

*A High Protein, Low Calorie Food*

# Cottage Cheese Is Good Eating

by Mrs. Richard C. Spence  
In Italy, it's ricotta, in Scotland, it's bonny clabber, in Pennsylvania Dutch, it's smearcase. But whatever the name, cottage cheese is good eating.

This dairy delicacy with built-in low-calorie convenience is ready to eat just spooned from the carton. Or, with little effort and no waste, you can vary cottage cheese in many ways.

Cottage cheese is good atop pancakes with jelly, at lunch in sandwiches, and as dessert for dinner. Or try a different spice or herb combination, such as curry, calaway or poppy seeds, capers, rosemary, tarragon or ginger.

It goes well with any fruit—fresh, dried, canned or frozen.

Drain the fruit well for salads. Cottage cheese in a peach half is a fairly standard salad, add a dash of powered ginger or a slice of candied ginger for a different touch. Combine with fruit gelatin and chopped fruits for a molded salad. Or, try a combination with crisp, tangy vegetables, diced sliced, grated or chopped.

For a low calorie topping or dressing, whip cottage cheese in a blender, add milk for a creamier dressing. Use on baked potatoes or atop asparagus, for instance.

Cottage cheese helps make an

easy, nutritious casserole, too. Add it to cooked, diced meat, noodles and green pepper or onion. Or, you can substitute it for the richer sour cream in beef stroganoff; it adds the creamy, piquant flavor without extra calories.

For the diet-conscious, cottage cheese is truly a stay-slim aid. One-half cup creamed cottage cheese has only 120 calories, but it contains approximately one-fourth your daily protein needs, as much protein as a medium serving of lean meat or three eggs. It's also an excellent source of calcium and the vitamin riboflavin.

This dairy favorite began, according to legend, with an Arab trader thousands of years ago. Milk carried through the desert heat in a pouch made from a sheep's stomach separated into curds and whey, a primitive cottage cheese. Of course, pot cheese was made in kitchens in many lands for many centuries.

In today's modern dairies, making tender, delicately flavored cottage cheese is an art. Skilled cheese makers produce various forms, from dry to creamed, from soft, fine granules to large creamy curds.

Creamed cottage cheese has added sweet, pasteurized cream. The amount of cream varies in different communities, often just enough is added to make a product with four per cent milk fat content. This small amount of cream adds flavor and vitamin A. The difference in calories is small, only 20 calories per half cup, so small to matter unless your doctor has prescribed a fat-free diet.

Of course, cottage cheese is a perishable food. Use it while fresh and keep it covered and refrigerated.

To show you just how versatile cottage cheese really is, we have some recipes to fill your need for a main dish, salad, dessert etc. Everyone loves Italian foods and Muscleman's Manicotti is full of the man tomato 'n cheese goodness. It is easily put together, too.

- MUSCLEMAN'S MANICOTTI**
- 18 pieces enriched durum manicotti
  - 2 pounds cottage cheese, small curd
  - 2 cups shredded Cheddar cheese (8 ounces)
  - 4 eggs, beaten
  - 1/4 cup enriched flour
  - 1 tablespoon parsley
  - 2 teaspoons seasoned salt
  - 1/4 teaspoon pepper

- 2 cups prepared spaghetti sauce

Cook manicotti in boiling, salted water until tender, yet firm, six to nine minutes. Drain. Cool with cold water; drain again. Blend together cheeses, eggs, flour, parsley, salt and pepper. Stuff manicotti with cheese filling; place in greased baking dish. Pour spaghetti sauce over manicotti. Bake, covered, in preheated 400 degrees oven 25 to 35 minutes. Remove from oven and let stand, uncovered, 10 minutes before serving. Six servings.

