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Your Kitchen Counsellor

by MARGIE EWEN
Southern California Gas Co. Home Service Representative

MILK, EGGS AND CHEESE MAKE MEATLESS MEALS GOOD

Dishes that combine milk, eggs and cheese are excellent selections for main-dish serving at meatless meals. All three of these foods are fine sources of top-value proteins. They are good alternates for meat.

Most people won't eat the extra amount of any one of these foods that is needed to make up the protein value of the regular serving of meat. But combine the three in a tasty dish and they'll do very well.

Collect and use a file of recipes like these and you'll find it's easy to make and serve meatless meals that are really good.

CHEESE BREAD PULDING

- 2 1/2 C. dry bread cubes, coarsely grated
 - 1 1/2 tsp. salt
 - 1/2 tsp. paprika
 - 2 Tbsp. butter
 - 1 1/2 C. milk
 - 3 eggs, slightly beaten
- Arrange bread cubes and cheese in layers (3 layers of each) in an oiled casserole. Season with salt and paprika and dot with butter. Add milk to slightly beaten eggs and pour over mixture. Bake at 350° about 30 min., or until "set."

CHEESE CUSTARDS

- 4 eggs, slightly beaten
- 1 C. milk

- 2 1/2 Tbsp. melted butter
 - 1/2 C. grated cheddar cheese
 - 1/2 tsp. salt
 - 1/4 tsp. pepper
 - 1/2 cup. raisins
 - 1/2 cup. brown sugar
- Combine ingredients in order given. Turn into oiled custard cups and set in a pan of hot water. Bake at 325° until firm.

CHEESE FONDUE

- 1 C. milk, scalded
 - 1 Tbsp. butter
 - 1 C. soft bread crumbs
 - 1/4 lb. sharp cheese, cut in small pieces
 - 1/2 tsp. salt
 - 3 eggs, separated
- Mix first five ingredients. Beat egg yolks until thick and lemon-colored and add to milk mixture. Beat egg whites until stiff and fold into milk and yolk mixture. Pour into oiled baking dish. Bake at 350° for 20 to 25 min.

CORN-CHEESE SOUFFLE

- 4 Tbsp. butter
 - 4 Tbsp. flour
 - 1 C. milk
 - 1 C. grated American cheese
 - 2 C. whole kernel corn
 - 1 tsp. salt
 - 1/2 tsp. paprika
 - Tabasco sauce, few drops
 - 1 pimiento, cut in strips
 - 4 eggs, separated
- Melt butter and stir in flour. Gradually add milk and cook, stirring constantly, over low flame until mixture thickens. Add cheese and stir until melted. Add corn, seasonings and pimiento. Stir in beaten egg yolks and fold in stiffly beaten egg whites. Turn into buttered baking dish and set in pan of hot water. Bake at 350° for 50 to 60 min.

VIRGIN FOREST

About 200,000 acres of the virgin spruce and hardwoods in the Great Smoky Mountains National Park constitute the largest forest of its kind remaining in the United States.

COUNTY SIZE

Average United States county is 961 square miles in area.

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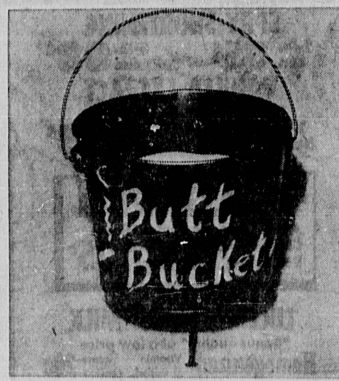
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