

Make Cottage Cheese

Food That Is Nutritious and Cheaper Than Most Meats in Furnishing Protein



Preparing Homemade Cottage Cheese for the Market.

If a condenser is within reasonable distance the creameryman sometimes can sell his skim milk there. Very few creameries, however, are so situated, and the largest opportunity for the creameryman to divert skim milk and buttermilk into channels of human consumption is by the manufacture of cottage cheese, says the United States department of agriculture. This product is easy to make and utilizes skim milk and good grades of buttermilk.

Cottage cheese is one of the important meat substitutes. It contains a larger percentage of protein (the chief material for body building) than most meats and furnishes this material at a lower cost. In every pound of cottage cheese there is about one-fifth of a pound of protein, nearly all of which is digestible. Meats, on the other hand, usually contain less protein and besides have a certain waste, such as bone and other inedible material. A pound of cottage cheese daily would supply all the protein required by the ordinary adult engaged in a sedentary occupation.

The following table shows that cottage cheese is much cheaper than meats in furnishing protein for the diet.

For supplying protein, 1 pound of cottage cheese equals:

- 1.27 pounds sirloin steak.
- 1.00 pounds round steak.
- 1.37 pounds chuck rib beef.
- 1.52 pounds fowl.
- 1.46 pounds fresh ham.
- 1.44 pounds smoked ham.
- 1.58 pounds loin pork chop.
- 1.81 pounds hind leg of lamb.
- 1.87 pounds breast of veal.

In addition to protein, energy for performing body work must be furnished by food. As a source of energy, also, cottage cheese is cheaper than most meats at present prices. The following table shows the comparison when energy is considered.

On the basis of energy supplied, 1 pound of cottage cheese equals:

- 8 1-3 ounces sirloin steak.
- 11 1/4 ounces round steak.
- 11 1/4 ounces chuck rib beef.
- 10 3/4 ounces fowl.
- 5 1/2 ounces fresh ham.
- 5 ounces smoked ham.
- 6 ounces loin pork chop.
- 7 1-3 ounces hind leg of lamb.
- 12 3/4 ounces breast of veal.

A yield of 15 or more pounds of cottage cheese from 100 pounds of skim milk can readily be obtained, or a mixture of two parts skim milk and one of buttermilk will give the same results. The wholesale price on most established markets varies from 4 1/2 cents a pound during the early summer to 7 cents during the winter, the 1917 price showing marked increases over former years. When making as much as 800 pounds a day the total cost of manufacture, including labor, coal, power, water, packing (tubs), and depreciation on equipment, is from 8 to 10 cents a hundred pounds of skim milk.

It is quite evident that the creameryman is in position to make his patrons a good business proposition. In most sections he can offer them a cash-market for their skim milk at a price at least equivalent to the value obtained from feeding to animals.

FEEDING SCRAPS TO THE CHICKENS

By feeding kitchen scraps to poultry the last bit of waste of human food may be converted into good fresh eggs or meat, as may be desired, says the U. S. Department of Agriculture. Fowls will eat all the leavings that are in edible form. By special preparation some things not adapted to human consumption become valuable feed for poultry. Fresh bones, crushed or ground, are a delicacy for them. They will eat considerable amounts of the parings of all kinds of vegetables if these are given in such form that the birds can swallow them readily. Many poultry keepers save parings, cook them with small potatoes and other waste vegetables, and feed mixed with meals.

Not all kitchen waste, however, makes poultry fed. The skins of bananas, oranges and lemons are not edible and should not be mixed with scraps that are to be fed to poultry, for the birds leave such stuff, and as it accumulates it makes the place where they are fed look slovenly. Coffee grounds, and tea leaves in small quantities are not objectionable, but in large quantities should be disposed of separately. Fat meat in large pieces should not be put with scraps for poultry because a hen can swallow a much larger piece of fat than is good for her. By cutting waste fat in pieces

no larger than one would cut for himself at the table, and by making sure that the fat does not exceed 10 per cent of the scraps fed at one time the dangers in feeding it are avoided.

