

# Heart and Home Harmony

Aiming for hearts, homes, and lives in harmony with:  
God and His Church, and the rest of His creation through the Holy Spirit.

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✧ Learning How to Love ✧

By Luke and Rachel

## Training in Truth

I have no greater joy than to hear that  
my children walk in truth. 3 John 1:4

What is walking in truth? How do we train our children to walk in truth?

I always thought of walking in truth as knowing the right doctrine and living accordingly, obeying Christ's commands. It certainly is that, since Christ is truth. But it is more than knowing God. It is also knowing our self and being our self. It is being real instead of putting on a front and trying to be something that we are not. It is doing and being what we were made to do and be.

We recently heard this testimony from a friend approaching his sixties, "It sounds awful to say this, but now that my father has passed away and mother is living elsewhere, I feel a release, like finally I am free to be whom I am." Let that not be the testimony of our children.

Looking back and realizing all the mistakes that I made in raising our 11 children and the problems

they suffered because of our failures, I feel that I hardly qualify to write anything on child training. But I can testify (many others have also) that all our children stand testimony to the fact that we did something right! That something was, and still is, to look to God for wisdom, guidance, and grace to know, teach, and live truth as we grow along with our children, though sometimes it seems we are behind them. Praise God for His grace in the lives of our children and in our lives and for using the trials of each of us to teach us more truth.

I think the greatest hindrance to being the perfect mother that I so much wanted to be, stemmed from the fact that I did not know that I did not know myself. When but a child, my deceitful heart quickly stuffed away the shame and damage to my purity and that very hour my act to appear normal began. Actors and actresses do not have real heart to

heart communication with others on the stage. And when real life shows our failures, our frustration seems unbearable. I most wanted to succeed with my children; consequently, my poor children bore the brunt of my anger, because when they didn't do as I expected them to, my lack was proven. Next to my husband, they were the ones I most wanted to be close to. But I just couldn't always make it happen.

The best times were those times along the way when, in desperation, I would turn everything over to God and relax. Immediately the children would relax and we would enjoy each other. Children are so wonderfully forgiving.

How do we train our children to walk in truth? Let me share various thoughts and ideals, some of which I am still striving to attain.

Most importantly, we must walk in truth ourselves and that entails getting help from God. To walk in truth, we must know truth. We must know God. We must know ourselves. We must know our children.

What is the truth, the reality of this child given to us? Children come to us pure, innocent, very good, and quite frank and truthful about themselves, each one unique, a special creation for a special job in the Creator's kingdom.

It is also true they come with an earthy, human, selfish nature, and deceitful heart that will tend to stray from the Heavenly Father's purpose. They need training, cor-

rection, and discipline to help them control their actions, passions, and fleshly desires until they gradually learn to control themselves and, hopefully, yield themselves to the control of God's Spirit. God entrusts them to parental authority to make it easier to submit to His love and authority.

**And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.** Eph 6:4

Angry, disrespectful, unkind, or belittling words or treatment provoke to wrath and drive them to shame and make them afraid of what they are. If, in a fit of frustration, you tell him that he is good for nothing, (or anything that makes him feel that way) you have lied. Part of him will believe the lie and he will hardly be able to walk in truth. He will stay focused on self. He'll be bored with his act and real life will be a frustration. His fear of himself will make him vulnerable to peer pressure.

But with nurture and admonition of the Lord, he will grow up to boldly walk in truth. He will accept and love what he is but will come to hate the things of the flesh that

## Heart and Home Harmony

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would pull him down from the high plain of truth and compassion.

The only way we can know our children is to be with them, watch them, and listen to them from the time they are born. Until they can communicate with words, listen to their cry and body language. It's their way of expressing their needs and passions. Direct their passions; don't kill them. They will need them for the work ahead. Don't punish them for being angry but let them know in no uncertain terms that they may not be destructive or disrespectful. If necessary, tell them to tone down. Then listen. Care enough to find out why they are angry; and direct them to truth and loving response.

Nurture them with love, fellowship, approval, and genuine praise. Don't flatter; just include them in the work and fellowship of the home so they know they are needed and give them a chance to use their talents and they will grow up to serve. They'll never be bored with the fulfilling challenge of living.

Admonish, guide, and correct. Children want to please their parents. A disapproving look or tone of voice may be enough. Snap them with your fingers or apply a rod to the hands, bottom, or legs for a good training tool to teach what is not safe or acceptable. A flexible rod works well. It should sting enough to get their attention but never injure. A tap on a diaper does no good.

