

## NOTES AND COMMENTS

How the great Danish butter trade has suffered from the present war and why little Denmark is the world's biggest butter exporter in normal times is shown in the following statement, prepared by the National Geographical Society:

"One of the many strands in the wonderfully complex web of world commerce that has felt the severe strain of war is the Danish butter trade. Danish butter, Russian caviar, French champagne, Norwegian sardines and Strassburg pate de foie gras are articles standing alone among their several kinds—special luxuries that fate dispenses only to her favorites. The butter of Denmark has been famous around the world, and heretofore it sold everywhere that people were to be found with wealth enough to develop tastes. The war has largely interfered with this rich industry.

"Denmark's butter brought the highest price in fancy markets and it was considered superior to that of any other nation. It was used by the epicures of North and South America, South Africa, in the East and West Indies, in Egypt, India, and throughout Europe. Good Danish butter has always sold at \$1 a pound.

"Danish butter is proof against all climates. Butter, when shipped through the hot zones, melts and remains in a liquid state as long as it is exposed to the tropic heat. Danish butter goes through this test, melts with the heat and hardens with the cold, and still retains the wholesome sweetness of its flavor while other butter loses its sweetness and flavor under these changes.

"The Danes do not explain the superiority of their product. They assert that there is no secret in their process of butter manufacture, but, nevertheless, they are reticent about taking strangers through their great packing establishments.

### Health Notes.

To help to purify the air of a sick room place a bowl of clean water in the room and change it every day. A paste of common baking soda and water spread on a burn will stop the pain and inflammation almost immediately.

Here are some remedies for nose-bleeding—Keep the head elevated and cool; warm the feet and hands by plunging in hot water; apply ice over the nose. Wet the end of a handkerchief with vinegar and introduce into the nose. If the bleeding is severe, a profuse flow of blood, send for a physician at once.

There is nothing better for a poor complexion than plenty of wholesome vegetables, such as onions, lettuce, celery and carrots and fruits, especially apples, grapes and oranges. Bananas and fruit of small seeds are not so healthful and are generally constipating.

Anything that will set the blood into active circulation is good for a cold. Bathe the feet in hot water, and drink hot carrot and orange juice, lemonade, on going to bed; take a salt water sponge bath and remain in a warm room. Bathe the face in very hot water every five minutes for an hour or so.

Abstinence from food for a short period is a very excellent method of treatment for dyspepsia and kindred digestive disturbances. A raging sick headache disappears after giving the stomach a rest—by omitting to eat only one or two meals. It is common knowledge that a day or two of starving every two or three months enables one to do better work—more mental and physical work can be accomplished without fatigue. It is advisable, however, when on a hunger strike to drink water. Copious libations of hot water, several quarts during the waking hours, will contribute to the feeling of well-being. The water may be taken a tumblerful or more every hour or two. Those persons who eat at irregular hours and partake of foods poorly cooked or of such a composition as to cause indigestion, will find the mild form of starvation for 24 hours or longer a practice worthy of trial, for the resulting after effects of the experiment will be gratifying. The rest given is on a hunger strike (one given the digestive apparatus strengthens it and thus aids in conserving the health. A general feeling of rejuvenation invariably follows a few days' fasting.

### The Cough of Old Age.

A very obstinate (and yet non-serious) form of cough is that common in middle and later life; and caused by elongation of the uvula—the little protuberance hanging downwards at the border of the soft palate. Sometimes this cough is very troublesome indeed, and necessitates a slight operation; when the doctor nips off the extra bit with the scissors. The condition may be recognized by absence of trouble when you are in an erect position; only coming on when the patient lies down and the lengthened uvula then tickles the back of the pharynx. Avoidance of heated rooms is a prime condition of lessening or doing away with the trouble.