The best way to save kitchen waste for poultry is to keep a one-gallon jar, of glazed or galvanized ware, with a cover in a convenient place, putting into this scraps of bread, cake, and meat from the table, remnants of servings of vegetables, cereals, pies, puddings, etc., and whatever waste from the preparation of meals is suitable to combine with these things in a mash.

Once a day the contents of the jar should be turned into a pail of appropriate size and as much ground feed-stuff mixed with them as can be stirred in with a strong iron spoon or a wooden stirring stick. The amount and kinds of ground feeds to be used will depend upon the quantity of water with the scraps and whether any particular article predominates.

1,426,000 Women at Work; Replaced 1,413,000 Men.

An increase of 1,426,000 in the number of women employed since 1914 is shown in figures announced by the bureau of labor statistics.

The greatest increase was in industries which took in 530,000 more women, but the largest proportionate increase was 214,000 additional women taken into government service. Women have replaced 1,413,000 men since 1914. Industrial and government work have taken 400,000 women formerly employed in domestic service or in dressmaking.

HYMN TO THE NIGHT

I heard the trailing garments of the night
Sweep through her marble halls;
I saw her sable skirts all fringed with light
From the celestial walls!

I felt her presence, by its spell of might,
Stoop o'er me from above;
The calm, majestic presence of the night,
As of the one I love.

I heard the sounds of sorrow and delight,
The manifold, soft chimes,
That fill the haunted chambers of the night,
Like some old poet's rhymes.

From the cool disterns of the midnight air
My spirit drank repose;
The fountain of perpetual peace flows there—
From those deep disterns flows.

O holy night! from thee I learn to bear
What man has borne before!
Thou layest thy finger on the lips of care,
And they complain no more.

Peace! Peace! Orestes-like I breathe this prayer!
Descend with broad-winged flight,
The welcome, the thrice-prayed for, the most fair,
The best beloved night.

—Longfellow.

PREVENT FIRE LOSSES

By the U. S. Department of Agriculture

Millions of dollars' worth of agricultural wealth is destroyed by fire each year in the United States. At normal prices and with an average yield it would take the greater part of the potato crop of the country to offset all that is lost annually through fires on farms. This is a dead loss to the nation—for the fact that most individual losers are partially reimbursed by insurance does not in the least reduce the drain on our national resources—and it is a loss that is largely preventable.

The problem of fighting or preventing fire in the country districts is a most serious one, for organized fire prevention work such as has been developed to a science in many cities is practically impossible in the country. Some fires on farms may be unavoidable, but a great many of them could be prevented by a comparatively small amount of time intelligently applied by the individual farmers in the study of conditions which are likely to cause fire, and by placing simple and inexpensive fire-fighting equipment in convenient places about the farm buildings.

The farmer should study his buildings and their contents from the point of view of the fire inspector of the city, whose sole business is to see all the things that can be done to improve conditions so that fire cannot easily start, and to determine the best ways of fighting any fires that may start. He should remember that any preventive or protective measures which he may take are for his own benefit, and that protection sufficient to prevent a fire is cheap as compared with the loss entailed by the average farm fire. Every building or set of buildings has certain points which are more susceptible to fires than others, but adequate protection must be provided for the entire premises before the owner can be sure that some weakness due to oversight or neglect will not neutralize the good effect of all the work previously done.

Most farmers carry fire insurance on their buildings and contents sufficient partly to repay for any losses that may occur; but this insurance is paid from premiums which are nothing more than a tax collected from the policyholders for this purpose. The loss occasioned by a serious fire is such that very few people can afford to be without fire insurance, but attention of the prevention of fire would result in reducing the number of fires, and, therefore, the rate of premiums necessary to cover the fire losses. This would be felt quickly in mutual companies which are owned and managed by the policyholders themselves and in which the premiums are fixed by the actual losses.

Girls Wearing Overalls at University of Washington

Hooveralls! What are they? The official garb of the American housewife. That's all.

No, they're not trouserettes. Nor have they a split-skirt effect.

The girls in the cookery classes at the University of Washington, Seattle, have donned them in place of the all-white garb hitherto in use in the home economics department.

"Hooveralls" are real dresses of light blue chambray, belted, with white collars and cuffs. As the name indicates, Herbert Hoover, the national food administrator, has endorsed them. He wants to see every American housewife wearing them.

