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**A Pill That is Prized**—There have been many pills put upon the market and pressed upon public attention, but few have endured so long or met with so much favor as Parmelee's Vegetable Pills. Widespread use of them has attested their great value, and they need no further advertisement than this. Having firmly established themselves in public esteem, they now rank as one of the best in the list of standard vegetable preparations.

One of the most effective vermifuges on the market is Miller's Worm Powders. They will not only clear the stomach and bowels of worms, but will prove a very serviceable medicine for children in regulating the infantile system and maintaining it in a healthy condition. There is nothing in their composition that will injure the most delicate stomach when directions are followed, and they can be given to children in the full assurance that they will utterly destroy all worms.

## MAKE COTTAGE CHEESE

Farmers and Townsfolk May Easily Have Their Own.

**A Nutritive and Inexpensive Food—May Be Made From Sour or Skimmed Milk—Methods of Preparation Described.**

(Contributed by Ontario Department of Agriculture, Toronto.)

**T**HERE are a great many kinds of cheese made in the world, but the easiest to make is cottage cheese.

A person living on a farm where there is a supply of milk can make not only for their own table but for market as well, while the town-dweller who buys milk by the quart can use up small amounts left over in exactly the same way.

There is no need of wasting milk in the home just because it has become sour. It is true that small amounts of sour milk are often used when baking, but a person may not wish to use all of it in that way.

It is not necessary to use whole milk for making cottage cheese. Skimmed milk is quite satisfactory, and a small amount of cream may be

added to the curd at the time of adding the salt.

There are two methods used in making cottage cheese, the "rennet method" and the "ordinary" or "heating method." We will speak of the heating method, as it is the one most commonly used in Ontario.

To make good flavored cheese it is necessary to have good clean flavored milk free from taints or odors. Have the fresh skimmed milk at a temperature of 65 to 75 deg. F. It can be allowed to sour naturally, or a small amount of good flavored sour skimmed or buttermilk may be added to hasten the souring and help control the flavor.

Allow the milk to stand undisturbed until it has nicely thickened when it will be ready for the next step of the process. Stir the coagulated milk to break it up evenly, then carefully heat it to separate the curd from the whey.

If only a small amount is being heated it may be placed in a double boiler. A larger quantity may be heated in a can or pail, while a cheesecloth is suitable for large quantities. If the water in the vessel surrounding the milk is kept between 140 and 150 deg. F. there will not be the danger of overheating or heating too quickly, which is often the case when the water is boiling.

There is usually a good separation

of curd and whey when it is heated to a temperature between 90 and 100 deg. F. If the whey should not be clear when the temperature reaches 100 deg. do not heat higher, but allow the can to stand. The whey will likely become clear in a few minutes.

Avoid overheating the curd as it causes the cheese to be dry and crumbly.

Next, drain the curd. It may be hung up in cotton bags or it may be drained on cheesecloth placed over a rack or strainer.

When the free whey has drained away lift the cloth at one side and allow the curd to roll to the centre, then do the same with the other side. This will hasten the drainage. When sufficiently drained the curd should be salted, using about an ounce of salt to four or five pounds of cheese.

If the cheese were made from skimmed milk it will be necessary to add a little cream. About an ounce of cream for each pound of cheese will be sufficient.

After thoroughly mixing allow it to stand a little while for the salt to dissolve before putting it up in packages.

If a person were making a quantity it might be put up in pound packages by printing it with the butter-printer and wrapping in parchment paper. This is an inexpensive way of handling cottage cheese, but it is not as attractive as the little fibre containers coated with paraffine.

A person who is making butter on the farm might increase the returns from the dairy by making some cottage cheese each week, as there are many people who like cottage cheese but do not know where to get it. Cottage cheese is a food that is nutritious yet inexpensive and much more of it might be used.

Like all other foods, we find people who like it and those who do not, but in many cases the addition of some flavoring has made it acceptable.

