

"Marvelous Recovery"

**Montreal Man So Ill With
Dyspepsia Thought
He Would Die.**

No more convincing evidence was ever put on paper than the following letter from one of Montreal's well-known citizens, Mr. D. R. Larose, of 238 Joliette street.

"Permit me to write you a few words concerning Dr. Hamilton's Pills. I suffered from dyspepsia and indigestion for five years. I suffered so much that I could hardly attend to my work. I was weak and lost all courage. I enjoyed no rest until I decided to follow your treatment, after having read your advertisement in the paper. To my great surprise I immediately began to feel better. I am now using the second box and I feel so well that I want to tell you that I owe this great change to your famous pills. I recommend them to every person who is suffering from dyspepsia. Your grateful servant, D. R. Larose, 238 Joliette st., Montreal, P.Q.

Let all who have weak stomachs, and those who suffer with indigestion, headaches, biliousness, know they can be perfectly cured by Dr. Hamilton's Pills. Successfully used for many years, mild and safe, 25c per box, all dealers, or The Catarthosone Co., Kingston, Ont.

**Dr. Hamilton's Pills
Cure Dyspepsia**

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CENTRAL
BUSINESS COLLEGE
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We are placing students in positions paying \$50 and \$70 per annum, and we have many such applications for help which we cannot accept. The best time to enter our classes is NOW. Write for our free catalogue at once.

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Farm Dairying



**Oxford Wrangler, Jersey Bull, Owned by
Lord Rothschild**

XV.—Farm Cheesemaking.

By **LAURA ROSE,**
Demonstrator and Lecturer in Dairying
at the Ontario Agricultural Col-
lege, Guelph, Canada.

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MOST country people are English enough to like home grown and homemade food products. This is mainly why the making of small farm cheeses appeals to them. If made at the time of the year when milk is cheapest one can produce an extra nice quality of cheese at a very reasonable cost.

Cheese does not hold its proper place in our dietary. It should be more largely used on our tables and should often take the place of meat at a meal. The process of manufacturing cheese on the farm should be as simple as possible, and the time from starting until the cheese is put to press should be between four and five hours. The milk must be sweet and pure, and especially of good flavor. If the fresh morning's milk be mixed with the previous day's milk properly cared for, it is usually in about the right condition for making cheese in regard to the acidity.

In factory work much stress is laid on having the milk at a proper ripeness before setting it, and either the acidimeter or the rennet test is used to determine the amount of acid present in the milk. With the acidimeter it should show from .18 to .19 per cent of acid; by the rennet test, 20 to 24 seconds, when in condition for setting.

A large tin or churn or new tub—in fact, any clean vessel which will hold milk and not injure it—will answer as a cheese vat.

Heat the milk to 86 degrees F. by setting it on the stove and stirring or by placing a clean can of hot water in it. Be prepared to go on with the work or the milk kept at this temperature may develop too much acid.

If the cheese is to be colored use a small teaspoonful of cheese color to 100 pounds of milk (ten gallons). Add the color to a pint of the milk and stir well into the milk in the vat.

For every twenty-five pounds of milk use one teaspoonful of rennet. Try to get the rennet at a cheese factory. Junket or rennet tablets, such as druggists sell, are often not satisfactory. Dilute the rennet in a pint of cold water and pour it in a stream up and down the milk, stirring well all the time and continue stirring two or three minutes. Cover the vat to keep the milk warm.

Try the milk occasionally to see when it has sufficiently coagulated by inserting the index finger into the curd and with the thumb making a dent or slight cut in the curd just at the base of the finger, then slowly moving the finger forward. If the curd breaks clean like a firm but tender custard it is ready to cut. The time from setting or adding the rennet to cutting is usually about twenty minutes. The older or riper the milk the more quickly the rennet will act upon it. Overripe milk will give a dry, acidulous cheese.

Cutting the Curd.
If you expect to make much cheese I would advise getting a set of curd knives. Use the horizontal knife first, cutting slowly lengthwise of the vat. Then with the perpendicular knife cut crosswise and afterward lengthwise of the vat. This makes the curd into cubes from a quarter inch to a half inch square, according to the knife used. For factory work the quarter inch wire knife is highly recommended. While more tedious, a long bladed carving knife or a thin bladed sword answers the purpose. First cut lengthwise into strips one-third inch wide, then crosswise the same, then horizontally as well as you can. Begin stirring gently, and continue the cutting if the carving knife is used till the curd is of uniform size.

