

UNCLE SAM'S CHEESE BOOK FOR MRS. HOUSEWIFE

(Editor's note: Uncle Sam thinks we are not eating enough cheese. It is his idea that with more cheese on the family table we will wax richer in purse and fatter of body. The department of agriculture has prepared a "cheese book," pointing out the value of cheese to the inner man, and giving many cheese dishes. These will appear from day to day in The Day Book under the title "Uncle Sam's Cheese Book." It will pay you to cut them out each day and paste them in a small blank book for future reference.

By Uncle Sam.

Cheese is used in general in two ways—in small quantities chiefly for its flavor, and in large quantities for its nutritive value, as well as its flavor. Those which are used for their flavor, many of which are high priced, contribute little to the food value of the diet, because of the small quantity used at a time. They have an important part to play, however, in making the diet attractive and palatable.

Those cheeses which are suitable to be eaten in large quantities and which are comparatively low priced, important for their flavor and nutritive value as well, are known to the trade as stand-

ard factory cheese, and to the American housewife as American cheese. It is the regular, round cheese of the grocery store. This particular variety is referred to when the word cheese is used without specification in the recipes to follow.

Cheese has nearly twice as much protein, weight for weight, as beef of average consumption and its fuel value is more than twice as great. It has a larger per cent of both, protein and fat than steak, eggs, potatoes, milk, or bread, and therefore is one of the very best foods that you can have on your table.

Cheese does not cause constipation or other physiological disturbances that have erroneously been charged to it.

When cheese takes the place of meat as the central dish of a meal, the housewife should have fresh vegetables or fruits as a contrast to the concentrated and fatty cheese. Harder kinds of bread should be used, such as crusty rolls, toast, rye bread, the harder brown bread or crackers.

CHEESE SAUCE

One cupful of milk, 2 table-spoonfuls of flour, 1 ounce of cheese ($\frac{1}{4}$ cupful of grated cheese), salt and pepper.

Thicken the milk with the flour.