

How to Make Most of Cheese in Many Dishes

Of Course, One of the Most Popular of All is the Rabbit, but Cheese Also has its Place in a Wide Variety of Dishes. Here are Some Recipes.



(By Edith M. Barber)

What does the term cheese mean to you? Does it mean merely "store" cheese or cottage or cream, or does it mean, as it should, dozens of various kind of cheese of different flavours and appearance, all of which however, are made from the same base—milk.

Every country has its typical cheese. The American specialty is cheddar, which is produced in large quantities in the dairy sections of the country. It is used to vary greatly in flavour, and even to-day has its individual characteristics. It is, however, at present quite consistent in quality and furnishes the base for many interesting dishes. This is the cheese which has long been an accessory for our favorite American dessert, apple pie. In other countries almost every province has its own special cheese, and it has always been one of

my interests when travelling to investigate the cheese.

As cheese depends for its flavouring upon the natural bacteria which are prevalent, it is natural that cheese should vary. Of course, besides, there are different processes of manufacture. Some of the most famous cheeses have been developed more or less accidentally. You have all heard the story of the origin of Roquefort. The tradition says that a young shepherd left his lunch of bread and cheese in a cave one day, and going back some time later found it damp and moldy, but, being very hungry, he tasted it and discovered the delicious flavour which had been developed. Even the very earliest kind of cheese of the cottage type was supposed to have been discovered through an accident. When milk was carried in a bladder it was fermented by the natural secretion in the bladder and produced cheese.

Almost all the other countries use more cheese than is done in this continent, although the consumption of cheese in this country has increased very much in the last few years. The most interesting native cheese produced in this country is the Liederkranz, but we now find American cheese manufactured and flavoured in such a way that the cheeses of famous European types are reproduced. You will find Camembert and Brie and cheese of the Limburger and Swiss types duplicated pretty well.

Swiss cheese or Gruyere cheese is perhaps used more than any other type except the American cheddar. We still import Gruyere from France and Switzerland, Edam and Gouda from Holland; Gorgonzola, Parmesan and Bel Paese from Italy; Stilton from England; Limburger from Belgium and Camembert and Roquefort from France. Americans

are very fond of cream cheese, which is very much like petit Suisse, popular in France and Switzerland. They are still devoted to cheese in its simplest form, known variously as pot cheese, cottage cheese and in German sections as Smear Kaese.

One of the most popular dishes made with cheese is the rabbit which has returned to its own since beer has been available. And I must tell you about the fondue, which is product from Alsace in which white wine and kirsch or other brandy are used. In France Gruyere is used as the base, but I have made it successfully with soft American cheddar. My fondue parties are popular, because every one likes to break the French bread, impale it on a fork and dip it into the hot mixture in the chafing dish. You must count, according to the French custom, un'leux, trois et quatre, before you twist it and pop the bread into your mouth. The first one to drop a piece of bread into the fondue is supposed to pay for the bottle of wine!

Cheese has its place in almost every course. Grated, it belongs with soups, especially onion and minestrone. It has a place in canapes and in all kinds of main dishes for luncheon. It is used for a sauce for vegetables and may be part of a salad or be used in the dressing. It can even be used in the dessert course as well as afterwards with toasted crackers and coffee. It is indeed a versatile food and deserves to be used often on our table, not only on account of its flavour but also on account of its food value, which is naturally high, as it is a concentrate of milk. I hear some one ask, "But what about its digestibility?" That is also generally good when it is eaten with other food. Cottage and cream cheese can be rated 100 per cent on that count. We can discount that old saying:

"Cheese, the silly elf,
Digests all things but itself."

Cream Bran Muffins

- 2 tablespoons shortening
 - 1/4 cup sugar
 - 1/2 cup soft yellow cheese
 - 1 egg
 - 1 cup milk
 - 1 cup bran
 - 1 cup whole wheat flour
 - 1/2 teaspoon salt
 - 3 teaspoons baking powder
- Cream shortening, sugar and cheese together. Add the egg and bran. Mix and sift flour, baking powder and salt. To the first mixture add the milk, alternating with the sifted dry ingredients. Pour into greased muffin tins and bake in a moderate oven for twenty minutes.

