

Home Makers' Column

SOMETHING ABOUT CHEESE

By "Lynette"

The value of cheese as a foodstuff has been much emphasised during the war, largely because it is an easily stored and easily transported concentrate of "the perfect food"—Milk. Though in New Zealand the commercial manufacture of cheese is confined almost solely to the "Cheddar" variety, overseas there are many types. We read of the Lapps making this nutritious food from reindeer milk, and the Arabs from camel milk, while Roquefort, one of the most expensive and highly esteemed cheeses of Europe and America, is made from a mixture of sheep's and goat's milk.

The ripening of cheese is perhaps the most important part of its manufacture, for here changes occur in the protein similar to the digestive processes of the human body, which help to make it such an easily digested food. With our Cheddar cheese and many others, this ripening is largely due to the Lactic Acid Bacillus and other bacteria; but some varieties, such as Gorgonzola and Stilton, are ripened by moulds, first cousins to the mould used in the manufacture of Penicillin. Contrary to popular opinion, "mild" cheese is just as nutritious as "tasty," and cheese is not composed of "mites." The mites are merely harmless little creatures which enjoy cheese as much as we do.

In the cooking of cheese, the main point to remember is that over-

heating renders it rubbery and indigestible. When grated, it mixes more readily with other ingredients, and is therefore less likely to be overcooked. Among the most easily prepared cheese dishes are those made with cheese sauce; where boiled onions, cauliflower, or mixed vegetables are served with the following sauce:—Melt two level tablespoonfuls of butter, add two level tablespoonfuls of flour, salt and pepper to taste, and mix in one cup of cold milk. Cook, stirring all the time till thickened; remove from stove and add $\frac{1}{2}$ cup of grated cheese just before serving.

Cheese Souffle

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup grated cheese
- $1\frac{1}{2}$ cups of milk.
- 4 eggs
- Salt and pepper

Melt butter, add flour, then milk, and cook till thick. Add cheese and beaten egg yolks. Stir over boiling water till cooked. Cool thoroughly and add stiffly beaten whites. Season and bake at 300 degrees for one hour.

Cheese Fondue

- 1 cup scalded milk
- 1 cup stale breadcrumbs.
- $\frac{1}{2}$ lb. grated cheese.
- 1 tablespoon butter melted
- $\frac{1}{2}$ teaspoon salt
- 3 eggs

Mix milk, crumbs, cheese, butter and salt, and add yolks well beaten. Pour into stiffly beaten whites and bake at 300 degrees for one hour.

Macaroni Cheese

- $\frac{1}{2}$ cup macaroni
- 4 tablespoons flour
- 1 teaspoon salt
- $1\frac{1}{2}$ cups milk
- 1 dessertspoon onion juice
- 1 cup grated cheese
- 4 tablespoons butter
- $\frac{1}{2}$ teaspoon mustard
- $\frac{1}{4}$ teaspoon pepper

Cook macaroni fifteen minutes in boiling, salted water, and strain. Melt butter, add flour and seasoning, then milk. Cook till thick. Remove from heat, add cheese, and add all to the macaroni in a casserole. Sprinkle with bread crumbs and a little butter. Brown in the oven.

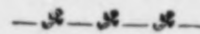
Great Evangelists and Temperance—

From page 3.

secret during the Civil War, wanting prayerful help, which he received, to enable him to take up his heavy task with renewed vigour.

The other day at a Temperance meeting we were asked to go back to our Churches and to enthuse our ministers. What thoughts came to my mind of that great man of God who said the words I have quoted above: "It burned and burned in my mind, and I swore a deep oath to God that it should not be so. I talked to my deacons about it, and with my people, and raised public feeling." But can we leave it all to our ministers? Is it not the job of each one of us to "talk about it and raise public feeling"?

Anthony Benzenet and Dr. Rush were used to stir up the hearts of many ministers of many denominations. They had consecrated interest and enthusiasm for the cause they espoused. In a similar way, it is in the power of each one of us to speak in clear and definite words against the evil about us. There is too great a tendency for us to feel that we are in a minority. Dr. Beecher faced an evil that was heavily entrenched in the homes of the people. The battle is a spiritual one. Jesus Christ came to destroy the works of the devil, and appointed the Church to carry on His work. May we face it with greater effort, backed by more effective prayer.



SOLUTION TO CROSSWORD

No. 4

Across: 1. Night. 5. Heave. 9. Oatmeal. 11. Bard. 15. Rave. 16. Ant. 18. Rag. 19. Le. 20. Anger. 22. Ly. 23. Odin. 24. Magi. 25. L.L. 26. Lumpy. 28. At. 30. Eat. 32. Lot. 33. One. 34. Arum. 36. Aits. 37. Narrows. 40. Scene. 41. Reedy.

Down: 1. Nobel. 2. Gore. 3. Had. 4. T.T. 5. He. 6. Ear. 7. Alar. 8. Elegy. 10. Ming. 12. Areolar. 14. Valiant. 16. Annul. 17. Tempt. 20. Ail. 21. Ray. 25. Leans. 27. Moor. 29. Testy. 31. Tune. 33. Oise. 35. Man. 36. Awe. 38. Re. 39. Or.

CLUES

Across

- 2. Frequently
- 6. Coconut yarn
- 7. No. 12 down
- 8. Profundities
- 11. Stand
- 13. Revolt
- 16. Lay down as a condition
- 18. Stray
- 19. English
- 20. Help
- 21. Builder
- 24. Soft glow
- 26. Berry-bearing shrub or tree
- 28. Fixed gaze
- 30. Female relative
- 31. First name of a famous sea-monster
- 32. A sacred mountain

Down

- 1. Defence of the Realm Act (ab.)
- 2. Demand
- 3. A digit
- 4. Organs
- 5. S-shaped moulding
- 9. Natural sphere
- 10. Maker of impressions
- 11. Restores balance
- 12. No. 7 across
- 14. Aaron is supposed to have had one
- 15. Song composer of last century
- 16. Rain coat
- 22. Remains
- 23. Resinous gum from trees
- 25. Period
- 27. Famous Island
- 29. — Hathaway

"W.R. CROSSWORD"—5

