

Cottage cheese

a versatile food

Mild flavoured cottage cheese is a soft, unripened white curd milk product.

One of the oldest forms of cultured cheese — the kind that grandmother usually made at home — the modern-day commercial variety of cottage cheese is a most popular dairy food.

How cottage cheese is processed

Cottage cheese is usually made in the same dairy plant that processes and packages milk.

Prepared under strict sanitary conditions, the careful manufacturing method starts with the adding of a lactic starter (and sometimes a coagulant) to pasteurized skim milk. At this point, the mixture is heated and tested.

The resulting curd is cut and then heated sufficiently to develop a soft, delicate body. Subsequently the liquid whey is drained off, leaving 'dry' cottage cheese which contains not more than 0.1 per cent milk fat content. Small curd cottage cheese is also made this way; but in the case of creamed cottage cheese, cream and salt is added to the 'dry' product. The inclusion of herbs, spices, fruits or vegetables will vary the taste.

The final product is packaged in plastic or paper containers and refrigerated in order to protect the quality flavour until delivery is

made to the store.

Caring for Cottage Cheese

A versatile food, cottage cheese requires the same kind of careful care as the milk product from which it is derived.

Immediately after purchase it should be refrigerated at a temperature of 4 degrees C in the original container. Keep covered and refrigerated until just before serving. After serving, return unused portion to the fridge and make a mental note to eat it soon, preferably within the next few days.

Freezing is not an advised procedure because of the possibility of flavour and texture loss. However, most prepared dishes in which cottage cheese is an ingredient may be frozen without affecting their quality, flavour or nutrient value.

Note: the date stamp on the package will indicate how long the cottage cheese will keep.

Cottage Cheese:

What's in it for you
Cottage cheese has much the same food values as milk. It is a good source of:

- (a) Calcium and Phosphorus, minerals both of which are essential in building sound teeth and bones.
- (b) A complete high quality protein which fosters healthy growth and helps to maintain muscles and tissues in optimum condition (The

protein content of cottage cheese is as high as that of fish, eggs, meat, or poultry.)

Buy Cottage Cheese wisely

In calculating your family's needs, keep in mind the recommended daily quantities of milk. They are: 2-3 servings for children up to 11 years of age, 3-4 servings for teenagers, 3-4 servings for expectant or nursing mothers, and 2 servings for adults.

Approximately 330 mL of cottage cheese has the same calcium content as 250 mL of regular milk; about 80 mL supplies the same amount of protein as 250 mL of milk.

For weight watchers, dry curd cottage cheese contains 93 kilo-calories in 125 mL.

Since cottage cheese should not be frozen, it is wise to buy enough for only one week at a time. When doing so consider your family's preferences for the various kinds available: creamed, dry, small or large curd, flavoured or plain.

Serving cottage cheese requires no preparation; it is a handy convenience food with all sorts of uses. It may be cooked, baked, served as a full meal side dish, or as a quick lunch snack when friends drop by.

Local cookbook due soon

A new cookbook, *The Georgian Bay Gourmet*; Winter Entertaining will be launched at the Galerie Gale in Midland Sept. 12, 13 and 14.

Authors Anne Connell, Helen DeCarli, Mary Hunt, Jean Leavens and Anne Parker will be on hand to autograph copies.

