



## Doctor in the Kitchen

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### WONDERFUL CHEESE

Today I've been perusing a publication of the National Dairy Council called "Newer Knowledge of Cheese". It offers interesting information.

Cheese has been a popular food for thousands of years — going far back into history even before the time of Homer. It was served at Caesar's banquet tables and served to his armies as part of their rations just as cheese serves armies around the world at the present time.

Legend has it that cheese was "discovered" several thousand years before Christ by an Arabian traveler who, starting on a journey, placed milk in a pouch made of a sheep's stomach. During the day's journey, the combined action of the sun's heat and enzymes in the lining of the pouch changed the milk into cheese curds and whey. Whey is the thin liquid that drains off when the rest of the milk turns to cheese.

#### Varieties of Cheese

And so since that time many varieties of cheese have been produced ranging in texture from soft to hard and in flavor from mild to pungent and sharp. Today processing is done in clean, modern plants with equipment that controls every step. Still, whatever the cheese, the basic process — the coagulation of milk to produce curd by the separate or combined action of the enzyme rennin and lactic acid — remains the same.

Cheese has, of course, played a role in the economy of peoples and nations. Early nomadic tribes considered cheese vital and it be-

came a prized medium of exchange because it provided milk in a solid and less perishable form.

It is said that the Crusaders brought back secrets of cheesemaking that promoted the art rapidly in Europe. After the fall of the Roman Empire, during the Dark Ages, these secrets were guarded in the monasteries. Trappist Monks developed varieties of cheese that still are made. As cheeses developed in various world localities they usually became known by the name of that area as for example, Cheddar, Stilton, and Roquefort.

#### The Cheese Industry

Cheesemaking remained a farm and home operation until the middle of the nineteenth century. Its development into a great industry as we know it today began in 1851 when the first cheese factory was started in Rome, N.Y. Today, cheesemakers in the United States have successfully manufactured virtually all foreign types of cheese such as Swiss, Camembert, Limburger, Blue and Parmesan. Original American varieties include Brick, Colby, Monterey or Jack cheese, and others.

Cheese is a very versatile food. Its use extends from hors d'oeuvres to dessert, alone and in combination with other foods. People of all ages like it. It is said there is a cheese for every taste and every pocketbook. Three ounces of cheddar cheese has the same amount of protein as three ounces of boneless meat, fish, or poultry, or three eggs. It is a rich source of all the nutrients of milk.

### Label Poultry In Pork Products

Fair treatment to consumers will be the basis for pork producers' recommendations regarding proposed use of poultry meat in sausage products.

Albert Gehlbach, Lincoln, Illinois, National Pork Producers Council president, said today that "we won't fight the introduction of poultry-added sausage products, but we will insist and demand that the labeling of such products be large and clear."

The Agriculture Department last week announced a change in government standards which would permit the use of up to 15 per cent poultry meats in hot dogs, frankfurters, bologna and other sausage products. Previous standards had required them to be made up of red meats only. Interested parties were given 45 days to file written comment on the proposal before it becomes official.

"The Department can expect to hear from each of our 23 member-state units," Gehlbach said. "Considerable discussion of this proposal took place at the Pork Council's recent convention in Omaha."

"Our people are not anti-poultry, and we're not against new ideas. But we are working hard at improving the pork image with consumers. We've assured the housewife for generations that sausage products are entirely red meat. The label must tell the story if these products are now to be filled with anything else—poultry, soybean meal or seaweed," Gehlbach said.

"Our first impulse is one of concern for loss of part of our market. But we also recognize that a 'poultry-added' product may find consumer acceptance and increase our volume. So our

### Mistake Fresh Eggs For Bad Eggs

Is an egg ever too fresh? Probably not, but it would seem so if one had heard of grocers and housewives who rid themselves of "bad" eggs because they contained some "whitish, stringy things" near the yolk.

Relax—this is not a new and exotic form of bad eggs.

The whitish stuff next to the yolk is a sign that the eggs are very fresh, and that egg producers and processors are now doing a better job than ever of getting their products to you quickly.

According to Wisconsin Extension poultry specialist the "whitish things" near the yolk are a fibrous filament of protein that twists into prominent appearance in freshly laid eggs.

When the eggs are stored for

position will be this if the poultry people want a piece of the sausage market, let them slap on a clear label and sell them way in not sneak in under the long time meat appeal.

awhile, the filaments gradually "unwind" and the whitish strands disappear into the rest of the white.

Customers who have bought eggs in the past have not always gotten fresh eggs from the stores or the farm. Now that stores and farms get fresh eggs, the customers have noticed the still twisted, whitish protein strands at either end of the yolk, and are questioning it as being normal.

### My Neighbors



"This is later, Bub."

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