There are other means of training and punishment besides the rod,

for example, withholding privileges. It is not love to allow them to have and do whatever they want. The child must obey and yield his will to his parents. (An exception is when it is clear that what the parent is asking the child to do would be disobedience to God's higher law.)

Children suffer when parents lack knowledge of the truth of their children's needs or lack strength to perform. Some misguided parents are so obsessed with breaking their children's will (and spirit,) that they can preach a whole sermon on spanking and making them obey and not once mention love. Some misguided parents keep on spanking until their baby or child stops crying. Some punish for reasons so small the child must really be confused. Some punish in anger. Some punish and laugh about it. Some keep control to the point of never giving the children a chance to learn to think and make decisions for themselves.

Other misguided parents offer their children almost no restraint and nobody likes their children.

**Mercy and truth are met together; righteousness and peace have kissed each other. Psalm 85:10. Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: Pro 3:3**

Parents who show mercy and truth do not need to demand respect; their mercy and truth command respect.

The purpose of punishment is to correct and rid them of feelings

of guilt. With properly administered punishment, the child will feel free and in good favor and fellowship with the parents.

A child is free before God. His conscience is to his parents. Teach about God but do not tell him to ask God for forgiveness or to accept Christ by saying the sinner's prayer. This will confuse him when he becomes old enough to understand and realize that he has sinned before God.

Watch and guard them. The world is full of selfish people ready to use them. When they are little, read and explain Proverbs 5 and what sin is. *Before* they reach puberty, teach boys to respect girls and never treat girls like they would not want anyone to treat their future wife.

Parents tend to forget how weak their children's flesh is. *Because I taught him, he'll be good.*

Never reward bad behavior by laughing with them or letting them have their way. Never let children manipulate you by whining, begging, crying, screaming, tantrums, or any other way. Showing your displeasure or ignoring them may be enough to stop their tactics.

Rules are necessary. They must be clear and punishment for violation defined, then consistently enforced. Empty threats are lies. Don't train them that you don't mean business until you repeat your commands and raise your voice. When you give commands it is real helpful to have your children acknowledge you in some way. That

eliminates the excuse, "I didn't hear you." It also helped me to not give commands carelessly and then forget what I commanded.

They may be able to do a lot more than we expect. On the other hand parents often expect more out of them than they can do. If your demands are taking all the fun out of their work and making them tense, lighten up.

Never compare them with others. Their abilities and personalities and the way they learn best can be vastly different one from another. What works for most children may not work for your child. Some may be a real challenge to understand and know how to handle. It is even possible that mental, emotional, or social functioning could be affected by inherited or harmful environmental factors. Pray for wisdom.

Children often understand more than we think they do. They can see right through their parents a lot more than we may expect. Though they may not be able to explain things, they may be well aware when we are wrong. If we apologize, we will command much more respect.

If we are religious but do not have charity, if our religion is man-made, if Jesus is not first in our life and we do not love Him with our whole heart, soul, mind, and strength, and love our neighbor, our children may look for another road to walk on. And we also had better look for The Way of Truth.

To teach them truth it is of utmost importance that our home is a

haven of love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance. Of utmost destruction are anger, bitterness, strife, idolatry, hypocrisy, and all the other works of the flesh.

While the failures of your parents (or others who have caused you damage) may give you a struggle, they are no excuse for you to continue in defeat. Jesus can help you be honest with yourself and your past. He can heal and give you victory. I don't want my children to keep on carrying pains from the past. We are too weak to carry yesterday's burdens—or tomorrow's. Jesus makes today's burdens light.

All this work and care is aimed at getting our children ready to be a tool in God's hand. Psalm 127 likens them to arrows. Aim well, then let them go. They will never hit the mark if we hang on. We should give them guidance, but let them be who they are and pick their own work and partners. As parents, our part is chiefly to aim them toward Christ. He will send them to the work. He will polish them so they fly true and straight.

From birth to adulthood, listen to what they have to say. Care about what they care about. Look them in the face and smile. Enjoy them and fellowship with them. Keep their heart so that they trust to bring their problems to you. And pray. We need His wisdom and

## Stand Tall

By Sam Hofer

Chorus:

Life is little how you make it  
But much more how you take it.  
Learn fast if you plan to stand tall.  
If you learn how to take it,  
**It's easier to make it.**  
**It doesn't hurt so bad when you fall.**

We all arrived here head first  
Got slapped at our birth.  
They all began to laugh when we cried.  
From diapers to dignity,  
Sweet dreams to reality,  
**We live when we're ready to die.**

When we learn that life gets harder,  
It makes it so much easier;  
A paradox of the worst kind.  
So learn how to take it.  
**It's easier to make it.**  
**It's all in the state of our minds.**

strength. Don't let past failures stop you. Repent. Relax. Rejoice!

