A HUNDRED WAYS TO SERVE SHEFFORD SNAPPY CHEESE

By A. Louise Andrea
After All—Shefford Welsh Rarebit

Always Good—Shefford Snappy Cheese Salad
The Author's Preface

The right kind of cheese is an ideal food—wholesome, tasty, highly nourishing, and capable of a wide range of uses. Besides which, good cheese is economical; affords maximum nourishment at minimum cost, and does not spoil and cause waste.

As a teacher of cooking and as an investigator of foods, I realize how valuable cheese is in the daily diet. Among other advantages, good cheese has a peculiarly helpful action upon the digestive organs when made part of a meal, and it practically solves the problem of the high cost of living.

Cheese contains much more nourishment than meat; it furnishes at less cost a far greater supply of strength, energy, and body-building materials, and it contains, in convenient form, the very nutritives that the whole system requires. Moreover, cheese does not generate the poisonous essences that meat does.

Of course, there are poor cheeses in the market, plenty of them, unfortunately, and many of them robbed of their food qualities. For many months, therefore, I purchased and tested cheeses of all forms and descriptions until at last I found the ideal cheese, one which has all the virtues and none of the faults. Delicious to the taste, very high indeed in food values, and through its careful preparation, uniform composition, and exquisite flavor, admirably adapted to cooking; blending perfectly into recipes for a myriad of delicious and nutritious dishes. Moreover, it has another advantage of coming in small packages, so that there is no danger of it spoiling while being used. And as this cheese is very concentrated, it goes much further than other cheese. I also found it most convenient
to make recipes from this cheese, because of it being in packages of regular size, for I can say in the recipe, use one-half a Shefford Snappy Cheese, or one-fourth, etc., giving the other ingredients in their proportions in the usual way. I give this Shefford Snappy Cheese my strongest endorsement and praise, for so good did it prove that I worked it into scores of delicious dishes, and preserved the recipes for my own satisfaction, long before the Shefford Cheese Company knew any thing about what I was doing.

In places where the Shefford Snappy Cheese has not been on sale as yet, I have advised various of my pupils to get it direct from the makers in Syracuse, N. Y., the parcel post being the most convenient and prompt method of obtaining it. Not only have the recipes proved popular, but the Shefford Snappy Cheese has been enthusiastically indorsed by all to whom I recommended it, and by their friends, and so on, showing what true merit will do.

The recipes in this book will be found very reliable, for they have been tested over and over again. They are simple, economical, and furnish appetizing and savory dishes which are enjoyed by every one. With these recipes you can prepare dinners, including delicious soups, luncheons, and breakfasts. Of course, salads, sandwiches, and desserts are included in abundance, and through these recipes you can serve meals as simple or as elaborate as you please. Some can be prepared at leisure in the kitchen, others are especially designed for chafing-dish suppers and informal occasions. This little book will be found to be the most comprehensive of its kind in all the literature of cooking.

Any one who has some favorite food and would like to have me get up a few reliable and tasty combinations of Shefford Snappy Cheese with it may address me in care of the Shefford Cheese Company, and I will be glad to originate some recipes which I can guarantee in every respect.

A. Louise Andrea.
Cheese Canapés.

Cream sufficient Shefford Snappy Cheese with one rounding tablespoonful butter and two tablespoonfuls deviled ham to cover over the desired number of canapés. Dip the bread in melted butter, spread one with the mixture, cover with another slice and brown in quick oven. To be served hot and at beginning of dinner.

Cheese Canapés No. 2.

Cut several slices of bread into one-quarter inch slices, remove the crusts, cut slices in squares and then in triangle. Brush both sides of each triangle with melted butter and set in a hot oven to brown. This method of toasting dries each piece. Mix with one-half Shefford Snappy Cheese an equal amount of finely chopped cold boiled ham until well blended. Spread thickly on each slice and serve cold with a vegetable salad course.

Cheese Canapés No. 3.

Cut finger lengths of whole-wheat bread, remove crusts and toast slowly so toast will be brittle. Spread thickly with Shefford Snappy Cheese which has been previously softened with cream. Serve white hot as an appetizer at beginning of the meal.

Rose Canapés.

Mix one-half Shefford Snappy Cheese with five tablespoonfuls cream until well blended. Put in small pastry bag with a star tube and press on unsweetened crackers in the shape of a rose. Have some minced olives ready and sprinkle over the cheese. Arrange on a flat dish, being careful not to pile on top of each other, set in refrigerator to harden and serve with a green salad.

Pimento Canapé.

Cut slices from whole-wheat bread and cut into fancy shapes with cutters. Toast and butter and spread with the following mixture: Mash to a paste some Shefford Snappy Cheese,
one tablespoonful thick cream, one-half cupful chopped pimentos (canned sweet red peppers). Season to taste with salt. Quickly cover the toasted canapés while they are hot. Garnish with olives and water cress. Serve at once.

**Ham Canapés.**

Cut circles of bread slices with a cutter and toast. Pound one cupful of cold boiled ham to a paste, adding one-fourth cupful of cream as needed to thin the mixture. Cayenne pepper to taste. Spread this on the toasted circles and over the top some Shefford Snappy Cheese, riced, and brown in a quick oven.

**Cuban Canapés.**

Toast rounds of bread and when cold spread thickly with Shefford Snappy Cheese and arrange a slice of guava jelly on top. A very light sprinkling of pistachio nuts may be blended with the cheese before it is spread on the toast. This makes a dainty to serve at afternoon tea or card party.

**Cheese Straws.**

Sift two ounces flour in a bowl, add one ounce butter, one egg yolk, one tablespoonful sweet cream: Mix all together. Cut two ounces Shefford Snappy Cheese, sprinkle over some cayenne and add to above ingredients. Mix thoroughly and chill in ice box an hour. Then roll out paste on floured board an eighth inch thick, brush with beaten egg and cut in strips. Rinse a baking pan with cold water, lay in the strips and bake a delicate brown in hot oven.

**Cheese Straws No. 2.**

Roll out any rich pastry and spread thickly with Shefford Snappy Cheese (slightly thinned with cream). Shake over some cayenne pepper. Fold the paste and roll out an eighth inch thick, brush with beaten egg and cut in strips. Rinse a pan with cold water, lay in strips, and bake in quick oven a light brown color.

**Cheese Balls.**

Place in saucepan over the fire four level tablespoonfuls butter, one-half cupful cold
water, one-fourth level teaspoonful salt, dash of cayenne, and three-fourths cupful flour. Stir and cook all together until mixture is smooth and coats the bottom of saucepan. Add three eggs, one at a time, and stir well. Press one-third Shefford Snappy Cheese through a coarse sieve and add to above mixture when it has cooled. Have some hot fat ready and drop the cheese mixture in small bits from a teaspoon into the fat and fry a golden brown. If soup is served from a toureen on the table pour the soup into the toureen and then add the required number of cheese balls.

