

WHY AND HOW TO USE BUTTERMILK

By Helen G. Campbell

IN FOUR PARTS—PART IV.

Buttermilk can very simply be made from skim-milk in the home by allowing the milk to sour naturally at ordinary room temperature until it curdles, then shaking vigorously until the curd is broken up. A glass fruit jar is convenient for this purpose. It should then be strained, covered and kept in as cool a place as possible. Cooling immediately will check further fermentation and the development of objectionable flavors.

A little whole milk or a very small amount of cream may be added, if desired, before serving and the flavor will be very similar to old-fashioned buttermilk.

The souring of skim-milk may be hastened by adding to it a small quantity of buttermilk or sour milk. It is important, however, that this "starter" be freshly soured and of good flavor.

When cream is churned, there are two products—butter and buttermilk. If the cream used for butter making is of good quality and well flavored, excellent products are obtained, but the uncertainty of the flavor of such buttermilk is a serious drawback in selling it. It is impossible to secure in this way a uniform product and, for this reason, practically all buttermilk now sold is made from skim-milk. This method has many advantages; it is an excellent way of making use of skim-milk which on account of the low demand for this product might otherwise be wasted; the milk used is clean, fresh and carefully handled and the buttermilk is of good flavor and texture. Fresh skim-milk from the separator is pasteurized and a small quantity of lactic acid culture or starter is added to hasten coagulation or souring of the milk. It is kept at a temperature of about 70 degrees F., and, when sufficiently coagulated, the milk is put into an ordinary churn and churned for about 30 minutes to break up the curd evenly. It is then strained and kept at a temperature of about 50 degrees F. This is often called fermented milk.

The buttermilk which comes from a churning of cream may contain very small particles of fat which have not adhered to the butter while that made in a commercial way from skim-milk will not contain any appreciable quantity of fat. This lack can be made up, however, by adding a very small quantity of whole milk or of cream.

Tablets for making buttermilk from skim-milk at home are on sale in many places.

There is an old saying "Drink buttermilk and live to be a hundred years old." While this may not be an infallible statement, medical science recognizes the value of good buttermilk as a food. It is often prescribed by doctors for babies with weak digestion and for older people as a beverage in certain disorders, while healthy people are advised to drink more of it. It is easily digested and possesses a certain medicinal value due to the development of the lactic acid bacteria. Its food value is about equal to sour skim-milk. Like skim-milk, it contains water-soluble vitamins, protein and mineral matter and furnishes these valuable substances at a very low cost. Because it is simply and easily made it can be had anywhere at all seasons of the year.

Few beverages have gained greater popularity than buttermilk. It is a universal favorite and extensively used on account of its flavor and beneficial effects. While it is famous as a beverage, it can be used in many recipes and will make many delicious dishes.

Buttermilk Chocolate Cake.
1 cup brown sugar, 1 cup buttermilk or sour milk, 6 tablespoons cocoa, 4 tablespoons butter, 1 egg, 1 1/2 cups flour, 3/4 teaspoon soda, 1 tablespoon baking powder.
Cream butter, add the sugar and well beaten egg. Sift together the dry ingredients and add alternately with the buttermilk to the first mixture. Bake in a moderate oven.

Buttermilk Pop.
2 cups buttermilk, 3 tablespoons flour, 2 tablespoons butter, 2 tablespoons sugar, salt and pepper.
Heat the buttermilk to boiling point and add the sugar. Mix the flour with a little cold buttermilk and stir carefully into the hot liquid. Add butter and season with salt and pepper. Pour over squares of buttered toast or croutons and serve hot. The pepper may be omitted and a little ginger or nutmeg used for flavoring.

Buttermilk Ice Cream.
1 quart buttermilk, 1 1/2 cups sugar, 1 egg, 3/4 cup orange or other fruit

juice, 1/4 cup lemon juice.
Beat the egg thoroughly, then beat in the sugar and buttermilk until the sugar is dissolved. Pour into the freezer can, pack with ice and salt and turn steadily. When the mixture is partly frozen add the fruit juice and finish freezing. Repack and let stand for one hour to meltow.

