

WHY AND HOW TO USE COTTAGE CHEESE

By Helen G. Campbell

IN FOUR PARTS—PART II.

Cottage cheese is the only type which in this country is now made to any extent in the home. It requires but little time or labor and, as a food, ranks among the most economical and delicious. Small quantities of sour milk which otherwise might be wasted can be utilized in this way, while a large quantity is equally easy to prepare. On the farm where skim-milk is abundant, the manufacture of cottage cheese will provide a cheap and palatable food and, in some localities, may prove a valuable source of revenue. Milk which has soured quickly or sweet milk with the addition of rennet, are both satisfactory for this type of cheese, but milk which has soured slowly or is stale, should not be used, as it is apt to impart an objectionable bitter flavor. There is the same necessity as in all other milk products that the milk from which cottage cheese is made be of good quality and carefully handled and that all utensils be scrupulously clean.

Natural souring of milk is due to the growth of harmless bacteria which act on the milk sugar, producing lactic acid and causing the characteristic flavor. The most favorable temperature for the growth of this bacteria is between 65 and 70 degrees F. At this temperature, milk will sour in between 24 and 36 hours. The time required for souring may be shortened by adding to each quart of sweet milk about one-third of a cup of clean, sour milk of good flavor. This should be kept at about the same temperature and will sour in from 18 to 24 hours. Milk may also be coagulated by the addition of Junket tablets which are prepared from rennet and cause the milk to clot or "set" in a short time. A good cheese will have a clean, mildly acid flavor and a smooth uniform texture. About one-third of a pound of cottage cheese may be obtained from one quart of skim-milk.

The variety of ways in which it can be served, the ease of preparation, coupled with its palatability and low cost, entitles cottage cheese to an important place among our foods.

On account of the large amount of protein which it contains, cottage cheese can replace in many meals many of the more expensive foods of similar composition, such as meat, fish and eggs. One pound of cottage cheese and one pound of moderately lean meat contain about an equal amount of protein.

The housekeeper who wishes to plan her menus with due regard to economy and food value will do well to learn the possibilities of including more of this valuable milk product. The protein and mineral matter which it contains provide growth material for muscles and bones and at a lower cost than most foods. The flavor lends itself to very palatable combinations with many other foods—fruits, vegetables, etc., while it is equally delicious when served alone, with cream and sugar, or seasoned with salt and pepper. In summer it is especially useful, as it requires but little heat for preparation and can be used in a variety of attractive and nutritious salads, while it is delicious for sandwiches and picnic lunches. It is suitable also for the school lunch at any season of the year, as it is a concentrated form of nourishment, easily digested and well liked. It is best when eaten within a day or so after it is made, although if put in an earthenware or glass dish and kept cold, it will keep for several days. The whey which is drained from the curd in the process of making cottage cheese may be used as a beverage if sweetened with sugar and flavored with lemon juice. It should be strained and chilled before serving.

The use of cottage cheese, or as it

was usually called "curds", was much more common in our grandmothers' day and no food was more generally relished. Its use at the present time could be greatly increased with many advantages from the standpoints of labor-saving and economy.

Cottage Cheese—Method No. 1.
2 quarts sour milk, 1 teaspoon salt, pepper, cream.

Put the sour milk into a pan and set over hot water until it separates into curds and whey. Strain through a double cheesecloth over a dish. Put the curd in a bowl, mix well, season with salt and pepper and moisten with cream. Chill and serve.

Cottage Cheese—Method No. 2.
2 quarts sweet milk, two-thirds cup thick sour milk.

Stir the sour milk into the sweet milk, cover and keep at a temperature between 65 and 70 degrees F. about 18 hours. Set over hot water until it separates into curds and whey. Strain through a double cheesecloth over a dish. Mix the curd, season and add cream. Chill and serve.

It is important in each method that the milk should not be allowed to heat above lukewarm temperature, or the curd will be tough and dry.

Instead of cream, a little butter may be mixed into the curd.

Cottage cheese is preferred with sweets, such as fruit juice or jam, less salt and no pepper should be used for seasoning.

Cottage Cheese Salad Dressing.

Beat one cup of sour cream until stiff. Flavor with lemon juice and fold this into one-half cup of cottage cheese. This is delicious served with fruit salads and vegetable salads.

Cottage Cheese Balls.

Form cottage cheese into small balls and roll in finely chopped parsley. Serve on lettuce leaves with salad dressing. If desired, garnish with jelly or jam. Cottage cheese balls make an attractive addition to many vegetable or fruit salads.

Cottage Cheese and Beet Salad.

Wash medium sized beets and boil until tender. Remove the skins and, when cold, scoop out the centre. Fill cavities with seasoned cottage cheese and place on crisp lettuce leaves. Garnish with small pieces of beet and serve with salad dressing.

Beet Salad.