**Duchess Soup.**

Cut two large onions in small pieces and cook in saucepan with two heaping tablespoonfuls butter for five minutes—do not allow onions to brown. Then add two rounding tablespoonfuls flour, cook two minutes longer, stirring all the time; add to this one quart hot milk and cook all together about ten minutes. Strain and return to fire. Beat three yolks lightly and pour the milk mixture slowly into the beaten eggs. Season to taste with salt and pepper. Have some bread toasted, cut into small squares and spread with Shefford Snappy Cheese. Add some to each soup plate, pour over the soup and serve at once.

**Timbale for Cauliflower Soup.**

Prepare a cream of cauliflower soup. Follow recipe for Cheese Timbales, and bake the timbale in a shallow pan, unmold and cut the timbale into small cubes. Pour the soup into the toureen and then drop in some of the cubes. This makes a pretty and appetizing garnish for the soup course.

**Cheese and Bean Rarebit.**

Heat in chafing dish one cupful baked beans, mashed, one-half cupful milk, and one tablespoonful butter. When hot add one cupful Shefford Snappy Cheese, salt, mustard and cayenne to taste. When cheese is melted serve on hot toasted bread.
Frizzled Beef and Cheese.
Make a sauce of one tablespoonful each butter and flour and one cupful milk cooked until smooth. Add one cupful finely cut dried beef, salt and pepper to taste. When hot pour in ramequins, dot with Shefford Snappy Cheese, brown in quick oven and serve.

Cheese Shells.
Cut squares from puff paste and bake over a lady lock stick, so when baked they are cornucopia shape. For the filling make a sauce of one tablespoonful butter melted. Add one tablespoonful flour, cook two minutes, add one-half cupful milk, one-half cupful cream, and cook until thick and smooth. Add Shefford Snappy Cheese to taste. Also salt. When well blended fill the baked shell with this mixture. The edge of cornucopia can be garnished with beaten white of egg in a fancy design and baked a delicate brown in a quick oven. These are served hot as an entree to follow the soup course.

Cheese Balls as Meat Garnish.
Mix in saucepan four level tablespoonfuls butter, one-fourth level teaspoonful salt, one-eighth level teaspoonful cayenne, one-half cupful cold water, and three-fourths cupful flour. Stir and cook together until mixture begins to coat bottom of saucepan, then add three unbeaten eggs, one at a time, beat well, cover and set aside to cool. When cool add one-half Shefford Snappy Cheese pressed through a ricer. Mix thoroughly and drop spoonfuls of this mixture into hot lard heated to a blue smoke and fry until brown. Drain and serve hot around a roast of beef.

Lamb Chops à la Shefford.
Mix three tablespoonfuls fine bread crumbs with one-fourth Shefford Snappy Cheese pressed through a ricer. Dip lamb chops in melted butter, season with salt and pepper, roll in crumb mixture and broil ten minutes, turning the chops often.
Veal and Cheese Ragoût.

Cut two pounds lean veal in small pieces, roll in flour and brown them in one heaping tablespoonful butter. Add to the meat one quart boiling water, one level tablespoonful salt and one-half level teaspoonful pepper. Cook slowly for two hours, then add one pint tomatoes and cook thirty minutes longer. Have ready one quart of cooked macaroni cut in small pieces. Heat all together but do not boil. Pour on serving platter, sprinkle over one-half Shefford Snappy Cheese pressed through a ricer.

Cheese Sauce for Halibut.

Melt two level tablespoonfuls butter, add one-half level teaspoonful dry mustard, one-fourth level teaspoonful paprika, one-half level teaspoonful salt, one-half teaspoonful Worcestershire sauce. Dissolve three level tablespoonfuls corn starch in half cup milk and add to the seasoned butter. Mix well and add one cup milk, stir over the fire until the corn starch is well cooked, remove from fire and add three-fourths Shefford Snappy Cheese cut fine, mix until well blended. Add to this one egg well beaten and one-fourth teaspoonful tabasco sauce. Beat hard for a few minutes and it is ready to use.

Creamed Salmon and Cheese.

Place a large flat can of salmon in a saucepan with cold water and let slowly come to the boil and simmer for fifteen minutes. Make a sauce of one heaping tablespoonful butter and one of flour, cooked together two minutes. Add one cupful milk and stir until smooth and thick. Open the can of salmon and turn into a hot serving platter—reserving the liquid in the can which is stirred into the sauce. Season to taste with salt and paprika, and add one-third Shefford Snappy Cheese cut in pieces. When well mixed and hot pour the sauce over the salmon and serve at once.

See Pages 28-31 for Sandwich Recipes
Halibut en Coquille.

Boil slowly some halibut in salted water until done—about ten minutes. Drain, free from skin and bones, and pick in pieces. Make a cream sauce of one heaping tablespoonful each of butter and flour cooked together and one cup milk, and season to taste with salt and pepper. Reheat the fish in the sauce and pour in buttered shells (come expressly for fish dishes). Press through a ricer over the fish some Shefford Snappy Cheese and set in hot oven to brown. Set the shells on a platter and serve immediately.

Baked Halibut au Gratin.

Cut six fillets and place in white buttered baking dish. Season one-half cupful milk with one-half level teaspoonful salt and one-eighth level teaspoonful paprika and pour over the fish. Bake in moderate oven a half hour, basting often. Place on hot fish platter, quickly remove skin and bones from the fillets without breaking them and pour over the cheese sauce, as given on page seven. Sprinkle top with buttered bread crumbs and brown in quick oven. To be served in same dish.

To Use Up Cold Boiled Fish.

Make a Shefford Snappy Cheese sauce as given in "Cheese Sauce for Halibut," page seven. Cut in pieces any cold boiled white fish, such as cod or halibut. Butter some shells, arrange the fish in them, pour over the sauce and bake in hot oven until a golden brown and serve at once in the shells.

Fish Baked with Cheese.

Mix one cup bread crumbs, two tablespoonfuls melted butter, one level teaspoonful minced parsley, one-half teaspoonful minced onion, one teaspoonful Worcestershire sauce, two tablespoonfuls hot milk. Fill a fish about three pounds weight, sew fish and place in baking pan. Dot top of fish with pieces of butter, and press through a ricer one-half Shefford Snappy Cheese over the fish. Pour around the fish two
cups thin cream and bake slowly for thirty minutes. Baste fish several times while baking. Remove carefully to a hot plate so as not to break the fish. Strain the sauce from the pan over the fish and serve at once.

**Scalloped Codfish with Cheese.**

Break cold boiled codfish in flakes with a fork and put three cupfuls of the fish in a buttered baking dish. Make a white sauce as follows: melt two rounding tablespoonfuls butter, add two rounding tablespoonfuls flour, mix well and add slowly one and a half cups milk, stir and cook until thick and smooth. Salt and pepper to taste. Pour this sauce over the fish, sprinkle over the top buttered bread crumbs and cover with *Shefford Snappy Cheese* put through a ricer. Bake a golden brown and serve hot.

