring cheese in their specials during the Lenten period. Take advantage of these savings and provide your family with extra nourishment as a premium. Here are a few suggestions you might like to try:

1. Cheese and eggs complement each other in Cheese Baked Eggs—a meatless dish for Lent. For each serving, pour 2 tablespoons milk or cream into baking dish. Carefully break in 2 eggs, season with salt, pepper and paprika, dot with 1 tablespoon of butter and top with ¼ tablespoons of shredded sharp Cheddar cheese. Bake in a 350 degree oven for 15 minutes or until eggs are desired firmness. A drop or two of Worcestershire and Tabasco sauces may be added to the milk or cream for extra zip.

2. Have you served French fried cheese sandwiches lately? Don't forget this family favorite during Lent. For each sandwich, dip two slices of bread into an egg-milk mixture, fill with cheese and grill on both sides in flavor-

ful butter. Cheddar, Brick, Swiss or Gruyere make tasty sandwich choices.

3. This cheesy potato dish is delectable. To make 6 servings in a buttered shallow baking pan, arrange in a single layer 2 packages French fried potato sticks. Brush with ¼ cup (½ stick) melted butter and sprinkle with 1 teaspoon onion salt

and paprika. -Bake 20-25 minutes in a preheated 425 degree oven. Remove from oven and sprinkle with ½ cup grated Parmesan cheese, shaking pan so potatoes are evenly coated.

4. Red-wrapped Edam filled with a tangy cheese spread adds color and good taste to your Hors d'oeuvre tray. Cut the top from a small Edam, scoop out center of cheese and mash thoroughly. Add 1 teaspoon Worcestershire sauce, 1 tablespoon prepared mustard, 1 teaspoon of mixed herbs, 2 tablespoons sour cream and a few grains cayenne pepper. Refill cheese shell and serve as a spread with assorted crackers.

5. Freshly shredded Cheddar cheese is a wonderful topping for fruit salad—sprinkle it over cooked green vegetables or top hamburgers with shredded Cheddar.

6. When ravenous appetites demand food fast, serve Ham and Swiss cheese sandwiches. Chopped ham, mixed with salad dressing, tops slices

of nutty-flavored Swiss cheese. These sandwiches are delicious broiled and served hot, too . . .

7. Next time you make a tossed green salad, crumble some Blue cheese on top. You will want to serve it again soon! Blue cheese spread on "party" rye slices and then topped with black olive rings adds just the right touch to an appetizer or snack tray.

8. Add a different flavor to deviled eggs—a Blue cheese flavor. Make "Blue - Devil" eggs this way: hard-cook 8 eggs, peel, halve and remove yolks. Mash yolks and blend with ½ of 1 (4-ounce) triangle of Blue cheese, 1 tablespoon prepared mustard, 1

teaspoon Worcestershire sauce, a few drops of Tabasco sauce and 1 tablespoon butter, softened. Fill halves with yolk mixture. Serve cold or as a hot in mild Cheddar sauce.

There's plenty of nuttiness and flavor in this whole sandwich! With this Double Cheese Delight you can like to serve Tomato Potato Chips, Carrot and ery Sticks, Orange Sherbert Cookies and a Beverage

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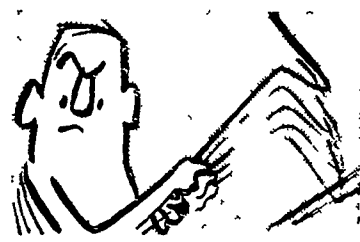
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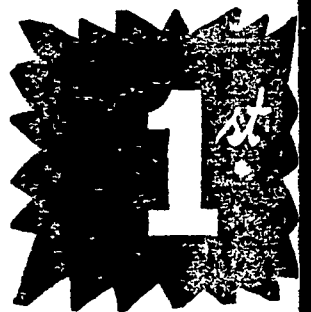
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