



Hello Homemakers! Do you recall these facts: cheese is rich in proteins and minerals that are so necessary for body building and repairing. When compared with fresh milk, a one-inch cube of cheese represents one glass of milk. Finally, cheese tastes as good with the breakfast toast as the added treat with apple pie at dinner.

Take a Tip

- 1. Keep a little grated cheese on hand. Place in a twist of aluminum foil, then tuck in a covered jar and store in the refrigerator or ice box. 2. Sprinkle a tablespoon of grated cheese into each baked potato that has been "burstled". 3. Sprinkle grated cheese over each dish of cream soup. 4. Add a few bits of cheese to each baked apple. 5. Crumble old cheese into mashed turnip, pumpkin or squash.

Cheese Cutlets

- 3/4 cup grated cheese 2 cups mashed potatoes 4 tbsps. chili sauce 1 cup mashed lima beans 1 tsp. salt Combine ingredients and shape into cutlets about 1/2 inch thick. Sauté in a small amount of fat and serve with celery sauce or hot condensed celery soup. Serves 4.

Cheese Casserole

- 1 cup soft bread crumbs 2 cups milk 2 eggs, separated 1 cup grated old cheese 1/2 tsp. salt 1 tsp. parsley 1 cup canned peas. Soak bread crumbs in milk for 10 minutes. Stir in the beaten yolk of eggs. Add cheese, salt, parsley and peas. Fold in stiffly beaten egg whites. Turn into buttered casserole. Sprinkle a few dry crumbs on top. Bake in preheated oven of 350 degrees for 30 minutes. Serves 4 to 6.

Cheese - Crust Pie

- 3 tbsps. butter 3 tbsps. flour 1 1/2 cups milk 1/2 tsp. salt 1/4 tsp. pepper 1/4 tsp. mustard 1 can luncheon meat 1 cup canned peas 2 hard-cooked eggs Heat 1 cup milk and stir in a paste made of butter, flour and 1/2 cup milk. Add seasonings, cubed luncheon meat, drained peas and sliced cooked eggs. Pour into casserole (10x6x2 inches) and top with pastry.

Cheese Pastry: Stir 1/4 cup butter into 1/4 lb. processed nippy cheese. Blend well. Mix in 3/4 cup sifted flour. Press into a ball and chill in wax paper before rolling out as pastry dough for top of meat pie. Prick rolled out dough before fitting on casserole. Bake in oven of 400 degrees for 20 minutes.

THE QUESTION BOX: Mrs. J. R. D. asks: How do you cook wild duck? Answer: If it's mallard duck stuff with pieces of soft bread, slices of onions and 2 slices of lemon. Refrigerate overnight, remove and discard stuffing as it will have absorbed any "fish" flavor. Wipe the duck with a cloth dipped in vinegar-water. Stuff the bird with a mixture of boiled rice and fried bacon bits or sauerkraut. Roast in covered pan for 40 mins., then uncover and roast another 20 minutes in oven of 350 degrees.

Mr. C. B. asks: What can we add to minute rice to induce wild rice flavor and how is the dressing for wood duck prepared? Answer: If you cannot purchase wild rice, buy brown rice. Boil 1/2 cup brown rice in 1 quart boiling

J. Moore Resigns J. Ford Appointed

The appointment of Kenneth S. Ford of Hamilton as the new Industrial Commissioner for the Hamilton District was announced today by T. A. Rice, chairman of Hamilton District Industrial Commission.

Born in Winnipeg, he is the second son of Arthur R. Ford, editor-in-chief of the London Free Press and Chancellor of the University of Western Ontario. After graduating in Arts from the University of Toronto, Mr. Ford had 15 years newspaper experience on the Winnipeg Tribune and the Toronto Globe and Mail.

In September 1948, Mr. Ford left the 2,087 miles of railway in Canada; today there are 44,084 miles and only Soviet Russia and the United States have a greater total mileage of track.

The first protective tariffs for the purpose of fostering manufacturing in Canada were introduced in 1859.

part in the work of the local Easter Seal Committee and the Cerebral Palsy centre. He is a member of the Board of Stewards of Centenary United church and is active in a number of press and public relations groups. He holds membership in the Hamilton Men's Press club, the Toronto Men's Press club and the Ontario Branch of the Canadian Public Relations Association. Mr. Ford is married and has three daughters.

The Hamilton District has been without an Industrial Commissioner since the former Commissioner, John H. Moore, resigned to become general manager of the Hamilton Chamber of Commerce on January 1 of this year. Since that time, Mr. Moore has been acting industrial commissioner for the district in an honorary capacity. Mr. Ford will take over his new duties on Monday, November 16.

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