

What a lot of new and nourishing dishes we can make with Ingersoll cream cheese : "spreads like butter" / The Ingersoll Packing Co., Limited.

Contributors

Ingersoll Packing Co.

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*"Oh Mummy!
It's INGERSOLL
Cream Cheese"*



*What a Lot
of New and
Nourishing Dishes
We Can Make
with*

(Ingersoll)
Cream Cheese

"Spreads like Butter"



Ingersoll Cream Cheese

*Is Made in the Heart
of a Rich Dairy Country*

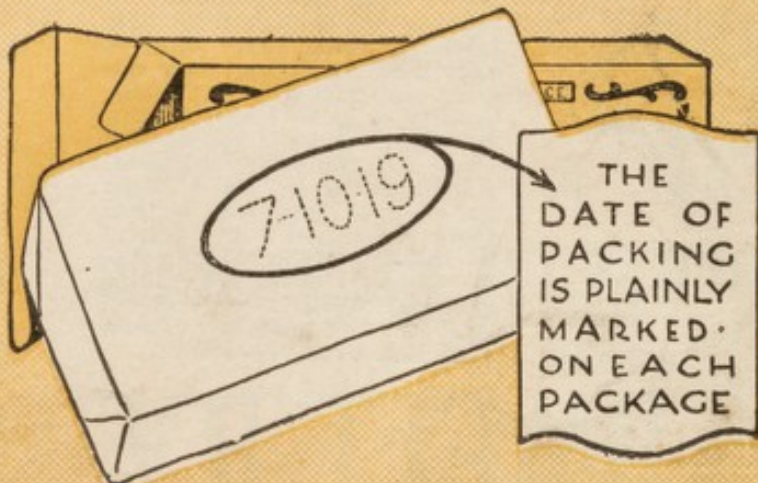
The fame of Oxford County is known all over the continent principally for two things: it's dairy herds and it's cheese. Here the World's Champion Butter-producing Cow, Rolo Mercena DeKol, was bred and raised, and here also is the home of Ingersoll Cream Cheese.

Ever since Cheese was made in Canada the name "Ingersoll" has been outstanding, until to-day, wherever it is mentioned one immediately thinks of good Cheese—Cream Cheese—**INGERSOLL CREAM CHEESE.**

AT ALL GROCERS

In 15c and 30c packages.

Manufactured by
The Ingersoll Packing Co., Limited
Ingersoll, Canada.



CHEESE is a Highly Nourishing FOOD

~ and (Ingersoll) Cream Cheese the Most Nourishing of All

THE good things that come out of your kitchen—isn't it gratifying to know they may be as healthful and nourishing as you like to make them appetising?

Cheese, for instance, is one of the most nourishing foods you can buy. So famous a physician and dietetic analyst as Dr. Robert Hutchison, F.R.C.P., of Edinburgh, Scotland, places cheese at the top of the seven staple articles of food.

Cheese, discovers Dr. Hutchison, has better than one-eighth more energy value than the very staff of life. Cheese, his analysis points out, is twice as helpful to us as eggs and beef, and three times that of potatoes, milk and fish. What an advantage then, what an economy, when so nourishing a food as Cheese is included more frequently in the things we eat.

ENERGY VALUE OF SEVEN STAPLE FOODS

CHEESE.....	100%
Bread.....	87%
Eggs.....	57%
Beef.....	48%
Potatoes.....	28%
Milk.....	25%
Fish.....	24%

From an Analysis by Dr.
Robt. Hutchison, F.R.C.P.,
Edinburgh, Scotland.

But just as one food is more nourishing than another, so there is a wide difference in the values of Cheese. The same great authority that places Cheese at the top of the seven staple foods has discovered Cream Cheese to be Cheese in its most nourishing form. His analyses show it possesses from one-fifth to

twice the energy value of other forms or kinds of Cheese.

And no Cream Cheese is quite like INGERSOLL CREAM CHEESE—so pure, so rich, so creamy that it "Spreads Like Butter," and so delicious that it fairly melts on the tongue. Don't just ask for Cheese, ask for INGERSOLL CREAM CHEESE and know how nourishing, how delicious to the taste a good cheese ought to be.

"Spreads like Butter"

MISS KATHERINE CALDWELL, B.A.

