

## ABOUT CHEESE.

It seems that we have nobody in Utah ready to inform us "how to make cheese." It was left to outsiders to answer that question. An old lady, of Whitesboro, Oneida County, New York, thus writes to me: "While reading in the DESERET NEWS, I noticed your article on cheese making, and as I have had some experience in that line I herewith pen some of our rules; for it is a nice point to master cheesemaking successfully. My husband was the one who first established cheese factories. He had made cheese for many years before he conceived the idea of factories and succeeded in pleasing the market. Well, we want plenty of clear, cold water for cooling the night milk, which should be forty degrees, or even cooler, to rid it of the animal heat, and prevent the cream from separating too much through the night. We used all diligence for keeping the cream in the milk. Our rule for setting was 82 or 84 degrees, but the weather has much to do with the setting of the milk. We used calf rennet. When taken from the animal, if any food remains, empty it, but do not wash. Roll in salt when well cured or cleaned, stretch and dry. No matter how old the rennet be if kept nice and dry. It should be put in brine to soak for two or three days before using. Exercise judgment about the quantity to be used. When well mixed, and having been allowed to rest for coagulation, take the dipper with hot water in it, and move it moderately on the surface of the milk in order to prevent the cream rising and to show when coagulation occurs, whether in twenty or twenty-five minutes. When that appears on the dipper, cover up and leave alone until ready for more work. Either cut or break with the hands. If cutting use a knife made of thin, hard wood, as it leaves the curd rougher than if cut with a steel knife. But I prefer the plan of breaking with the hands, putting the hand to the bottom of the curd, with fingers apart, bringing them up carefully, and allowing the curd to pass between them. Then put on the strainer for the dipping of whey, leaving plenty for breaking again, without being harsh for first heating. For cooking the curd warm to 88 deg.; then rest awhile; dip off more whey if desirable, warming to 98 or 100, and stirring the whey so as have it work evenly. Then cover up. When the whey is well separated from the curd, drain and salt. While warm put on a portion of very fine salt, and avoid stirring the particles of curd. Our curds when prepared for the hoop were of the size of kernels of wheat or corn, and looked very beautiful. Put on the salt, and stir with care; this helps to separate the whey. Press lightly at first. After an hour or so turn and put on the bandage. I am unacquainted with the Gruyere pattern, but have assisted in making many thousands of pounds of cheese. We always used a little coloring in the cheese when cured, making it near

the color of butter when cows are fed on fresh grass. It should be a very clear lye, with the best annetto. I also used some hard wood ashes. Boil well in water, set off, add some cold water when well settled, strain into an iron kettle, putting the annetto to boil. I am not aware that the coloring or the rennet has anything to do with the flavor of the cheese.

But the nice point is to cool the night milk, retaining all the cream possible, handling carefully in separating the whey from the curd. Salt helps to separate the whey, but over much will make it too hard. On the other hand, if enough is not used it will be "leaky." It is a hard matter, however, to give a correct recipe for making cheese without knowing the condensers in use. I always avoid heating whey for the cooking, as the curd is liable to burn. If scorched it would spoil the flavor of the cheese. I prefer water for the heating. We used steam after the factory was completed, and this is much the better plan.

I have always taken great interest in the cheese trade, and wish prosperity to all who engage in it.

Yours truly,

AMANDA WILLIAMS."

I have another letter from a friend living at Eagle Rock, Idaho, who says he has studied cheese-making for a long while. He writes:

"I think that with a little more care the cheese made here could become excellent. I have studied the question myself and my idea is that the great fault lies in this: When the curd separates from the whey, cheese makers allow the whey to run into the curd too long. They ought to let the whey drop off as soon as the curd is elastic enough, and as soon as a slight acid is perceived. But in leaving the curd covered by the whey one or two hours, as is sometimes done, the cheese acquires a nasty and putrid taste. I suppose the curd absorbs the gas of the whey, and that that is what gives such a peculiar flavor to the cheese. Another plan, which I know to be quite as good, is this: The evening milk, after having been uncovered all night, should be worked alone, because during the night the gas has escaped, and if the morning milk, which is full of gas, be added, the evening milk will be like that of the morning, i.e., the gas from the one will assimilate with the other. The milk ought to be put in tin pans placed in running cold water until the gas has evaporated. By doing thus a cheese may be made that will not "weigh" on the stomach. The best cheese I have ever eaten was made according to this plan. A.R."

Thus far for cheese. Now I will offer a few general items myself. The weather in our section of country has been very mild. January only can be said to have been a very stormy month, wherein a large quantity of snow fell, in the mountains especially. February was tolerably fair, and March was clear and pleasant most of the time. So has April been thus far.

Our Kingston woolen factory,

under the management of Messrs. Curfew, Cowdell & Co., did a good cloth and blanket business last summer, but considerable trouble was experienced by the firm in re-fitting the machinery. Besides, our sheep men do not seem willing to give them any encouragement—unless at a very high rate of interest. There are many capitalists in Utah now. How is it they do not invest a small portion of their capital in the encouragement of the industries of the country?

We have had a few cases of "Ja-grippe" around here, but mostly in a very mild form. Just now the health of the people generally is satisfactory.

Money with us is exceedingly scarce at present. As for the "golden eagle," it is becoming quite a rarity. There is no way of turning anything into money. We have cattle and horses, but scarcely anybody comes to buy; if they do they offer such low prices that it would hardly pay to sell.

I was glad to read in the NEWS that our good brethren in Gunnison have built a substantial reservoir. The country east and south-east of this place is full of excellent sites for the construction of reservoirs, and as our Sevier valley neighbors are crying out all the time for "more water," would it not be a good thing for some of them to form a company and go to work and build, thereby saving a little of the water that runs to waste so much on the desert just now? I have made a calculation that the waters of the east fork of the Sevier River, which run by my house, would feed a dozen or more such reservoirs as that of Gunnison. On the narrow part, at its quickest, it is eighteen feet wide and eight feet deep, and on some days even more. H. EDOUARD DESAULES.

KINGSTON, Piute Co., Utah, April 19, 1890.

## SLEEP AND FOOD.

Going to bed with a well-filled stomach is the essential requisite of refreshing slumber, says the *American Analyst*. The cautions so often reiterated in old medical journals against "late suppers" were directed chiefly to the bibulous habits of those early times. When at every late feast the guests not unselfishly drank themselves under the table, or needed strong assistance to reach their couch, the canon against such indulgence was not untimely. Nature and common sense teach us that a full stomach is essential to a quiet repose. Every man who has found it difficult to keep awake after a hearty dinner has answered the problem for himself. There are few animals that can be trained to rest until after they are fed. Man, as he comes into the world, presents a condition it would be well for him to follow in all his after life. The sweetest minstrel ever sent out of paradise can not sing a newborn child to sleep on an empty stomach. We have known reckless nurses give the little ones a dose of paragoric or soothing syrup in place of its cup of milk, when it was