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FARE AT HARVARD IN 1850

Breakfast at Daybreak and Boiled Dinner Two Days in the Week.

The students lodged in the dormitories and ate at the commons. The food then partaken of with thankfulness would now be looked upon as prison fare. At breakfast, which was served at sunrise in summer and at daybreak in winter, there were doled out to each student a small can of unsettled coffee, a slice of biscuit, and a size of butter, weighing generally about an ounce. Dinner was the staple meal and at this each student was regaled with a pound of meat. Two days in the week, Monday and Thursday, the meat was boiled, and, in college language, these were known as boiling days. On the remaining days the meat was roasted, and to them the nickname of roasting days was fastened. With the flesh went always two potatoes. When boiling days came round, pudding and cabbage, wild peas and dandelions were added.

The only delicacy to which no stint was applied was the cider, a beverage then fast supplanting the small beer of the colonial days. This was brought to the mess in pewter cans which were passed from mouth to mouth, and, when emptied, were again replenished. For supper there was a bowl of milk and a size of bread. The hungry Oliver who wished for more was forced to order, or, as the phrase went, "seize it," from the kitchen.—McMaster's History of the People of the United States.

Feats in Climbing. Not only have some of the peaks near Pontresina been ascended this winter, but also some of the highest mountains in Switzerland, including the Jungfrau. Feats in winter climbing are now often performed which a few years ago would have been considered impossible.

Raising Black Fox. On Prince Edward Island about 25,000 muskrats, 500 minks, 1,000 red foxes and a few weasels are killed each year. The black fox is bred there by people who keep their methods secret. A good black fox skin is worth \$1,500.

WOMAN ESCAPES OPERATION

Was Cured by Lydia E. Pinkham's Vegetable Compound

Elwood, Ind.—"Your remedies have cured me and I have only taken six bottles of Lydia E. Pinkham's Vegetable Compound. I was sick three months and could not walk. I suffered all the time. The doctors said I could not get well without an operation, for I could hardly stand the pains in my sides, especially my right one, and down my right leg. I began to feel better when I had taken only one bottle of Compound, but kept on as I was afraid to stop too soon."—Mrs. SADIE MULLEN, 2728 N. B. St., Elwood, Ind.

Why will women take chances with an operation or drag out a sickly, half-hearted existence, missing three-fourths of the joy of living, when they can find health in Lydia E. Pinkham's Vegetable Compound? For thirty years it has been the standard remedy for female ills, and has cured thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, indigestion, and nervous prostration. If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Mrs. Pinkham at Lynn, Mass., for advice. Your letter will be absolutely confidential, and the advice free.

FARM AND ORCHARD

Notes and Instructions from Agricultural Colleges and Experiment Stations of Oregon and Washington, Specially Suitable to Pacific Coast Conditions

CHEESE-MAKING ON THE FARM.

(Prof. F. L. Kent, Oregon Agricultural College.)

The purpose of this article is to give simple directions for the making of cheese in the farm home with the appliances which will usually be found on the farm. A reliable dairy thermometer will be necessary, for success in cheese-making depends to a large extent upon the proper control of temperature, and the "rule of thumb" is not sufficiently accurate.

We will assume that 100 pounds, which is about 12 gallons, of milk is to be used. Should a greater or a less quantity of milk be used the maker must govern his work accordingly, using color, salt, and rennet proportionately.

Directions.

Coloring—It is not absolutely necessary to color the cheese, but the appearance will be considerably improved by the use of color. Remember that butter color will not do for cheese. Probably the most satisfactory form in which to buy the cheese color for our purpose is in the dry form. Both color and rennet can be had from the dairy supply houses in dry form, and in this form does not readily deteriorate, an important point to consider where cheese is made for family purposes only, which means making probably not oftener than once a week. The dry color is dissolved according to directions, and the proper amount to use is diluted with about a half glass of water and added to the milk before the addition of the rennet. The amount of color to use will depend upon the shade desired in the finished product, as well as upon the character of feed the animals are getting. The breed of cows also make some difference.

