

### Helping the Meat and Milk Supply

(Special Information Service, U. S. Department of Agriculture.)

COTTAGE CHEESE MEAT'S WAR HELPMATE.



A Parcel Post Business in Cottage Cheese May Be Made Profitable.

### HOME CHEESE IS MOST DELICIOUS

Follow Directions Given and See if It Isn't Relished.

### GOOD SUBSTITUTE FOR MEAT

Pound for Pound Cottage Cheese Contains 25 Per Cent More Protein Than Medium-Fat Side of Beef—Easy to Make.

Given a choice between a nice, juicy piece of beef and a dish of cottage cheese, and the chances are you would take beef. We are such a meat-loving people. But pound for pound, cottage cheese contains 25 per cent more protein—the body-building substance for which we eat meat largely—than a medium-fat side of beef. And the cheese costs about half as much. It has less energy value than beef, but it is nevertheless capable of taking meat's place in the diet.

#### This Cheese Easy to Make.

Because cottage cheese is a most palatable and nutritious product and because it can be made easily on a small scale with little equipment in any kitchen and because it is an economical and convenient means of utilizing skim milk—a good food much neglected—in the human diet, food and dairy specialists of the United States department of agriculture are urging its wider use to save meat. Haphazard methods used in making this cheese, together with the lack of simple and easily available directions, probably are responsible, the specialists say, for the comparatively small quantities made and used at present. Uncertainty of results and defects in the finished products also have been causes for discouragement in making. By following the directions given here it is believed a better and more uniform product may be obtained.

For making the cheese in small quantities for home use—a very simple process and ordinary household equip-

#### HOW COTTAGE CHEESE TAKES MEAT'S PLACE

We eat meat chiefly to get protein, a body-building substance, and energy to perform body work. Cottage cheese can supply these body necessities almost as well as meat and more cheaply. For supplying protein one pound of cottage cheese equals—

- 1.27 pounds sirloin steak.
- 1.09 pounds round steak.
- 1.37 pounds chuck rib beef.
- 1.52 pounds fowl.
- 1.46 pounds fresh ham.
- 1.44 pounds smoked ham.
- 1.53 pounds loin pork chop.
- 1.31 pounds hind leg of lamb.
- 1.37 pounds breast of veal.

On the basis of energy supplied, one pound of cottage cheese equals—

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

ment will suffice, but if it is desired to market the product and to insure good, uniform quality, it will be necessary to follow somewhat more elaborate methods. The process of making a small amount, as well as methods used when it is desired to produce a

larger quantity for the market, is described in Farmers' Bulletin 850 of the United States department of agriculture. This is the way to make cottage cheese in small amounts, perhaps utilizing only a few cups of skim milk—what is left after the cream for the coffee has been removed.

First of all, start with good, clean skim milk and clean utensils. Careful attention then to the details of making will insure a good product.

One gallon of skim milk will make about one and one-half pounds of cheese. If the milk is sweet it should be placed in a pan and allowed to remain in a clean, warm place at a tem-

#### AVOID "SQUAB CHICKENS;" THREE-POUND FOWLS BEST

Housewives can help the meat situation by buying three-pound broilers and friers and refusing to use "squab chickens" weighing a pound, one-half or less. Dressed-poultry specialists of the United States department of agriculture urge this as a conservation measure. Serving under-developed or "squab chickens" in hotels, restaurants and homes is regarded as a waste, for if kept four weeks longer, including two weeks of crate fleshing, such fowls would weigh about three pounds. Moreover, under proper feeding, a chicken makes the extra flesh largely from such by-products not ordinarily used for human food, such as buttermilk, skim milk and low-grade grains.

perature of about 70 degrees Fahrenheit until it clabbers. The clabbered milk should have a clean, sour flavor. Ordinarily this will take about thirty hours, but when it is desirable to hasten the process a small quantity of clean-flavored sour milk may be mixed with the sweet milk.

As soon as the milk has thickened or firmly clabbered it should be cut into pieces two inches square, after which the curd should be stirred thoroughly with a spoon. Place the pan of broken curd in a vessel of hot water so as to raise the temperature to 100 degrees Fahrenheit. Cook at that temperature for about thirty minutes, during which time stir gently with a spoon for one minute at five-minute intervals.

#### Only Home Utensils Needed.

At the conclusion of the heating pour the curd and whey into a small cheesecloth bag (a clean salt bag will do nicely) and hang the bag on a fruit-strainer rack to drain, or the curd may be poured into a colander or a strainer over which a piece of cheesecloth has been laid. After five or ten minutes, work the curd toward the center with a spoon. Raising and lowering the ends of the cloth helps to make the whey drain faster. To complete the draining tie the ends of the bag together and hang it up. Since there is some danger that the curd will become too dry, draining should stop when the whey ceases to flow in a steady stream.

The curd is then emptied from the bag and worked with a spoon or a butter paddle until it becomes fine in grain, smooth and of the consistency of mashed potatoes. Sour or sweet cream may be added to increase the smoothness and palatability and improve the flavor. Then the cheese is salted according to taste, about one teaspoonful to a pound of curd.

