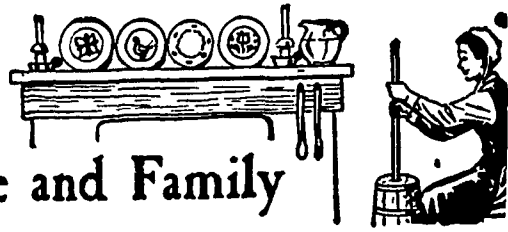


## For the Farm Wife and Family



### Keep Cool With Cottage Cheese

By Mrs. Richard C. Spence



SPENCE

On any list of the world's most versatile foods, cottage cheese is sure to rate a leading place. It may have been the first cheese ever made, discovered by accident in a camel rider's goatskin bag of milk. Later generations knew it as a humble product of farm kitchens; thus it earned the name cottage cheese. Today's dairy-made product, always uniformly delicious, is used in hundreds of tempting recipes. Versatile hardly seems adequate to describe its "go-everywhere" quality. Cottage cheese is popular in salads, desserts, dressings, dips, main dishes, even sandwiches.

Summer days are salad days, time to give a lift to lagging appetites with a cool,

refreshing salad. Please your family or guests with a wide variety of salads, here's one that's sure to please. Peach and Grape Emerald Salad. Green and crystal-clear, it's as cooling as a tall glass of limeade. Surround this pretty salad mold with snowy mounds of cottage cheese for extra eye-appeal and taste-appeal. The cottage cheese provides high protein value, while its delicate flavor sets off the tangy lime-flavored gelatin and tart, sweet fruits.

An entree such as Cottage

Cheese patties contains less than 140 calories per serving. Accompany it with a fruit-flavored gelatin salad filled with fresh fruits.

#### COTTAGE CHEESE PATTIES

- 2 tablespoons minced onions
- 1/4 cup grated carrots
- 2 tablespoons minced parsley
- 2 cups cottage cheese, well-drained
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon paprika
- 2 cups soft bread crumbs
- 1 egg

2 tablespoons -water  
2 cups Special K cereal  
Combine onions, carrots, parsley, cottage cheese and seasonings, mixing thoroughly. Stir in bread crumbs. Shape into 6 large patties or 12 small patties. Beat egg with water. Dip patties in egg mixture; roll in Cereal. Place in greased shallow pan. Bake in very hot oven (450 degrees) about 8 minutes or until lightly browned and thoroughly heated. Serve at once, 6 servings.

NOTE: If desired, 2 tablespoons minced green pepper may be added with vegetables.

If it's Italian-style food you like, these delectable dishes need not be off-limits to the person counting calories! Though the calorie count is cut away down, Savory Stuffed Manicotti sacrifices not a mite of eating enjoyment or nutritional goodness. Manicotti are extra-large grooved macaroni filled in this instance with a well-seasoned beef-cheese-tomato stuffing. Go-alongs include a salad of lettuce, carrot and cauliflower tossed with low-calorie Italian dressing, 1 slice lightly garlic-buttered Italian bread and 1 cup fresh fruit.

#### SAVORY STUFFED MANICOTTI

- 3/4 pound ground round steak
- 1 cup cream-style small curd cottage cheese (8 ounces)

- 1 clove garlic, minced
- 2 teaspoon salt
- 2 cups tomatoes (1 pound can)
- 3/4 cup tomato paste (6-ounce can)
- 2 teaspoons leaf basil
- 1/8 teaspoon pepper
- 18 manicotti (about 8 ounces)
- 2 tablespoons grated Parmesan cheese

Brown meat, stirring frequently to break into small pieces. Remove from heat. Add cottage cheese, garlic and 1 teaspoon salt, mixing well. Cover and refrigerate while preparing sauce. Combine tomatoes, tomato paste, basil, pepper and remaining 1 teaspoon salt in saucepan. Bring to boiling point and simmer gently, uncovered, until slightly thickened, about 30 minutes

Meanwhile, cook manicotti in boiling salted water until almost tender, about 20 minutes. Rinse with cold water until cool enough to handle. Drain. Fill loosely with meat mixture, using about 2 heaping teaspoons per tube. Arrange in lightly greased 2 1/2 quart casserole or 8 x 12-inch baking dish. Pour tomato sauce over filled manicotti. Sprinkle Parmesan cheese over sauce. Bake in moderate oven (350 degrees) 25 to 30 minutes, or until hot and bubbly. Makes 4 to 6 servings.

