

CHEESE SERVES EFFICIENTLY IN MEAT'S STEAD

Souffles Recommended by Making Use of Rich, Reliable Food.

As canape appetizers to go with cocktails before dinner, or as a delicious nibble before the final glass of liqueur, cheese fills important roles at expensive meals. But this rich and reliable food can be made into homely uses as a meat substitute.

There are few if any dishes more delicious than a good cheese souffle. But the hostess should make sure that all the places at the table will be filled at the moment when the souffle leaves the oven. For a fallen and soggy souffle is a depressing spectacle and only third-rate food. There are about forty good ways of manipulating cheese into appetizing dishes. These are a few:

Cut the eggplant in quarter-inch slices and peel these. Cook for twelve minutes in boiling salted water, using as little water as possible.

SUNDAY BREAKFAST

Chilled Orange Juice
Sausage Cakes
Pineapple Slices
Waffles
Milk for Children
Coffee

sible. Drain thoroughly and mash. Make a cream sauce by putting into a cup of hot milk two tablespoons of butter and the same quantity of flour creamed together. Cook for five minutes, stirring constantly.

When thick and smooth add a cup of grated American cheese. When the cheese is blended with the sauce take from the fire and stir in the hot mashed eggplant, two beaten egg yolks and half a cup of soft bread crumbs.

Season with two teaspoons grated onion, one tablespoon tomato catsup and a little salt and paprika. Fold in two egg whites that have been stiffly beaten. Pour into a buttered casserole and bake in a moderate oven about forty-five minutes.

Cheese Souffle

Melt two tablespoons of butter in a saucepan and stir in three tablespoons of flour. When blended gradually stir in one cup of scalded (not boiling) milk.

Season with one-half teaspoon of salt and a speck of cayenne, stir in one-half cup of grated cheese, remove from the fire and stir in the beaten yolks of two eggs.

When cool fold in the beaten whites. Pour into a buttered baking dish. Bake twenty minutes in a moderate oven. Serve immediately.

Grapefruit and Cheese Salad

Peel a grapefruit, separate the sections, skin them and keep them whole. Slice and peel a small ripe pineapple, cut into little cubes and arrange these on crisp lettuce leaves.

Surround with grapefruit sections, petal fashion. Place a piece of Roquefort, Gruyere, Brie or cream cheese on the pineapple. Garnish with a strip of pimento. Serve with French dressing.

FOODS FAVORED BY MEN LISTED IN COOK'S BOOK

Author Declares Marriage Hampered by Lack of Kitchen Lore.

One reason why fewer men brave marriage today is that home no longer offers them the comforts of good cookery. Just why a man should be thrilled with the idea of putting up with a wife whose brightest ideas about meals is to go out for dinner has not been explained. If the home and its good cheer around the board is to disappear, why marry at all?

This is from J. George Frederick's book, "Cooking as Men Like It." The author regrets that just at a time when many men began to show sense and sophistication about food, partly from travel and eating on expense accounts at hotels, and as modern transportation has provided the greatest variety of food ever made available to man, "just at this point women have, in very large numbers, ceased to be interested in cookery and in the home as the center of gracious and cultured living."

Explains Food's Status
"The values for which men marry are not chiefly food values, but since food and sex are both powerful primary instincts, they bear an intensely close relation to marriage and home, the one as much as the other."
Men, this author asserts, like a standardized breakfast, about the same food every morning. He prescribes breakfasts of either starchy or protein foods, never both at the

same meal. His own favorite breakfast consists entirely of fruit, with a glass of grapefruit or orange juice twenty minutes before breakfast.

"I do not know any gourmet sensation more delightful than drinking down as soon as I rise either one of these mellow golden citrus juices," he says. "It knocks that famous dark brown taste higher than a kite and sharpens the appetite for breakfast."

Breakfast Suggestions

For a breakfast of starch foods (twenty minutes after fruit juice), he prescribes light pancakes of cereal with milk or cream, or cornmeal mush, bacon and potatoes. For a protein breakfast he suggests sausage or liver and bacon, cottage or Gruyere cheese, eggs in any form, fish or meat.

"Here is latitude for any man," he says, "even though it cruelly separates life-long friends such as eggs and bread, sausage and hot cakes, eggs and fried potatoes."

His idea of an "excellent combination" is eggs and asparagus. Peel six good-sized apples and grate them. To the pulp add three tablespoons butter, three-quarters of a cup of bread crumbs, half a teaspoon each of salt and cinnamon, and two teaspoons of lemon juice, then mix in the beaten yolks of four eggs, and last of all the beaten whites. Bake twenty-five minutes in a well-buttered dish.

STUFFED SPARERIBS REQUIRE HIGH HEAT

Slow Cooking Should Follow Start of Cooking.

Have the butcher trim the ends of the ribs and crack them crosswise in two places.

For the stuffing cook a chopped onion until slightly brown in three tablespoons of fat. Remove from fire, add one tablespoon of prepared

mustard, one-quarter teaspoon of sage, one teaspoon of salt and one-quarter cup of boiling water. Mix this with two cups of bread crumbs.

Spread inside the spareribs, then roll the ribs and tie firmly with a string. Have the oven very hot when the roast is put in, then re-

duce the heat and cook slowly. Allow twenty-five minutes for each pound after the preliminary fifteen minutes.

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