POINTS ON THE PROCESS OF MAKING CREAM CHEESE

Useful Information for Farmers' Wives and Daughters on the Subject of "Soft Cheese", from Pamphlet Prepared at Request of Dr. Ruddick, Dairy Commissioner for Canada

In Bulletin No. 30 of the Dairy and Cold Storage Commissioner's series, Miss G. Bagnall, N.D.D., Instructor in Dairying, Macdonald College, P. Q., describes the process of making cream cheese as follows:

The process of manufacturing this particular variety of cream cheese is inexpensive and simple, and the cheese is so profitable that farmers should encourage their wives and daughters to follow these instructions, so as to be able to furnish their tables with a good wholesome and nutritious article of diet. If made from fairly rich cream, it will contain from 40 to 50 per cent of butter-fat. Butter-fat is more easily digested than other fats, and should, therefore, prove most beneficial to invalids. With or without butter it is most palatable, and makes delicious sandwiches. During the three years that this cheese has been made at Macdonald College, the demand has increased from four dozen to sixty dozen per month.

Why Its Making Should Be Encouraged.

1. It is profitable. The cream from 100 pounds of average milk will make twenty-five cream cheese, which retail at 15 cents each, or equal to $3.75 per 100 pounds of milk.

2. The return is quick, the cheese being marketable in three days, thus saving the expense of storage.

3. The initial cost for equipment is very small. A cream cheese mould, which may be bought for fifty cents, and a few yards of butter muslin are about the only extra needs in a well equipped farm house.

4. In a clean, airy room, with an even temperature, it is almost impossible to go wrong, and thus have a loss.

5. The demand is greatly on the increase, and as soon as it becomes more universally known it will be extensive.

Accommodation.

An airy and easily cleaned room with an even temperature that can be maintained between 60-65 degrees F. is necessary. The influence of heat and cold on the texture, flavor and yield of cheese is very important. If the temperature of the room is too high, the yield will not be so large, and the quality of the cheese will be impoverished owing to a loss of fat, while on the other hand, should the temperature fall much below 60 degrees F. the draining process will be retarded, resulting in a bitter flavor in the cheese, instead of the clean, nutty flavor that is desirable.

The Cream.

Cream containing 15 per cent. butter-fat is sufficiently rich for this cheese. It may be taken from the separator at this thickness, or else richer cream may be brought to the above fat content by adding skim-milk. As a rule, four gallons of milk, testing 3.7 per cent. butter-fat, will be found to give one gallon of cream containing 15 per cent. butter-fat.

Starter.

A little fresh buttermilk or clean sour skim-milk, will make a good starter.

Rennet.

Rennet may be used in either the extract or tablet form. Where only small quantities are used, the tablets are best, as they are more easily obtained fresh in small quantities, and they keep better. Rather less should be used than is recommended in the directions for junket, as for this cheese a soft curd is wanted, which will take from two to three hours to coagulate. Rennet tablets may be procured at most drug stores.

Salt.

Pure dairy salt, which will dissolve readily.

Vessels to Hold Cream.

Ordinary white enamel pails, holding from two to three gallons each are very suitable for holding the cream; white enamel bowls are of the most convenient shape for holding the cloths, while ladling the curd.

Thermometer.

A thermometer is an absolute necessity where uniformity is cheese-making is required. Those made of glass only are best.

Draining Cloths.

Either huckaback or fine linen towels, about 30 inches square, should be used. A texture, not too coarse nor too fine, is necessary ot allow of easy drainage without loss of fat.

Measuring Glass for Rennet.

When rennet extract is used, it is well to invest in a small drachm glass for measuring the rennet. These glasses can be got from any chemist, graded to show the number of drops. They cost 25 cents each.

Draining Table.

Either a table, or sink with a slope, is required, from which the whey can readily escape while the cheese is pressing betwen boards.

Mould.

A cream cheese mould, which may be round, square or oblong gives the cheese a more uniform appearance, and hence more marketable. Should the cheese be required for the home table it can be made up into balls with the butter paddles.

Muslin.

Ordinary white butter muslin. One yard muslin, 36 inches wide, will cut into 49 pieces, each 5 inches square, which is the correct size for the round cream cheese mould.

Skimmer.

A perforated skimmer is necessary for ladling the curd from the pails into the cloths.