**Mackerel au Gratin.**

Freshen a salt mackerel, place in white-lined kettle, cover with milk and boil slowly for a half hour. When tender place in baking dish, skin side down. Cover with one-half pint of sauce made as in above recipe, sprinkle thickly with *Shefford Snappy Cheese* and brown in a hot oven.

**Oyster and Cheese Patés.**

Heat one pint oysters in their liquor and add one gill of white wine. Drain and put oysters in six paté shells. Melt one heaping tablespoonful butter, add one rounding tablespoonful flour, stir and cook two minutes; add one-half gill cream and the oyster liquor, cook until smooth and season to taste with salt and pepper. Pour this sauce over the oysters. Dot thickly with *Shefford Snappy Cheese*, riced, and brown in a quick oven. Serve in the paté shells on dainty plates.

**Sardines Hors D’Oeuvre.**

Drain a can of large sardines and use one fish for each person. Cut pieces of stale bread a little larger than the sardines and toast bread
on each side. Broil sardines on each side, being very careful not to break them, and arrange on the toast. Press through a ricer some Shefford Snappy Cheese over each fish and serve hot. A most appetizing canapé for a dinner.

**Sardines à la Shefford.**

Mash one can sardines to a paste, adding olive oil to soften. Season to taste with salt and paprika. Heat in double boiler. Cut four finger rolls in half lengthwise, remove soft part and fill cavities with hot paste. Sprinkle with Shefford Snappy Cheese, riced, set in hot oven to melt and serve hot.

**Omelet à l'Italiane.**

Cook five minutes in saucepan one tablespoonful each butter, minced onion, finely chopped green pepper (without seeds) and two tablespoonfuls stewed tomato. Do not brown. Beat four eggs very light, add one-half level teaspoonful salt, dash of pepper, and one-half Shefford Snappy Cheese, cut fine. Melt two tablespoonfuls butter in frying pan, add eggs. When brown on under side pour over above cooked ingredients, fold on hot platter and serve.

**Cheese and Egg Chops.**

Melt four level tablespoonfuls butter. Add six level tablespoonfuls flour, stir and cook two minutes. Then add one cupful milk and four level tablespoonfuls Shefford Snappy Cheese. Cook until smooth. Season with one level teaspoonful dry mustard and salt to taste. Add two hard-boiled eggs cut fine. When cold, form mixture into chops, dip in flour, beaten egg and fine bread crumbs, and fry a golden brown in deep fat.

**Eggs in Pepper Shells.**

Split peppers in halves, remove seeds and cook in slightly salted water until nearly tender. Drain. Have ready some hard-boiled eggs and a thick sauce made from two rounding tablespoonfuls each of butter and flour and one cup milk. Cut eggs in pieces and mix into the sauce,
season to taste with salt and pepper. Fill the cooked pepper cases and press into cup shapes, set on casserole platter, sprinkle with Shefford Snappy Cheese, riced. Brown in hot oven and serve on same platter as an entree or luncheon dish.

Rabbit Omelet.
Beat very light as many eggs as required. Add to this a little less than an equal quantity of Shefford Snappy Cheese cut fine. Season with salt and paprika and pour into a buttered omelet pan. When brown on under side set in hot oven a few minutes to brown the top. Then fold and serve at once.

Scrambled Eggs en Fromage.
Beat six eggs until light. Add six tablespoonfuls milk. Place one heaping tablespoonful butter in chafing dish, add one-third Shefford Snappy Cheese cut in pieces, and when melted with the butter stir in the eggs. Season with one-half level teaspoonful salt and a dash of paprika. Stir eggs and cook until creamy. Pour over slices of toast.

Deviled Eggs à la Shefford.
Cut hard-boiled eggs in half, carefully remove the yolks, leaving the white cup-shaped, cut a thin slice from end of each white so it stands upright. Mash yolks with a fork, add equal quantity Shefford Snappy Cheese, one-half level teaspoonful salt or more to taste, one-eighth teaspoonful paprika, one level teaspoonful dry mustard, one-half teaspoonful tabasco sauce, two tablespoonfuls rich cream or sufficient to soften the mixture. Fill this into the halves and arrange on hearts of lettuce leaves. Garnish with slices of stuffed olives and sprinkle over the whole some minced parsley leaves. Then set in refrigerator to chill and serve very cold. This makes an attractive luncheon dish or for Sunday night tea.

Egg Mound.
Toast as many large slices of bread as there are persons. Separate the whites and yolks of
eggs, using one egg for each slice of toast. Be careful not to break yolks. Beat white of eggs very stiffly and mix in one-half Shefford Snappy Cheese, riced, season with salt and pepper. Heap the beaten white in a mound on the toast, make a depression in the top, add a bit of butter, and on the butter slip one of the yolks, being careful not to break it. Set in oven a few minutes to color.

Cheese Omelet.
Separate the whites and yolks of six eggs. Add to the yolks six tablespoonfuls cold water or milk and a dash of cayenne. Beat the yolks until creamy. Add to the egg whites half level teaspoonful salt and whip to a stiff froth. Put through ricer one Shefford Snappy Cheese. Pour the beaten yolk mixture into the stiffly beaten whites and fold in gently. Do not beat hard or you break air cells already formed in the eggs. Put one tablespoonful butter in frying pan. When melted pour in the eggs and sprinkle cheese over the top. When omelet is browned on under side set in oven two minutes, fold on hot plate and serve.

Escalloped Eggs.
Boil six eggs hard and let cool in water to keep from discoloring. Melt two heaping tablespoonfuls butter in saucepan, add one finely chopped green pepper and cook five minutes. Then add two heaping tablespoonfuls flour, stir and cook two minutes. Add gradually one and a half cupfuls sweet milk, stirring until a smooth sauce. Season with a half teaspoonful salt, one-fourth teaspoonful paprika, cut the eggs in slices, arrange in buttered baking dish, pour over the sauce, and over the top sprinkle buttered bread crumbs and one-half Shefford Snappy Cheese, riced. Set in hot oven until brown and serve at once.

Potatoes au Gratin No. 1.
Bake six medium-sized potatoes. When done cut in half lengthwise and scoop out inside and mix with it two heaping tablespoonfuls butter,
three tablespoonfuls hot cream, one-fourth level teaspoonful salt, dash of cayenne, and two stiffly beaten egg whites. When well mixed, refill the potato skins with the potato and sprinkle with Shefford Snappy Cheese and buttered bread crumbs. Brown in hot oven.

**Potatoes au Gratin No. 2.**

Cut six or seven boiled potatoes in small pieces, put in saucepan with one heaping tablespoonful butter and nearly cover with milk. Sprinkle flour over the top, stir and cook until thickened and hot, season to taste with salt and pepper. Butter a baking dish, pour in the potatoes, cover top quickly with Shefford Snappy Cheese put through a ricer. Set in hot oven until brown and serve at once in same dish.