Buttermilk Shake.
1 cup buttermilk, 1 egg, salt, sugar if desired.
Beat the egg thoroughly. Add salt and buttermilk and beat until light and foamy.

Buttermilk Punch.
2 cups buttermilk, juice of 1 lemon, juice of 1 orange, sugar to taste.
Mix together, chill and serve cold.

Buttermilk Salad Dressing.
1 1/2 tablespoons sugar, 1 teaspoon mustard, 1/2 teaspoon salt, few grains Cayenne pepper, 1 1/2 tablespoons flour, 1/4 teaspoon onion salt if desired, 1 1/2 tablespoons butter, 1 cup buttermilk, 1/4 cup vinegar or lemon juice, 2 eggs.
Mix the dry ingredients. Add the slightly beaten eggs and buttermilk. Cook over boiling water until the mixture thickens, then add the butter and stir in the vinegar or lemon juice very slowly. If the dressing has a curdled appearance, it may be remedied by beating vigorously with a Dover egg beater. This dressing is delicious with vegetable and fish salads.

Buttermilk Waffles.
1/2 cup milk, 1 cup buttermilk or sour milk, 1 1/4 cups flour, 2 1-3 teaspoons baking powder, 1-3 teaspoon soda, 1 egg yolk, 1 egg white, 2 tablespoons melted butter.
Sift together the flour, baking powder, salt and soda. Combine the sweet and sour milk. Add the unbeaten egg yolk and the sifted dry ingredients, then add the melted butter and beat thoroughly. Fold in the stiffly beaten egg white and cook on a hot greased waffle iron. Serve with lemon syrup or maple syrup.

Buttermilk Scones.
2 cups flour, 3 tablespoons butter, 1/2 teaspoon soda, 1/2 teaspoon salt, 2 tablespoons brown sugar, 1/2 cup raisins if desired, 1 egg, buttermilk to moisten (about 3/4 cup).
Sift the dry ingredients. Cut in the butter evenly and mix in the raisins. Beat the egg and add one-half cup of buttermilk. Stir into the dry ingredients with enough more buttermilk to make a soft dough. Divide in half and roll each piece of dough in circular shape about one-half inch thick. Cut in quarters, but do not separate the pieces. Bake in a hot oven about fifteen minutes.

Will Locate at Hanover.
The Peninsular Cord, Tire and Rubber Company have definitely decided to locate in Hanover, according to a recent announcement in The Hanover Post. Messrs. Oakley and Nielan are negotiating for two acres of land on the C.P.R. property for the manufacture of tires and tubes and rubber accessories.

TOWN OF WALKERTON MAY HAVE FUEL CONTROLLER

(Walkerton Herald and Times.)

Mayor McKay received a letter from Provincial Fuel Controller Ellis on Friday stating that he had set the price for anthracite coal for Toronto at \$15.50 per ton delivered, and suggesting that if Walkerton wanted a minimum price fixed for coal, that the Council appoint representatives and they, with the local coal dealers, meet him in conference at Toronto, when the thing would be worked out and a price arrived at for this town. Sixteen dollars is the price that will doubtlessly be set for Walkerton as this is the rate estimated for most places in Ontario. A Meaford coal dealer in the local papers last week notified his customers that he expects several cars at once and some each month during the winter, and offers the best anthracite stove and nut coal at \$15.50 per ton cash. The Provincial Fuel Controller has notified Mayor McKay that after September 27, no person may purchase more than a month's supply for their own use, and also that no coal dealer may deliver any greater quantity than this amount, whether under contract or not. Many in Walkerton who have ordered several tons from the dealers will by this order be barred from getting their full consignment in. As most of these orders ranged, however, from \$20.00 to \$22.50 per ton, the mandate stopping delivery will not be mourned greatly by the consumer, who secures cheaper coal in the distance.

