

## Cheese Is American

American cheese manufacturers are producing many of the types of cheese formerly imported from Europe. See pages 374-382. Some of the harder cheeses are being shipped to the armed forces but the softer cheeses are likely to be plentiful. The high protein, mineral and vitamin content of cheese makes it an excellent alternative for meats that are limited for home use. Cottage cheese may be made from sour milk or from skimmed milk and a rennet tablet, see page 382. Use cottage cheese with fruits and vegetables in salads and with whole-wheat wafers for dessert and accomplish the dual purpose of saving sugar and adding minerals and vitamins to the diet. Keep cheese in a cool place and wrap in waxed paper so that it does not dry out.

## Save the Minerals and Vitamins in Vegetables

Proper cooking of vegetables will retain most of the vitamins and minerals. See pages 383-388. The minerals and vitamins dissolved in the cooking liquid may be used by mixing the liquid with tomato juice and serving as an appetizer or by using in soups or sauces. Bits of leftover vegetables may be combined in soups, salads or scalloped dishes.

## Salads for Variety

Salads are an excellent means for utilizing small amounts of leftover fruits and vegetables. Leftover meat and fish may be extended by combining with vegetables and serving as luncheon salads. The vitamin content of leftover foods is said to be better preserved if the foods are served cold than if reheated. If transportation facilities become so restricted that the varieties of food available are limited to those produced within a relatively small area, the problem of the homemaker will be to serve those foods in such a variety of ways that they do not become monotonous. Carrots, green peas, fresh spinach and chard seem like entirely different vegetables when served uncooked in salads. Avocados, where they are available, are a valuable way to supplement the diminished supply of food fats and add vitamin A. Domestic vegetable oils from some source will probably be available for dressings but many will prefer bacon drippings and cracklings for hot salads.