What can we do to ensure that our children walk in truth? **Buy the truth, and sell it not; also wisdom, and instruction, and understanding.** Proverbs 23:23

Greater joy awaits. In 3 John 1:4 the children John spoke of were likely new believers he had led to Christ. Some of these principals of training also apply to guiding children in the faith. We should all attain that greater joy whether or not we have biological children. ☩

**O earth, earth, earth, hear the word of the LORD.** Jer. 22:29

Dear Readers,

This morning I came across this verse with only seven different words, ten in all. This simple statement may not seem to say much. But it says a lot to me. I see in it a loving Father, much grieved at what He must say to His people, pleading with them to hear.

If we look at the context, we see that the “earth” he is talking to is **the king of Judah, that sittest upon the throne of David, thou, and thy servants, and thy people that enter in by these gates:** Jeremiah 22:2. This is one example of many in the Bible where “earth” is used symbolically for God’s people, just as “heavens” is used for the ruling powers.

What is the message from God that Jeremiah is begging the people to hear? That they will be destroyed... **Because they have forsaken the covenant of the LORD their God, and worshipped other gods, and served them.** Jeremiah 22:9

Today God is just as earnestly begging the people that use His name to listen. Just as surely as then, we will be destroyed, if we worship other gods, which cannot save us from the world, which is the lust of the flesh, the lust of the eyes, and the pride of life. (See 1 John 2:15-17) Yet countless Christians continue to use their minds and hands to carve out their own rules and standards that they claim keeps them safe from worldliness and it’s destruction. Anyone today with courage like Jeremiah that will warn that we must obey Christ and refuse to bow to their idols, gets treated similar to the way Jeremiah got treated.

Christ pleaded with the Jews. **O Jerusalem, Jerusalem, which killest the prophets, and stonest them that are sent unto thee; how often would I have gathered thy children together, as a hen doth gather her brood under her wings, and ye would not! Behold, your house is left unto you desolate:** Luke 13:34-35.

Our house will also be desolate, if we reject those who bring God’s message that we need Christ to be first in our life. It is His mercy and grace that saves us, not our own effort to be good. It is His commandments that keep us on the way of love, truth, and life, not the rules we make. His first commandment is to love Him with our whole heart, soul, mind, and strength; and secondly to love our neighbor.

God is love; therefore, we were made in the image of Love. But we have not followed His way of Love. We have done like the man in Proverbs 28:19: **...he that followeth after vain persons shall have poverty enough.** Of course. If we choose vanity over Love, we’ll soon be too empty to really love. That is as impoverished as we can get. That is why we need to put away our idols and worship God and receive His love in our heart. Then we can put aside our anger, bitterness, pride, and everything else that keeps us from loving. **We love him, because he first loved us.** 1 John 4:19. Because we love Him, we obey Him, even to the point of laying down our life for our brother. **Wherefore receive ye one another, as Christ also received us to the glory of God.** Rom. 15:7. That means no cliques or schisms (1 Cor. 12) or rejecting brothers that are weak in the faith, (Rom. 14:1) or loving the pre-eminence and not receiving those like John who

*(Continued on page 9)*

# The Children's Challenge

To Charity and Cheerfulness



By Rachel

## Bob White Looks For Animals



Bob's head hurt, his voice was horse, it hurt to swallow, his tongue looked like he had thrush, and his mussels were sore. He listened to the cuckoo clock. Tick tock, tick tock. Rays of sunshine streamed in the window. He looked out the window at the mare's tail clouds. "I wish I could fly my kite or ride my skateboard," he sighed.

"Where is Mom?" Then he spider in the flowerbed, weeding around the elephant's ears. He could see anemone, snapdragon, oxeye daisy, and tiger lily blossoms waving their colors in the breeze.

In walked Jay, his little brother. "I drew a picture of a Volkswagen beetle and a Caterpillar bulldozer for you."

"Oh, thank you."

Jay cocked his head. "Do you have chicken pox?"

"No"

"Do you have ringworm?"

"No, I have a cold."

"Maybe if you took cod liver oil you wouldn't get a cold."

"If I took what? You mean cod liver oil." In spite of feeling crabby, Bob had to laugh.

"What is wrong with your arm?"