Paper and Packages.

Grease proof parchment paper will be required to wrap the cheese in if it is to be sent to market. It can be obtained from any dairy supply house. Cardboard packages can be had from any of the folding box manufacturers, and cost from three to five dollars per thousand.

Age for Marketing.

Cream cheese is best eaten fresh. Its weight being four ounces only, it will naturally dry up very easily. They should not be sold over a week old, and they should be on the market in three days from the day of starting their manufacture.

Process of Making.

Requirements for ten cheese:—

One gallon cream (15 per cent. butter-fat.)

One tablespoonful of starter or buttermilk.

Twenty drops of rennet extract, or equivalent in tablets.

Dairy salt.

Thermometer.

A pail, bowl, skimmer and spoon.

Two huckaback towels and some string.

Cream cheese mould and some muslin.

Method.

1. Put cream and starter into a clean vessel and mix.

2. Get the temperature between 80 and 84 degrees F.

3. Dilute the rennet extract with five times its bulk of water, in order to facilitate mixing. Add it to the cream, stirring gently and thoroughly for two minutes.

4. Cover with a cloth to retain the heat, and let it stand for two or three hours, or until a nice, soft curd is formed.

5. Spread one of the cloths in the bowl, then with the skimmer gently ladle the curd from the pail into it, being careful to take thin slices and to break it as little as possible.

6. Gather up the cloth and tie with a string, without crushing the curd, then hang it up to drain on a stick placed between two chairs, or in some other convenient position, with the bowl placed underneath to receive the whey. Let it drain from 12 to 24 hours.

7. When sufficiently drained, turn the curd into a clean cloth, sprinkle with salt to taste, and knead in the cloth to thoroughly mix the salt.

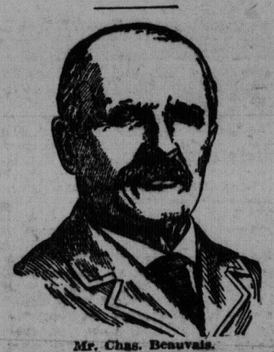
8. Then fold the cloth neatly over the cheese, and place between two boards to press, with a brick on top, and leave for a few hours or until the cheese is of the consistency of newly churned butter; it should, however, be less sticky, and of a more mealy texture than butter.

9. Cover the lid of the mould with a piece of muslin, and place another piece of muslin (6 inch square) in the mould. Put four ounces of cream cheese curd into the mould. Put the lid on the mould and press with the hands; by this means the curd takes the form of the mould. Fold the ends of muslin over the curd and press again, when the cheese may be taken from the mould and wrapped in parchment butter paper.

Weight of each cheese. . . 4 ounces
Retail price. . . . . .15 cents

How He Escaped An Operation

And Was Completely Cured of Piles of 14 Years' Standing by Dr. Chase's Ointment.



Mr. Chas. Beauvais.

Doctors say that about one person in every four suffers more or less from piles, and who can imagine a more annoying, torturing, disagreeable ailment?

After trying a few treatments without success, and as the ailment grows worse, the medical doctor is consulted. An operation, he says, is necessary. You think of the suffering, expense and risk to life itself, and hesitate before taking such a step.

In many thousands of such cases Dr. Chase's Ointment has made thorough and lasting cures. Read this letter for the proof.

Mr. Charles Beauvais, a well-known citizen of St. Jean, Que., writes:—"For 14 years I suffered from chronic piles, and considered my case very serious. I was treated by a celebrated doctor who could not help me and ordered a surgical operation as the only means of relief.

"However, I decided to try Dr. Chase's Ointment, and obtained great relief from the first box. By the use of three boxes I was entirely cured. This is why it gives me great pleasure to recommend Dr. Chase's Ointment to all who suffer from piles as a treatment of the greatest value."

Dr. Chase's Ointment, 60 cents a box, all dealers or Edmanson, Bates & Co., Limited, Toronto.

YOUNG WIFE SAVED FROM HOSPITAL

Tells How Sick She Was And What Saved Her From An Operation.