Old Fashioned Rabbit

- 1 pound American cheese
 - 1 tablespoon butter
 - 2 teaspoons salt
 - 2 teaspoons dry mustard
 - 1 teaspoon paprika
 - 1/2 bottle beer
- Toast

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Shred cheese with a fork. Melt butter, stir in seasoning; add cheese and stir over a low fire until melted. Stir in the beer gradually and cook, stirring over fire until the mixture is smooth. Pour at once over hot toast. A dash of cayenne pepper may be added, if desired.

Cheese Cake

- Pastry
- 1 cup sugar
 - 2 tablespoons flour
 - 1 pound cream cheese
 - 4 eggs
 - 1 cup thin cream
 - 1 teaspoon vanilla
- Line a deep pan with pastry. Stir the flour and sugar together then mix well with cream cheese. Beat eggs slightly, add cream and vanilla and combine with other mixture. Pour into the pastry shell, which has been baking in a hot oven, 450 degrees, until it begins to brown. Remove only long enough to pour in filling. Reduce oven temperature to 325 degrees and bake forty minutes.

Cheese With Vegetables

- 1 tablespoon butter
- 2 cups grated cheese
- 3/4 cup of canned or grated fresh corn
- 1 ripe pimiento
- 1/2 cup tomato puree
- 2 egg yolks
- 1 teaspoon salt
- 1/2 teaspoon of paprika
- 1 clove of garlic or onion to suit taste
- 4 slices of bread

In the melted butter stir the cheese until it is melted. Then add the corn and pimiento; stir for a moment and add the egg yolks beaten and mixed with the tomato juice and the salt and paprika. Have ready the bread toasted on one side and very lightly rubbed on untoasted side with onion. Pour the mixture over untoasted side of bread and serve at once.

Fondue a La Alsace

- 1 pound cheese, Swiss or American
 - 3/4 cup white wine
 - 1/4 cup Kirsch
 - French bread
- Cut the cheese and soak in chafing dish in the wine for several hours. Heat over chafing dish flame stirring until cheese is melted. Add kirsch. Serve with French bread.

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Some Early Echoes of Fort Matachewan

First Hudson Bay Factor in Matachewan Writes of the History of the Area. An Interesting Letter.

The Advance has always been interested in any and all data in regard to the history of the North, and has expressed regret on more than one occasion because there is so little official record of the romantic story of this country. It is true that the columns of The Advance have been replete with interesting articles about various parts of the North as well as reviews and summaries of the past in this country. The files of The Advance for the past twenty years contain a fairly complete and accurate story of the North since 1915, as well as many references and reviews of earlier days. At the same time there is reason for wishing that some official source of information about the story of the North might be established and to this end the organization of a historical society of some kind has been urged more than once. Failing the organization of such a historical society The Advance has attempted to keep a record of any and every matter of interest dealing with the North that may come to light. Because of this idea a letter appearing in the current issue of The C.N.P.C. Review is of special interest. The C.N.P.C. Review is the magazine published monthly in the interests of the employees of the Canada Northern Power Corporation. The letter in question deals with the story of Matachewan where there is so much special interest at the present time on account of the development there of an important gold camp. The letter is by James Mowat, the first factor at Matachewan Post of the Hudson Bay Co. The letter is given in full, as follows, with the exception of the part referring to the Indian rendition of the name "Matachewan":

Dear Mr. Editor:

Seeing that the Matachewan country is getting to be so well known all over the continent, if not all over the world, in my opinion it might be interesting to have a small account of former days preserved and I know of no better place to have it than in the records of Canada Northern Power Corporation which has control of the true and actual site of Matachewan, now called High Falls.

When or why the name came to be changed I do not know, I only know that it was Matachewan Falls and upon that falls hangs a tale.

In bygone days when the stronger tribe of Iroquois Indians came up through that country robbing and plundering, which way they came in to the country is not stated, but when going out they took an Indian from our country with them to act as guide on the Montreal River, and when coming near Matachewan the sound of the water going over the falls could be heard. The guide was asked if they could run the rapids. He replied, "Yes, it is all right, go ahead," which they did. Now there was a big rock near the head of the falls on the north side of the river and as the canoe passed that rock the guide jumped out of the canoe and gave it a push towards the falls that were so near now that the men in the canoe were unable to save themselves from going over to destruction. Meantime the guide got ashore on the north side where the portage is and he ran across to investigate.