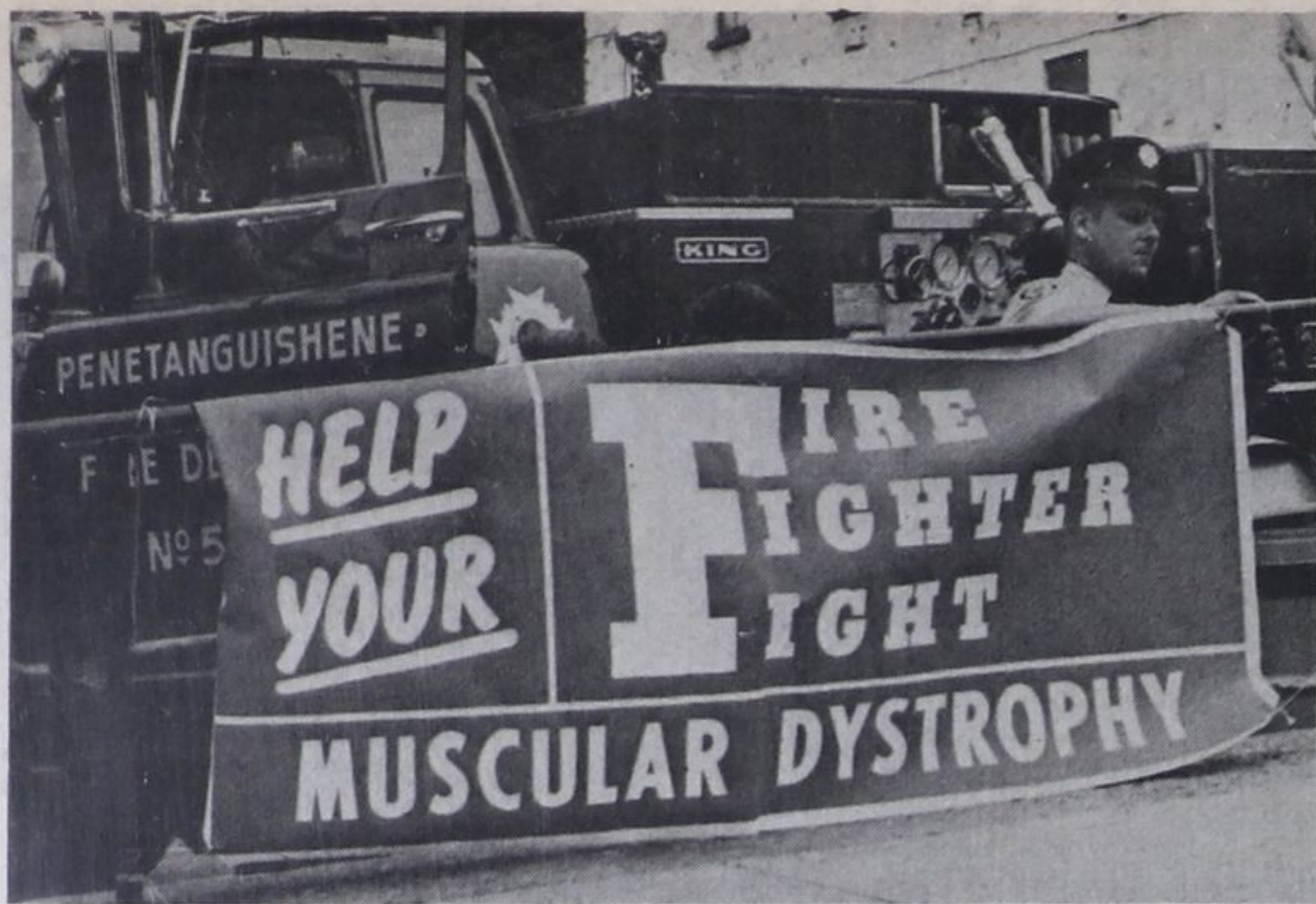
Also on display will be photographs of Georgian Bay scenery by Midland resident Hudson Leavens. Leavens' photographs will be on display during gallery hours until Sept. 24.

Hours are from 7 p.m. Sept. 12 (refreshments

included), 2 p.m. to 9 p.m. Sept. 13, and 12 p.m. to 4 p.m. Sept. 14.

Cycle thefts

A standard 17-digit VIN (vehicle identification number) will be used on all motorcycles manufactured for sale in the USA after September 1980. Transport Canada is expected to adopt the VIN system as well. The standard number should simplify government forms and records and help police and insurance agencies in theft investigations.



Tag day banner

That's volunteer firefighter Gerard Duval preparing banner promoting Penetanguishene Fire Department's fight against muscular dystrophy.

Penetang smoke-eaters will be staging their annual tag day today and tomorrow in Penetang and looking for your (financial) support.