Rennet—The most satisfactory form of rennet for use in farm cheese-making is rennet tablets. They are not quite so convenient to use as the liquid extract, for they should be dissolved two or three hours before time to use them, but they will keep almost indefinitely, which is not true of the extract when once opened.

Preparing the Milk—Take about six gallons of the evening's milk and leave it covered with a cloth at a temperature of 65 to 70 degrees until morning, and then pour it with another six gallons of the morning's milk into a large wash boiler or wooden tub. If a wooden tub is used considerable care will be necessary in keeping it properly cleaned. All the milk is then heated to 86 to 88 degrees. Perhaps the safest and simplest way for heating is to hang a deep can filled with water at about 150 degrees down in the milk and move it around. If the can is suspended from the ceiling it is a very easy matter to swing it back and forth in the milk, and it can be raised out as soon as the desired temperature has been reached. The milk should not be exposed to cool drafts and it is well, after the heating is done, to cover with a cloth.

Setting—Having previously dissolved one rennet tablet in about a half glass of cold water, add this solution to the milk previously heated to 86 to 88 degrees, and stir well for about two minutes, then pass the back of the stirring dipper over the surface of the milk to stop any movement. While the curdling is taking place it is important that there be no jarring of the milk, otherwise the coagulation will not be so perfect. Some makers prefer to use two rennet tablets, thereby saving time in the making, and the resulting cheese will also cure quicker.

Cutting—Rennet curdles the milk and if one tablet is used the curd should be ready to cut in twenty to thirty minutes. To tell when the curd is firm enough to cut, push the forefinger into the milk, bend the finger to a 45-degree angle, and raise it gently. If the curd breaks clear across the finger it is ready to cut. The cutting can be done with a wire toaster, a piece of sufficiently coarse wire netting, or even with a long knife. First cut slowly lengthwise, then crosswise until the curd is in nearly uniform pieces of about a half-inch cube. If two tablets are used the milk should be ready for cutting in about fifteen minutes. If the evenings milk used should be pretty close to the souring point when the morning's milk is added, the curdling will take place somewhat more quickly, but the quality of the cheese is liable to suffer. The factory cheese-maker uses an accurate test to determine the condition of the milk as to its approach to sourness, but this is hardly practical for the ordinary farm cheese-maker.

Cooking—This is rather a misleading term since the temperature reached is only about 100 degrees, but the term is in common use among the factory makers, hence is used here. After cutting leave the curd alone for five minutes, then raise the temperature slowly, about 2 degrees in five minutes, to 98 to 100 degrees by the use of the heating can, stirring gently all the time while heating. Then cover with a cloth and keep the temperature about 98 degrees for about forty minutes, or until the curd is sufficiently "cooked," stirring occasionally to prevent the curd from

sticking together. If the temperature falls too low the heating can will have to be used again. Another way of heating the curd is to draw off a part of the whey, heat it to 130 to 140 degrees and pour it back. It is important that no particle of curd gets into the whey that is being heated. To determine when the curd is ready, take a handful and squeeze it hard in the hand for a moment; if it feels elastic and does not stick together it has been cooked enough. If the milk was good the curd should have a pleasant, very slightly acid odor. As soon as the curd is cooked, draw off the whey. If a tub is used this can be done by letting the whey out through a hole in the bottom, or all the curd can be dipped out with a sieve and placed in another vessel.

