

Have You Ever?

Have you ever served Lettuce Rolls as an appetizer... delicious! Just combine 1/2 cup Farmer style cottage cheese, 1/4 cup chopped stuffed green olives, 1/4 cup chopped walnuts, with 3 tablespoons mayonnaise.

Add 1/4 teaspoon onion salt, 1/4 teaspoon salt and mix well. Separate outer leaves of 1 large or 2 medium heads iceberg lettuce; spread with filling.

Roll as for jelly roll and fasten with toothpicks. Chill and cut into 2-inch pieces. Makes about 2 dozen lettuce rolls.

WHEN TOASTED

New Muffins Ready for the 'TV Snacker'

Goodness and convenience are features of the new English Muffins now being sold at your favorite market. Convenience comes from the fact that the muffins are fork-split before packaging; ready to toast. This process keeps the texture lacy and tender so their goodness is enjoyed.

For snack time they fill the bill, providing the authentic flavor of English muffins together with the built-in convenience of being ready for a run under the broiler for serving.

**MUFFIN SNACKS**  
Mix 1 can (4 1/2 oz.) deviled ham, 1 tbs. minced onion and 1 tbs. catsup. Spread on fork-split English muffins.

Top with slices of American cheese. Broil until cheese is bubbly and melted. Serve hot.

**HAM AND CHEESE SPREAD**

Mix together 1 pkg. (3 oz.) cream cheese, 1 can (4 1/2 oz.) deviled ham and 1/4 cup sweet pickle relish. Serve as spread on hot toasted fork-split English muffins.

**SALMON SPREAD**

2 tbs. vinegar  
2 tbs. coarsely chopped green onion tops  
1/4 tsp. tarragon  
1/4 tsp. oregano  
1/4 tsp. pepper  
1/4 tsp. paprika  
6 parsley sprigs  
1 can (7 1/2-oz.) salmon, drained

Place all ingredients into electric blender. Cover and blend on high speed for 40 seconds, stopping to stir down with rubber spatula, if necessary.

**Cheese Cookery**

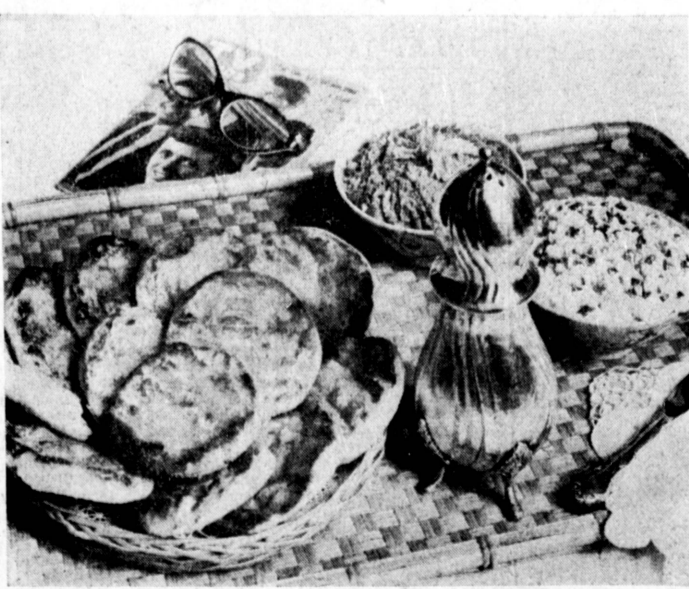
When heating cheese with other ingredients, first divide the cheese into small pieces so it will blend evenly. Grate dry cheese; slice, flake or grind soft cheese. To prevent toughness, stringiness or curdling, keep temperature low.

**Sweet Spread**

This cream cheese-based sweet spread is ideal for topping French toast, pancakes or other hot breads as well as for spreading on English muffins.

Mash 1 3-ounce package cream cheese; mix in 1 tablespoon orange juice and 1/2 teaspoon grated orange peel (you can get it in jars now same as spices).

Gradually work in 2 1/2 cups sifted powdered sugar. Beat until smooth and fluffy.



