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Hello Homemakers! Cheese is an amazing food. When you realize that a highly perishable fluid such as milk can be made into a long-keeping, good-to-eat, solid food like cheese it is something to talk about. As you know, milk under certain circumstances, will thicken and separate into two different substances—whey and curd. Cheese is the curd of milk and can be eaten as is, or it can be treated and ripened into a surprising number of varieties. One of the new species of curd to people in Ontario is in the form of Yoghourt or Omega.

Four hundred different names for cheese does not mean that there are four hundred different varieties. There are about 18 basic types of cheese which crop up under a variety of names both in the same country and in other countries. Italian Gorgonzola, English Stilton and Danish Blue were the first blue mold cheeses but now there are others. To add to the confusion different cheese manufacturers sell their own cheese under a variety of brand names though they may be very much alike. However, cheese is cheese and it is all made from milk.

To make cheese the milk is pasteurized, the cheesemaker adds a "starter" in order to get the right amount of acidity, then the rennet is added to make the milk curdle. When the milk has curdled the art of the cheesemaker really begins, though he has to know all about the "starter" and the type of rennet. Curd knives are used to cut the mixture evenly and the whey is drained off before it is put into molds. One method of salting the cheese is rubbing the perforated mold with salt. The cheese is then ripened by bacteria and molds. This sounds queer until you remember that there are many helpful and necessary bacteria in other foods as well as in cheese. The temperature, time and atmosphere must be just right for finishing the cheese.

The majority of the cheese made in Canada is Cheddar which is what people mean when they ask for plain cheese. It was first made in the village of Cheddar, England, as a white cheese. Now we use a yellow vegetable colouring to please the public.

We could tell you a lot more about the types of foreign cheese but instead we shall try to describe the difference between natural process cheese, cheese food and cheese spreads. The natural kind has been previously described while process cheese is blending of a number of cheeses of different age to achieve the desired blend for flavour and texture. People seem to like the blandness and the absence of the rind. Cheese food is a processed mixture from cheddar with cream, non-fat solids and mineral salts added to it. It melts easily and keeps well.

There are a great many cheese spreads that come in attractive glasses and jars. There are reprocessed cheeses with added stabilizers and flavourings—such as pimento, bacon, nuts, etc. You have to experiment to find the kind that suits you best.

**TAKE A TIP**

1. Soft cheese or cheese food should be sliced or grated on a coarse grater to save the flavour. Hard cheese should be grated on a fine grater. Prepare just enough to use.
2. Very dry grated cheese will not melt when heated, unless moisture (such as syrup) is added.
3. Cheese that is dried out is perfectly good. Add it to stews and soups.
4. Wrap cheese in wet vinegar-cloth and placed in a sealed jar.
5. If mold has formed on cheese, simply cut it off. It will not harm you or the cheese.
6. Cheese should always be cooked at a low temperature if the dish has to cook for any length of time otherwise it should only be melted under a broiling element a few minutes.
7. Grated cheese should be stored in air tight containers on the kitchen shelf. It is wise not to keep it in the refrigerator where it may absorb moisture and lump easily.

**Ham and Noodles**

2 cups cooked noodles
2 tbsps butter
2 tbsps flour
½ tsp salt
Dash of pepper
2 cups milk
1 cup diced cooked ham
1 cup diced cheddar cheese

Cook noodles according to directions on box. Meanwhile melt butter, blend in flour and gradually add milk, mixing until blended. Cook over low heat, stirring constantly. Add ham and cheese, then the noodles. Pour into a greased casserole and bake in preheated oven at 350 degs. for 20 to 25 mins. Makes 5 servings.

**Cheese Dessert Dumplings**

1 cup (½ lb.) cottage cheese
½ cup dry bread crumbs
½ cup sifted flour
2 tbsps sugar
½ tsp salt
Dash of nutmeg
2 eggs, well beaten
4 tbsps melted butter
Melted butter
Fine sugar

Mix cheese, crumbs, flour, sugar, salt and nutmeg. Gradually add eggs and butter, mixing until smooth. Drop from tablespoon into boiling salted water. Cover, cook 3 to 4 minutes. Remove from water with slotted spoon or large fork. Serve sprinkled with powdered sugar and melted butter. Makes 12 to 16 dumplings. (May use fruit juice in place of water.)


