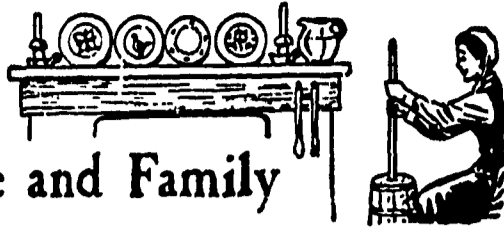


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

Cheese To The Rescue



SPENCE

Company coming? Cupboards bare? Why not keep a variety of cheese on hand for unexpected guests and spontaneous parties this summer? Cheese is great for quick snacks and last minute appetizers. It's easy to store, easy to garnish and refreshing to eat.

To keep cheese in perfect condition, keep it airtight and refrigerated. If left uncovered, cheese will dry out, mold and absorb odors. If possible original cheese coverings should be used. However, tightly covered refrigerator dishes of plastic or glass make excellent containers.

A plastic bag can be used for storage if the original wrapper or storage dish is not available. Press the bag snugly to force air out;

secure with a rubber band or paper covered wire. Cheese can also be wrapped in aluminum foil—pressed tightly to exclude air.

Inspect abused cheese, before throwing it out. Slight mold does not affect the flavor or quality of cheese. Just cut or scrape off the moldy portion and it's ready to eat. Dried out cheese is still excellent for cooking.

Brick, Cheddar, Mozzarella, Exam, Gouda, Muenster, Port du Salut, Swiss, Provolone and

Comembert can all be frozen indefinitely. Pieces cut in half-pound sizes—not more than an inch thick—freeze best. Retain a smooth texture by freezing cheese quickly and thawing it slowly in the original wrapper.

Process cheese, cheese foods and spreads should be refrigerated once they've been opened. Soft cheese such as cream or cottage should be kept in the coldest part of the refrigerator and used within three to five days. Opened grated cheese like Parmesan and Romano keep longer when refrigerated.

Remember that room temperature cheese has the best flavor. Remove the amount you'll need from the refrigerator an hour or so before serving.

Potatoes and dairy products are plentiful so here's a recipe that makes it easy to be thrifty and well fed.

POTATO-CHEESE CASSEROLE

- 1 1/2 cups medium white sauce, regular or low-fat
- 1/2 or 1 cup sharp cheddar cheese shredded
- 2 teaspoons chopped, fresh or frozen chives
- 3 cups cooked diced potatoes
- 2 tablespoons fine dry bread crumbs
- 1 teaspoon melted butter or margarine

Preheat oven to 350 degrees. Make white sauce. Remove from heat. Add cheese to white sauce and stir until it melts. Add chives. Place potatoes in a 1 1/2 quart casserole. Pour sauce over potatoes. Mix crumbs with melted fat. Sprinkle crumbs over po-

tatoes. Bake 35 to 45 minutes, or until lightly browned.

NOTE: Low fat white sauce is made by the same method as regular white sauce; use 1 tablespoon of butter, margarine or other fat, per cup of milk, instead of 2 tablespoons of fat as for regular medium white sauce.

Peanuts add a crunchy texture and interesting color contrast to this macaroni and cheese dish.

MACARONI AND CHEESE WITH PEANUTS

- 8-oz. package macaroni or spaghetti in small pieces
- 3 tablespoons butter or margarine
- 2 tablespoons flour
- Cayenne pepper, if desired
- 1 teaspoon salt
- 1 1/2 cups milk
- 3/4 cup grated cheese
- 3/4 cup chopped salted peanuts
- 1/4 cup fine crumbs mixed with 1 tablespoon melted butter or margarine

Cook macaroni or spaghetti in boiling salted water until tender. Drain. Melt butter or margarine and blend in flour and seasonings. Add milk and cook slowly until thickened, stirring constantly. Arrange alternate layers of cooked macaroni or spaghetti, grated cheese, and chopped peanuts in a greased baking dish, saving some peanuts and cheese for the top. Cover with white sauce and sprinkle with crumbs, peanuts and cheese. Brown at 375 degrees about 20 minutes. Four servings.

CHEESY TUNA LOAF

- 7 ounces elbow macaroni
- 1 can (7 oz.) tuna, drained and flaked
- 1 cup soft bread crumbs, packed
- 1/2 cup sliced stuffed olives
- 1 1/4 cups condensed cheese soup
- 1 teaspoon garlic salt
- 1/4 teaspoon dry mustard
- 1 cup milk
- 2 large eggs, beaten

Cook macaroni in boiling, salted water until not quite tender, about 6 minutes. Drain. Toss macaroni with tuna, bread crumbs, and olives. Combine soup, garlic salt, mustard, milk and eggs. Pour over macaroni mixture. Stir gently to mix. Pour

Thread Is Ages Old

Sometimes the smallest things are of the greatest importance. And thread is one example, according to Mrs. Ruth Ann Wilson, extension clothing specialist of The Pennsylvania State University.

Before man learned to spin cotton into both thread and fabric, he used grasses and animal sinews to hold his fur or bark cloth clothing together.

Primitive man found that twisting the grasses or sinews in several strands made them stronger. Eventually he found the same was true of the cotton fiber, and the age of spinning began.

Thousands of years ago, in both Asia and North America, primitive civilizations learned to spin fibers from the cotton plant into both thread and fabric. Thread itself is a form of yarn. And yarn is a number of fibers or filaments twisted together to form a continuous strand suitable for sewing, knitting, or weaving into textiles.

- #### TAMALE PIE
- 4 ounces fine noodles, uncooked
 - 1 can (1 lb.) tamales, with sauce
 - 1 can (1 lb.) cream style corn
 - 1 can (8 oz.) tomato sauce
 - 1/4 cup chopped green pepper
 - 1/4 cup chopped onion
 - 1 can (3 1/2 oz.) ripe olives, drained and chopped
 - 1 cup (4 oz.) shredded Cheddar cheese

Cook noodles in boiling, salted water until tender, yet firm, about 3 minutes. Drain. Remove paper from tamales, mash. Add corn, tomato sauce, green pepper, onion, olives, and noodles. Mix well. Pour into greased casserole; top with cheese. Bake in preheated 375 degree oven 20 to 30 minutes. Four servings.

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Mercerized cotton thread is specially treated for extra strength, smoothness, and luster. The term "mercerized" comes from John Mercer, the man who discovered the mercerization process in 1844. He found that a solution of caustic soda improved the natural qualities of cotton fibers. Today, mercerized cotton thread is the all-purpose thread. It's suitable for all hand and machine sewing in light and mediumweight fabrics, from dainty cotton voile to sturdy corduroy, Mrs. Wilson points out.

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