Then you have the short, dry, hard "bark" of pneumonia, acute inflammation of the lungs, when the sooner you call in an experienced doctor the better. Pleurisy, heart disease, zymotic fevers of almost any kind, miscellaneous affections of the thoracic organs, fall within the same category. The cough does not result from a local throat condition, as from irritation of the pneumo-gastric or vagus nerve; but is symptomatic of a more or less grave general bodily condition, which admits of no amateurish tampering.—A Physician.

## CANADA'S CHEESE POPULARIZED

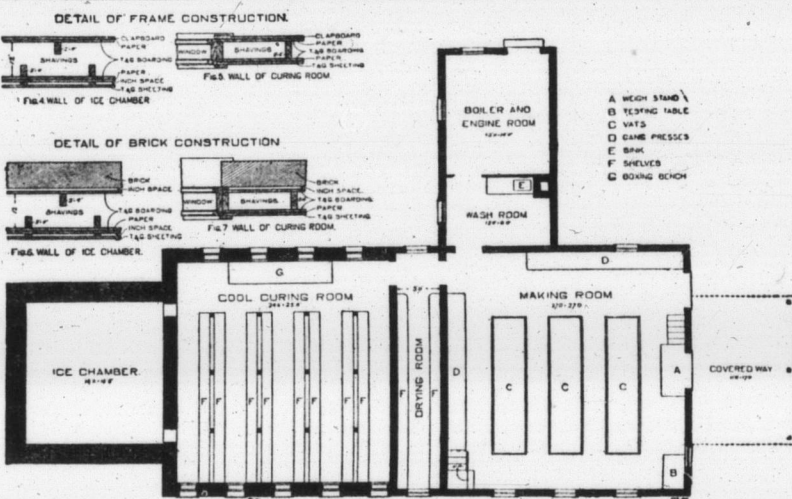
### What May Come of the Further Development of the Cool-Curing Room.

Cool-curing rooms should be so built and equipped as to make it practical to maintain a temperature of from 55 degrees to 65 degrees constantly and with certainty. This is the proper temperature for the curing of cheese. The humidity of the atmosphere should be neither too dry nor yet too damp, but about normal. Under these circumstances it is easy to assure a good cure to the cheese before it is shipped.

With the adoption of the cool-curing room, the quality of Canada's cheese showed a vast improvement. It popularized Canadian cheese in the Old Country, and it was with the general adoption of the cool-curing room, with the advent of first-class cheese upon our own home markets, that the home demand and home consumption of cheese began to show an increase. Cheese that has been cured may be regarded as having been fully made. But this is not by any means saying

matter. Either brick or frame outside construction will do. To provide cold air, either a sub-earth duct, a stored supply of ice, or even steady streams of running cold water will do. If ice is used, an air duct from the ice room to the cool-curing room will provide the cold transmission. If cold water is used, a radiator system such as is used in hot water heating will be effective. Walls require to be made as non-conductive as is economically practical. Stuffing with sawdust or fine shavings between the joists, then tar paper and boarding, will make the walls cold and heat proof.

"Does the cold storage room pay?" There are many buyers whose opinions are available as to what the cool-curing room means to the individual factory. One of these has estimated it at something like from 1/4 cent to 1/2 cent per pound in actual market value. But he qualified this estimate by the further statement that while



A plan for a cheese factory with cool-curing room in the same building.

that the cheese is ready to eat. It is true that it may be, and often is, eaten as soon as it is cured, but it really never ought to be until it is "ripe." This is when it has stood in such a place as a cool-curing room, or some place with similar conditions, until the processes of change that were started by the rennet have been completed and the cheese is at its final figure. With the curing of cheese it increased, but with the broader realization of just what the real difference between a ripe cheese and a green one is, the home demand for cheese began really to grow.

A cool curing room, one that demands nothing more than a very small temperature than a range of 50 degrees to 60 degrees, is by no means a difficult

he would pay that much more for properly cool-cured cheese, it was very hard to say just how much it saved the factory. Many times it was possible that cheese which had been cool-cured was saleable at a good price when, had it not been properly cured in this way, it might scarcely have been saleable at all.