**COTTAGE STUFFED TOMATOES**

- 6 medium tomatoes
  - 2 cups cottage cheese
  - 1/4 cup chopped pimiento-stuffed olives
  - 1/4 cup shredded carrots
  - 1/4 cup chopped pecans
  - 2 tablespoons chopped onion
- Turn tomatoes stem end down, cut each in six sections, cutting only 2/3 of the way down. Gently spread sections apart, chill in a bowl combine cottage cheese, olives, carrot, pecans and onion, toss lightly. Just before serving place tomatoes on salad greens and fill with cottage cheese mixture. Six servings.

**COTTAGE CHEESE POTATO SALAD**

- 1/4 cup dairy sour cream
- 2 tablespoons Italian-style dressing
- 2 cups peeled diced cooked potatoes
- 2 hard cooked eggs, chopped
- 2 cups cottage cheese
- 1/2 cup sliced celery
- 1/2 cup chopped ripe olives
- 1/2 cup sliced radishes
- 1/2 cup chopped green onions
- 1/2 teaspoon salt

In a large bowl blend together sour cream and dressing, add potatoes and eggs and allow to marinate while preparing rest of ingredients. Add cottage cheese, celery, olives, radishes, onions and salt to potatoes, mix well. Pack into mold. Refrigerate several hours. When ready to serve,

unmold onto greens and fill center with vegetable stock relishes, if desired. Makes one ring mold, 4 1/2 cups; six to eight servings.

**FLUFFY TOPPED PEAR DESSERT**

- 1 can (1 pound 13 ounces) pear halves
- 1/2 cup toasted chopped walnuts
- 1/4 cup whipping cream, whipped
- 1/2 cup cottage cheese
- 2 tablespoons confectioners sugar
- 1 teaspoon grated orange rind

**Dash of nutmeg Orange rind**

Drain and chill pear halves; roll in nuts. Combine whipped cream, cottage cheese, sugar, orange rind and nutmeg. Arrange two pear halves on each serving plate; top with approximately 1/4 cup cottage cheese mixture per serving. Garnish with orange rind and any remaining nuts. Four servings.

**PINEAPPLE COTTAGE CHEESE SPREAD**

- 2 cups cottage cheese
  - 1 can (8 3/4 ounces) crushed pineapple, drained
- Combine cottage cheese and pineapple, blend thoroughly. Particularly good as a spread on nut bread or whole wheat bread.

**DEVILED COTTAGE DIP**

- 1 cup cottage cheese

- 1 can (2 1/2 ounces) deviled ham
- 2 tablespoons chopped onion

In a small mixing bowl beat together cottage cheese and deviled ham at highest speed of mixer until fairly smooth. Stir in onion. Cover and chill. Serve with chips, crackers or vegetable "dippers." 1 1/4 cups.

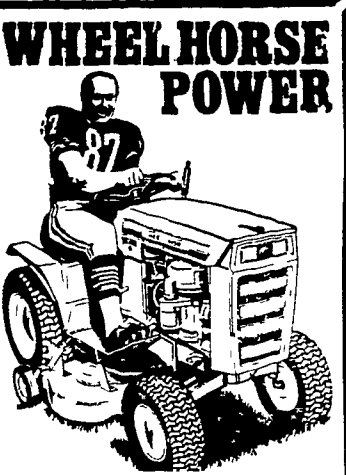
**Patty Rogers Repeats As Pa. Sewing Champ**

Patty Rogers, 16, who has just completed her junior year in Cambridge Springs Area Joint High School, recently repeated as best-of-show winner in the Pennsylvania State Grange cotton garment sewing contest, an event that drew an all-time high of 1,020 entries.

Miss Rogers, daughter of Mr. and Mrs. Lawrence Rogers, Cambridge Springs RD2, won with a dress she made for herself as she did a year ago. As in the 1969 event, she finished first in Class B (12-17 year-olds with garments for same age group) and then bested winners in Classes A and C for top statewide honors.

Active in Crawford county grange and 4-H work, Miss Rogers said training she received in 4-H accounts largely for her sewing skills. She is a member of Hayfield Grange 800.

Judges for the state finals were Mrs. Ruth Ann Wilson, University Park, Miss Ruth Hand, Pottsville, and Miss Doris Thomas, Lancaster.



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