Cottage cheese may be used in many ways. It may be eaten with cream and sugar, preserves or maple syrup, or an attractive dish may be made by making a nest of cottage cheese and placing a bit of jelly in the centre. Or it may be flavored by the addition of chopped nuts, olives or pimientos and moulded into any desired shape.

If a person has not a mould, a small box may be lined with waxed paper and the cheese packed in with a knife or spoon. When filled, fold over the ends of the papers and shake the cheese out of the box.

Cottage cheese salads are popular. A very simple salad is made by placing on a lettuce leaf a small mould or a heaping tablespoonful of cottage cheese then adding salad dressing; or a more fancy salad may be made by making the cheese into small balls and rolling them in chopped nuts.

Cottage cheese may also be used as a sandwich filling by mixing it with chopped nuts, celery or dates or any other flavoring that may be desired.

Many recipes could be given for utilizing this dairy by-product, cottage cheese, but sufficient has been said to suggest its possibilities.—Miss Belle Millar, O. A. College, Guelph.

### Unique "Angels."

Theatrical history is full of tales of "Angels." But surely no would-be star ever had a prettier story to tell than that of Mrs. M. A. Trestrail, first known to theatregoers as May Anderson. After playing with several road companies Mrs. Trestrail decided to make her home in Toronto with her two boys, and became director of dramatic art at the Canadian Academy of Music. When one of her young sons went to France, mother returned to the stage once more and played the dark mammy of Henry Miller's "Come Out of the Kitchen."

But now comes the pretty part of the story. Her two boys have bought mother one of last year's New York successes, and she will be the first woman producing manager in Canada. New York theatrical magnates are paying tribute to the ability of various feminine stage managers whom they are now giving a chance. But thanks to the devotion of May Anderson's sons, their mother is going even one further than New York's latest fad.

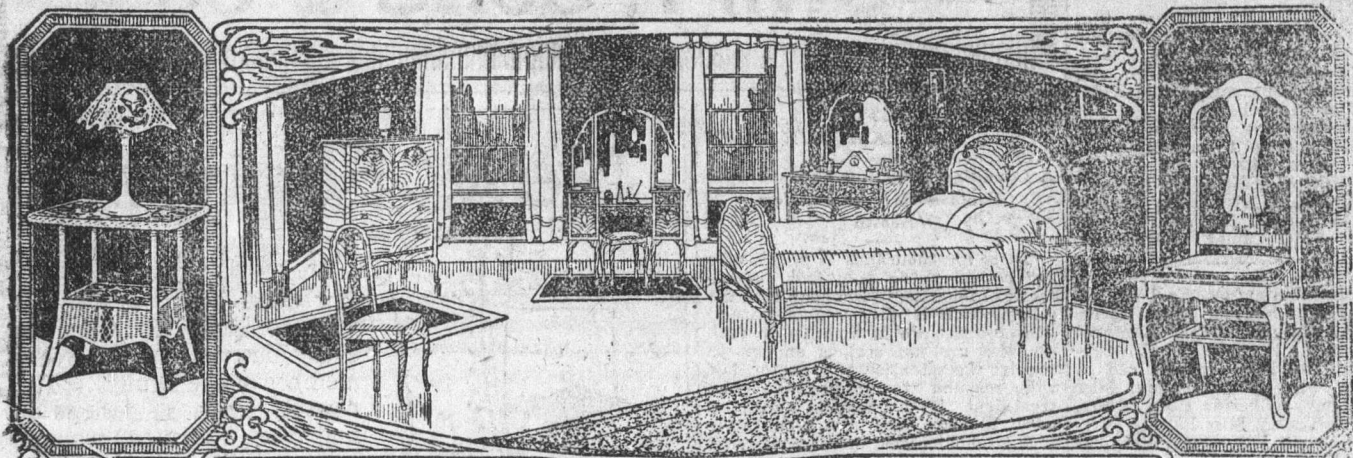
Mrs. Trestrail is to play the Trans-Canada route from Halifax to Vancouver. It is interesting to note her play is also the work of a Canadian, Harvey O'Higgins, and his collaborator, Harriet Ford. It is the George Tyler comedy hit of last season, "On the Hiring Line," and is a satirical farce on the domestic servant problem. May Irwin starred in it.