STATE NEWS IN BRIEF.

Approximately 9000 square yards of paving will be put down in The Dalles this spring, work to commence as soon as possible.

Three thousand freight cars have been allotted to the Pacific Car & Foundry company, of Portland and Seattle, for immediate construction, according to contracts approved by the Federal Railroad Purchasing commission.

The same group of business men that advertised two citizens recently in the now famous "slacker ad" at La Grande, has adopted resolutions throwing the business support of La Grande behind the local authorities in stamping out I. W. W. agitators.

Twelve million, six hundred and forty thousand pages of reading matter are included in the 201,753 Republican and 85,805 Democratic pamphlets, mailing of which to the registered voters of the state was just completed Friday by Secretary of State Olcott. The total cost of the pamphlets was \$11,608.65.

Official notice was issued Friday by Colonel Ellis, commanding the defenses at the mouth of the Columbia, that artillery target practice with the big guns will commence at the forts at 8:45 next Monday morning, and continue during the daylight hours until completed. All vessels are warned to keep out of the danger zone during that period.

N. Campbell, register of the Portland United States Land office, was in Toledo this week, as a witness in a land case. Mr. Campbell says there are 14,865 acres of land in this county a part of the old Oregon & California Railroad land grant. Agricultural land in this tract probably will be restored to entry within the next 60 days. This land is all contained in townships 12 and 13 and ranges 8 and 9 west of the Willamette meridian.

There is little probability that there will be any decrease in the cost of wheat substitutes this year, according to W. W. Harrah, Pendleton farmer, who has just returned from a meeting of the agricultural council of the Food administration. Mr. Harrah found corn conditions bad, both as to the condition of the remainder of last year's crop, considerable of which has spoiled in storage, and as to the acreage this year, which will be smaller than that of last.

The C. A. Smith Lumber & Manufacturing company at Marshfield, has just finished the installation of a big power plant as a reserve unit of energy to utilize in case of accident to the main plant, which supplies electricity, first, for the Smith industries and electric cranes, and, secondly, to the Oregon Power company, which distributes for business houses and residences in Marshfield, North Bend, East Side and Englewood, and power for small manufacturing plants.

That the people of the range country east of the Cascades will not submit to any decrease in grazing lands of this great range section during the war, when the products are so needed by the nation for feed, was evidenced at Bend Thursday, when the Commercial club unanimously adopted a resolution condemning the bill recently introduced in congress by Senator McNary which would add 80,640 acres of grazing land now in the Umpqua National forest to the Crater National park.

The Gladstone school was closed this week for the purpose of fumigating the building. During the past three weeks there have been a number of cases of smallpox.

Far back in the mountains, 41 miles east of Albany, isolated and alone, Ben Wilson, a shirker, of German parentage, was arrested Tuesday by a detail of the Albany Home Guards, brought to Albany and placed in the county jail.

The citizens of Poe Valley, in the Klamath Falls vicinity, have been so desirous of securing good roads that they have co-operated in grading and making the highway in that district second to none in the county. They have donated time, labor and teams to this cause and are rewarded by having an excellent road.

Need of farm help is beginning to cause serious complaint about Roseburg, for the first time since the war began. Farmers have been scouring every nook for help, while men are quitting the farms to go to the Pacific highway work, the sawmills and the shipyards. The railroad is also hiring every available man for various positions, even as bookkeepers.

The extension department for work in agriculture and home economics in Yamhill county will take the form of a second farm home study tour next Thursday, when modern farm homes will be visited in the county under the auspices of the county fair council of the county. A train of autos will leave McMinnville on Thursday morning for the round trip.

GETS BIG SHIP ORDER

Vessels Are for Private Parties and Will Cost \$20,000,000.

Washington, D. C. — The Shipping Board has granted permission to Harry B. Spear, president of the West Coast Shipbuilding company, of Everett, Wash., to enter upon the construction of approximately \$20,000,000 worth of concrete ships for private account, and guaranteed to insure delivery of all steel required for reinforcement.

Specifically, this company is authorized to build 10 cargo carriers of 7500 tons each; 20 barges of 200 tons each, and eight seagoing tugs each 200 feet long. In the building of these ships 15,000 tons of steel reinforcement will be required.