At the foot of the falls on the south side there was a ledge of rock where one of the canoe crew had crawled ashore with the life still in him, so the guide went down to the foot of the falls on the north side and pelted the poor fellow with stones until he was dead and then left the body where it was. The canoe was smashed and the others killed in coming over the falls, and that is that.

I was told the story over fifty years ago, and the shelf of rock was pointed out to me where the Iroquois was stoned to death after coming through the falls with life still in him.

As to the Indian word Matachewan I cannot very well translate it, but I will try to describe it. The waters that flow over the falls are the waters of the west branch of the Montreal River, and the falls being so near the lake forces the water out in the lake. The waters of the west branch enter into the lake as a rough rapid, running a considerable distance out in the lake and in the Indian language it is written like this. (The Indian characters as written by Mr. Mowat can not be printed here as there is no type available for the reproduction of Indian letters or words. Mr. Mowat puts it in English letters "Ma to chee wan," and continues:) as near as I can make it, the branch of rough water, and that is where the lake got the name Matachewan Lake from that rough water branch. The lake extends maybe six or seven miles above Matachewan to the north and northwest and at the head of the lake is the height of land, a short portage dividing the waters of the Montreal River from those of the waters that flow the other way down to Night Hawk Lake.

About four miles from Matachewan down the lake to the south there is a rapid, and a portage for anyone travelling up the lake.

One fall some time in the sixties of last century there was a free trader with a few men from Lake Nipissing came up and camped on the east side near the foot of the rapid. Being late in the fall it was only when the men with the winter packet went from Matawagamingue to Fort Temiscamingue that the officials of the Hudson Bay Company became aware of the location of an opposition trader, when immediately a party was sent to build and camp along side of him, and that was the beginning of what is commonly called Fort Matachewan, though the Hudson Bay Company's people always wrote and spoke of it as Matachewan Post. The writer was in charge of that post from 1892 until 1896 when a change was made and Mr. Steven La-

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Wreckers Take Over the Nipissing Central Line

The last remaining vestiges of the Nipissing Central Railway street car service which operated for many years between Cobalt and New Liskeard was disappearing this week as workmen set about the task of dismantling power, feed and telephone lines which were incidental to the operation of the service before its replacement last month by a bus line.

Suspension of service was ordered by the T. & N. O. Railway Commission, the N.C.A. being a T. & N. O. subsidiary and for upwards of a month now, buses have been operating in place of the electric cars.

The wires from the old terminus at New Liskeard to North Cobalt have already been removed, leaving three miles south to Cobalt yet to be taken down. Later the tracks will be lifted, but it is expected that the stretch of two blocks in Halleybury where the rails are laid in the centre of the paved highway will be concreted over, as the steel is of a type which it would not be profitable to salvage.

Pembroke Bulletin:—It's a tough life. Transients in Perth will not be given a noon-hour meal, but will receive breakfast in the morning and another meal in the evening. Perth is likely to experience a considerable increase in population—the floating kind—when this becomes generally known.

To Hold Conference on Land Bonus Plan

J. A. Habel, Member for North Cochrane Aims to Have Northern Members and Premier Confer.

Reference has been made in past issues of The Advance to the effort being made by J. A. Habel, Member of the Legislature for North Cochrane, to have the present government adopt a system of bonuses for settlers clearing land. For years The Advance had advocated such a system and boards of trade and other bodies have also urged this benefit for the settlers. At the last election the Henry government made the direct promise that if returned to power the government would institute a land bonus plan. The government being defeated the matter was necessarily left in abeyance, although speakers for the Liberals in the campaign had endorsed the bonus plan. Since the election, however, J. A. Habel, member for North Cochrane, has kept the land bonus question to the front, and The Advance is informed that he was able to secure the fullest sympathy of Hon. Mr. Heenan, Minister of Northern Development, in the matter. Hon. Mr. Heenan took the matter up with the Cabinet, but there was no decision made. Mr. Habel also has the fullest co-operation of the Northern members, it is understood, with one possible exception. It is understood that John Rowlandson, member for this riding, is in accord with the idea of a land-clearing bonus and will give it his support. It had been intended by Mr. Habel that the Northern members should hold a conference with Hon. Mr. Heenan on the question of the land bonus, but the illness of Hon. Mr. Heenan has prevented the carrying out of this plan. Now, however, it is said that the conference will be proceeded with, Hon. Mitchell Hepburn, the premier, acting in place of Hon. Mr. Heenan. This conference is expected to take place this week. One of the special points made by Mr. Habel is that any money paid out for land bonus would reduce the expenditure on relief work and relief to an equivalent amount with the results being more tangible from the bonus than from relief.