**Potato Cones No. 1.**

Prepare a dish of mashed potatoes, season it highly. Rub to a paste four level tablespoonfuls Shefford Snappy Cheese and one of butter. Season with paprika. Arrange potatoes in eight cones and set on buttered pie plate. Make a slight depression in top of each cone, using the handle of a wooden spoon, drop in a generous lump of the paste and sprinkle the outside with Shefford Snappy Cheese put through a ricer. Brown in hot oven.

**Potato Cones No. 2.**

Boil in salted water six large potatoes. When done, drain and put through a potato ricer. Mix one-half Shefford Snappy Cheese with two heaping tablespoonfuls butter until creamy and well blended. Then add to the hot potato and beat with a fork until light and well mixed. Put a tablespoonful potato on a floured board and with the hands floured shape into cones. Arrange on a buttered pie plate, brush lightly with white of egg slightly beaten, and set in hot oven to brown quickly. Serve at once. Is a nice garnish arranged in a circle on a chop plate with the chops in center. This is a good way to use up mashed potatoes from the day before.

*See Pages 28-31 for Sandwich Recipes*
Stuffed Potatoes.

Bake until done six potatoes, cut in halves lengthwise, carefully remove the potato into a bowl, mash until free from lumps. Add one heaping tablespoonful butter, one-half Shefford Snappy Cheese, one-half cupful milk and a little finely chopped parsley. Season to taste with salt and pepper. Beat until well blended and creamy. Heap lightly into the potato skins, sprinkle some Shefford Snappy Cheese, riced, over the top and set in hot oven until brown. Serve in the jackets.

Potato Balls.

Add two tablespoonfuls cream to two well-beaten yolks, two cupfuls hot mashed potatoes, two tablespoonfuls butter, one-half cupful Shefford Snappy Cheese. Salt and nutmeg to taste. Mix all while the potatoes are hot and when blended form into balls. Roll each ball in bread crumbs, then in egg beaten with a tablespoonful of cold water and then again in bread crumbs. Fry the balls in hot fat until a light brown color. Serve hot with steak.

Savoy Potatoes.

Peel, wash, and slice potatoes thinly. Fill a quart baking dish with the sliced potatoes, sprinkling each layer with salt, pepper, and Shefford Snappy Cheese, riced. Dot the top with pieces of butter and pour over one egg beaten with one pint of milk. Cover and bake a half hour. Uncover the dish and brown.

Potatoes à la Shefford.

Cut six large baked potatoes in half and remove the soft part and mix with one level teaspoonful salt, two whole eggs, one-fourth level teaspoonful nutmeg, and one-fourth cupful cream. Place a saucepan with one cupful milk, two heaping tablespoonfuls butter and pinch of salt over the fire. As soon as it boils add four ounces flour, stir and cook to a smooth paste, then add one-half Shefford Snappy Cheese. When well mixed add it to the potatoes. Blend well and form this mixture into balls the size of...
an egg. Dip the balls into beaten egg, roll in grated bread crumbs and fry in hot lard to a golden brown. Remove with a skimmer, drain, and serve hot as an accompaniment to steak.

**Potatoes à l'Italiane.**

Cook until done one quart potatoes in salted water, drain, and mash fine. Mix one cupful milk, one tablespoonful butter, and two egg yolks with the mashed potatoes. Beat until stiff the two egg whites and fold lightly into the potato mixture. Pour in a buttered baking dish and over all press *Shefford Snappy Cheese* through a ricer until the top is covered. Place in hot oven and bake a golden brown. Serve at once in same dish.

**Baked Peppers.**

Split four large green peppers lengthwise, remove seeds and lay in ice water a few minutes. Mix one cupful boiled rice, one cupful minced cooked chicken, two tablespoonfuls finely chopped celery, salt and pepper to taste. Add two tablespoonfuls melted butter and about a half cupful of tomato pulp. Fill lightly in peppers, set in baking dish with a little water and bake in moderate oven until done. Remove from oven and sprinkle thickly with *Shefford Snappy Cheese* pressed through a ricer. Return to oven to brown and serve hot.

**Corn Pudding au Gratin.**

Cut fine three-fourths *Shefford Snappy Cheese* and mix it with one pint canned corn. Add one pint milk, two beaten eggs, one level teaspoonful salt, one heaping tablespoonful sugar and two rounding tablespoonfuls butter. Butter a baking dish, pour in the corn, sprinkle top with buttered crumbs and bake in quick oven.

**Tomatoes Farci.**

Cut the end from eight or ten ripe tomatoes, remove the seeds and sprinkle inside lightly with salt. Place cut end in frying pan with two or three tablespoonfuls hot olive oil. Cook slowly until nearly done, turning them while
cooking. Put two tablespoonfuls olive oil in saucepan, add two finely cut onions and cook until done—do not brown. Add three or four peeled and chopped tomatoes, one teaspoonful parsley, small piece of a clove or garlic and cook covered ten to twelve minutes, stirring frequently. Add to this six tablespoonfuls bread crumbs soaked in bouillon or water and squeezed dry and sufficient boiled rice to take up most of the liquid. Season to taste with salt and pepper. Stuff the cooked tomatoes lightly with this mixture, set in buttered baking dish and cover the top with bread crumbs mixed with *Shefford Snappy Cheese* pressed through a sieve. Pour over each tomato a few drops of olive oil and cook in oven until heated through and slightly browned. This dish is good hot or cold.

**Baked Tomatoes and Cheese.**

Moisten one cupful bread crumbs with a little milk. Add one-half cupful *Shefford Snappy Cheese*, one tablespoonful butter, salt and pepper. Mix together and remove centers from some firm tomatoes. Fill the tomatoes with the stuffing, set in buttered baking dish and bake in moderate oven until done. Serve hot.

**Cabbage au Gratin.**

Melt two heaping tablespoonfuls butter, add two heaping tablespoonfuls flour, stir and cook two minutes. Add one cup water cabbage was cooked in and one cupful milk. When thick add one-half *Shefford Snappy Cheese*, season to taste with salt. Have cooked a cabbage and cut it fine. Put a layer of cabbage in buttered baking dish, pour over some sauce, another cabbage layer and sauce until dish is full, having top covered with sauce. Sprinkle thickly with buttered bread crumbs and brown in a quick oven.

**Tomatoes à l’Italienne.**

Melt one tablespoonful butter in a saucepan, add one finely chopped onion, a half finely chopped green pepper, without the seeds, cook six minutes without browning. Add one tablespoonful flour. Stir and cook two minutes. Add
one can tomatoes, one-half cupful finely chopped mushrooms, one teaspoonful salt, one teaspoonful sugar, one-quarter teaspoonful pepper, stir and cook ten minutes. Cut in pieces one-half Shefford Snappy Cheese. Pour tomatoes in buttered baking dish, dot the top with the cheese and set in hot oven until cheese melts and browns. Serve in same dish.

Cauliflower au Gratin.