Salting—After the curd is well drained and before it gets a chance to stick together, add one-fourth pound of fine salt and mix well. After salting, leave the curd to cool for about fifteen minutes, stirring it occasionally. When properly cooled the curd should have a temperature of about 75 to 80 degrees. It is then ready for the final step in the making, namely:

Molding and Pressing—The cheese hoop generally used is made of tinned or galvanized iron, and is seven to ten inches in diameter and about nine inches deep. But a wooden box, six by eight inches and ten inches deep, without top or bottom, will serve the purpose fairly well. If the box is used it would be advisable to have some small holes bored in the wood to permit drainage for the whey. But if several cheeses are to be made during the season we would strongly recommend the purchase of a regulation cheese hop and regular seamless bandage. A very simple press can be made by using a pole about twelve feet long as a lever. One end of the pole is supported by a slat nailed to the wall, the cheese hoop being placed so that its center is about three feet from the wall. The weight on the long arm of the lever can be a pair partly filled with stones, and the pressure is applied to the cheese through a block of wood that fits the hoop. Before the curd is placed in the hoop, the hoop is lined on the inside with cheese cloth. Cut a piece of cloth and place it in the bottom, then take another piece large enough to line the inside and one inch longer at the top and bottom. The lower end of the cloth is turned in over the cloth at the bottom and the upper end is turned back over the edge of the hoop. After the curd is packed fairly tight, it is covered with another piece of cloth and the upper end of the bandage is turned over it. A slight pressure is first applied by hanging the pail on the lever close to the mold and after about an hour the cheese is taken out and the cloth rearranged, by pulling it up and trimming off so that it will project over the cheese ends about an inch. When placed in the mold again the pressure is gradually increased by moving the pail toward the end of the lever, and the cheese will be ready for the curing room the next day.

Curing—The curing is best done in a slightly moist air at a temperature of about 60 degrees. A good cellar will be quite satisfactory. During the first few days the cheese should be turned daily. It is well to rub the cheese once a week for a few weeks with butter or cheese grease and also with salt if it shows signs of mold. The cheese will be eatable in three to four weeks, but will improve if kept for a longer time. The 12 gallons of milk will make about ten pounds of cheese, varying somewhat according to the richness of the milk. Don't let the evening's milk get sour. Don't overheat at the various steps in the process. Don't use too much salt. Don't try to get along without an accurate thermometer. Don't fail to keep the utensils clean and sweet.

FASHION HINTS



Separate fancy waists hold a very important place in the wardrobe of the well-dressed woman. Semi-barbaric tendencies show in many models. Bead-work is a popular trimming, in colors and in black and white. The accompanying sketch shows an attractive waist of chiffon cloth, with just a little beading on the vest.

A Greek Joke. A citizen of Cumae, on a donkey, passed by an orchard, and seeing a branch of a fig tree loaded with delicious fruit he laid hold of it, but the donkey went on, leaving him suspended. Just then the gardener came up and asked him what he did there. The man replied, "I fell off the donkey."—Clouston's "A Book of Noodles."

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Dairying in Sweden. Sweden has agricultural societies which assist the dairying business by appointing itinerant teachers, giving grants to schools and support to exhibitions.

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Author Forgot to Make His Detective a Dope Fiend According to the Formula.

"This detective story will not do," said the magazine editor, handing back the manuscript. "I'd like to know why," responded the author, with a show of heat. "It has color, atmosphere—all the regular business. The detective can see around a corner or through a wall. He needs no clue save a lock of the murdered man's hair. He is able to read human minds and motives as an ordinary sleuth reads a placard offering \$5,000 reward. His deductions are utterly absurd, irrelevant and preposterous, yet crowned with success. What's the matter?"

"Do you state anywhere that he drinks a quart of absinthe neat?" "No-o."

"No-o." "Do you have him partaking of hashish, opium, morphine or other familiar tid-bits upon which the detective of fiction subsists?" "I forgot that."

"Where is the admiring friend to whom the detective lays bare the blatant idiocy of his intellectual workings?" "Left his out, by George!" admitted the author, and vanished with his amateurish effort.—Philadelphia Ledger.

Mirrors Used to Reflect Street. In continental towns one frequently sees a mirror at the side of a window so placed that people in the room may see reflected therein the view up or down the street. In some bygone periods of English street architecture it was customary to bay almost all the windows at least enough to enable the occupants of the houses to look along the streets.—Craftsman.

Doxy Decay. Cypress water tanks have been known to defy decay for more than a quarter of a century.

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