Because of the ease with which the cheese can be made it is desirable to make it often so that it may be eaten fresh, although if it is kept cold it will not spoil for several days. If the cheese is not to be eaten promptly it should be stored in an earthenware or glass vessel rather than in one of tin or wood, and kept in a cold place,

## WE MUST SAVE 30 PER CENT OF WHEAT

Food Situation in Europe Makes Greater Demands Upon American People.

### INTENSIFIED CONSERVATION

Every Consumer Requested to Observe Two Wheatless Days, One Meatless and One Porkless Day Each Week. One Wheatless Meal and Meatless Meal Should Be the Rule Every Day—1918 Home Card to Be Ready by February 10th.

Raleigh.—If the American people are to fulfill their duty to the Allies by supplying the armies with food-stuffs, and their duty to humanity in saving the lives of as many starving women and children in Europe as the crippled shipping facilities will permit, they must reduce their consumption of wheat at least 30 per cent from today until the next harvest, reduce their consumption of pork in the same degree and economize rigidly in the use of beef, fats and sugar.

**Intensified Food Program.**  
To meet the demands of the desperate condition that exists in Europe with regard to the food situation, the Food Administration has announced an intensified food conservation program. The 1918 home instruction card which will be available for every household in the State within the next two weeks calls for:

Two wheatless days in each week and one wheatless meal every day. The wheatless days will be Monday and Wednesday. One meatless day (Tuesday) and one porkless day (Saturday), and a meatless meal in each day of the week.

**Terms Explained.**  
On wheatless days and in wheatless meals no wheat bread, crackers, pastry, macaroni or breakfast food containing wheat should be used beyond the amount necessary to thicken soups or gravies or bind together corn meal or other substitute cereals. On meatless days no pork or beef products of any kind or mutton or lamb should be served, fish, poultry and game being substitutes. On porkless day and on other days mutton and lamb should be used in preference to beef.

Every day should be fat-saving day and sugar-saving day, and at every meal fruits, vegetables, potatoes, milk and all other more or less perishable and local products should be used as largely as possible in the place of wheat, beef, pork, fats and sugar which are best adapted to export.

**New Home Card Coming.**  
Every housewife and every hotel and cafe in the State should have a 1918 home card just as soon as they are issued from the press which will be not later than February 10. They can be secured after that date from county food administrators or from the Food Administration at Raleigh and any individuals who are missed in the general distribution should write for a card.

#### INCONVENIENCE TO FARMER IS SLIGHT.

Raleigh.—Complaint has been made that the new order of the Food Administration forbidding the sale of flour except in combination with cereal substitutes imposes some inconvenience and in some instances even some little hardship upon farmers who have their own corn ground into meal. Even these farmers must purchase an equal amount of corn meal or some other cereal substitute along with his flour. There is no restriction, however, which will prevent this farmer from selling his corn meal to the retailer even though he buys back a part or all of this meal.

It is evident that no exception can be made for the benefit even of this class because a retailer must purchase from one source or another a pound of cereal substitutes for every pound of flour he purchases and any exception that altered this requirement would lead to endless confusion and would very largely nullify the entire effects of the Food Administration's order.

#### Was No Fool.

Senator Lodge was talking about certain investigating committees. "Some of them," he observed, "reminds me of Si Hoskins. Si got a job at shooting muskrats, for muskrats overrun a millowner's dam. There, in the lovely spring weather, Si sat on the grassy bank, his gun on his knee. Finding him one morning, I said: "What are you doing, Si?" "I am paid to shoot muskrats, sir," he said. "They're underminin' the dam." "There goes one now," said I. "Shoot, man! Why don't you shoot?" "Si puffed a tranquil cloud from his pipe and said: "Do you think I want to lose my job?"—Chicago Herald.

Frequent and moderate rain is the most effective of all sanitary agencies.

# What Are Your Needs?

If It's a Nice Mule or Horse, we Have Just Received a Car of Nice Choice Mules and can Suit You in Looks, Quality and Price.

We have also received our season's supply of Plows and Plow Castings. We bought the largest stock of Plows we have ever bought, and therefore can save you money on your

## Plows and Plow Casting.

We have just unloaded a car of International Harvester Co's. Improved Farm Machinery—Disc and Section Harrows, Riding Cultivators, Lime and Manure Spreaders, Guano Distributors, Cotton and Corn Planters. In fact anything you want in

## Farm Machinery

We have it or will get it for you.

We invite you to inspect our "Acme" Harrows, B. & G. Sulky Plows, Farm Fence, heavy and light weight Poultry wire.

We have a ware house full of Feeds---Red Dog, Ship Stuff, Molasses and Dairy Feeds.

## A Car of Good Flour Just Unloaded

We have already laid in a good supply of Fertilizer and can supply you with any analysis. We guarantee quality and price. Let us figure on your Fertilizer needs before placing your order.

We strive to make your visits to our store pleasant and interesting. We carry one of as large stocks as is carried in the county, and probably the largest of improved machinery, Kerosene and Gasoline Engines, and Corn Mills. Our Meadows Whole Wheat Flour Mills are just the thing to make your war flour.

## The y Are Cheap or Their Results

# Roberts-Atkinson Co.

SELMA, N. C.