#### CHEESY SCRAMBLED EGGS

- 6 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon thyme

(Continued on Page 7)

### FLY SPRAYS FOR DAIRY CATTLE

Improved Ciodrin and Vapona Combination Spray

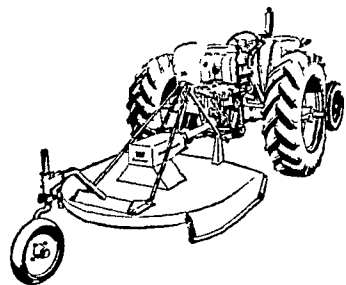
For Dairy Barn Control — Use Cygon Available at

392-4963

## ORGANIC PLANT FOOD CO.

GROFFTOWN RD. Next to the Waterworks

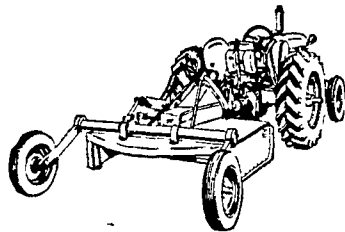
## John Deere Rotary Cutter GYRAMORS



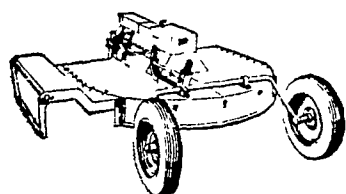
LOW PRICED  
**MODEL 127**  
60 inch cutting width  
3-pt. lift or pull type

#### HEAVY DUTY

**MODEL 207**  
66 inch cutting width  
3-pt. lift or pull type



**MODEL 307**  
72" cutting width  
3-pt. lift or pull type



- Model 407 — Heavy Duty — 84" Cutting Width
- Model 507 — Utility — 90" Cutting Width
- Model 527 — Offset — 90" Cutting Width
- Model 707 — 13 ft. 8 in. — Cutting Width

Alan Beyer

Christiana LY 3-5687

Wenger Implement Co.  
Buck BU 4-4467

Landis Bros. Inc.  
Lancaster 393-3906

A. B. C. Groff, Inc.  
New Holland 354-8001

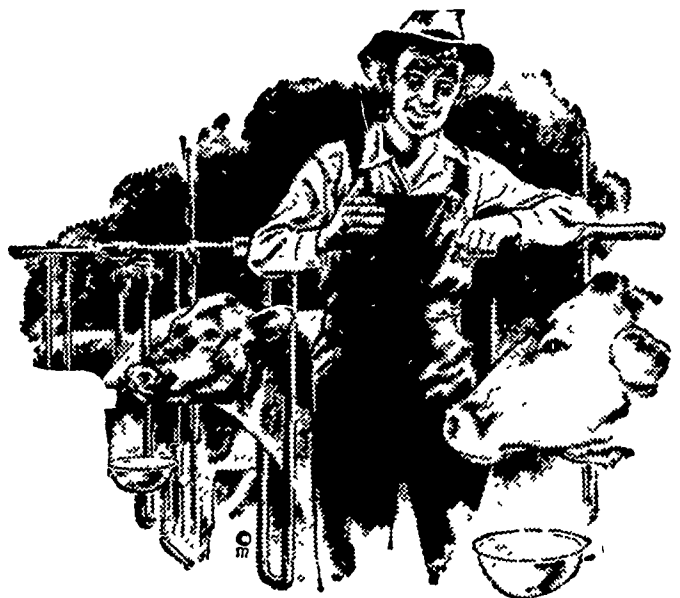
H. S. Newcomer & Son  
Mt. Joy 653-3361



Sholtzberger's  
Elm 665-2141

M. S. Yearsley & Sons  
West Chester 696-2990

## FLORIN DAIRY RATIONS



## TO SUIT EVERY NEED!

## Get Maximum Production With FLORIN DAIRY FEEDS

- Unexcelled in quality
- Taste appealing in texture
- Developed over years of experience

Allow Us to put an Efficient Dairy Program to Work on Your Farm

Call Mt. Joy 653-1451 Today!

## Wolgemuth Bros., Inc.

Mount Joy, Pa.