Boil one head of cauliflower in salted water until tender, drain, and separate the roses. Make a sauce as follows: Melt two heaping tablespoonfuls butter, add two heaping tablespoonfuls flour, cook two minutes, add one-half pint thick cream, stir until smooth, then add one-half pint milk, salt to taste, several gratings of nutmeg, a small bouquet. Cook two minutes, stirring frequently. Remove bouquet and add three yolks mixed with a little milk, stir thoroughly and remove from the fire. Pour some of the sauce in a baking dish, place the cauliflower roses on top and pour over the remainder of the sauce. Press one-half Shefford Snappy Cheese through a ricer over the top and set in hot oven to brown. Serve hot.

Asparagus with Cheese Sauce.

Scrape the stalks of asparagus, tie in bundles, and cook in salted water until tender. While this is cooking prepare the following sauce. Melt one rounding tablespoonful butter, add one rounding tablespoonful flour, stir and cook two minutes, then add slowly one-half cupful milk and one-half cupful of water from the asparagus. When smooth and thick add three-fourths Shefford Snappy Cheese and stir until well blended. If necessary, add more salt. Beat one yolk until light, add two tablespoonfuls cream, and while stirring add a little of the hot sauce. Then stir this egg mixture into the remainder of the sauce. Remove sauce from fire. Drain asparagus and arrange on a platter with all the tips at one end of dish. Pour the sauce over the tips and serve hot. If preferred, the
sauce may be served separately, in a sauceboat. Asparagus prepared this way is a delicious vegetable to be served as a separate course.

**Baked Mushrooms au Gratin.**

Peel one pound fresh mushrooms, lay aside six of the largest and chop the remainder with their stems. Sauté the chopped mushrooms in butter for three minutes. Mix two heaping tablespoonfuls bread crumbs softened in soup stock with two level tablespoonfuls Shefford Snappy Cheese. Season with salt and cayenne to taste and fill the six mushrooms with this, sprinkle top with buttered crumbs and bake about fifteen minutes in moderate oven. Lay on slices of buttered toast and pour over the sauce made as follows: Brown two level tablespoonfuls butter, add three level tablespoonfuls flour, and cook together until brown. Then add slowly one and a half cupfuls beef stock, stir and cook until smooth, strain, and season with salt and pepper to taste.

**Noodles.**

Place one cupful of flour on a pastry board, make a hollow in center, put in two beaten eggs, one-half heaping teaspoonful butter, one-half level teaspoonful salt, two tablespoonfuls cold water. Work this with sufficient flour into a stiff paste until it does not stick to the hands, then divide into eight equal parts and roll each as thin as paper and let lie for fifteen minutes. Then cut each part into long strips two inches wide. Then lay the strips on top of one another and cut as fine as possible. Shake the pieces apart and let lie on the board to dry. The noodles are now ready to use and may be put away in a box when thoroughly dried and kept for several weeks.

**Noodles with Cheese.**

Boil the noodles from above recipe in salted boiling water until done. Add noodles gradually so as not to stop the water from boiling. Drain and set in hot dish. Melt two heaping tablespoonfuls butter, add two of flour, and cook
two minutes. Add one cupful milk, half cupful cream, and cook until smooth, season to taste with salt and pepper. Butter a baking dish, put in a layer of the noodles, then cover with sauce and a little Shefford Snappy Cheese, riced, then more noodles, sauce, and cheese until all is used. Over the top have a generous covering of the cheese and over this some buttered bread crumbs. Place in hot oven to brown, and serve in same dish.

Noodles à l'Italienne.

Boil the noodles as in foregoing recipe. Put two heaping tablespoonfuls butter in saucepan, add one finely chopped onion, one-half fine-cut green pepper, cook five minutes. Add one-half cupful dried mushrooms, previously soaked in cold water, one-half can of tomatoes, one-half rounding teaspoonful salt, one heaping teaspoonful flour, cook all ten minutes. When noodles are cooked drain in a sieve and place a layer in buttered pudding dish, pour over some of the sauce and sprinkle over some Shefford Snappy Cheese, riced. Repeat until all noodles and sauce are used. Cover the top with the cheese and buttered bread crumbs and bake in hot oven until brown, about eight to ten minutes.

Macaroni and Cheese.

Break one-fourth pound macaroni into inch lengths and cook in salted boiling water until soft, drain in colander, and let cold water run on macaroni to blanch it. Put a layer in a shallow baking dish and pour over a layer of sauce made from one heaping tablespoonful each of butter and flour and one cupful milk, cooked together until the consistency of thick cream. Season sauce to taste with salt—add another layer of macaroni and sauce until all is used. Over the top sprinkle some buttered bread crumbs and over this one-half Shefford Snappy Cheese, pressed through a ricer. Bake in quick oven until nicely browned. Serve in same dish.

See Pages 28-31 for Sandwich Recipes
Deviled Macaroni.

One pint cooked macaroni cut in pieces. Place one heaping tablespoonful butter in sauce-pan. When melted add one heaping tablespoonful flour, stir and cook few minutes. Add one pint stewed tomatoes, one-half teaspoonful salt, one-fourth teaspoonful pepper, one-half teaspoonful dry mustard, one even tablespoonful curry powder. Cook all together until thick like cream sauce. Place some of the macaroni in buttered pudding dish, pour over some of the sauce and continue until dish is full. Press through a ricer one-half Shefford Snappy Cheese so the top is evenly covered. Sprinkle over this some buttered bread crumbs and bake until brown. Serve hot in same dish.

Macaroni Creole.

Break one pint of macaroni sticks and cook in salted boiling water until done. Then drain and blanch by pouring a little cold water over and draining thoroughly. Put four heaping tablespoonfuls butter in sauce pan, add two heaping tablespoonfuls onion, and four peeled and cut-up tomatoes. Cook for a few minutes, then add one pound of round or rump steak, chopped fine and cook ten minutes. Then add the cooked macaroni, one-half cupful Shefford Snappy Cheese cut up, and salt to taste. Heat thoroughly and serve as a luncheon or supper dish.

Macaroni and Tomato.

Add to boiling salted water one-half package macaroni broken in pieces, one-half bay leaf, and cook until macaroni is tender, then drain in colander and pour cold water over it to blanch it.

Melt two level tablespoonfuls butter, add one small onion minced, one level teaspoonful chopped parsley, and cook few minutes. Then add three level tablespoonfuls flour, one-fourth level teaspoonful of salt, one-half level teaspoonful paprika, one bay leaf, and one clove of garlic, cut fine. Cook a few minutes, stirring constantly, then add one cupful beef stock, one
cupful tomato pulp and cook until thick, about ten minutes. Then strain.

Heat one-fourth cupful olive oil and pour over the cooked macaroni, mix with a fork and add the strained tomato sauce. Mix thoroughly and press over the macaroni one Shefford Snappy Cheese, riced. Heat in oven a minute and serve.

**Macaroni Balls.**

A dainty way of using macaroni and cheese left over from a dinner is to cut the macaroni in pieces, mix with a beaten egg and if too moist some bread crumbs. Add to the taste some Shefford Snappy Cheese, riced. Form into balls and bake.

