

# CHEESE AS A FOOD

The following, no doubt, will interest many people who hold the idea that Cheese is indigestible. Secretary Wilson of the United States Department of Agriculture has made 184 tests recently and has now given to the public something of great interest, not only as to Cheese being of great food value, but as a cheap and easily digested food. This applies to children as well as adults. True, there are many kinds of Cheese, many of them made and consumed before they are properly cured and ripened. When care is shown in the proper development of Cheese, naturally the Cheese will not only be better Cheese as food value, but more easily digested. MacLAREN'S IMPERIAL CHEESE in jars, and MacLAREN'S CANADA CREAM CHEESE in packages have held a premier position in the world as Cheese products for the past twenty years.

A total of 184 Cheese experiments were made at Wesleyan University, and sixty-five subjects, most of them college students, took the opportunity to live on free Cheese. The amount of Cheese eaten varied somewhat, according to the appetite and preference of the subjects, but the average ranged from  $\frac{1}{2}$  lb. to 1 lb. a day. They were not confined to an exclusive Cheese diet, but had a few slices of bread and some bananas. A record of the health of each subject was kept, and also notes on how the partaker enjoyed it. On the whole, says the report, the Cheese was very palatable, and with a few exceptions the amount given was not considered excessive by the person eating it. A number of the subjects wanted more of the Cheese. They were about equally divided in the preference of a mild or strong Cheese. Secretary Wilson says that a pound of Cheese has nearly

## THE SAME FOOD VALUE AS TWO POUNDS OF FRESH BEEF

or any other fresh meat. It is worth as much as a pound of ham and is more digestible, and is equal to two pounds of eggs and three pounds of fish. In price, it costs about the same per pound as the cheaper cuts of meat, and practically the same as smoked ham or bacon. Secretary Wilson urges as one means of reducing the cost of living a liberal portion of Cheese in the daily fare.

"THE AGRICULTURAL GAZETTE"



## CREAM CHEESE FOR CHILDREN

Cream Cheese is an excellent thing to give the children now and again. It makes a most welcome change from butter or jam, and is very nourishing and digestible.

It should be eaten alone, not with butter, and the children should be encouraged to help themselves liberally to salt with it.

Remember that the small white Cheeses which shopkeepers call "curd" are not so nourishing as those which look more yellow and are called "Full Cream."

"MOTHER AND HOME," Sept. 9, 1911.

## MR. JOHN D. ROCKEFELLER

is reported as having expressed the following in an interview given to a Philadelphia reporter.

"Do you know that I recently read an article by a well-known scientific man to the effect that Cheese is an excellent article of diet? I wish I had read that article a long time ago. I had been afraid that Cheese had a tendency to produce indigestion and for that reason never touched it. Now, I find that its effects are directly contrary, and I eat a great deal of it, and find it agrees with me. Take my advice, eat Cheese, eat slowly, and have outdoor exercise, and you will enjoy good health."

MACLAREN'S IMPERIAL CHEESE

MACLAREN'S CANADA CREAM CHEESE

MACLAREN'S ROQUEFORT CHEESE

MACLAREN'S PIMENTO CHEESE

MACLAREN'S IMP. PEANUT BUTTER

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