Upper Sandusky, Ohio.—"Three years ago I was married and went to housekeeping. I was not feeling well and could hardly drag myself along. I had such tired feelings, my back ached, my sides ached, I had bladder trouble awfully bad, and I could not eat or sleep. I had headaches, too, and became almost a nervous wreck. My doctor told me to go to a hospital. I did not like that idea very well, so, when I saw your advertisement in a paper, I wrote to you for advice, and have done as you told me. I have taken Lydia E. Pinkham's Vegetable Compound and Liver Pills, and now I have my health.

"If sick and ailing women would only know enough to take your medicine, they would get relief."—Mrs. Benj. H. Stansbury, Route 6, Box 18, Upper Sandusky, Ohio.

If you have mysterious pains, irregularity, backache, extreme nervousness, inflammation, ulceration or displacement, don't wait too long, but try Lydia E. Pinkham's Vegetable Compound now.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and such unquestionable testimony as the above proves the value of this famous remedy and should give every one confidence.

Why Zam-Buk is Best Cure for Skin Sores

An illustration of the way in which Zam-Buk cures even the most serious and chronic cases of ulcers, eruptions and sores is provided by Mr. R. H. Barker, of Glencairn, Ont. He says:

"I would not have believed that any remedy could cure so quickly, and at the same time so effectively, as Zam-Buk cured me.

"My face became covered with a kind of rash, which itched and irritated. This rash then turned to sores, which discharged freely and began to spread. I first tried one thing and then another, but nothing seemed to do me any good, and the eruption got worse and worse, until my face was just covered with running sores.

"Apart from the pain (which was very bad), my face was such a terrible sight that I was not fit to go out. This was my state when some one advised me to try Zam-Buk. I got a supply, and, marvellous as it may sound, within little under a month every sore on my face was healed. I was so amazed that I have told the facts to several persons, and I have no objection to your stating my experience for the benefit of other sufferers."

Zam-Buk is purely herbal in composition, and is the ideal balm for babies and young children, for whose tender skin coarse ointments are so dangerous. Zam-Buk is a sure cure for cold sores, chapped hands, frost bite, blood-poison, varicose sores, piles, scalp sores, ringworm, inflamed patches, babies' eruptions and chapped places, cuts, burns, bruises and skin injuries generally. All druggists and stores sell at 50c. box, or post free from Zam-Buk Co., Toronto, upon receipt of price. Refuse harmful substitutes.

PRISONERS ARE GIVEN WATER CURE

Complaint is Made that New Form of Cruelty is Inflicted Upon Prisoners --- Reform Promised

Jefferson City, Mo., Jan. 13.—A new form of hte "water cure" has been introduced at the Missouri State Penitentiary here, it is declared by convicts and as a result of the severity of the tortures inflicted many men have been incapacitated for work in the contract shops.

That some of the prisoners have been forced to undergo the "cure" while ill is a further charge, says the St. Louis Republic.

A large bathtub in the hospital ward of the prison is used for the "water cure." The prisoner ordered punished by the "cure" is first stripped to the skin. Then his arms are strapped to his sides and his ankles pinioned. The bathtub is filled with ice cold water, and into this the convict is placed.

He is utterly helpless in the grasp of the guards or "trusties" who administer the "cure." One man seizes the victim by the ankles and another plunges his head under the water, where he is held until he is almost strangled.

As he involuntarily gasps for air he swallows quantities of the water. The "ducking" is repeated until it has all the effects of the "water cure" once practised in the Philippines, in which Moros were pinioned to the ground and water poured down their throats through a hose.

The further charge is made that a chemical which causes nausea is placed in the water. This is denied by the prison officials.

That the incoming democratic administration will put an end to the "water cure" and other cruel punishments now practised in the prison is assured. A board of pardon and parole will be established, and the problem of what shall be done with the convicts when the present shop labor system is abolished will be worked out early by the General Assembly.

The "lash" still is used in the prison and there are many other forms of punishment in effect that were long ago published in the majority of penal institutions.

Though the prison officials declare the "lash" is resorted to only in extreme cases, the convicts say it is used much more often than the outside world knows.

A common punishment now practised in the State Prison is "stringing up in the ring." It is a form of torture inflicted when a convict misses the "tasks" in the shops.

The unfortunate is taken to the hall in which are the solitary cells. In the back wall of each cell is an iron ring fastened about seven feet from the floor. A handcuff is placed on one wrist of the convict to be punished. The cuff is passed through the ring and fastened to the man's other wrist. The convict is thus chained to the wall with his arms above his head and his body twisted sideways.