**Fried Eggplant and Cheese.**

Cut eggplant without peeling in slices and lay in salted water for two hours. Keep slices under water or they discolor. When ready to cook, dry thoroughly with a towel and sprinkle with salt and pepper on both sides. Put the slices in a frying pan with some drippings and cook slowly until brown and tender. Place the slices in a shallow pan and sprinkle over some Shefford Snappy Cheese, riced. Set in oven a few moments to melt the cheese. Arrange on a hot platter and serve.

**Cucumbers au Gratin.**

Peel, cut in halves lengthwise and remove the seeds from five or six cucumbers. Cover with salted, boiling water, and cook until tender. Carefully remove and drain. Peel and slice six onions and boil in salted water until done. Drain thoroughly. Make a sauce of two heaping tablespoonfuls butter, melt it and add two heaping tablespoonfuls flour. Cook two minutes and add one pint of milk. Cook until smooth and thick. Add one-half Shefford Snappy Cheese. Cut the cucumbers in pieces and put a layer in buttered baking dish, then a layer of onions, and then sauce. Continue till dish is full, having sauce on top. Sprinkle over buttered crumbs and bake about twenty minutes in hot oven.
Salads

Boiled Mayonnaise Dressing.
Put four egg yolks in small double boiler, add slowly, stirring all the time, four tablespoonfuls olive oil, then add four tablespoonfuls white vinegar. When well mixed set over the fire in a pan of boiling water and cook, stirring constantly until the mixture is as thick as scrambled eggs. Remove from the fire and stir until nearly cold. When cold, add slowly four tablespoonfuls olive oil, one level teaspoonful salt, two level teaspoonfuls granulated sugar, and two level tablespoonfuls French mustard. Whip until thick one-half pint cream and add to the dressing. These proportions make sufficient Mayonnaise to serve ten people.

French Dressing.
Rub a bowl with onion, add one and a half level teaspoonfuls salt, cover with pepper, then with cayenne. Add six tablespoonfuls olive oil and two tablespoonfuls white wine vinegar. To this add piece of ice size of an egg and beat hard with a silver fork for five minutes. Remove ice and dressing is ready to use.

Shefford Salad.
Cut in small pieces one and a half cupfuls tart apple, one cupful celery, one-half cupful English walnuts, blanched. Mix with sufficient Mayonnaise dressing and serve on lettuce leaves. Over the top rice one-half Shefford Snappy Cheese. The same combination may be used as salad No. 2.

Cauliflower and Cheese Salad.
Separate some roses from cold boiled cauliflower and arrange on hearts of white lettuce. Sprinkle lightly with Shefford Snappy Cheese, riced, and over this pour some Mayonnaise dressing. Serve cold.

Cuban Salad.
Dip a thin-bladed knife in ice water and cut thin slices of guava jelly, arrange these attrac-
tively on white lettuce leaves that have been moistened with French dressing. On the top of all press some Shefford Snappy Cheese through a ricer, and serve with crackers.

Cheese Salad.
Put in a bowl the yolk from one hard-boiled egg, add two tablespoonfuls olive oil and one of vinegar. When mixed add one level teaspoonful each of mustard, sugar, one-half level teaspoonful salt, and dash of paprika. Add one Shefford Snappy Cheese and chill in ice-box. Mince the hard-boiled white with some olives. Moisten some lettuce leaves in French dressing and place on individual plates. Form the cheese in marbles, roll in minced egg and olive, lay on the lettuce and serve.

Cheese Crescents.
To one cupful salted boiling water add slowly one-fourth cupful cream of wheat. When partly cooked add one-half cupful milk and cook until done—about ten minutes. Add while hot two rounding tablespoonfuls Shefford Snappy Cheese and one unbeaten yolk. Mix thoroughly. Wet a flat dish in cold water, drain but do not dry; pour mixture on and set aside until cold. Sprinkle a board lightly with flour, turn cold cereal on board and cut with cutter into crescent shapes. Dip each crescent in flour, then beaten egg, and lastly in bread crumbs. Have some deep hot fat ready and cook crescents until brown. Serve as a garnish round edge of steak or roast of beef. Is also a delicious substitute for a vegetable.

Rice and Cheese.
One cupful boiled rice, two-thirds cupful Shefford Snappy Cheese. Five well-beaten eggs. Moisten rice and cheese with a little milk, add the eggs and scramble all together in a frying pan with a tablespoonful of butter. Serve for breakfast.

Baked Rice and Cheese.
Mix three cupfuls boiled rice, three cupfuls milk, one Shefford Snappy Cheese cut in pieces,
three well-beaten eggs, one tablespoonful butter, dash of salt. Pour this into a buttered pudding dish and bake in hot oven about thirty minutes.

Savory Rice Croquettes.
Boil until tender one cupful rice in soup stock. Mix together three large tablespoonfuls Shefford Snappy Cheese, one large tablespoonful butter, one tablespoonful stewed tomato, salt to taste, six or eight drops tabasco sauce, two beaten yolks, and add to the cooked rice. Mix thoroughly and set aside to cool. Then form into croquettes, roll each one in flour, beaten egg, and bread crumbs, and fry in deep hot fat until brown.

Cheese Drops.
Put six tablespoonfuls boiling water in a small saucepan, when boiling, add one-half level teaspoonful flour, one and a half unbeaten eggs, adding one egg, then beating well, then the half and beat well. Drop from a spoon on a buttered pan, brush with egg, then cover lightly with Shefford Snappy Cheese, riced, a sprinkle of cayenne, and bake in a quick oven ten to fifteen minutes.

Cheese Fondu.
Scald one cupful of milk, add one cupful stale bread crumbs, one tablespoonful butter, dash of cayenne, one-half level teaspoonful salt, one-fourth Shefford Snappy Cheese, riced, or cut in pieces. To this add three well-beaten eggs. Pour in buttered pudding dish and bake about twenty minutes in a moderate oven.

Cheese Beans.
Heat in saucepan one level teaspoonful butter, one level teaspoonful lard, and five tablespoonfuls milk. When it boils add all at once one-half cupful flour and one-fourth level teaspoonful salt. Mix quickly and remove from the fire. To this add four level tablespoonfuls Shefford Snappy Cheese and two eggs. Mix until well blended, and when cool form into bean shape and fry in deep hot fat. To be served same as cheese balls.
Cheese Croquettes.

Melt two rounding tablespoonfuls butter; add two rounding tablespoonfuls flour, stir and cook two minutes. Add one cupful milk, stir and cook until smooth. Stir in one Shefford Snappy Cheese broken in pieces. When this is blended add two unbeaten yolks and beat thoroughly. Remove from the fire and season highly with cayenne and dry mustard. Spread on plate and when cold shape in croquette form, roll in flour, then in one egg white, slightly beaten, with one tablespoonful cold water, and, lastly, roll in very fine bread crumbs. Let stand a few minutes, then fry a few at a time in smoking (when right temperature a blue smoke shows) hot lard. When brown, drain and serve as an accompaniment to steak. Can be attractively arranged around steak, with bits of parsley as a garnish.

