

## "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 338 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 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, 338 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 Catarrhose Co., Kingston, Ont.

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

## WILL YOU

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We are placing students in positions paying \$500 and \$700 per annum, and we have many such applications for help which we cannot supply. The best time to enter our classes is NOW. Write for our free catalogue at once.

**D. A. McLACHLAN - PRINCIPAL.**

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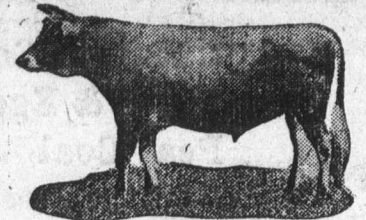
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## Farm Dairying



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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**M**OST 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.

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 puffal 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

in a little while more whey may be dipped out and heated. Half an hour should be taken to get the curd heated to 98 degrees. If heated too quickly the curd does not expel enough moisture, and a weak bodied cheese is the result. It is a bad fault to get the curd too warm. After it is brought to 98 degrees it is not necessary to stir continuously, but it must be frequently stirred to prevent the curd from matting, and the temperature must be maintained. It is well to keep the vat covered.

The curd is usually ready to dip in from three and a quarter to three and a half hours from the time the rennet is added to the milk. The right condition for the curd to be in at this stage may be ascertained by feeling the curd. If it is rather firm, has a shiny appearance and falls apart when pressed in the hand, it is ready to have the whey drawn. By the acidimeter it should show from .18 to .19 per cent of acid, or when a little of the curd is squeezed well in the hand and pressed against a hot iron (a stove poker answers the purpose) and gently withdrawn if it leaves hairlike threads a quarter of an inch long on the iron it is a sign the whey should be removed.

If the vat is without a tap dip the curd and whey into a strainer dipper or colander and put the curd in a large cheesecloth on a level butter worker. If you have not a butter worker devise a wooden rack for the bottom of a large tin and spread the cloth over it. The curd must be well stirred for ten or fifteen minutes to allow the whey to escape.

The curd may now be salted at the rate of one ounce to every twenty-five pounds of milk. Sprinkle the salt over the curd, stir well and allow it to stand ten or fifteen minutes.

### The Cheese Hoop.

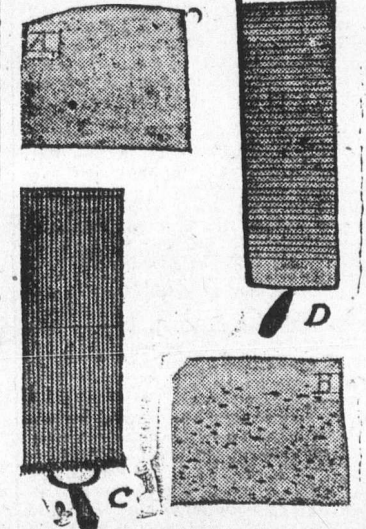
One cannot get along without a cheese hoop. It may be made of wood or heavy tin, but must be round, straight, strong and the ends clean cut without any rim. A nice size is 6 inches in diameter by 12 inches high. This will press a cheese weighing from six to ten pounds. The circle or follower of wood placed in the hoop on top of the curd must fit well or the cheese will have shoulders.

A bandager may be made of ordinary tin and should fit closely inside the hoop and be four inches higher than the hoop, but must have no wire rim around it.

Put a piece of cheesecloth the length of the bandager and the width around it. Sew up the sides and run a thread around one end and slip it on the outside of the bandager.

Place the hoop on a board in a tin pan, put a square of cotton wet in the hot water on top of the hoop, then place on the prepared bandager and shove it to the bottom. Put in the salted curd, press down well with the hand, pull up the bandager and the cheese is inside the cheesecloth in the hoop; lay on a square of wet cotton and put on the follower.

Many contrivances may be used to supply the pressure. A cider press answers. I use the old fashioned fulcrum and lever press, as with it the pressure is continuous. This press is easily con-



**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.]

structed. 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

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	31
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—help 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 WARWICK STAGE LEAVES**  
Warwick Village every morning except Sunday, leaving Watford at 11:30 a. m. Returning leaves Watford at 8:45 p. m. Passengers and freight conveyed on reasonable terms. C. BARNES, Prop'r.

**WATFORD AND ARKONA STAGE LEAVE**  
Arkona at 8 a. m. Watford 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	

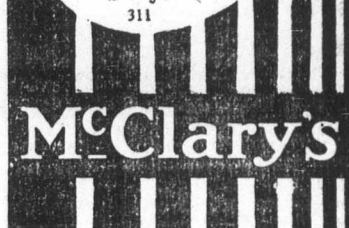
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THE GUIDE-ADVOCATE AND

Family Herald and Weekly Star with premium	\$1 85
Weekly Mail-Empire with premium	1 85
Weekly Farmers Sun	1 85
Weekly London Free Press	1 85
Weekly London Advertiser	1 65
Weekly Globe	1 85
Northern Messenger	1 40
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
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Evening London Free Press	3 00
Daily London Advertiser	3 00

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Death Rate in 1911, 5.95 per 1000.  
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Interest on Reserve Fund paid 150  
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RESERVE FUND, DEC. 31, 1911.

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Total - \$3,854,932.49

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