

morning the curd will be nicely coagulated and ready to make into cottage cheese.

Stir the curd to break it up, then place the can of milk in a vessel containing hot water. Stir gently until the curd and whey separate. This usually takes place between 85 degrees F. and 100 degrees F. If the separation is not complete at 100 degrees F., do not heat higher, but let the cans stand until the whey is clear. High temperatures give a dry, grainy curd.

Drain the curd by hanging it up in cotton bags or putting it on a draining rack covered with cheese cloth.

When sufficiently drained, add about 1 oz. cream to a pound of cheese, and salt at the rate of 1 oz. to 4 or 5 lbs. of cheese.

**BUTTERMILK CHEESE.**—Heat the buttermilk to 130 degrees F. or 140 degrees F. Let stand from half to one hour, then hang up in a cotton bag to drain or else place on a rack covered with cheese cloth.

When sufficiently drained, salt at the rate of 1 oz. to 4 or 5 lbs. of cheese. The addition of a small amount of cream is an improvement.

While live stock would no doubt suffer considerably if there were neither skim-milk nor buttermilk for calves and pigs, the fact that from 12 to 15 pounds of ed. food, highly protein in character, may be made from 100 lbs. of these by-products, and whereas it requires from 25 to 30 lbs. skim-milk or buttermilk to produce a pound of gain in pigs, we see that considerable human food is lost by feeding these to pigs instead of converting them directly into food for humans. Assuming that a pound of skim-milk cheese is equal in food value to a pound of gain in pigs, 100 lbs. of skim-milk or buttermilk converted into cheese would be thrice as economical in the production of human food as feeding hogs on these by-products, and by many, would be considered cleaner and pleasanter work. Whether or not the consuming public is of this opinion remains to be tested.

To sum up:—In order to increase the production of butter and cheese for 1918, more cows and better cows are needed, more and cheaper feed, more labor on dairy farms and in factories, or its equivalent in machinery, higher prices for the cheese produced in 1918 than was paid in 1917, and the manufacture of larger quantities of dairy by-products into palatable, digestible, merchantable food products for *direct* human consumption, rather than through the agency of animals by which latter process a large part of the energy-value and protein compounds of skim-milk and buttermilk are lost.

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#### POULTRY AND EGGS—PROF. W. R. GRAHAM.

Poultry and eggs can be of material assistance in winning the war if used as a substitute of meats such as pork and beef, which are so much in demand. We can each help a little by eating more eggs and more poultry. Last season we had a considerable number of eggs for export, and there was not the usual demand for dressed poultry. I take it that it is our duty to conserve meat for export, and as eggs never increase in food value from the time they are laid, we can not do better than eat them at home. It would, therefore, seem desirable that each and every one of us eat as many eggs and as much poultry as we can. To some this may not appear to be correct, as eggs and poultry are high-priced. There appears to be a feeling that both eggs and poultry are luxuries, and that during war-time they