1 cup chopped cooked beets, one-half cup celery, 1 cup cottage cheese.

Mix ingredients and moisten with salad dressing. Arrange on crisp lettuce leaves.

Cottage Cheese and Green Pepper Salad.

Cut a thin slice from one end of a fresh green pepper. Scoop out the seeds and pack with seasoned cottage cheese. Cut in slices about one-quarter of an inch thick and serve on crisp lettuce leaves with salad dressing.

Cottage Cheese Loaf.

2 cups cottage cheese, 4 tablespoons shelled walnuts (chopped), 4 tablespoons chopped olives.

Pack in a small square mold lined with waxed paper. Chill, turn out on lettuce leaves, garnish with parsley and serve.

Lemon Whey.

Add the juice of one lemon to the whey which drains off the curd when making cottage cheese from one quart of milk. Sweeten to taste, strain, chill and serve.

Whey Broth.

The whey may be heated, seasoned with salt and pepper, nutmeg and ginger and served with croutons or small squares of toast.

Fact and Comment

In Russia it costs more than twice as much to subscribe for a magazine for two months as it does for one month. The publishers have to make allowance for the expected depreciation of the ruble.

The Chinese are optimistic; they believe they are going to get their present difficulties straightened out. Their total debt is considerably less than two billion dollars, which is less than five dollars per capita for the population of four hundred millions, a position that compares favorably with that of most other nations.

For use in the police machine guns, the Detroit police commissioner has ordered paper bullets instead of the usual steel-jacketed kind. The paper bullets have just about the necessary speed and hardness to make a victim hunt a doctor without delay, but they will not penetrate the flesh deep enough to do vital injury.

The Indians of the State of New York, of whom there are a few more than five thousand, have a legal status wholly different from that of other American Indians. By virtue of a treaty that the government made years ago with the Iroquois nation, and that is still in force, the New York Indians have, virtually, an independent State within the State of New York.

How the skyscraper appears to London is evident from its new building regulations. The London County Council authorizes buildings eighty feet high and on favorable sites may permit buildings one hundred or even one hundred and forty feet high. The Woolworth Building in New York is more than seven times as high as Whitehall Court, the nearest approach to a skyscraper in London.

Observing the nicety with which a cow licked the cotton out of a boll, an inventor got the idea of what promises to be a really successful cotton picker. His electrical cow has a rough tongue of revolving brushes, the suction of a high-powered vacuum cleaner, and a group of long, flexible necks. The machine, operated from a tractor, enables four pickers to cover eight rows at once, and to pick clean and about five times as fast as by hand.

The Chamber of Commerce in Springfield, Massachusetts, wishing to have a picture of unusual excellence to advertise the city's municipal group of buildings, has made a contract with a distinguished painter etcher by which he agrees to make a large etched plate of the group, from which are to be pulled fifty first-state artist's proofs, each of which he will sign. After that he will destroy the plate. Of the fifty proofs the chamber will retain five for exhibition purposes. The other forty-five have been taken by private subscription at \$200 each, which pays the whole cost of the undertaking.

Ireland, which is proverbially pursued by political misfortune, suffered a fresh blow in the death of Arthur Griffith. The first president of the Irish Free State had none of the volatility that is supposed to characterize the Irish temperament. He was rather cold and reserved in manner, and more distinguished for hard sense and persistence than for eloquence and personal magnetism. But he was a warm lover of his country and of his people, and he thought no sacrifice too great to offer them. Without his wise and tolerant counsel the Treaty of London could hardly have been negotiated. The confidence that Irishmen had in his judgment and intelligence accounts in large measure for the quick acceptance of the treaty by the great majority of the nation.

Moscow reports that Enver Pasha was killed recently in a skirmish between some of his Tartar followers and a soviet force. If the report is true, the last of the Young Turk leaders who led Turkey into the Great War as an ally of the Kaiser's has gone to his account. Enver was a more dashing and interesting character than either Djemal or Talaat, who were scrold, cruel rascals.

According to late reports from China the typhoon that swept the coast of the Formosa Strait between Hongkong and Amoy early in August was one of the most terrible natural disasters of which there is any record. The storm was at its worst in the neighborhood of Swatow, a port at the mouth of the Han River from which there is a good deal of foreign trade. The frightful force of the wind and tremendous tidal wave that followed it destroyed nearly the entire city and scores of

villages clustered round the harbor and along the coast. Several ocean steamers were carried inshore and stranded far inland. A dispatch from Hongkong says that almost one hundred thousand persons lost their lives. Many of them were caught on the small junks and river craft that were their only homes. All the crops over a wide area were destroyed.