Have We Enough Cool-Curing Rooms? To keep all our food under conditions that parallel those of the cool-curing room would be a pleasant thing to think about. Suppose that every edible product of the farm were stored in a nice clean building adapted for it. Suppose that it were a possibility that there might be some temperature at which all of the best qualities of these stored foods might have a chance to fully develop, while at the same time the development of other qualities not so desirable might be prevented. Suppose that at the same time the texture and appearance and digestibility of the apple, the pear, the peach, the plum, to say nothing of the vegetables—cabbages,

cauliflower, pumpkins, citrons, etc.—could be stored in the same way to good, all-round advantage. Would not the opportunity to market them to far better advantage than is now possible be both big and full of profits?

Suppose that each cheese factory which now owns a cool-curing room for the cheese had another and bigger cool-curing room, one in which not only the temperatures at which cheese cures and ripens best, but one in which much lower temperatures could be obtained and maintained, could it not be utilized to immense advantage by the patrons of the cheese factory? In the case of butter or of eggs, it is not the temperature of the cool-curing room that is wanted, but one that is much lower, pretty close to the freezing point, in fact. This calls for a somewhat more costly system for the cooling and preservation of the food, but the profits to be realized are very much bigger. Prices for butter and for eggs at mid-winter as compared with those available at midsummer show a much wider spread than those for cheese. It calls for a little bit of skill and attention to keep the cold storage plant just right. But many of these are now in operation and the spread between summer and winter prices,

multiplied by the volume of goods that they handle represents their gross profits every season. There should be little reason why the farmers' own cheese factory could not operate them to good advantage.

Each cheese factory has its manager, who is trained in the work of skillful and careful handling of perishable products. A little bit more of schooling in the care of cold storage and refrigerator plants would equip him to take the responsibility of a plant of that kind. Every cheese factory has its board of directors, who have been entrusted and successfully with the management of the affairs of the patrons so far as cheese is concerned. Every factory has its salesman, and if he is a man qualified to sell cheese he is a man who either possesses or could easily acquire a mastery of markets for eggs, poultry, apples, and other products of the community. There would seem to be a lot of possibilities in this matter of the cool curing room.—The Canadian Countryman.

### YOUR OWN FOOT RULE.

#### Man Can Measure the Walls of a Room or Almost Anything Else.

"I wish I knew the dimensions of that opening," said one man to another, "but I have no rule with me. I guess I'll have to come back again this afternoon and measure it."

The opening was a rectangular hole in the ground that had been cemented to the top and which needed a cover.

"Why don't you measure it now," said the other man, "and save yourself the extra trip?"

"Why, as I tell you," was the reply, "I have no rule with me. I might pace it off, but you can't tell that way to within a few inches and the measurement must be accurate."

"Well, don't let a little thing like that bother you. I have no rule, either, but I'll give you the dimension of each side within half an inch, anyway. Will that be near enough?"

It would and so the man measured it.

"My shoe is exactly 11 1/4 inches long," he said. "Make a memorandum of what I do and we can verify the measurements when we get to a rule."

Placing his heel to a line drawn from the angle of the corner and putting the heel of one foot to the toe of the other, he measured off ten shoe lengths and made a mark at the tip of his middle finger. To this latter mark he placed the side of his thumb and noted that the opposite side of this digit just touched the parallel mark, indicating the end of the side he was measuring.

"Now," he said, "you have ten times 11 1/4 inches, which is 112 1/2 inches. I span exactly 9 inches, making 121 1/2 inches, and my thumb is just an inch wide at the first knuckle, making 122 1/2 inches, and that is the length of the opening. Now for the width."

Following the same process he measured eight shoe lengths and marked the distance. Then he laid his hand down flat, the heel of the palm touching the mark he had just made, called off 7 1/2 inches for the other to note down, marked that and placed his hand again, palm down, but this time measuring with its width at the knuckles. The side of his hand came exactly to the end of the narrower of the two sides.