"Don't worry, little shrimp. That is just a mole."

Jay jabbered on and on until Bob felt badgered by all the questions. "Yak, yak, yak! If you would clam up a little more, you wouldn't be such a boar. You don't know what you are talking about."

"Walleye wasn't a lion," Jay sobbed.

Mother walked in and told Jay, "Bob needs to rest. Don't bug him." To Bob she said. "Honeybee kind, even though

you don't feel well. Do not flounder around in self pity."

"I am sorry, Jay. Mom I wish I had a pet—something soft to cuddle with." Bob rested, dreaming of living on a farm with lots of animals.

A week later Bob was feeling fine, though still a little sluggish. He helped the boys play ball. When it was his turn to bat, he only hit fowl balls so he went in and got his violin. "I can tuna violin and play that better than play ball."

One day Bob's sisters, Jenny and Bunny were playing leap frog. Dad asked them if they were done with their chores. "No," they replied sheepishly.

"Don't be slothful," he said. "If you get them done soon enough, we can all go hike in the mountains. "Oh goody!" The girls got busy with a sponge, broom, and feather duster.

"Bob," Mom said, "while the bread doe bakes, help pack a lunch. Get the butter but this time don't trip and let the butterfly," she laughed. "Put the beans and salmon salad in containers with tight seals. Get the bananas and kiwi, and pumpkin seed trail mix. Also, call Ant Phoebe and ask if Martin Fox may go along to the mountains."

Soon they were all in their old Falcon, herring down the

terrapike. As they drove past Morgan Marten's farm, Bob looked for animals in the pasture. There wasn't a single animal out at the time. He said to Martin, "I hope we see a lot of wild animals in the mountains."

After traveling down the pika few miles, they turned onto another road and soon stopped at what looked like a small accident. They got out. A husky man with long sable hair and a goatee said, "Stay back, kids. I toad my trailer with a chain. Some lynx broke and the trailer rammed into that crane."

They drove on. "Why didn't he blow his horn?" Jay asked.

"I think he looks loony." Martin said.

They parked at a campground surrounded by locust trees and pussy willows and a rail fence. They started down the mane trail that snaked through the hills. Dad told Martin, "You'd better put on your shoes, ferret isn't a good idea to go bearfooted in here." Martin didn't heed the advice until the sole of his foot met a shark stone and he let out a whale.

Bob picked up a stick. "This will make a nice walking stick for you, Mom."

"Look! A cluster of big mushrooms."

"Those are oyster mush-



rooms. They are good to eat. See the gills on the underside. We can add them to our lunch,” Dad said.

“What are these tiny white branches?”

“Those are coral mushrooms. They are good too.”

They saw some gooseberries and partridge berries.

“Dad, may Martin and I go down to that swamp? We mite see some animals. The girls make too much noise and Jay is a parrot.”

“OK. We’ll wait around here. Don’t go too far.”

They quietly ducked under branches and over rocks and logs. There were lots of plants to study but they saw no animals. “Now where are the others? Oh, I see Mom.”

“Yes, I see heron a rock and there is Dad.” He was perched on a log and the children rested in a patch of canary grass.

“Weasel cattails, skunk cabbage, and cowslips but no animals.” Martin said.

Back at the campground they roasted hotdogs over a flickering campfire and ate their lunch. They sang a few songs. Dad said, “Owl tell you a story. There was a boy who was bittern angry. He tried to buck the system. He was selfish and would hog all the goods, then crow

about his riches. He would cheetah lot of people. Later he even got to robin banks and he would snipe at people on the street. In prison he started reading the Bible. Jesus gave him a gnu hart. Instead of a ravening wolf, he became peaceful like a dove. He had to reap for his sins but he was happy as a lark.”

After a paws, he said, “Remember, deer children, you otter flea temptation, obey God, and take your troubles to Him. He has a porpoise for your life. Bee swift to hear and slow to speak. Don’t be a jelly fish; stand up for what is right.” ☩

*How many animals can you find in this imaginary story? Do not count the words “animals” or “pet.” Count parts of animals but not “head.” It must be a part specific to an animal. You may use a part of a word, like “dog” in “dogwood” or “dogged.” There are 133. Answers are on page 11.*

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*(Continued from page 6)*

emphasize that we need to obey Christ and love our brother. (3 John 9-10)

**O earth, earth, earth, hear the word of the LORD. We need to obey Christ and love our brother.**

We hope you have the privilege of planting seeds this Spring to grow some food. But more than we need food, we need to love. Be sure to plant plenty; freely scatter the seeds. The Father will give you all you need.