Cheese Darioles.

Cook together until thick and creamy, six ounces Shefford Snappy Cheese, three ounces butter, three eggs well beaten, three-fourths cupful milk, a pinch of salt and dash of cayenne. Roll out some rich pie crust or puff paste and cut into rounds with a cake cutter. When cheese mixture is cold put a spoonful on a round of the pastry, brush lightly with slightly beaten white of egg and over this a layer of the pastry. With a smaller cutter cut the dariole so the cheese is in center. Roll the darioles in beaten egg, then in fine bread crumbs and fry brown in deep hot fat. This makes eight darioles, and they can be served as a separate course for dinner.

Cheese Timbales.

Beat four eggs slightly. Add one cupful milk, one-half Shefford Snappy Cheese, riced. Season with one-half level teaspoonful salt, one-eighth teaspoonful pepper and few drops grated onion. Pour in buttered timbale molds, set molds in pan of hot water and bake until firm. Can be tested as any baked custard by putting the point of a knife in center of timbale. If it comes out with no custard clinging, the timbale is done. Run a
sharp thin blade around the timbales and unmold on a hot platter. Serve with a cream sauce or a creamed tomato sauce. Can also be baked in a ring mold and then pour the sauce in the center of the ring timbale.

**Cheese Custard.**
Cut slices of bread and spread thickly with *Shefford Snappy Cheese*, cut into cubes and lay in bottom of a buttered pudding dish. Beat two eggs, add one-half level teaspoonful salt, one-eighth level teaspoonful paprika, one pint milk, and pour over the bread. Bake in moderate oven until brown and serve hot.

**Cheese Soufflé.**
Melt one heaping tablespoonful butter, add one heaping tablespoonful flour, stir and cook two minutes. Add one cupful milk and cook until smooth and thick. Cut one *Shefford Snappy Cheese* in pieces and add to the sauce. Stir until well blended. Season with one level teaspoonful salt, one level teaspoonful dry mustard, dash each of cayenne and paprika. Remove from the fire and add three unbeaten egg yolks, one at a time, stirring well before adding the next yolk. Beat the three egg whites very stiff and gradually pour the cheese mixture into the beaten whites, mixing the whole very lightly so as not to break the air cells in the whites, as this aeration is what raises the soufflé. Have ready a buttered covered baking dish, pour in the mixture and bake uncovered in quick oven about twenty minutes. Have the cover heated and place on the dish as soon as it is taken from the oven. Serve immediately.

**Baked Hominy and Cheese.**
Thoroughly wash one cupful of hominy. Pour on it one and a half pints boiling water and boil twenty minutes. Add to this one tablespoonful butter, one pint milk, one well-beaten egg, and one *Shefford Snappy Cheese*. Salt to taste. Bake in a moderate oven for about three-quarters of an hour. Serve in same dish as a vegetable at dinner.
Cheese Butter.
Beat with a fork until creamy three level tablespoonfuls butter, one-half Shefford Snappy Cheese, one-fourth level teaspoonful paprika, and one-half level teaspoonful dry mustard. Spread on thin slices of bread and serve with a cup of tea.

Manx Bunny.
Make a paste of Shefford Snappy Cheese, a little mustard, Worcestershire sauce, paprika, and salt to taste. When right consistency, spread the paste between thinly cut and buttered slices of bread. Heat a frying pan and when hot fry the sandwiches in a little butter, letting them brown on both sides.

Deviled Almonds and Cheese.
Blanch and shred one cupful almonds and brown in chafing dish with one tablespoonful butter. Dust with salt and paprika. Mix three tablespoonfuls minced olives, one tablespoonful chili sauce, one teaspoonful French mustard, and one tablespoonful Worcestershire sauce and add to the cooked almonds. Mix thoroughly and serve on slices of bread previously spread with butter and Shefford Snappy Cheese. Makes a nice after-the-theater spread.

Baked Bananas and Cheese.
Remove the skin from as many bananas as there are people to serve. With a knife scrape each banana slightly: Cut in half lengthwise and place in buttered baking dish. Cover with Shefford Snappy Cheese put through a ricer. Bake in moderate oven about twenty minutes. Baste with a little melted butter while baking.

ALWAYS INSIST ON THE BEST SHEFFORD BRAND
Recipes for Sandwiches

from

Shefford Cheese Co. Products

Lettuce Sandwiches.

Pull in pieces the tender leaves from a head of lettuce, dip in Mayonnaise and lay on a thin slice of buttered bread. Sprinkle over Shefford Snappy Cheese, riced, and lay a thin slice of buttered bread on this. These should be served very cold and not made too long before serving, as the dressing soaks into the bread.

Saltine Sandwiches.

Mix together one Shefford Snappy Cheese, one-half cupful finely broken nut meats, one heaping tablespoonful butter, and one finely chopped and well drained canned pimento. Spread this thickly on saltine wafers.

Cheese Sandwich.

Chop some nuts fine and add some Shefford Snappy Cheese. If necessary, thin with a little cream. Spread between slices of thinly cut whole-wheat bread.

Cheese and Olive Sandwiches.

Spread thin slices of whole-wheat bread with a Mayonnaise dressing. Chop finely some stuffed olives, add a little minced celery, and some Shefford Snappy Cheese, spread this on the Mayonnaise slices and serve.

Ribbon Sandwiches.

Take three square, thin slices of white bread, and two corresponding slices of whole-wheat. Butter them and place between each two slices, the white bread being on the outside, a filling of egg and cheese paste. Take a sharp knife and cut crosswise into thin slices like a layer cake. The paste is made by mashing yolks from three hard-boiled eggs to a paste with equal amount of Shefford Snappy Cheese and thinning enough to spread with a Mayonnaise dressing. Add salt and pepper if necessary.
Rabbit Sandwich.
Pass through the meat chopper three fresh green peppers, from which the seeds have been removed. Mix this with Shefford Snappy Cheese, season to taste with salt and paprika and spread between slices of bread. Press slices firmly together and quickly toast the sandwiches over a hot fire. When browned on both sides cut into fancy shapes and serve hot.

Sautéed Cheese Sandwich.
Mix one Shefford Snappy Cheese to a paste with melted butter. Use this as a filling for sandwiches, trim edges neatly and sauté in a little butter in a chafing dish until both sides are delicately browned.

Shefford Snappy Cheese and Green Pepper Sandwiches.
Take two green peppers and one package of Shefford Snappy Cheese. Remove the seeds and white pith and pass the peppers through a meat chopper; add the cheese, season to taste and mix smoothly. The juice from the peppers will moisten the cheese sufficiently to spread easily. Have the bread cut a little thicker than usual for sandwiches. Spread the cheese paste liberally on one slice of bread and cover with another, pressing together firmly. Toast over a hot fire.