Mr. Spear left for New York to conclude arrangements with the parties for whom these concrete ships are to be built. He refused to make public the names of the purchasers.

Fancy Train Names Go.

Omaha—After June 1 all names for passenger trains will be eliminated throughout the entire country and trains will be known only by number, according to information at Union Pacific headquarters. The orders emanate from Washington, as fancy names are said to be advertising.

Twentieth Century Limited, Broadway Limited, Pennsylvania Limited, Overland Limited, Rocky Mountain Limited, Dixie Flyer, Seminole Limited, Royal Palm, Shasta Limited, North Coast Limited, and similar glittering names will be abolished.

Tobacco Cards Approved.

Paris—The issuance of tobacco cards was approved in principle by the cabinet. The cards will not be of the same character throughout the country, like the bread and sugar cards, the municipalities being permitted to enforce the regulations according to local needs. The cards will be delivered to male consumers more than 16 years old. Each consumer must name the dealer whom he intends to patronize. The object of the card is to obtain fair distribution of the available tobacco supply.

Fair Salmon Run Reported.

The Doty Fish company, of Kalama, reports a fair run of salmon since the opening of the season, though it is not up to last year's figures. Most of the salmon caught have been small fellows. Numbers of shad have been caught, but sturgeon are scarce.

NORTHWEST MARKET REPORT

Wheat—Bulk basis for No. 1 grade: Hard white, \$2.05. Soft white, \$2.03. White club, \$2.01. Red Walla, \$1.98. No. 2 grade, 3c less; No. 3 grade, 6c less. Other grades handled by sample. Flour—Patents, \$10 per barrel; whole wheat, \$9.60; graham, \$9.20; barley flour, \$14.50@15.00; rye flour, \$10.75@12.75; corn meal, white, \$6.50; yellow, \$6.25 per barrel.

Millfeed—Net mill prices, car lots: Bran, \$30.00 per ton; shorts, \$32; middlings, \$39; mixed cars and less than carloads, 50c more; rolled barley, \$75@76; rolled oats, \$73.

Corn—Whole, \$77 per ton; cracked, \$78.

Hay—Buying prices, delivered: Eastern Oregon timothy, \$29@30 per ton; valley timothy, \$25@26; alfalfa, \$24@24.50; valley grain hay, \$22; clover, \$19@20.00; straw, \$9.00@10.

Butter—Cubes, extras, 37c; prime firsts, 37c; prints, extras, 42c; cartons, 1c extra; butterfat, No. 1, 41c delivered.

Eggs—Ranch, current receipts, 34c; candled, 35c; select, 36c per dozen.

Poultry—Hens, 27c; broilers, 40c; ducks, 32c; geese, 20c; turkeys, live, 26@27c; dressed, 37c per pound.

Veal—Fancy, 18 1/2@19c.

Pork—Fancy, 23@23 1/2c per pound.

Sack Vegetables—Carrots, \$1.15 per sack; turnips, \$1.50; parsnips, \$1.25; beets, \$2.

Potatoes—Oregon Burbanks, 75c@ \$1 per hundred; new California, 10c per pound; sweet potatoes, 10c per pound.

Onions—Jobbing prices, 1@1 1/2c per pound.

Cattle—May 13, 1918.

Prime steers.....\$15.25@15.50
Good to choice steers.....14.00@15.00
Medium to good steers.....12.00@13.00
Fair to medium steers.....9.50@10.50
Common to fair steers.....8.00@9.00
Choice cows and heifers.....13.00@14.00
Com. to good cows and hf.....5.50@8.00
Canners.....3.50@5.50
Bulls.....6.50@10.50
Calves.....8.50@13.00
Stockers and feeders.....8.00@10.00

Hogs—
Prime mixed.....\$17.40@17.50
Medium mixed.....17.00@17.25
Rough heavies.....16.00@16.25
Pigs.....14.50@15.50
Bulk.....17.25

Sheep—
Prime spring lambs.....\$17.50@18.00
Heavy lambs.....16.00@17.00
Yearlings.....15.00@15.50
Wethers.....13.00@13.50
Ewes.....12.00@12.50