The coal miners under their president, Mr. Lewis, have travelled far from the position their organization took during the strike of 1902, when the late John Mitchell was at its head. Mr. Mitchell from the beginning announced his willingness to have any and all of the questions at issue arbitrated. He recognized the interest of the public in the quarrel, and throughout the negotiations at Washington he kept a cool and sober head. It is fair to say that by his attitude he got for the miners the larger share of public sympathy. Mr. Lewis regards the whole affair as a dispute between mine owners and miners, in which he will brook no interference by public or governmental authority. Nothing is to be arbitrated. Whenever the two parties cannot by themselves agree on wage scales, there will be no coal. Twenty years ago the operators thought the supply of coal to the country their own private affair. To-day the miners take the same position. Between the two the rest of us are likely to fare badly.

The disproportion between the sexes varies greatly throughout Europe, but every country that has been at war has a large surplus of women. On the whole continent of Europe, according to English statistics, there is an excess of twenty-five million women.

The "China" telephone exchange of San Francisco is unique. The building is of Chinese architecture, the operators are Chinese girls, and the Chinese subscribers call by name instead of by numbers. The operators handle between seven thousand and eight thousand calls daily.

Rural Welfare centres in America have a counterpart in recently organized "village clubs" in England and "foyers" in France. The purpose of the European associations is to provide social, recreational and intellectual advantages that the country communities have hitherto lacked. The campaign is to raise the standard of living and offer wider opportunities for culture, and so to make life happier.

A few months ago the Mennonites left Canada for Mexico because the government of Manitoba insisted that English and not German should be the first language taught in their schools. However, the "liberty" of Mexico, where bandits raided and robbed them, was rather too much liberty; the Mennonites have asked Manitoba to take them back. The English language and a real government do not look so bad after all.

Because it burns so easily, coke must be used differently from coal in the domestic furnace. It requires more air over the top of the fire, less under draft and less shaking. It is made from bituminous coal, from which gas, tar, ammonia, oils and the like have been driven. The manufacturers say that such volatile substances would go up the chimney anyway, and therefore are of no use to householders. Coke mixed with an amount of anthracite coal is said to give most satisfactory results.

A self-operating device for making water run uphill does the work of a hydraulic ram in a different way. The apparatus converts the latent energy of a large quantity of water with a low head into a smaller amount of water with a high head. The lifting force comes from alternating pressure and suction brought about by an ingenious arrangement of tanks and pipes. The efficiency is about eighty per cent. The inventor's machine at Carlshalton, England, working on a fall of seven and a half feet, raises fourteen gallons of

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water twenty feet in each cycle of pressure and suction, which takes about three minutes.

At the direction of the Attorney-General of Illinois a grand jury is investigating the murders at Herrin, and the Illinois Chamber of Commerce has raised a sum of money to be spent in causing the detention and prosecution of the criminals.

The seaplane Sampaio Correia, which left New York to fly by stages to Rio de Janeiro, was wrecked in landing on the water near the Windward Passage. The crew of five were saved by the U.S.S. Denver. At the same time word came that the British aviators who were trying to fly round the world had come to grief between Calcutta and Rangoon, and that they would not attempt to resume their journey. Flying still has its hazards.

More information has come across the sea about the machines in which the German aviators made the remarkable gliding or sailing records. The Vampire, in which Hentzen sailed about for three hours, is said to look like a huge, angular, "futuristic" sea gull. The ends of the wings can be warped from the pilot's seat, so as to adjust them to the changing air currents. The tips of these wings taper to a very fine point, whereas the middle and the part near the rump or body of the machine is very much broader and thicker. The wing span of the German machines is from seven to fifteen metres, and the wings carry a surface load of ten or twelve kilograms to the square metre. Some of the sailers have wings that are not flat or slightly curved, but are bent sharply in the centre, like the roof of a house. The lifting force that drives a plane upward and upward against the wind is the result of the movement of air over the top of the

wing and then downward under the thickened part of the wing. In that way whirlpools of air are formed, which have a reversed motion and tend to raise the machine and push it forward against the wind.

