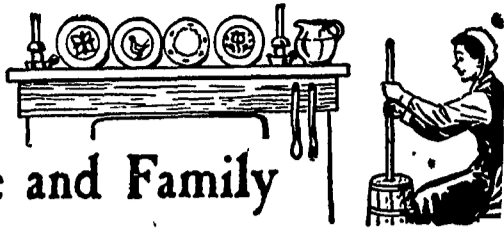


For the Farm Wife and Family



Cheese - A Thrifty Lenten Buy

By Mrs. Richard C. Spence

You get what you pay for when you buy cheese. Every bit of cheese can be used, nothing is thrown away. If the end pieces of a cheese harden slightly, cut them off and grate them. Keep the grated cheese in a covered glass container in the refrigerator for use in casseroles, on meat and vegetables.

Cheese is a good substitute for meat in many Lenten dishes. It's flavorful, nutritious and easy-to-serve. For best results in cooking cheese, remember to keep the heat low. Cheese needs just enough heat to melt and blend with your other ingredients. High heat or prolonged cooking causes cheese to become stringy and tough.

Many varieties of cheese are available to the homemaker. To keep them at their best, wrap each cheese tightly in either two wrappings of waxed paper or waxed paper and aluminum foil. Cheese also keeps well in saran film or in an airtight container.

Cheese is teamed up with

eggs in this extra-nutritious casserole.

DEVILED EGG CASSEROLE

- 6 hard-cooked eggs
- 1 tablespoon prepared mustard
- 2 tablespoons cider vinegar
- ¼ teaspoon salt
- Dash of pepper
- 1 can (4 ounces) sliced mushrooms, drained
- 2 tablespoons butter
- 2 tablespoons flour
- ½ teaspoon salt
- 1 cup milk
- 1½ cups shredded Cheddar cheese

Cut eggs in half lengthwise, remove yolks. With a fork mash yolks, add mustard, vinegar, ¼ teaspoon salt and pepper and blend thoroughly. Fill egg whites with mixture. Arrange stuffed eggs in single

layer in casserole; add mushrooms. In a saucepan melt butter; blend in flour and salt. Gradually add milk; cook over low heat, stirring constantly, until mixture comes to a boil and thickens. Remove from heat; add 1 cup Cheddar cheese and stir until cheese melts. Pour mixture over eggs; cover and bake 20 minutes in a 350 degree oven or until bubbly and heated through. Top with remaining ½ cup Cheddar cheese; return to oven uncovered until cheese melts. 4 servings.

Here's a dish you'll like to serve because it's new and different. It's called Cheese and Chicken Shortcake, and can be put together quickly with such foods on hand as canned chicken a la king, frozen waffles, and mellow brick cheese.

CHEESE AND CHICKEN SHORTCAKE

- 2 cans (10½ ounces each) chicken a la king
- ½ teaspoon minced onion
- 8 frozen waffles
- 8 slices brick cheese, at room temperature

Pimiento
In a saucepan combine chicken and onion, heat over low heat to serving temperature. Meanwhile heat waffles according to package directions. Top each waffle with slice of cheese. To assemble shortcakes place a cheese topped waffle on each plate and spoon on chicken, add second waffle and additional chicken. Garnish with pimiento strips.

- #### CHEESE AND SAUSAGE RING
- 4 cups cornflakes or 1 cup cornflake crumbs
 - 1½ pounds bulk pork sausage
 - 2 eggs, slightly beaten
 - ¼ pound sharp processed cheese, cut in ¼ inch cubes
 - ½ cup milk
 - ¼ cup finely chopped onion

If using cornflakes, crush into fine crumbs. Thoroughly combine all ingredients. Press lightly in greased 8¼-inch ring mold, or shape into loaf on shallow baking pan. Bake in moderate oven (350 degrees) about 1 hour. Garnish top with cheese slices and parsley, if desired.

Accompany this entree with fluffy mashed potatoes, a green vegetable, Waldorf salad and warm cornbread squares.

If you have teenagers around, anytime's a good time for pizza. But sometimes it takes too long to create a full-sized pizza. That's when you'll enjoy making Tuna Pizza Skyscrapers, a knife and fork sandwich with every bite as zesty as the traditional Italian pie. You can make it in a jiffy with convenient refrigerated biscuits.

- #### TUNA PIZZA SKYSCRAPER
- 1½ cups (9¼-ounce can)

- ¼ cup dairy sour cream
- ¼ teaspoon Worcestershire sauce
- ¼ teaspoon oregano
- ½ teaspoon garlic salt
- Dash of pepper
- 1 package refrigerated biscuits
- ½ cup chili sauce
- 5 slices large tomato
- 5 slices Bermuda onion
- 5 thick slices sharp Cheddar cheese

Drain and flake tuna. Mix with sour cream, Worcestershire sauce, oregano, garlic salt and pepper; shape into 5 patties. On baking sheet, roll biscuits into ten 3-inch circles. Spread 5 of the biscuits with chili sauce; then, top with tuna patties, tomato slices and finally, onion slices. Bake 10-15 minutes in a 425 degree oven. Remove from oven and top sandwiches with the plain, baked biscuits; then the cheese. Bake an additional 3-5 minutes, or just until cheese melts. Garnish with water cress or parsley.

The splendid flavors of Cheddar, Parmesan and Cottage Cheese are wedded in this savory supper casserole.

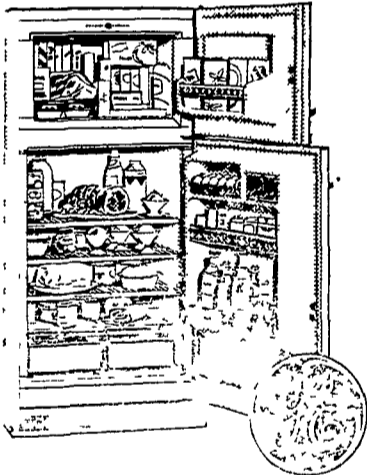
GOURMET CASSEROLE

- 1 8-ounce package wide noodles
 - ¾ cup (½ stick) butter
- (Continued on Page 15)

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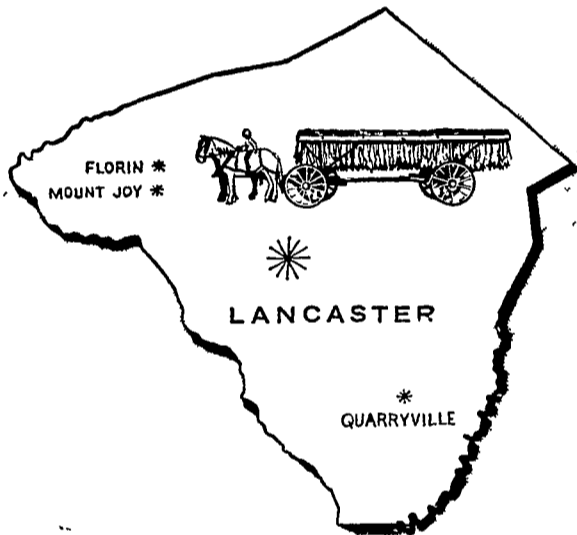
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