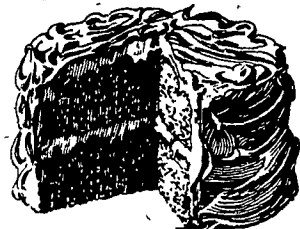


Home On The Range



Everybody say "cheese"

The first photographer who told his participants to say "cheese" knew what he was doing. Not only does cheese put a smile on your face by saying it, but notice the smile that results from eating it!

Cheese seemed to be another favorite of all our cooks, so read on, try a few and enjoy delicious cheese...

CORN QUICHE

pastry for 9-inch crust
1 chopped onion
1 chopped green pepper
1 1/2 c. fresh cooked corn
1/2 lb. swiss cheese, grated
1 1/2 c heavy cream
5 eggs
salt and pepper
1/4 c. crumbled cooked bacon

Line pie plate with pastry. Sauté onion and green pepper in bit of butter till soft. Mix corn and cheese with onion and green pepper. Spoon into pie shell. Beat eggs, cream and seasonings. Pour into corn and cheese mix in the shell. Bake 350 degrees for 50 minutes.

Beth Mearkle, Royersford

LASAGNA BOLOGNESE

1/2 c. grated parmesan cheese
1 1/2 lb. ground beef
1 onion diced
1-8 oz. can mushrooms, drained
1-15 oz. can tomato sauce
salt and pepper
1/2 c. margarine
1/2 c. flour
4 c. milk
8 oz. lasagna noodles

In skillet over medium heat in small amount of oil, cook ground beef and onion until beef is browned. Stir in mushrooms, tomato sauce, salt and pepper. Reduce heat and simmer 15 minutes. Remove from heat and set aside and prepare parmesan sauce. In a 3-quart saucepan over low heat, melt margarine. Stir in flour, salt, and pepper until well blended. Gradually stir in milk and parmesan cheese and cook, stirring until thickened. Remove from heat and set aside.

Prepare noodles as directed on package; drain. In 13x9 inch baking dish, evenly spread 1/4 of the parmesan sauce; arrange about 1/3 of noodles; top with 1/3 of meat sauce. Repeat layering, ending with cheese sauce. Bake in 375 degree oven for 30 minutes.

Nancy Kramer, Newmanstown



Cheesy dips and cheese poured over vegetables add a colorful, delicious treat to any meal. There aren't very many foods that cheese won't complement; so try one of the many types of cheese with your favorite dish or salad.

CHEESY CHICKEN QUARTERS

3 T. butter
2 medium zucchini shredded
3 slices bread
1 egg
1/2 c. shredded swiss cheese
pepper and salt
1 - 3 lb. broiler fryer, cut into quarters

Prepare stuffing by melting butter in frying pan over medium heat. Add zucchini and cook until tender, stirring frequently.

Remove from heat. Into saucepan tear bread in small pieces, stir in egg, cheese, pepper and salt.

Preheat oven to 400 degrees. Carefully loosen skin on each chicken quarter by pushing fingers between skin and meat to form pocket.

Spoon some stuffing into each pocket. Place chicken in 13 x 9 inch pan and bake for 50 minutes or until tender.

Nancy Kramer, Newmanstown

PARTY CHEESE BALL

2-8 oz. pkg. cream cheese
2 c. shredded crackers
barrel sharp cheese
1 T. chopped pimento
1 T. chopped green pepper
1 T. chopped onion
2 t. Worcestershire sauce
1 t. lemon juice

dash of cayenne
salt
dried beef, fresh parsley, or pecans

Blend softened cheeses and all other ingredients. Mix well and chill. Shape into ball and roll into nuts or beef and parsley.

Mrs. William Lort, Delta

How do you spell lifestyle? C-H-E-E-S-E!

LANCASTER — Not literally, but with a slice of poetic license, lifestyle does spell cheese. Why, you say? Let's count the ways.

There are so many ways you can eat cheese, serve cheese, use cheese and store cheese, you get confused whether lifestyle is one word or two. But, know for certain that cheese melts beautifully into today's frenetic lifestyle.

You can eat it with your fingers or a fork. It can be an ingredient or a topping. And cheese can be served as a soup, or with nuts. In fact, is an appetizer, a main course or a dessert depending upon your taste.

That's why lifestyle spells c-h-e-e-s-e. For cheese is lively food and it certainly has style. Estimates of varieties of cheese range from hundreds to thousands to "your guess is as good as mine."

So there's a cheese to satisfy your eating lifestyle, every second of every hungry minute, with its satiety value. "Satiety" is a different word for the satisfied feeling you get when you eat cheese.

People say "cheese" to look attractive for photographs, "big cheese" for important persons. In the dictionary you can find cheesecake, cheesecloth and cheeseburger.

That's probably why per capita consumption of cheese goes up every year in spite of inflationary costs, health concerns and attacks upon animal foods by activists of one persuasion or another. It fits today's lifestyle and is compatible with most eating situations.

Since 1955, per capita consumption of cheese has gone up 144 percent!

In 1955, Americans consumed 7.3 pounds of cheese per capita. In 1980, Americans were each eating an average of 17.8 pounds of cheese. That's still less than half the per capita consumption of cheese in European countries such as France or Greece.

Practically every foreign variety of cheese is manufactured in the United States. You don't have to be a cheese lover to know that this versatile dairy food has had a tremendous effect on all of us. For example, cheese has created words and grammar. Cheeses have names like Gorgonzola or Gouda. Countries, too, from Italy to Switzerland have national cheese favorites. Cities such as Cheddar, Muenster, Parma, Rome and Limburg have cheese named after them!

Cook's Question Corner



Ladies, we have plenty of recipe requests this week, so dig out all your favorites and see if you can help other cooks! Send them to Cook's Question Corner, Lancaster Farming, Box 366, Lititz, PA 17543.

QUESTION — Does anyone have a recipe for marshmallow creme?

Joyce Rex, Slatington

QUESTION — I would like a recipe for a chocolate shoo-fly pie. Does anyone have one?

Mrs. Allen Martin, Ephrata

QUESTION — Can any of your readers supply me with a recipe for dill relish? This is a relish which can be purchased in the stores but is very difficult to find.

Mrs. Michael Mostowy, Bruin

QUESTION — I need a recipe for old-fashioned soft molasses cookies. Can anyone help me? Also, what do you use when a recipe calls for sweet milk?

Mrs. Thomas Long, Hanover

Recipe Topics

Month	Topic
October	
3	Cheese favorites
10	Breads
17	Pumpkin pleasures
24	Cakes promote friendship
31	Halloween treats
November	
7	It's pie season!

CHEDDAR CHEESE PUFFS

2 c. grated cheddar cheese
1/2 c. butter, softened
1 c. flour, sifted
1/2 t. salt
1/2 t. paprika
48 small green olives, stuffed with pimentos

Blend cheese with butter. Add sifted flour, salt and paprika. Mix well.

Mold 1 t. dough around each olive to cover. At this point you may refrigerate or freeze cheese puffs for up to 5 days.

Bake puffs at 400 degrees for 15 minutes. Serve hot.

Mrs. Charles Biehl, Mertztown