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## Minnow Farming Is Future Industry

Possibility of private propagation of minnows suitable for bait is seen by officials of the Fish and Wildlife Division, Ontario Department of Lands and Forests because of the shortage of minnows in some parts of the Province.

Actually officials say minnows are plentiful in some areas but labor to obtain and market them is scarce. On occasion, anglers have paid up to 50 cents a dozen for the highly-prized bait — one which is taken by practically every type of game fish in the Province not to mention a lot of coarse fish which fishermen say are just plain old greedy bait-snatchers.

For instance no one has managed to figure out a way to keep hungry rockbass from taking the minnow which the angler intended for the five pound black bass.

The minnow supply is particularly low in Southern Ontario waters and Department officials feel there "just might" be an opportunity for an enterprising individual to start up a minnow industry.

What would be needed? A source of supply of water, terrain suitable for minnow ponds. The right type of minnows, perhaps golden shiners or blackheads or bluntnoses. Some minnows are more suitable for pond raising, others prefer streams, the biologists say.

There are provisions in the fish and game regulations prohibiting the placing of minnows in waters other than those from which they came. Officials say this applies particularly to carp, smelt and similar types of fish which may become predators on the young of game fish.

Meanwhile the Division has collected from its own and other sources masses of information relative to the possible raising of minnows as a commercial venture. The information has already been supplied to some individuals who are toying with the idea of establishing minnow farms.

## Chronicles of Ginger Farm

*Written Specially for the Acton Free Press by*
**Gwendoline F. Clarke**

Wouldn't it be nice if we could look forward to just one Christmas without any war worries? Seems to me that with almost every Christmas that comes around we are either in the middle of a war, or grieving about a war just past or worrying about a war that may materialize in the not too distant future. If we so desired we could think of little else but war, worry over it by day and dream about it by night — and after all where would that get us? Worrying about things absolutely beyond our control never has got anyone anywhere yet. And by that I don't mean that we should not concern ourselves with the present grave crisis. But thinking and worrying are too different things. Thinking is or should be constructive. Worrying produces a muddle headed, defeatist attitude.

The chronic worrier makes life miserable for himself and those with whom he is in daily contact. And there is no limit to the things a person can find to worry about — the high cost of living, what the government does or doesn't do, the free and easy way the young folk live, the weather if we get too much rain, the dust if we get too little, present day education and of course the threatening war clouds and the atom bomb. Yes there is so much in life we cannot prevent but if we are called upon to face major problems we can at least call on our reserve supply of energy and intelligence and not let it get us down. There are times when the worst enemy we have to face is our own fear. If we cannot have "peace in our time" then we must do the best we can with conditions as we find them.

Perhaps I sound a bit "preachy" but maybe I am just talking to myself because oftentimes I find myself worrying when it isn't necessary at all. As for instance this last Saturday. Niece Babs was to arrive on the noon bus and probably daughter as well. Saturday forenoon the weather was terrible — rain, sleet, ice and fog. I had visions of them having an awful bus ride from Toronto—but we also knew that in the city they would not realise what the road and weather conditions would be like in the country. So I phoned Babs and explained my worry and suggested it might be wise to postpone her visit. She was quite surprised, obviously disappointed and not in the least alarmed about the trip. Of course I told her to please herself and that I would meet the bus anyway. Well, she arrived despite fog and road conditions. And the bus was on time, it was I that was late! Had to stop and wipe off the spark plugs before the car would start. Daughter did not come at all. She phoned later to say she was busy papering the hall. We have from conjection in that house of hers.

Sunday afternoon Babs and I started out for a little drive just up the road to see how our new paved highway was getting on. It should have been finished by now but last week's winter storm made that impossible so down near your way we still have a gravel road. And did we know it? It was very slushy but I did not realise what we had let ourselves in for until a truck came along. As he passed us the flying slush covered my poor little car from roof to rubber. The windshield was completely coated and was to much for the wipers to clean off. So I must perforce get out and clean it with a cloth. All was well until we met another car — a large one. By this time I realized a little English car has its disadvantages. It was like a little boy having his face plastered by a big bully although I must admit that in this case neither the truck nor the cars could help what they did—it was the ice and weight of them that was responsible. My poor little infant didn't so much as splash the fenders of the other cars. Babs and I finally decided every time we saw a car coming—we both felt as if the flying mud must surely come right through the windshield. After half-an-hour's drive we were quite content to come back to our books and comfortable chairs we had vacated.