While the stirring is going on heat may be slowly applied. The vat may be set in a vessel holding warm water, or a clean can filled with hot water may be put into the vat. After the whey has separated pretty well from the curd a pallful may be dipped out and heated to 130 to 140 degrees. Do not have any curd in the whey. The warm whey is returned to the vat, and

carefully on the cheese, cover with a square of wet cotton, place the hoop on top and force the cheese into it. Finish off the other end in the same way. Put again to press till the next day. Take from the hoop and place in a cool cellar, turning it upside down every day for a month, and after that occasionally.

Do not worry if it molds. The mold will be on the outside only and should be well washed off before the cheese is cut. At the end of two months it should be ready for eating, but is better if kept for five or six months.

If the milk is sweet and good, and the necessary care be taken in the manufacture, this method produces a rich, meaty cheese, much liked by every one. The cheese resembles a nice Canadian cheddar, but is more open and softer in texture.

COMPOSITION OF A CHEDDAR CHEESE.

	Per cent
Fat	32
Casein and albumen	28
Ash (mainly salt)	4
Water	36
Total	100

In European countries there are many varieties of soft cheese made. These cheeses are gaining favor on this continent. Some of the varieties are easily made at home and make a pleasant change.

If you are unpopular do not worry about it. The fools pester a popular man nearly to death.

**HIS BLADDER WAS
TERRIBLY INFLAMED**

GIN PILLS Brought Relief

Larder Lake, Ont., March 26th.
"I had been suffering for some time with my Kidneys and Urine. I was constantly passing water, which was very scanty, sometimes as many as thirty times a day. Each time the pain was something awful, and no rest at night."

I heard of your GIN PILLS and decided to give them a trial at once. I sent my chum 60 miles to get them and I am pleased to inform you that in less than six hours, I felt relief.

In two days, the pain had left me entirely. I took about half a box and today I feel as well as ever and my kidneys are acting quite natural again."

SID CASTLEMAN.

GIN PILLS soothe the irritated bladder—heat the sick, weak, painful kidneys—and strengthen both these vital organs. Money back if they fail.
50c. a box, 6 for \$2.50. Sample free if you write National Drug and Chemical Co., of Canada, Limited, Toronto. 139

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WATFORD AND ARKONA STAGE LEAVE
Arkona at 8 a. m. Wisbech at 10:10 a. m. Returning leaves Watford at 8:45 p. m. Passengers and freight conveyed on reasonable terms.—WIL LIAM EVANS Prop'r.

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE.

Trains leave Watford Station as follows

GOING WEST
Accommodation, 27 8 44 a. m.
Accommodation, 29 2 45 a. m.
Chicago Express, 5 9 27 p. m.

GOING EAST
Ontario Limited, 46 7 46 a. m.
Accommodation, 28 12 33 p. m.
New York Express, 2 3 00 p. m.
Accommodation, 30 5 16 p. m.
C. VAIL, Agent Watford

OUR CLUBBING LIST.

THE GUIDE-ADVOCATE AND

Family Herald and Weekly Star with premium	\$1 85
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Weekly Globe	1 85
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Weekly Montreal Witness	1 85
Hamilton Spectator	1 85
Weekly Farmer's Advocate	2 35
Toronto Saturday Night	3 50
Daily News	2 50
Daily Star	2 50
Daily World	4 00
Mail and Empire	4 00
Morning London Free Press	4 00
Evening London Free Press	3 00
Daily London Advertiser	3 00



CHEESE AND CURD KNIVES.

A—Curd from milk cooled, but not aerated; B—curd from milk aerated and cooled. The numerous round holes which are shown in B are the result of the growth of gas forming bacteria in the milk. The formation of gas holes in the curd is usually accompanied by very objectionable flavors.

structured. Get a strong board or a piece of scantling eight or ten feet long. Place it under a ledge, put the cheese on the floor or on a bench near the ledge and put a small block or board on the center of the cheese for the scantling to rest on. Place a heavy weight—about fifty pounds—on the end of the scantling. It is well not to put all the weight on at once.

Dressing the Cheese.

The next morning the cheese should be taken from the hoop, dampened with hot water on the outside, the bandage pulled up and trimmed so as to allow it to extend half an inch over the ends. Cut a circle of stiffened cheesecloth the size of the top, place

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