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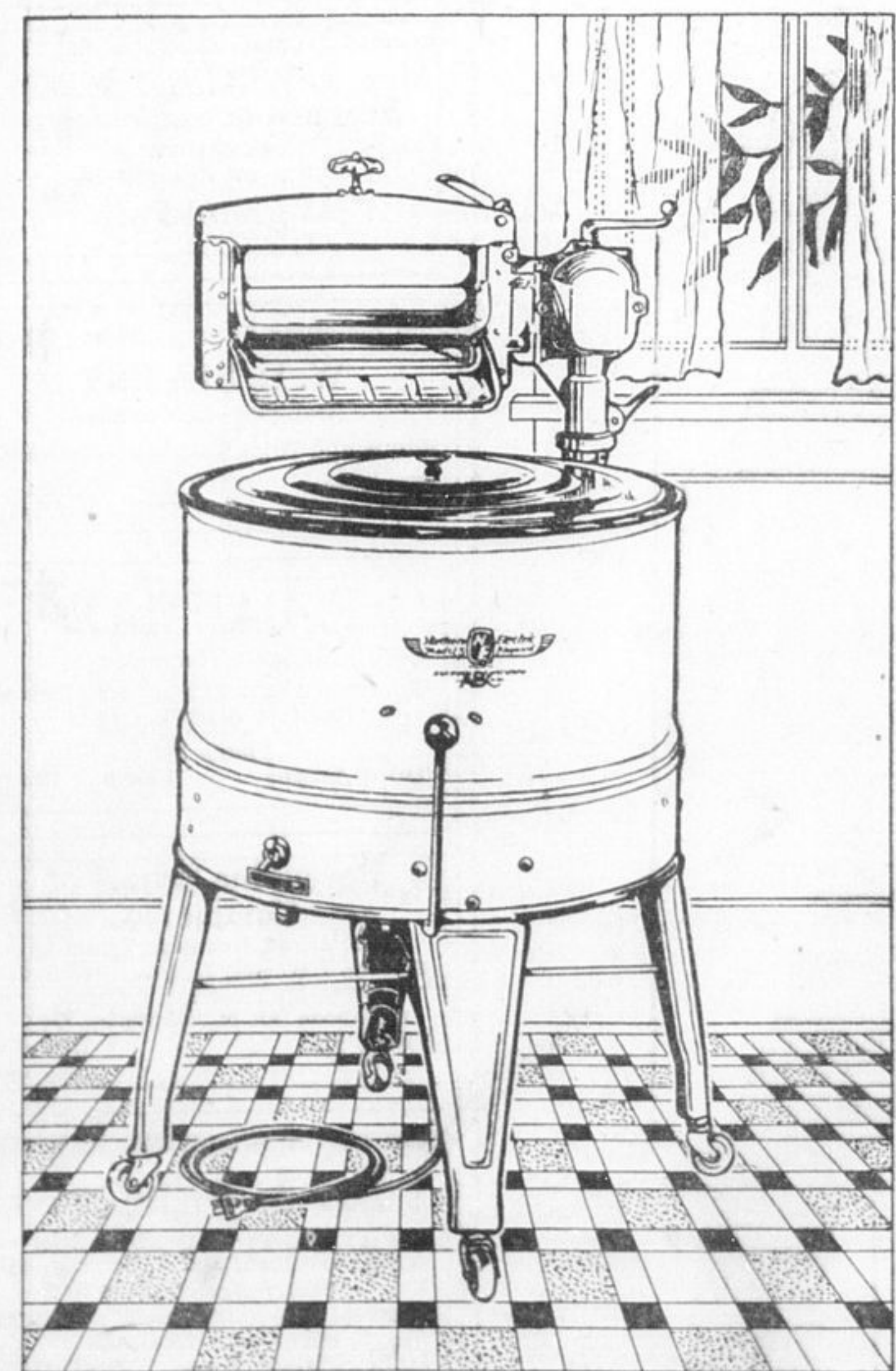