Luke and Rachel Martin

Dear Sister Rachel and family,

Greetings in Jesus' precious name. How are you all doing? We just got your little paper (Winter 2006) the other day. I agree that it is rewarding to be independent, living off the land, etc. but I doubt whether God cares too much how we make our living, as long as we look to Him to meet our needs and not to ourselves. That is the very important part. Yes, He is our King and we're a part of His Kingdom if we are born again. (*Rachel. – Amen!*)

I'd like to share with you how we make our living and how vastly it differs from that of yours in the North Country.

We do not own modern machinery like you do and our method of making our living is much more basic and back to nature. We own one motor to run the rice peeler for our neighborhood; also, we put the same motor onto a hammer mill to grind grain. Since rice is about the most important staple food crop here, the people raise it to sell and eat it practically every day, sometimes three times per day. Rice is very hard to hull by hand and although a few still use the old mortar and pestle method, it's hard work and very slow. So we peel rice on our machine for the neighbors. We have also made a church and school for this neighborhood, since neither one was here when we came. I teach school. This term, which begins next month, will be my sixth one. At first I found it challenging with the Spanish language, but am comfortable with it now.

We have a small herd of cows to milk. Most of them are a mixture of Jyr (a type of Brahma) and dairy. The Jyr are dual purpose cattle and can stand heat and ticks better than pure Holstein,

for instance. Holstein, Brown Swiss. And Jersey are the other part of our breeds. We make about 10 lbs. of cheese daily, which brings us around 8 or 9 dollars per day. This is plenty for our normal needs. We buy very little food. We buy salt and sugar, since our sugar making isn't yet to the point where it meets our demand. We also buy a few other things like soap and toilet paper and once in a while, several lbs of flour. We raise corn, sugar cane, rice, dry beans, yucca (a potato substitute) peanuts, sesame, sweet potatoes, and in our winter time, (May, June, July) we raise almost all kinds of vegetables. For fruit we have bananas and papaya pretty much year round. Then other fruits are mango, citrus (grapefruit, orange, tangerine, sweet lime and lemon) guava, red raspberry, blackberry, coconuts and other less known varieties.

We, of course, have our own chickens, eggs, meat, milk, cheese, cream, and butter. We raised pigs to feed our whey and rice polishings to, so we have lard too.

We have 5 horses, but we don't use them in farming. It works quite well for us to farm with hand tools, machetes, hoes, and rakes. We plant a cover crop called mucuno (it's like kudzu, somewhat) to keep the grass and weeds from overtaking. It also builds up the soil as it's a legume. Then when it's time to plant, we go in and cut it down with machetes. Depending what we want to plant, we rake it into windrows and hoe up in between them to plant; otherwise we plant right through the mulch. We don't have to make hay, as grass is green year round. We don't have to can food but we do some. This year I canned over 100 quarts tomato sauce as we love tomato sauce on tortillas and beans or rice and meat. I also

can meat and a few fruits sometimes but it's not so necessary as we have fresh foods all year round, but not everything at once.

We don't need fuel to heat the house, as it's rarely cool enough to even wear sweaters, except a few times in our coolest time.

The children ride our horses and we use them on the buggy or to haul corn home in bags on their backs, etc. The boys like to go hunt and explore in the woods and sometimes bring home game to eat (deer, pig, turkey, or smaller game; agouti is a very common delicious meat. Our son has 7 parrots for pets (5 different varieties, two which talk a lot.) Another son is making a collection of different birds eggs.

Here we have no electricity or other modern conveniences, neither do

we have to dread the government putting microchips into our animals. That would be a big hassle. Whenever your cluck would hatch a batch of chicks you'd have to do it again! I doubt whether that idea will be carried out.

Two of our daughters live much more remotely than we do. There is not even a road to their place. They have a boat to reach it by river. They have lots of lakes and a large river nearby. They have their buildings and animals (cows, sheep, chickens, pigs, goats) on one side of the river. Then on the other side they plant their food crops where the animals won't eat them. They live near a family that moved there with them.