### No Rivals.

It was a geography lesson, and the teacher had been asking what some of the different counties in England were noted for. Looking at one of the little girls, she asked: "Tell me, Florence, what Rutlandshire is celebrated for?" For a moment the child was silent, then an inspiration apparently came to her. "Rutlandshire," replied the child, "is celebrated for being the only country in the kingdom that is the smallest."

### All Complete.

Lady, at railway station, to porter: "Now, porter, are you sure I have all my luggage in the train?" Porter: "Yes, ma'am—not even a—"  
Lady: "Nothing left behind?" Porter: "Nothing, ma'am—not even a copper."



## "No Nation Can Rise Above The Level of Its Home Life"

**RAISE** the standard of living in the home and the standard of the nation rises with it.

Canada was one of the first countries to respond to the now world-wide movement to beautify the home. And there are no people in the world who are in a better position to afford and to appreciate the best and truest things in life than we in Canada.

### Furnishings Mould Character

The important part that the furnishings of the home play in moulding character and developing a true pride in family and in race is better understood today than a few years ago.

How are children to be led to appreciate the solid, substantial things in life—the beauties of art, the love of good literature, the desire for culture—unless they have the proper surroundings in the home?

### Improve the Home

Beautify the home with furniture that is designed on truly artistic lines. Make the home a place of cheerfulness, refinement and restfulness. Make it breathe warmth and heartiness. Make it truly hospitable, solidly comfortable—a home that inspires interest in all that is good and worth while in life—and it will mould character and develop true pride in family and in race.

To procure furniture that will elevate and make the house a home of which you can be justly proud does not call for extravagance. Good taste is more necessary than a large expenditure of money.

There are beautiful suites and individual pieces of furniture obtainable at moderate cost, which are true works of art, many of them being correct adaptations of the designs of the "old masters" who created the "Period Furniture" so much in vogue today.

### A "Queen Anne" Room

As a suggestion, study our sketch of a "Queen Anne" bedroom. It shows the beautiful and refined effect obtained by the selection of an artistic suite of bedroom furniture.

Just two or three pieces of artistically designed furniture will raise the level of an entire living room. And by gradually adding other pieces and suites in the different rooms, you will, before long, work a magical transformation of the home.

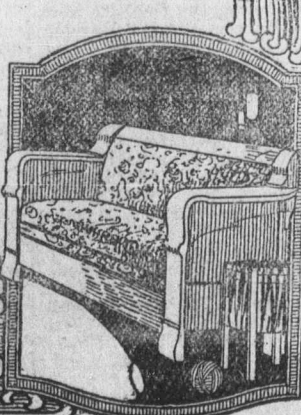
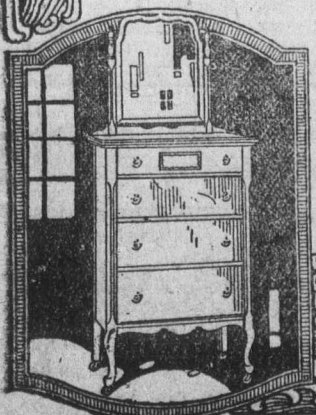
### A Finer and Greater Nation

Every advance in refinement and culture, every improvement in the home surroundings, every influence that raises the ideals of home-life, makes the nation that much finer and stronger.

We are living in progressive, prosperous times in a country with a glorious future, therefore, Canadians have every incentive and can well afford to beautify their homes with new and better furniture.

This announcement is inserted by  
**THE HOME FURNISHINGS BUREAU**  
Bank of Hamilton Building Toronto, Canada

**NOTE**—The Home Furnishings Bureau does not sell furniture or goods of any kind. Its object is to promote a greater interest in the furnishing of Canadian homes. Your local dealer will be pleased to give you any information you desire about suitable furniture for your home.



**Better Furnished Homes Mean Greater Happiness**