



## Doctor in the Kitchen®

by Laurence M. Hursh, M.D.  
Consultant, National Dairy Council

**Wonderful Cheese**  
An old saying declares "there is a cheese for every taste and every pocket-book." I have to agree, for cheese has been a favorite food for thousands of years. Its history goes back to even before the time of Homer. Caesar's banquet tables featured cheese and cheese was an essential part of the rations of the Roman armies. Armies today rely on cheese as an important part of their rations. The discovery of cheese goes back to several thousand years before Christ. An Arabian traveler, it is said, put milk into a pouch made of a sheep's

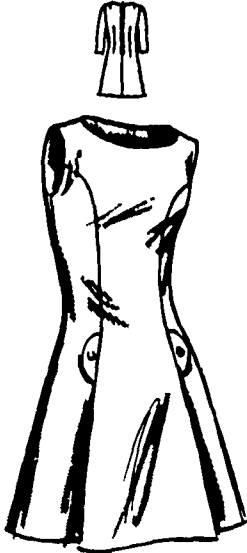
stomach. During his journey the combined action of the sun's heat and enzymes in the stomach lining changed the milk into cheese.

**Many Varieties**  
Since that time countless varieties of cheese have been produced, ranging in texture from soft to hard and in flavor from mild to pungent and sharp.

Cheese, of course, is merely a delightful form in which we can preserve the energy and nutrition of milk. It was a "natural" in ancient times and even more in modern times before refrigeration. Cheese probably has saved lives

## SEW WHAT?

THIS WEEK'S PATTERNS BY AUDREY LANE



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No. 3187—Here's the ever-flattering princess shape, now trimmed with flippy pleats in front.  
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May I remind you that cheese is also a very versatile food?

You use it from appetizers to dessert with many stops in between. It can be used alone or in combination with bland foods that need sprucing up. Like in sandwiches, or baked dishes, or in a cream sauce to add flavor to vegetables. Chunks of cheese are great in salads.

And cheese dips are festive and good tasting.

**We Owe Europe**  
We owe it all to Europe when the Crusaders brought back the secrets of making cheese. Europeans kept the craft going. When the Dark Ages occurred, Trappist Monks in the monasteries kept the secrets alive and also developed many varieties.

The conditions and methods for making cheese varied with locality and this produced many varieties of cheese. Today most of the cheese made in the United States is made from cow's milk. Goat's milk is used

widely in Norway, sheep's milk in France.

With fall just beginning and the Holidays approaching, cheese will be an even greater factor in our lives. Enjoy the festivities.

**Bay Leaf**  
In the ancient world the laurel or bay tree was first a sort of lightning arrester and averter of evil; then it became the symbol of victory and distinction. The Biblical David chose the bay leaf as the symbol of prosperity.

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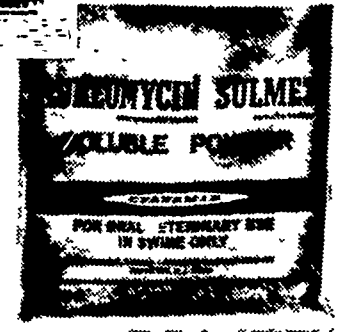
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**TOMATO BASKETS 5/8 BU.**

over and over again down through the centuries.

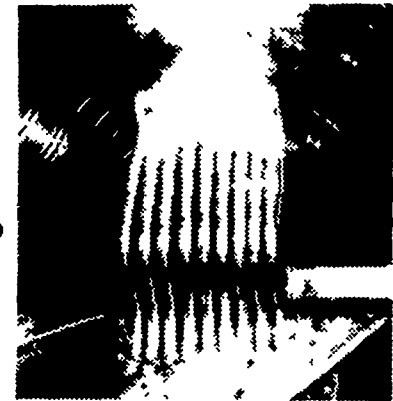
Cheese possesses a wide variety of the nutrients we need for health. After it is digested, it releases its nutrients to us to 1) provide energy (calories), 2) help build, maintain and repair body tissues, and 3) help regulate body processes. All foods contribute, each in their own way, to such needs. But cheese is really quite a basic food.

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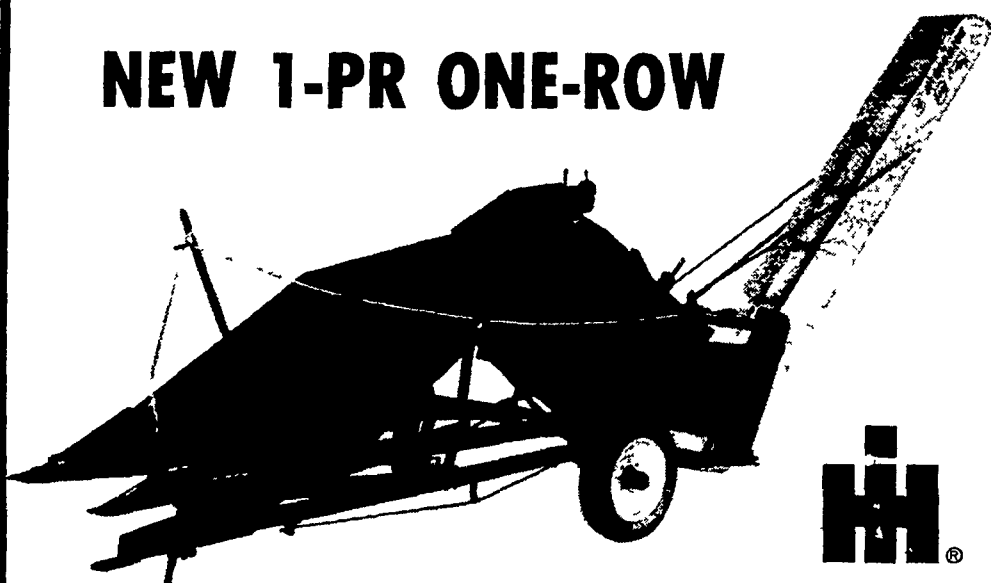
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