Sincerely,

A sister Franny

Leonard Kropf family

Bolivia, South America

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*Animal answers from page 9*

Bobwhite	Chicken	Doe	Loon	Dogs
Horse	Worm	Butterfly	Locust	Flicker
Swallow	Colt	Salmon	Pussy	Owl
Thrush	Cod	Seals	Rail	Bittern
Mussels	Crab	Kiwi	Mane	Buck
Cuckoo	Shrimp	Pumpkin seed	Snake	Fish
Tick	Mole	Ant	Ferret	Hog
Ray	Badger	Phoebe	Bear	Crow
Mare	Yak	Martin	Sole	Cheetah
Tail	Clam	Fox	Shark	Robin
Fly	Boar	Falcon	Whale	Snipe
Kite	Walleye	Herring	Walking stick	Gnu
Skate	Lion	Tern	Oyster	Hart
Spider	Bug	Pike	Gills	Raven
Elephant	Honeybee	Morgan	Coral	Wolf
Sea anemone	Flounder	Marten	Goose	Dove
Dragon	Slug	Pika	Partridge	Lark
Ox	Bat	Husky	Mite	Paws
Tiger	Fowl	Sable	Parrot	Deer
Jay	Tuna	Hare	Duck	Otter
Pig	Jenny	Goat	Heron	Flea
Beetle	Bunny	Kid	Perch	Porpoise
Caterpillar	Frog	Toad	Canary	Bee
Bull	Sheep	Lynx	Weasel	Swift
Fur	Sloth	Ram	Cat	Jelly fish
Ewe	Sponge	Crane	Skunk	
Cock	Feather	Horn	Cow	

## Raw Milk Cheese Curd

2 gallon milk  
1/4 rennet tablet, dissolved in  
1/4 cup cold water.  
2 tablespoon salt

Years ago I made cheddar and Colby cheese using the recipes in “Cheese Making Made Easy” by Ricki Carroll (now called “Home Cheese Making”) from New England Cheesemaking Supply Co. After we moved to our farm, I was more pressed for time, so I started making a simple cheese curd. I don’t have diapers to wash now but other things take my interest and time, so I still make my simple curd.

I usually use 8 gallons of milk in my 10-gallon stainless steel kettle. I dissolve one rennet tablet in one cup cold water then add to ripened milk warmed to 86° F. Milk is supposed to be the right ripeness if you let the evenings milking set at about 50-60° and add an equal amount of fresh milk in the morning. Some acidity needs to develop but not enough that it tastes sour (if it does, make cottage or a soda cheese.) If I need more than 2 milkings for a batch, I it keep cold, usually in my pantry. If the weather is too warm, I make smaller batches. So you see I am really guessing on the ripeness of my milk but I have made edible and even good cheese with varied conditions. Sometimes the cheese doesn’t mat together enough to slice it but those lumps of curd can be just as delicious. When it doesn’t mat, I think it usually is because the milk was overripe.

When the milk is at 86 - 90° stir in the dissolved rennet for 1 minute. Let set undisturbed for about 45 min. or until it is coagulated to a clean break. I insert the tip of my cheese ladle to see if it gives a clean crack. I often have to let it set longer than 45 min. even a few hours. I think the reason it sometimes

takes longer is because the milk was under ripe.

Then cut the curd. With a long knife cut both ways, making about  $\frac{3}{4}$  inch blocks. Make some diagonal cuts then gently stir while cutting up bigger pieces until it is well cubed. Then put your kettle in a kettle of water. Instead of a double boiler, I put it on top of the water jacket of my wood cook stove. Stir it gently and frequently, hacking any big pieces that surface, until it reaches 102°. This should take at least  $\frac{1}{2}$  hour. Sometimes it takes my big kettle a few hours. The curds should be on the bottom of a sea of whey. Sometimes they float. That means it contains some wild yeast. It may still be good, especially if I use it soon or grate it and freeze it to use in cooking. If it is very spongy, the chickens have a feast.

Drain off the whey and with your hands tear the mat into pieces about the size of your thumbnail. Mix in 1 tablespoon of salt for each gallon of milk. I put it in cheesecloth, tie the corners, and hang to drain overnight. Enjoy!

In the hot, humid, fly season it usually doesn’t get good, so I quit making it and use what I have stored in the freezer. It freezes well except it crumbles easier. Maybe sometime I will again mold, press, wax, and age it.

Cheese rennet is available from *New England Cheesemaking Supply Co. Box 85, Ashfield, MA 01330* or *Family Health Foods, 24 E. CR 300N, Arthur, IL 61911*. Junket rennet does not work for hard cheese.

My 34 feet of sons started out on mother’s milk and are finishing off on homemade bread and cheese. It has taken countless loaves and hunks of cheese but it has been a joy with the help of the ten hands of my daughters whose fingers started out arranging food on a highchair to finishing many a loaf and lump of curd! —Rachel