He cannot sit or lie down, but can only lean against the rough wall. The strain of the pulling handcuffs is constant on his arms.

Three or four hours of this "stringing in the ring" punishment ordinarily will break the spirit of the most stubborn prisoner. When released the convicts fall to the floor utterly benumbed and sometimes they are unable to move for hours because of suspended circulation of the blood.

The whipping posts still stand in the old cell hall with the ring in each about seven feet from the floor. When the "cat o' nine tails" punishment of the whipping post is inflicted the convict is stripped to the waist and his arms are fastened by handcuffs to the rings above.

His body swings forward without support and the rawhide of the "whip" is applied to his bare back. From three to twenty blows are suffered by the prisoners. The second or third blow—it depending upon the humanity of the official who wields the whip—cuts through the skin.

Few spirits are dauntless enough to keep conscious after the tenth blow. The convicts "whipped" are sent to the hospital for treatment after the punishment. Their backs often bear scars for life.

ACROBATS POPULAR IN INDIA.

The wandering acrobats of India are recruited from a low caste of people called Dombaranos, who live by this profession alone. The children are trained from their earliest childhood and do not receive any education in schools. They travel from village to town, and give their performances which are really wonderful, in the open air, before crowds of onlookers. Their tricks are quaint and sometimes astonishingly clever. Supported by one another, these men will balance themselves in a crazy kind of pyramid, rising fifteen or twenty feet from the ground, and one of their number will then climb this living phyramid with a heavy weight in his teeth. Babies not yet able to work are often seen being made use of in the most dangerous manner in these performances. Jajahs and rich Indians are very fond am sure every Englishman who of the acrobatic displays and engage the best of the men to perform before their guests at entertainments.—Wide World Magazine.

"Isn't Her Complexion Beautiful!"

This Is What They Say of Those Who Use Stuart's Calcium Wafers—Pimples and All Other Skin Eruptions Disappear in Remarkable Quick Time.

You can use all the lotions and creams in the world, but you won't have a good complexion unless your blood is free from the impurities which cause pimples, blotches, liver spots, blackheads and boils.

You Won't Want to Hide Your Back, Neck and Face After Using Stuart's Calcium Wafers.

No matter how splotchy or pimply your face is now, you can clear it quickly by taking Stuart's Calcium Wafers. This isn't guess work, it is a fact. These little wonder-workers clear the blood almost like magic. Calcium Sulphide, their principal ingredient, is the greatest blood purifier known to science. Stuart's Calcium Wafers have not a particle of poison, harmful drugs or opiates in them. They may be taken with perfect freedom by any one.

There is no sense in being longer humiliated by having to appear in public with a pimple-covered, blotched face—a face that makes strangers stare and your friends ashamed. Stuart's Calcium Wafers will drive all blemishes away and make your face a welcome instead of an unwelcome sight. You'll no longer be a slave to pimples, acne, blackheads, liver spots, boils, eczema, tetter or any skin eruption.

You can get Stuart's Calcium Wafers from any druggist at 50 cents a box. They are sold everywhere and highly recommended as the greatest known blood remedy and skin beautifier.

BREAK WHISKY'S GRIP ON YOUR LOVED ONES

Drunkards will tell you with tears of sincerity that they do not want to drink. The craving coming from the inflamed membranes of the stomach drives them to it.

Alcura will soothe the trembling nerves and remove the craving that is ruining your home and stealing an otherwise kind husband or father from you. It costs only $1.00 per box and if it does not cure or benefit after a trial, the money will be refunded.

Alcura No. 1 is tasteless and can be given secretly in Tea, Coffee or Food. Alcura No. 2 is taken voluntarily by those willing to help themselves.

Alcura can now be obtained at our Store. Ask for Free Booklet telling all about it, and give Alcura a trial.

E. C. Brown, Druggist, St. John, N. B.

Ready for Cold Days?

Keep your body warm and your digestion perfect by eating

SHREDDED WHEAT

WITH HOT MILK

every morning for breakfast. Shredded Wheat on a cold day gives natural warmth in a natural way. Shredded Wheat makes good red blood and healthy muscular tissue—the best protection against cold and exposure. Better for children than mushy porridges because they have to CHEW it and they get more real nutriment from it.

