

CHEESE DISHES

CHEESE is an important economical food, and a valuable source of calcium, which we need for teeth and bones; besides furnishing protein for muscle-building, and fat for energy. It should be used as a meat substitute instead of being eaten in substantial amounts at the end of a hearty meat meal in place of sweets or fruits. It is a very concentrated food—one pound of cheese represents the fat and protein of a gallon of milk. Cheese should therefore be eaten in small amounts, and in conjunction with bulky foods like fruit and vegetables. Whole-milk cheese being so rich in fat, there should be very little other fat provided at the same meal.

Macaroni and Cheese Pudding

Have ready a pan of boiling salted water. Into it break some macaroni—from $\frac{1}{4}$ to $\frac{1}{2}$ lb. to 4 teacups water—and boil briskly for 30 minutes, then strain. Place alternate layers of macaroni with a few pieces of butter and grated cheese and breadcrumbs in a pudding dish—top layer being breadcrumbs. Pour over all a little milk, and bake in a brisk oven till a light brown.

Nice Breakfast Dish

Dip half slices of bread in milk—do not soak. Make sandwiches with thin slices of cheese between. Season with salt and pepper and fry in pan slowly, with plenty of dripping.

Honeysome

This is the quaint name given to a favourite breakfast in Shropshire. It needs no preparation, and is sustaining and very palatable. Simply spread good wholemeal bread (home-made is best), first with butter, then with honey, and top it with generous slices of cheese. An apple is eaten afterwards.

Farm Toast

This is another Shropshire breakfast—or tea. Fry rashers of bacon crisp, and place on a hot dish. Then fry an equal number of slices of bread in bacon fat, and also sufficient thick slices of apple. Drain the fried bread, cover each piece with slices of cheese, and place under grill or at top of oven till cheese is soft and hot. Then put a rasher of bacon on top of the cheese, cover with the fried apple, sprinkle with pepper and salt and a pinch of sugar. Serve at once.

Cheese Muffins

Cream 2oz. butter with 1 teaspoon icing sugar, add 1 well-beaten egg, then $\frac{1}{2}$ cup milk, with $\frac{1}{2}$ teaspoon of celery flavouring, stirred into the milk. Sift 1 large cup flour, a good teaspoon of baking powder, $\frac{1}{4}$ teaspoon salt, and a pinch of cayenne. Lastly, add 1 cup of grated cheese. Mix all very lightly together, and if needed, add a little more milk. The mixture must be nice and soft (like the mixture for gems). Half fill well-greased muffin (or patty) pans, and bake in a hot oven for 20 minutes. When they have been in the oven about 15 minutes, lift out and sprinkle with a little grated cheese and paprika. Put back until well browned, split and spread with butter, and join together

again when cold. Only half-fill the muffin pans, as they puff up like cream puffs. They are light as a feather, and delicious. Well grease the pans, and they will just drop out, leaving the little pans quite clean.

Less Sugar In Jam

To save sugar in jam making, use $\frac{1}{2}$ lb. sugar to every pound of fruit, and one teaspoonful of salt to every 4lb. fruit.

Cheese Pie

Line a deep pie-plate with a good pastry—preferably wholemeal, and bake. Then fill with the following mixture:—Two ounces of butter and $\frac{1}{4}$ lb. grated cheese (or finely-shaved processed packet-cheese), melted together and cooled. Beat 2 eggs well, add a teacup of milk. Season with pepper and salt, and either a little cayenne or mustard, add all to the melted mixture. Bake in a medium oven till the custard is nicely set and lightly browned.

FROM THE MAIL BAG

Ants in the Sugar

Dear Aunt Daisy,

You have told us about a person who has written to you in despair because ants have got into her sugar. This is nothing to be upset about, for it is very easy to get rid of those little beasts. Tell her to spread the sugar on a clean paper and leave it in the sun for a while. The ants will disappear as if by magic—indeed, what could be easier?

I do want to tell you how grateful I am for the help your session and your page in *The Listener* have brought me. Being in a foreign country, unprepared for housekeeping, cooking and all the new jobs marriage brings us, without anyone to advise me, I really don't know what I should have done without you. Thank you again.

THE HAY BOX:—I heard you speak several times about the wonderful hay box. People living in a city may wonder how to get the hay. They might be interested to know that in France hay is never used for this purpose, but is replaced by sawdust. The results are wonderful. Sawdust is indeed a very good insulating agent, and is used in the tropics mixed with powdered coal, in the ice-boxes, which are built on the same principle as the hay boxes.

I must now end this short note as my 10-months-old baby boy is waking up. Hoping that you will be kind enough to adopt a little foreign link into the Daisy Chain.—Sincerely yours, Joan of Paris.

Indeed, yes, Joan! You are well qualified by your helpful letter as well as by your interest and goodwill, to be welcomed into the Daisy Chain as a strong link.

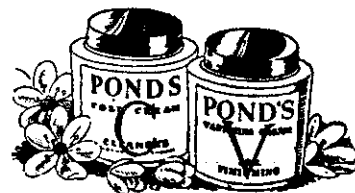
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