THE NEW FORK-SPLIT ENGLISH MUFFINS and assorted spreads provide easily prepared and good eating snacks for the TV watchers. A quick run under the broiler or a trip "down once" in the toaster make these tender textured muffins ready to be eaten and enjoyed.

Go 'Round the Clock with Cottage Cheese

In the realm of versatile foods, there is no doubt that cottage cheese occupies a unique place.

This is especially true of Knudsen Cottage Cheese—so fresh and so superbly flavored.

This good flavor and the high-protein values of this top quality dairy product are well known to most homemakers. They know that cottage cheese is a round-the-clock favorite.

**Appetizers**

Serve cottage cheese on Lazy Susan trays accompanied by assorted crackers, rye bread or crisp vegetables.

Or prepare several small bowls as a spread or dip—plain or mixed with Bleu Cheese, chives, parsley or a bit of horseradish.

**Salads**

Fold cottage cheese into molded salads. For a whipped cream or sour cream consistency, whip it through the blender, before adding to the gelatin mixture.

Whip into French dressing for serving over a salad made of greens.

**Sandwiches**

Make fillings moist and good by combining cottage cheese with olives, nuts, pineapple, chopped peanuts, egg

salad, chicken-nut salad or jelly.

**Main Dishes**

Use cottage cheese in place of liquid in herb scrambled eggs. Add to baked fish casseroles such as tuna or salmon loaf. Blend into butter for feather-light pancakes.

**Desserts**

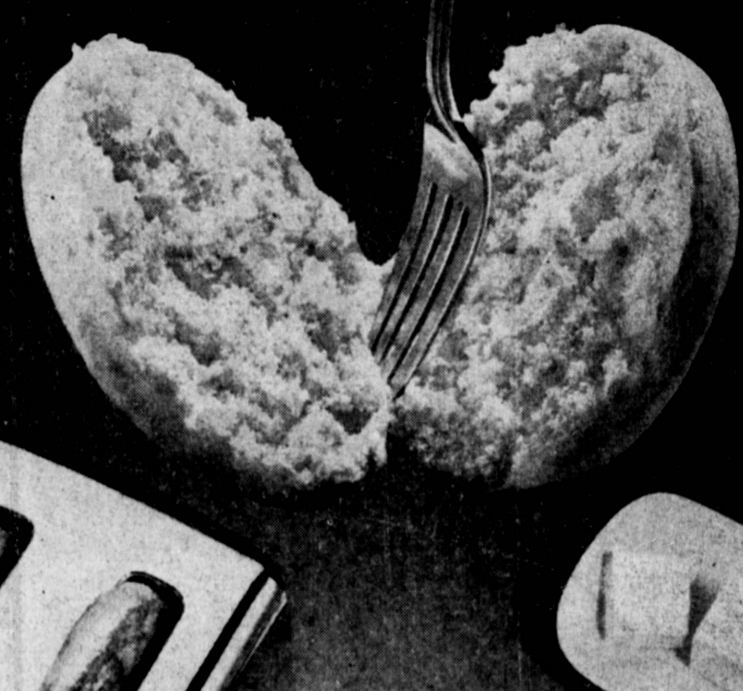
Cottage cheese is wonderful for cheese cakes and cheese pies. Use it as filling for tarts.

Use cottage cheese as a topping for fruit compotes.

For these dessert suggestions, whip cottage cheese with a bit of sugar or non-caloric sweetener and your favorite extract or spice.

DELICIOUS NEW WONDER ENGLISH MUFFINS

FORK-SPLIT ready for toasting...  
made with ALL-BUTTER for flavor!



COOKIE CORNER

Once cooks have tried this basic cottage cheese pastry cookie recipe, they will repeat it again and again. It is easy to make and to vary. It may be stored in the refrigerator, well-wrapped in waxed paper, for a week and used as needed.

**BASIC PASTRY**

1 cup (2 sticks) butter  
2 cups flour  
1 cup creamed cottage cheese

Cut butter into flour with pastry blender or two knives until mixture resembles coarse corn meal. Add cottage cheese and mix until well blended. Then follow directions for one or more of the cookies given below.