Oxford County 'do'

Countdown to plowing match

From Sept. 30 until Oct. 4, Oxford County will be host to the International Plowing Match and Farm Machinery Show, the biggest annual agricultural exhibition in the world. Several attractions at this year's show will make it a pageant you won't want to miss.

Next year it will be

here in Simcoe County.

A special feature on opening day will be the 11 a.m. appearance of the Canadian Armed Forces "Sky Hawks" parachute team.

The 11 member team was formed in 1971 to demonstrate various parachuting techniques to the public on behalf of the Armed Forces. Each member is an

expert parachutist able to perform aerobatics and formation flying travelling at speeds from 190 to 320 km per hour, then control his descent for a pin-point landing. Jumpers trail smoke from canisters attached to their boots to help spectators follow the descent.

There will be parades on both the opening and closing days of the Match. Parades start at 1:15 p.m. and feature marching bands, floats, horse-drawn wagons, new and antique farm machinery and much more. After Tuesday's parade, the opening ceremony at 2 p.m. will feature an address by the Hon. John Black Aird, newly appointed Lieutenant-Governor of Ontario.

Crafts

Of special interest to women will be the Ladies' Program which features fashion shows, cooking demonstrations, crafts, and entertainment. Activities are scheduled daily from 10 a.m. to 4 p.m. in the Ladies' Program tents.

Vasey 4-H Club tours farm

By: Ivan Miller

The Vasey and District Calf Club held its 5th meeting of the year at Joe Gratrix's on Thursday, Aug. 14 beginning at 8 p.m.

The meeting started with Mr. Gratrix showing his bunker silo and feeding unit. We then moved to the next

The Arthritis Society has seen the average stay in hospital for arthritis patients reduced from 180 days to just 18 in only 30 years.

farm and he showed us his housing system for market steers. The last farm we toured was an operation using round bales for feeding cattle.

After the club returned to the home place, refreshments were served by the Gratrixs' and the meeting was then called to order. The 4-H pledge was repeated by all, the roll call was taken and business was discussed. The Gratrix family was thanked and the meeting was then adjourned.

WHO WILL BE MISS MIDLAND FAIR?

A contest will be held to pick a Tiny and Tay Agricultural Society Queen for 1980. Contestants must be between 18 and 23 years of age and will be judged on the basis of personality, charm, interview, short speech, and overall appearance and deportment.

A trophy and prizes will be awarded. The winning contestant will have a chance to enter the 1981 Fair Queen Contest at the CNE Toronto and compete for a total of \$1,200. in prizes.

For more information call
Miss Anne Rumney 534-7648
Miss Anne Silvey 526-3584
Mrs. N Keefe 526-5102



SENIOR CITIZEN HOUSING

A special waiting list is being kept for senior citizens who are interested in residing in our attractive rental development being completed in Midland.

The two-storey apartment building, in a choice 1.4-acre location among pine trees at the corner of Ninth and Bay Streets, will be ready for occupancy this fall. It will contain 40 one-bedroom apartments.

The development has been designed exclusively for residents in the pre-retirement and retirement age groups. Couples, with one spouse at least 60 years of age, and individuals aged 60 or more, are invited to get in touch with us. Rents range from 20 per cent of income, with the maximum rent set at \$245 monthly.

A drawing of the development is available for viewing at the North Simcoe and Orillia Housing Authority office, 303 Midland Avenue, Suite 208 in Midland. Application forms may be obtained at the housing authority or the Midland municipal offices.

For further information, please contact the housing authority at (705) 526-4225. For those outside the local Midland calling area, the toll-free number is Zenith 18050.

Ecole St. Louis and St. Ann's Schools

will be open for new pupil registrations

Monday, Sept. 1, 1980

9 a.m. to 12 noon,

1 p.m. to 3 p.m.

D. D'Aoust, Principal
Ecole St. Louis
Poynitz St. 549-3677.

D. Deschambault, Principal,
St. Ann's School
43 Lorne Ave.