Cheese Butter Sandwiches.
One-half cupful butter, one teaspoonful mustard, one package Shefford Snappy Cheese, one teaspoonful anchovy sauce, two teaspoonfuls Worcester sauce. Beat the butter to a cream, add the cheese, the mustard, anchovy and Worcester sauces. Beat till well blended and spread between slices of buttered bread.

Onion Sandwiches.
One package of Shefford Cream Cheese, one small onion chopped fine, two tablespoonfuls of cream. Mix well and spread.
Olive and Nut Sandwiches.
One package of Shefford Cream Cheese, one small bottle of olives chopped fine, one-half cupful of walnut meats chopped. Spread on bread prepared for sandwiches.

Cream Cheese with Strawberry Jam.
Pour strawberry preserves over a package of Shefford Cream Cheese and serve as a conserve.

Lettuce Sandwiches.
Spread sandwich bread with Shefford Cream Cheese; place a lettuce leaf dipped in French dressing between the two slices of bread.

Green Pepper Sandwiches.
One package of Shefford Cream Cheese, one green pepper. Remove the seed and white pith. Pass the pepper through a meat grinder, season with a little salt, and mix thoroughly. Spread between slices of white or graham bread.

Huntington Sandwiches.
Mash one package Shefford Cream Cheese well; add two and one-half tablespoonfuls of peanut butter and work until well blended. Season with salt and paprika. Spread on thin slices of graham bread; put together in pairs, remove crusts and cut in any desired shape.

Pimento Cheese Sandwiches.
Take one package of Shefford Pimento Cheese and mix with one tablespoonful of mayonnaise dressing; spread on thin slices of bread. Shefford Cream Cheese and Boston brown bread make delicious sandwiches for afternoon tea.

Cheese and Cress Salad.
One bunch crisp watercress, one package Shefford Pimento Cheese. Remove cheese from the package and cut in half-inch slices; arrange the cress on individual salad plates, place the slice of cheese in the center with a spoonful of mayonnaise on top. Decorate with blanched or split almonds.
Dr. Harvey W. Wiley, M. D., Ph. D., who was at one time United States Pure Food Commissioner and during his tenure in this office became widely known for his efforts to stop the adulteration of and the use of preservatives in food products, and who is now contributing to several magazines on the subject of Food, says that his experimental studies have shown that in a well ripened American Cheese of the Cheddar type 93% of the protein present and 95% of the fat are digested. This statement you will find on page 214 in “Foods and Their Adulteration.” You will notice that Dr. Wiley specified “Cheese of the Cheddar” type “well ripened.” This description does not apply to a great deal of the Cheese offered in the stores which is either not of the Cheddar type or not well ripened. Shefford Snappy, Shefford Sandwich Loaf Cheese and Shefford Old English are all made from well ripened Cheese of the Cheddar type.

Dr. Louis Faugeres Bishop, one of the best known New York specialists on diseases of the heart, in his recent book, “Arteriosclerosis: A Consideration of the Prolongation of Life and Efficiency After Forty,” devotes a large number of pages in his book to the subject of Cheese and its importance in human diet in combatting diseases of the heart, and he recommends Cheese as a factor around which should be built the food supply of man. For years newspapers have pointed out the wonderful longevity of the Bulgarian people, this result being attributed to the use of milk in the various forms of Cheese known to that country. One of the great American diseases is hardening of the arteries. Dr. Bishop’s conclusion is that the free use of Cheese in a diet is a great preventa-
tive of hardening of the arteries and diseases of the heart.

A further statement of Dr. Bishop is that the whole population of the United States could live comfortably and maintain its well being and muscular and brain efficiency on Bread and Cheese alone. It is one of the most valuable foods a man can eat, containing as it does the vitamins and fat soluble A and water soluble B. Without an adequate supply of these two vitamins the body cannot grow as it should or keep in a state of health.

*The United States Department of Agriculture in Bulletin 487, page 15, says:*

"In other words Cheese compares favorably with other foods in thoroughness of digestion—that is in the percentage finally digested. Furthermore it does not cause constipation or other physiological disturbances."

**MORAL. Eat more Cheese.** Be sure it is Shefford Snappy, Shefford Sandwich Loaf or Shefford Old English Style, in order that you may be sure it is well ripened Cheese of the Cheddar type.
Shefford Cheese Co. Products

Shefford Snappy Cheese
The Original Foil Package Cheese. Is made from the highest grade cheese produced, ripened and blended to that rich, nutty flavor so much desired by cheese connoisseurs.

Shefford Snappy Cheese
For Individual Service. Packed in ½ oz., 1 oz. and 2 oz. packages for hotels, cafes and restaurants.

Shefford Snappy with Pimento
In Foil Package. Is Shefford Snappy Cheese flavored with the best Spanish Pimentos. Our process of preparation brings out the rich flavor of both cheese and pimentos.

Shefford Prepared Welsh Rarebit
In foil package ready for use.

Shefford Roquefort and Snappy Cheese
In foil package, also opal jars.

Shefford Imported Pure Roquefort Cheese
Made in France. Packed in 2 oz. opal jars.

Shefford Chili Cheese
Made from fancy New York State whole milk cheese with Chili peppers and flavoring. In patent sterilized sanitary foil packages.

Shefford Cream Cheese
In sterilized foil.

Shefford Pimento Cheese
In sterilized foil.

Shefford Pimento Cheese with Olives
In glass jars.

Shefford Neufchatel Cheese
Made from New York State partly skimmed milk and wrapped in sterilized foil.

Shefford American Sandwich Loaf
(5 pounds to box.) Made in convenient form for slicing. Wrapped in tin foil. Blended to the same mild rich flavor the year round. No waste, no rind.
Shefford American, with Pimento, Sandwich Loaf
(5 pounds to box.) Same as American Sandwich Loaf, with the addition of finest sweet Pimentos.

Shefford Swiss Sandwich Loaf
(5 pounds to box.) This is a blended Swiss, put up sandwich loaf style. Quality very pleasing. Enables the retailer to avoid buying Swiss in larger quantities than can be readily disposed of. Always uniform.

Shefford Limburger Sandwich Loaf
(5 pounds to box.) This is a blend of Limburger and White American Cheese, treated in such a way as to render it almost odorless, thus removing the great objection to ordinary Limburger, while at the same time preserving the original richness of flavor of the finest New York Limburger. Wrapped in tin foil for slicing. No messy lead foil and paper. Slice right through the foil. The most convenient Limburger package available.

Shefford Limburger
(3½ oz. Tin Foil.) Same quality as Sandwich Loaf Limburger.

Shefford Old English Style
(1 pound prints.) Only the finest, well-ripened Cheddar Cheese is used in this preparation. Extreme care is used in the selection and ripening of the Cheese for this package and the resulting production has received the commendation of cheese connoisseurs wherever offered.

Products of the Shefford Cheese Co. are most carefully prepared from rich milk and cream produced in the famous dairy sections of the United States.

We invite comparison with any package cheese on the market.
For Breakfast—Shefford Snappy Cheese Omelet