**Colored Sugar Cookies:** For 2 to 3 1/2 dozen cookies, roll out 1/2 of the basic pastry 1/8-inch thick. Cut with fancy cookie cutters. Sprinkle with colored sugar. Bake on ungreased, brown-paper lined cookie sheet at 300 for 5 minutes or until golden brown.

**Jelly Rounds:** For 2 dozen cookies, roll out 1/2 recipe of basic pastry 1/8-inch thick. Cut into 1 1/4-inch rounds; cut center out of half of these. Place rounds with centers on top of plain rounds; press together lightly. Bake as for Colored Sugar Cookies. Cool and fill centers with small amounts of jelly.

**Filled Pastry Cookies:** For 2 1/2 dozen cookies, roll out 1 recipe of basic pastry to 1/8-inch thickness. Cut in 1 1/4-inch rounds; or cut into squares. Dot half of these with jam. Top with remaining rounds or squares; moisten edges and seal. Bake as directed above. Cool; sprinkle with confectioners' sugar or decorate with frosting.

**Substitutions**

Honey substitutions in your favorite cake and cookie recipes require this knowledge. To change a recipe calling for 1/2 cup sugar or less, omit sugar and use equal amount of honey.

However, for recipes calling for 1 cup sugar, use 1 cup honey but decrease liquid by 1/4 cup to adjust for moisture present in honey.

Reduce baking temperature 25 degrees to prevent over-browning.

**Calcium Set-Up**

A good way to step up calcium in the diet is to add economical non-fat dry milk when preparing such milk dishes as creamed foods and puddings. Add 3 tablespoons of non-fat dry milk for each cup of fluid milk and double the calcium value of the dish.

Look at these marvelous ways you can use WONDER ENGLISH MUFFINS!

\*COMPLETE RECIPES FOR THESE TASTEFUL DISHES ON EVERY PACKAGE!

**TOASTED for BREAKFAST**



Just pop each half of the muffin into your toaster or broiler until golden brown. Then spread with butter, jams, jellies. Makes luscious breakfast treats for the whole family.

**WONDER PIZZA RECIPE**



Sprinkle tsp. of salad oil on each muffin half. Cover with 2 tbsps. of tomato sauce, large slice of mozzarella cheese; sprinkle oregano, pepper, salt and top with another tsp. of oil. Place in oven (425°-7) for 15 minutes or until cheese melts.

**LUNCHEON EGGS\***



Toasted Wonder English Muffin halves topped with Cheddar cheese, poached egg... and covered with specially prepared celery or mushroom sauce. Garnished with parsley.

**EGGS BENEDICT\***



Thin slices of fried ham... on buttered, toasted Wonder English Muffins. Top with poached eggs and Hollandaise sauce. Recipe for "quick blender" sauce on package.

**WONDER SNACK NO. 1\***



Delicious, toasted Wonder English Muffins topped with cream cheese and then deviled ham. Quick, easy but so appetizing! Great as a luncheon snack.

**WONDER SNACK NO. 2\***



Sprinkle brown sugar and ground cinnamon over buttered muffins. Place on aluminum foil and toast under broiler until brown. Cover with chopped walnut meats.



GET THEM FRESH IN THE BAKED-GOODS DEPARTMENT OF YOUR FAVORITE STORE

Help yourself-



enjoy the difference!

One spoonful and you'll be highly pleased. Here's tender texture, a creamy smoothness, a fresh goodness you'll find in no other cottage cheese. And there is a tempting variety, too. Farmer Style, Velvet, Hawaiian Pineapple, Chive, Dietized Petite; all high in protein, low in calories—all delicious! How about proving this to yourself? Next time you shop take home a carton of Knudsen Cottage Cheese, any style. This you can be sure of: When you buy Knudsen Cottage Cheese, you're getting the very best!

Knudsen The Very Best

Send for the 12th Edition Knudsen Recipe Book. Packed with helpful hints, colorful ideas, it's yours free.

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