Heat the Biscuit in oven to restore crispness; then pour hot milk over it, adding a little cream. Salt or sweeten to suit the taste. Two Shredded Wheat Biscuits with hot milk will supply all the strength needed for a half day's work or play. It is also delicious for any meal in combination with fresh or preserved fruits.

Made in Canada

A Canadian Food for Canadians

The Canadian Shredded Wheat Co. Limited
Niagara Falls, Ont.

Toronto Office: 49 Wellington Street East.

P-72

King George's Navy PLUG

10¢

KING GEORGE NAVY PLUG CHEWING TOBACCO

IS IN A CLASS BY ITSELF!

It surpasses all others in quality and flavour because the process by which it is made differs from others.—It is deliciously sweet and non-irritating.

SOLD EVERYWHERE: 10c A PLUG

ROCK CITY TOBACCO Co., Manufacturers, QUEBEC

THE ORIGINAL AND ONLY GENUINE Beware of Imitations Sold on the Merits of Minard's Liniment.

A $50 GOLD WATCH

CAN YOU WORK THIS PUZZLE?

W	O	I	A		
L	O	I	A	F	R D
R	O	G	I	A	G E

GIVEN AWAY

FREE

Will be given according to conditions of Contest to somebody who succeeds in arranging the letters of the above three lines so that they will spell

THE NAMES OF THREE STATES IN THE UNITED STATES

ALSO A PRIZE OF $10 FOR NEATEST SOLUTION

TRY IT AT ONCE. IT MAY BE YOU.

Write the names of the States on a postcard or a letter, giving your Name and Address plainly.

IMPERIAL WATCH CO., Prize Dept. [52], MONTREAL, CANADA

OR $50 IN GOLD

JOHNSON'S ANODYNE LINIMENT

Used 102 years for internal and external ills.

A sure relief for coughs, colds, sore throat, cramps, cholera morbus, diarrhea, cuts, burns, bruises, sprains, etc.

25c and 50c everywhere

Parsons' Pills Relieve Constipation and Headache

I. S. JOHNSON & CO., Boston, Mass.

Labatt's

27

ALE --- STOUT --- LAGER

PURE — PALATABLE — NUTRITIOUS — BEVERAGES

FOR SALE BY WINE AND SPIRIT MERCHANTS EVERYWHERE

LOCAL OPTION—Residents in the local option districts can legally order from this brewery whatever they require for personal or family use. Write to

JOHN LABATT, LIMITED, LONDON, CANADA

PARTIES IN SCOTT ACT LOCALITIES SUPPLIED FOR PERSONAL USE. WRITE ST. JOHN AGENCY, 2024 WATER STREET.

DR. A. W. CHASE'S CATARRH POWDER 25c. is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops dropping in the throat and permanently cures Catarrh and Hay Fever. 25c. a box; blower free. Accept no substitutes. All dealers or Edmanson, Bates & Co., Limited, Toronto.

Proven Quality

When choosing silverware it is both economy and satisfaction to purchase

1847 ROGERS BROS.

This brand, known as *"Silver Plate that Wears"* ranks first in quality and has been best for over 60 years. Made in the heaviest grade of plate.

Sold by Leading Dealers

Every Woman is interested and should know about the wonderful MARVEL Whirling Spray. The new Vaginal Syringe. Best—Most convenient. It cleanses instantly.

Ask your druggist for it. If he can't supply the MARVEL, accept no other, but send stamp for illustrated book—sealed. It gives full protection and directions invaluable to ladies. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

HARRIS is true to its reputation as the **HEAVY** Best Babbitt Metal **PRESSURE** for all general machinery bearings

THE CANADA METAL CO., LTD. Fraser Ave., Toronto

AT ALL TIMES

Abbey's Effer-vescent Salt

SANTAL CAPSULES MIDY CATARRH and DISCHARGES Relieves in 24 Hours. Each Capsule bears the name MIDY. Beware of counterfeits

APIOL & STEEL PILLS for Ladies. are the acknowledged leading remedy for all Female complaints. Recommended by the Medical Faculty. The genuine bear the signature of WM. MARTIN (registered) without which none are genuine. No Lady should be without them. Sold by all Chemists and Stores. Sole Prop. MARTIN, Pharm. Chemist, SOUTHAMPTON, ENG.