INDIAN HAD STILL

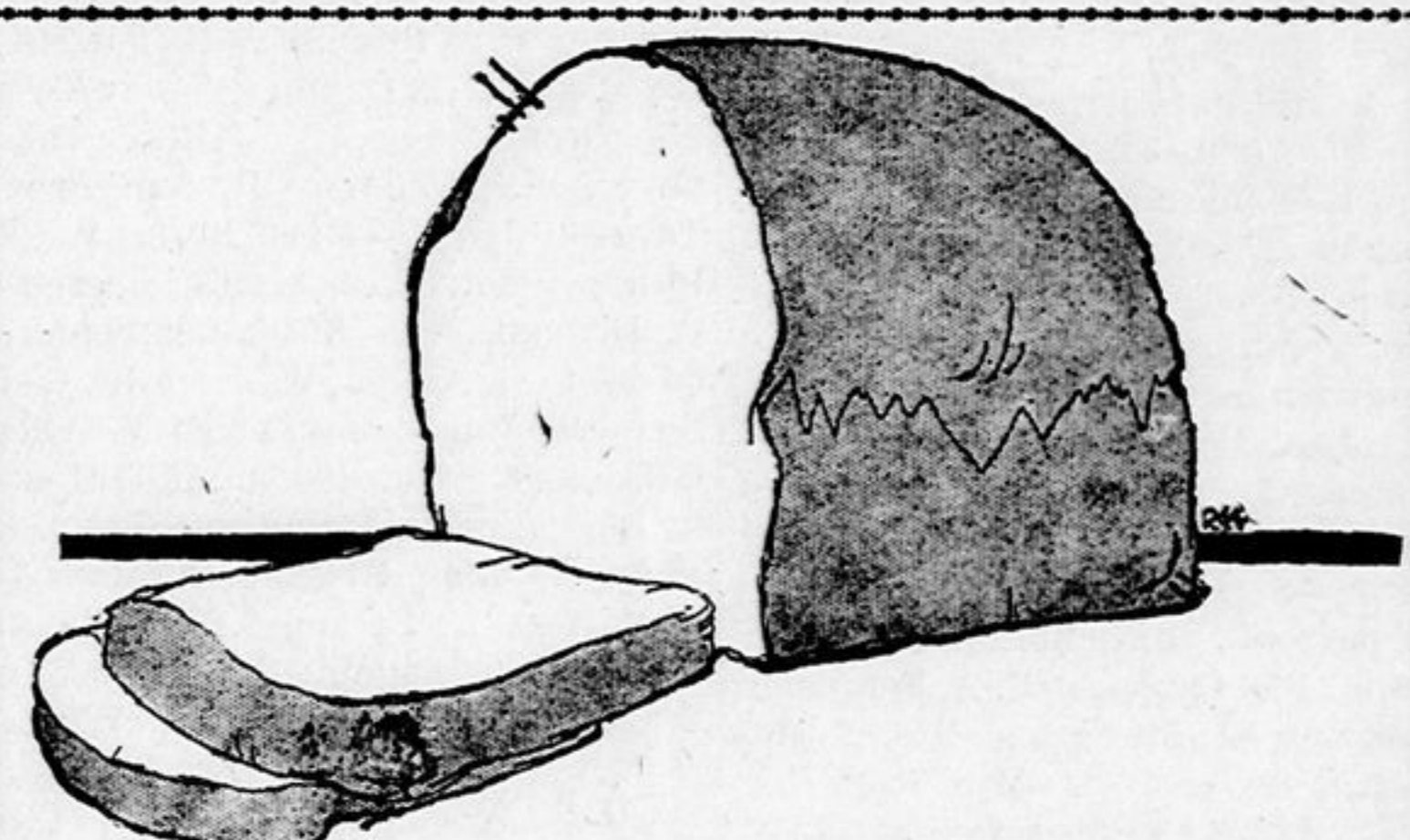
(Walkerton Telescope.)
On visiting the home of Harry Solomon, a redskin on the Saugeen Reserve, on Saturday last, License Inspector White and assistants found a still going full blast. After taking samples of the mash and the manufactured article, the officers destroyed the booze-making outfit. Wise old Solomon had skipped when he saw the officers approaching and has not yet been apprehended. This is the first charge of this nature to be laid against an Indian in this part and License Inspector White is taking the matter up with the Indian Department before proceeding with the case.

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"EVERYTHING IN FARM MACHINERY"

Traverston.
(Our own correspondent.)
Zion's service was withdrawn on Sunday last to give the congregation an opportunity of attending the unveiling of the Soldiers' Monument in Durham.
Miss Katie Cook spent the past week with her cousin, Mrs. Lawrence McFadden, in South Glenelg.
Miss Verbena Ryan of town is holidaying with her aunt, Mrs. W. R. Jack.
Mr. and Mrs. Ivan Edwards motored up from Toronto on Friday and spent over the week-end at the Edwards home. Ivan returned by auto to the city, while his better half visited this week with her mother, Mrs. M. M. Marshall, in Durham.
Mr. and Mrs. Albert Livingstone of Townsend's Lake visited in Durham the first of the week and took in the

memorial service.
Miss Annie Edworthy and sister of Harriston visited at the home of Mr. and Mrs. W. J. Greenwood one day recently.
Miss Clara Nelson returned Saturday to her home in Puslinch Township after a pleasant holiday spent among Zion friends. Miss Myrtle McClocklin accompanied her home.
Mr. and Mrs. W. R. Jack treated a happy group of their friends to a real enjoyable time one evening last week.
One explanation of the modern girl is that she learned how to handle a typewriter instead of a frying-pan.—Birmingham News.
Hoping may make people optimistic, but it won't warm the house next winter.—Toronto Mail.