"Put down 4 inches more," he said. "That is eight shoe lengths, or 90 inches, plus 7 1/2 inches, plus 4 inches, 101 1/2 inches. The opening is therefore 10 feet 5 1/2 inches by 8 feet 5 1/2 inches, and you'll be perfectly safe in going ahead on those measurements."

Testing the result when they arrived where they had access to a two foot rule it was found to be correct within 1/8 of an inch, which was near enough.

"Long ago," volunteered the unique measurer, "more as a matter of curiosity than anything else, I suppose, I made measurements of several members of my body and remembered them. Here is the schedule. It has helped me out many a time."

Length of first joint of forefinger, 1 inch.

Length of first joint of thumb, 1 1/2 inches.

Width of palm at knuckles, pressed flat, 3 1/2 inches.

Across palm from second thumb knuckle, 4 inches.

Around palm at knuckles, 8 1/2 inches.

Length of middle finger from third or palm knuckle to tip 4 inches.

From heel of palm to tip of middle finger, 7 1/2 inches.

Span, from tip of thumb to tip of middle finger, 9 inches.

Length of forearm from tip of elbow to tip of middle finger, arm bent to form a right angle, 19 inches.

Length of forearm from elbow to heel of palm, 11 1/2 inches.

From heel to top of knee, leg bent to form a right angle, 23 1/2 inches.

Length of shoe, heel to tip, 11 1/4 inches.

Height, 5 feet 8 1/2 inches.

Tip to tip of fingers, with arms outstretched, 5 feet 8 1/2 inches.

Extreme reach, standing on heels, one arm extended upward, to tip of middle finger 7 feet.

"With your own measurements in mind," he continued, "you can not only measure short spaces, but you can quickly construct a ten foot pole, or one of any length, for that matter, and measure a plot of ground, a building, a floor, the walls of a room or almost anything else, even if you haven't a rule with you. Of course it wouldn't do for surveying on any other process that required absolute accuracy, but for general work it isn't at all bad."

The man who clings to an ideal will never sink very low.

A dessert to be successful must be attractive to the eye.

Salted almonds made at home are both better and cheaper than those usually bought already prepared. To make them, first shell them, and then pour bubbling, boiling water on them. Drain it off immediately, and pour another batch of actively boiling water on them. Let them stand 30 seconds and then drain again. Now remove the loosened skins. In a shallow pan put two or three tablespoonfuls of olive oil and a teaspoonful of salt and put the almonds in this. Stir them around until all are covered with oil. Put them in a moderately hot oven and brown them very carefully, shaking them several times so that they will brown evenly. When they are golden brown turn them out on a sheet of brown paper, to absorb the oil.

## About the Household

### The Canning Season.

The annual period of canning and preserving is approaching. It is an open question what fruits and vegetables can be put up at home with economy. Now that tinned and glass-ed goods are so cheap and often so excellent many housewives find that they waste both time and money.

Pineapples and oranges, for example, are not worth while. Commercial orange marmalades and tinned pineapple are good and inexpensive; and considering the cost of the fruit, the sugar and jars, and the value of her time, the housewife who continues to preserve pineapples and make orange marmalade is not an economical person. The same is true of many vegetables. On the other hand, certain vegetables cannot be purchased, well tinned, at a moderate price. The best asparagus, put up in glass, is expensive in the market; and if a family is fond of asparagus, the housewife will do well to can it herself in glass jars at a time when it may be obtained at the lowest price.

Whole preserved strawberries, small lima beans, candied and preserved cherries, chutneys, chili sauce and grapefruit are among the more expensive delicacies in the market. These, if used in any quantity, it will be profitable to put up at home.