SPECIALIST IN DIETETICS

Plans some Delightfully New and Nourishing Dishes with

Ingersoll Cream Cheese



CREAM CHEESE PYRAMIDS

For a luncheon or supper dish, these little pyramids are attractive and very good. Break down lightly, $\frac{1}{2}$ of a 15 cent package of Ingersoll Cream Cheese, and mix in a bowl with 4 heaping tablespoons bread crumbs, 1 tablespoon melted butter, yolk of one egg, 1 tablespoon milk, salt and cayenne. Cut $\frac{1}{2}$ -inch slices of stale bread, in fancy shapes, hollow the centres to half depth, and fry in deep boiling fat, to a delicate brown. Pile the cheese mixture on each, smoothing into pyramid shape, and brown in a quick oven. Garnish with marmalade jelly and serve very hot.



Making good things with **INGERSOLL Cream Cheese**—it's quite an uncommon satisfaction. The creamy consistency of it—how readily it lends itself to the making of any dish. The flavor of it—how deliciously mellow. And **INGERSOLL Cream Cheese** is equally tasteful used just with bread or biscuits. Truly it "Spreads like Butter."

Katherine M. Caldwell



CREAM CHEESE BALLS

Cold cheese balls are delicious for salads, just served with cress or lettuce, or on the side of more elaborate salads. Cream the cheese lightly with a silver fork, adding salad dressing, (or cream, made mustard and seasoning) and chopped nuts or olives. A little marmalade adds a deliciously piquant flavor.

Hot cheese balls are made by mixing one-half of a 15 cent package of Ingersoll Cream Cheese with 2 tablespoons flour, 1 egg yolk, salt and paprika, and lastly, folding in the stiffly beaten egg white. Form in balls and fry to a golden brown in deep fat.



STUFFED BAKED POTATOES AU GRATIN

Bake even-sized potatoes and when soft, cut off one end and scoop out the inside. Mash lightly, with a little cream, butter, pepper and salt. Break down some Ingersoll Cream Cheese (about 1 teaspoonful to each potato) with the points of a silver fork. Toss a little of the cheese through the fluffy potato, re-fill the cases, sprinkle the top with the cheese and add a small dot butter and a shake of paprika. Return to the oven to make quite hot again and to melt the cheese.



CREAM CHEESE RAREBIT

No rarebit will surpass in delicacy one made with Ingersoll Cream Cheese in this way: Break up a 15 cent package of cheese with a fork, and put it into a double boiler with $\frac{1}{4}$ cup cream or milk. Mix a teaspoonful of dry mustard, $\frac{1}{4}$ teaspoon salt and a little cayenne and 1 well beaten egg. Add a dash of Worcestershire to the mixture in the double boiler, as soon as the cheese is melted and stir constantly until it thickens, being careful that it does not curdle. Serve on very hot buttered toast. This quantity is sufficient for 4 slices.



CREAM CHEESE RAMEKINS

To 2 beaten eggs, add a four ounce package of Ingersoll Cream Cheese, broken up well, 4 heaping tablespoons bread-crumbs, 1 teaspoon made mustard, salt and pepper to taste. Bring 1 cup milk to the boil, then add it very slowly to the other ingredients. Turn into a buttered baking dish or into individual ramekin dishes, and bake in a quick oven until set. From 10 minutes for the small dishes to 20 minutes for a large one, will usually be required.



TOASTED CHEESE ROLLS

A delightful variation in sandwiches is provided in Cream Cheese Rolls. Cut thin slices of rather fresh bread, trim away the crusts, and spread with butter and Ingersoll Cream Cheese and sprinkle with paprika. Cut into strips about three inches wide and four inches long. Roll each strip, being careful not to "break" the bread. Press gently, or if necessary fasten with a tooth-pick, and toast a delicate brown. The cheese will melt and blend deliciously. Serve in a covered dish or folded napkin, to keep hot.



CREAM CHEESE SAUCE FOR VEGETABLES

Cauliflower, young cabbage celery, marrow, and such vegetables are delicious and different when dressed with a smooth cream cheese sauce. Bring 2 cups of milk to the boiling point, using a double boiler to prevent scorching. Blend together smoothly 2 tablespoons each of flour and butter. Pour the milk, a very little at a time, over the flour and butter, stirring constantly so as to keep it very smooth. Cook it gently and when all the milk is added, put in slowly $\frac{1}{2}$ of a 15 cent package of Ingersoll Cream Cheese, scraped down gently with the point of a fork. Do not make the cheese paste, and stir until it is melted. Add salt and paprika to taste, and pour over vegetables.



AND THEN—
the heavily paraffined carton.

INGERSOLL CREAM CHEESE
is Always Fresh