THE BISBEE TURTLE

A remarkable proof of the longevity and of the nonmigratory habits of the ordinary box turtle was recently given publicity when a small boy, carrying a turtle under his arm, walked into a Boston, Mass., newspaper office. The turtle, says The Boston Traveler, lives on the Bisbee farm in North Rochester, Massachusetts. As far as the records show it was first seen in the year 1816, when Levi Bisbee, who then owned the farm, found it and, turning it on its back carved his initials and the date into the hard shell of the plastron. In 1843 Levi's son Josiah came across the turtle and added his initials and the date. Twenty-four years later, Augustine W. Bisbee, Levi's grandson, picked up the creature, which still was wandering about the same old farm; and carved his initials below the others.

The fourth generation of the Bisbee clan was represented on the turtle's back by H. D. Bisbee; some one else had found the turtle in 1892, but that some one knew the history of the little reptile and sent it to Mr. Bisbee, who obligingly entered his initials on the record. In 1917 the much-documented turtle appeared again, and this time the initials M.M.B. for young Malcolm Bisbee of the fifth generation from Levi Bisbee were cut into the shell. The initials of Mr. C. W. Maxim, who picked the turtle up in 1885, are also to be seen there. It was young Malcolm that recently carried the turtle to Boston to be photographed.

A brave man is one who can pass a small boy with a sling-shot and not quicken his pace.

An man never realizes how little confidence he has in boys until his daughter gets into her teens.

GET READY FOR THE CHASE

SPECIAL TRAIN FOR HUNTERS

The open season for hunting deer and moose in Northern Ontario is rapidly approaching. South of the French and Mattawa Rivers, November 5 to 20, inclusive; north and west of these rivers, October 25 to November 30, inclusive. North of the Transcontinental Railway line, the season is from September 15 to November 15, inclusive.

The Canadian National Railways traverse the finest hunting territory in this country. This fact with their special and regular train service makes "The National Way" the premier line for the hunter. The hunting grounds are so vast there is game for everyone.

The selection of grounds is a most important matter and one which requires careful study. The territory reached by the Canadian National lines north of Parry Sound is already a favorite one, but the new country east and west of Capreoul is as yet comparatively little known to the hunter and should, therefore, be highly attractive to the follower of the deer and moose.

The Canadian National Railways are providing special train service, which with regular trains will meet all demands. Special trains will be operated as follows: Leave Toronto Union Station 11.45 p.m. October 31 for Capreoul and intermediate points and 11.15 November 2, 3 and 4 for Key Junction and intermediate points. The usual ample accommodation of sleeping cars, baggage cars and coaches will be provided.

The Annual Hunters' Leaflet issued by the Canadian National Railways is now ready for distribution, and may be obtained on application to any agent of the Company, or write General Passenger Department, Room 607 Royal Bank Building, Toronto. 10 12 4

Lord Rosebery.

(London Daily Mail.)

Lord Rosebery's career is a curious example of a brilliant promise that never achieved a complete fulfilment. Although he became Prime Minister at the early age of 46, it cannot be said that he has left a great mark on political life. His mind has been perhaps too critical for the rough and tumble of practical politics. It is as an eloquent orator and as a writer of valuable and vivid monographs on famous men that his name will go down to history rather than as a

creative politician. Nevertheless, his fine critical intelligence applied to current affairs has been of real value to Britain for many years. We need such men who can survey the strife from a distance and give from time to time a word of warning or encouragement.

DURHAM BAPTIST CHURCH
Rev. E. Cameron, B.A., B.Th., Pastor
Sunday, October 15, 1922.
11.00 A.M.—"I Was Not Disobedient."
7.00 P.M.—"The First Recorded Autumn Aljar." (Cain and Abel)

New Idea In Tooth Treatment

For many years scientists have been endeavoring to evolve a really effective method of cleansing and polishing the teeth, but credit is now given to The Nyal Company Limited, of Windsor, Ont., for having discovered the perfect dentifrice.

This new product is called NYAL PUMODENT—the modern Tooth Treatment, and consists of a Polishing Cream and a Tooth Paste in one package. The Polishing Cream contains powdered pumice and other special polishing ingredients which keep the teeth clean and bright, while Pumo-Dent Tooth Paste prevents acid mouth and similar conditions which cause tooth decay.

Price 50c. per pkg.

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