The simplest method of canning fruit is to bring it to the boiling point and then pack it quickly into jars that have been standing for fifty or sixty minutes in boiling water. Do not use too much sugar in cooking the fruit, for this adds to the expense and spoils the flavor. Success in canning depends chiefly upon the perfect sealing of the jars. If the fruit and the jars have been thoroughly cleaned by boiling, and if the jars are sealed so that no air can penetrate, the fruit or vegetables should keep for years.

In jellying, if the jelly remains liquid, do not boil it again with more sugar, but try adding more fruit juice. It is probable that you have already used too much sugar, and the fruit juice will make the jelly set.

### Omelet Hints.

Here are some omelet items: Omelets are difficult to make properly, and only practice gives a cook the knack of turning a perfect one. The French cooks use no liquid in it, and beat the eggs only enough to break the yolks; this side of the Atlantic the custom is to add water or milk, and many American cooks beat the whites to a stiff froth and the yolks to a foamy cream, and mix them together with a knife, just enough to blend them.

Some cooks insist that water is better than milk; some insist that water toughens the omelet and others insist that milk makes it heavy. So the only way to learn to make an omelet that is light, of firm texture, substantial and yet in no way suggestive of leather is to try recipe after recipe and method after method until perfection is attained.

It is easier to make several small omelets than one large one. It is difficult to handle a large one and its edges usually burn before the middle part is done.

Experience alone tells the cook when to turn an omelet. If turned too soon it falls from its own weight. Some cooks find it easier to slip it in the oven as soon as it is around the edges—pan and all—until it puffs.

## SOLDIERS WELL WORTH PRAISING

### Physicians, Scientists, Explorers, Social Reformers, Champions of Truth, Prophets of Right.

"A good soldier of Jesus Christ."—II. Timothy, ii, 3.

The confusion of militarism with the martial virtues is one of the most curious and discouraging of psychological phenomena. Let a man describe war as the sum of all villainies and peace as the consummation of all blessings, and at once he is accused of reviling the soldier and ignoring the courage and self-sacrifice displayed in camp, in the trench and on the battle field. Indeed, he is lucky if he is not himself denounced as a coward and his peace professions acclaimed as a cloak to hide the shame of his ignoble fear.

Than this charge, of course, nothing could be more unfair. That this confusion or ideas nothing could be worse confounded. The man who hates war and loves peace recognizes and admires as much as anybody the martial virtues. Yea, he recognizes the worth of these virtues so clearly and admires their essential nobility so deeply that he thinks it an everlasting pity that they should be monopolized in the popular mind by the hideous operations of war. Has courage no better work than that of slaughter? Can sacrifice direct itself to no higher end than that of bringing death and destruction to a nameless foe? Is there no "good soldier" save him who draws sword, shoulders musket and marches away to kill or be killed in the shambles of armed conflict? To believe this is to be ignorant of the best heroism that life contains. "Twas said," writes Richard Watson Gilder in a noble poem—

"Twas said, 'When roll of drum and battle's roar Shall cease upon the earth, oh, then no more

The deed, the race, the heroes in the land,'

But scarce that word was breathed war when one small hand

Lifted victorious o'er a giant wrong, That had its victims crushed through in ages long;

Some woman set her pale and quivering face Firm as a rock against a man's disgrace;

And risked in Truth's great name the Synod's frown;

A civic hero, in the calm realm of laws,

Did that which suddenly drew a world's applause;

And one to the pest his lithe young body gave,

That he a thousand lives might save."

The lover of peace seeks no end of war. He is not unaware of the value of the soldier. What he wants is new wars for old, and soldiers of Christ for soldiers of Caesar! Wars against pestilence, bigotry, civic corruption, falsehood, greed, dishonesty—these are wars worth waging. Physicians, scientists, explorers, social reformers, champions of truth, prophets of right—these are soldiers worth praising. And let it be duly noted that such soldiers in such wars display a courage as lofty, pure, rare in every way as the courage of the battlefield.—John Haynes Holmes.