And speaking of books—if you are planning to give a book to anyone for Christmas "Son of a Thousand Kings" by Thomas B. Costain is just about tops. It is the story of what befell a little English emigrant boy when he was sent to Canada in the gay 90's. It is clean, exciting and, of course, well-written, holding the reader's interest from cover to cover.

The title is taken from a song popular during the Boer War—which I dimly remember, but not as Mr. Costain gives it. "Cook's son, duke's son, son of a millionaire" is my version—as against Mr. Costain's—"Duke's son, cook's son, son of a thousand kings". I doubt if the author's memory goes back that far but I would very much like to know if other old country people remember the exact words—perhaps the chorus was not the same all the way through the song and maybe both versions are right.

## Suggest Dictionary With Streamlining

If the publishers of modern dictionaries could bring themselves around to streamlining their definitions to meet the format of one recently submitted to a well known American publisher, one can't help but feel that these huge tomes would not only be more informative but also much more entertaining. Here is the anonymous contribution which seems to cover the subject very, very thoroughly.

BOY. After a male baby has grown out of long clothes and triangles and has acquired pants, freckles and so much dirt that relatives do not care to kiss it between meals, it becomes a BOY. A boy is Nature's answer to that false belief that there is no such thing as perpetual motion. A boy can swim like a fish, run like a deer, climb like a squirrel, balk like a mule, bellow like a bull, eat like a pig, or act like a jackass according to climatic conditions. He is a piece of skin stretched over an appetite. A nose covered with smudges.

He is called a tornado because he comes at the most unexpected places, and leaves everything a wreck behind him. He is a growing animal of superlative promise to be fed, watered and kept warm, a joy forever, a periodic nuisance, the problem of our times, the hope of a nation. Boys faithfully imitate their dads in spite of all efforts to teach them good manners. A boy if not washed too often and kept in a cool, quiet place after each accident will survive broken bones, hornets, swimming holes, fights and nine helpings of pie.


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The undersigned have received instructions from
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To sell by public auction at his farm, lot 15 con. 1, twp. of Trafalgar, adjoining the town of Milton on
**TUESDAY, DECEMBER 12th**
At 1:00 o'clock the following:

HORSES AND HARNESS. One black mare, 8 yrs. old, 1 black mare, 11 yrs. old, 1 bay mare, 11 yrs. old, good workers, about 1000 lbs., 1 set heavy harness, 1 set plough harness, 4 Scotch top collars, 21, 22, 23 and 24, halters, bridles, bells, etc.

HOGS. 2 mature York sows, bred Oct. 30, 2 young York sows, bred Nov. 10, 8 pigs, about 100 lbs.

IMPLEMENTS. M-H grain binder, 7 ft., M-H mower, 5½ ft. cut, new, M-H hay loader, M-H side rake, M-H dump rake, M-H hay tedder, M-H spring tooth cultivator, M-H steel land roller, 14 plate disc, F. and W. set of seed harrows, 4-section, single furrow riding plow, Cockshutt jointer plow, rubber tired farm wagon new, iron farm wagon, 2 flat hay racks, 16', M-H sloop sleighs, new, Perfection farming mill with clover seed, grain farming mill, Melotte cream separator, scales 2000 lbs., stand power clippers, turnip drill, M-H seed drill, 11 hoe, cutter, fore boat, bag truck, ditcher, snow plow, 15 rod new wire fence, rod of used wire, 2 wagon reaches, steel hog troughs, self feeders, hog crate, feed boxes, log vise and anvil, sugar kettle, forks, shovels, double trees, chains, bars and some tools, 25 cedar posts, some anchor posts.

GRAIN AND WOOD. 125 bus. oats, Banner, 100 bus. mixed grain, extra heavy; 50 cord hardwood, 4' long; 10 cord soft wood, 4' long.

FURNITURE — Chesterfield and chair to match; heavy dining room extension table with 6 chairs to match; small walnut table; linoleum rug; 2 small Axminster rugs, medium sized coal heater, Empire set of aluminium cooking utensils, 2 wood bedroom suites; springs, mattresses and dressers; steel bed, springs and mattress; 2 odd wash stands; commode chair; small tables; 6 kitchen chairs; 2 lawn mowers and other household effects.

TERMS: Cash settlement with clerk day of sale.
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