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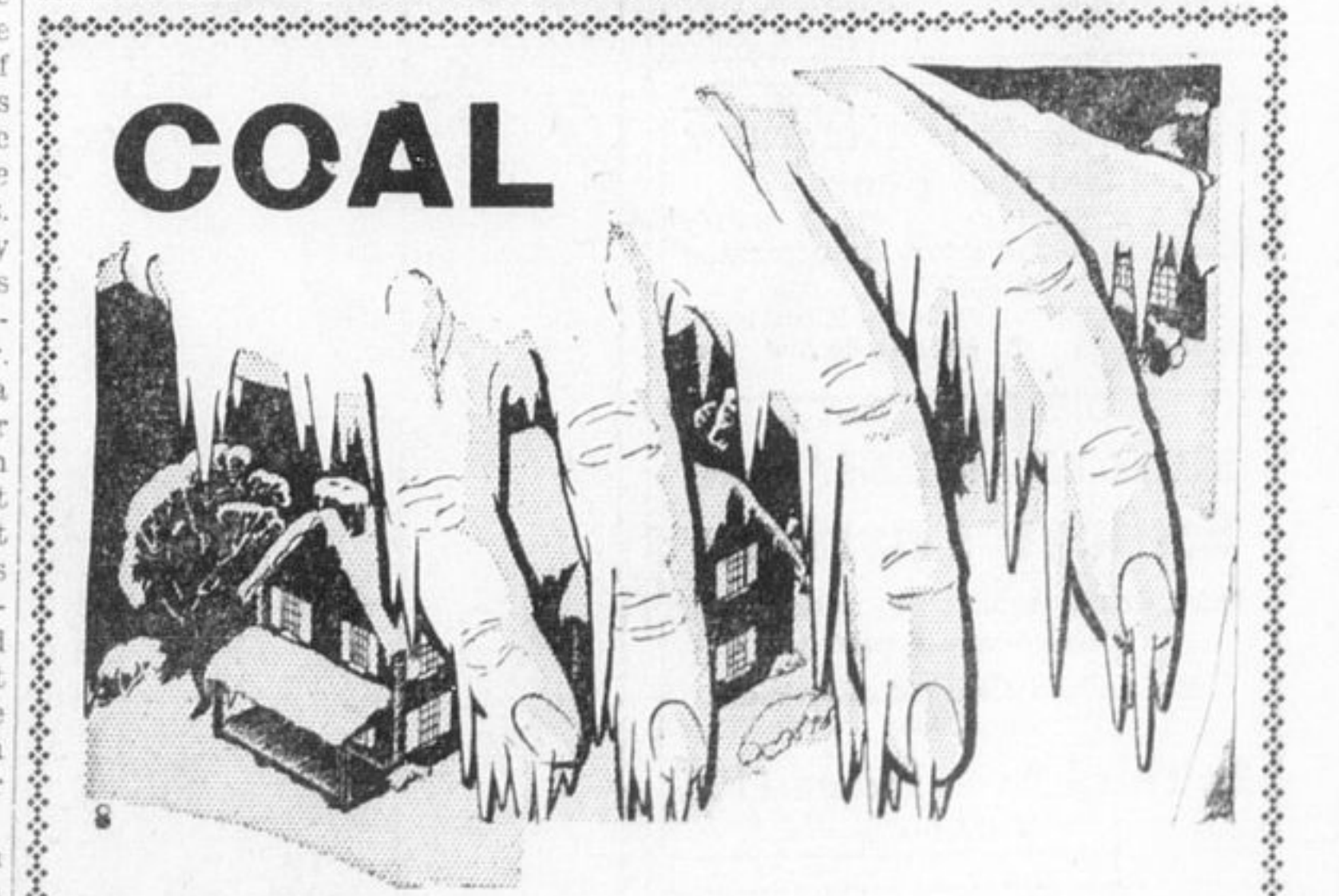
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