

The Farmer's Advocate Prize of \$100

Has this year been awarded by the Provincial Board of Agriculture and Arts, at the Provincial Exhibition, held in Kingston, to Thos. Guy & Son, of Sydenham Farm, Oshawa, Ont., for the best herd of five milch cows for general purposes and profit.

Mr. Guy has furnished the following statement to the Board, which will be of value to many of our readers. Three herds competed for this prize.

To Henry Wade, Esq., Secretary Provincial Association, Kingston:

SIR,—In presenting the following statement for the consideration of the judges appointed to award the prize given by the liberal editor of the FARMER'S ADVOCATE, we wish to state that we kept no regular daily account of the produce of our cows, but we frequently have tested their yield of milk by weight.

We find our best milk cows, when they first come in, to give from 40 to 50 lbs. of milk per day, and in some instances to exceed that quantity on grass alone. We think, therefore, from this, that we may safely estimate their average yield for the first three months, after calving, at 35 lbs. per day. For the next three months at 25 lbs., and for the third three months at 20 lbs. per day, or an average yield for nine months, or two hundred and seventy days, of 27 lbs. per day, making an aggregate of 7,290 lbs. of milk as the product of each cow for the year.

This quantity, if sold at three cents per quart, would realize \$109.35. Four of those cows produced calves which, from actual sales, at three months old, made \$50 each, which added to the amount from milk, gives \$159.35 as the product of each cow.

The same quantity of milk, if manufactured into cheese, allowing 10 lbs. of milk to a lb. of cheese, the figures would stand thus: 7,290 lbs. milk or 729 lbs. of cheese, at 9c, \$65.61. Add to this value of whey, say \$4, calf, \$50—total, \$119.61.

If made into butter, supposing 24 lbs. of milk gave one lb. of butter, gives 303½ lbs., which, averaging 18 cents per pound, amounts to \$54.66. To this add value of buttermilk and skim milk, say \$10 for the year, also calf, \$50: total \$114.66.

The above result gives \$4.85 less per cow for the year than that produced from cheese, and \$44.69 less than the milk.

In giving an account of the management, cost of keep, &c., we would say that on the approach of winter we stable our cattle at nights, and also the stormy days, but generally in winter they have the run of the barn yard, with a supply of fodder and water during the day. On coming into their stalls in the evening each animal is allowed half a bushel of turnips, or mangolds, and the same in the morning, with hay at night, and a feed of chop, such as ground oats and peas, with bran. We find this requisite to keep up the supply of milk.

We estimate the cost as follows for the six winter months:—

190 days, 1 bush. of roots per day, at 5c.	8 9 50
2,500 lbs. hay at \$8.00 per ton	10 00
½ ton bran, or its equivalent in chop.	5 00
Pasture in summer	8 00
Cost of calf to three months old	10 00
	\$42 50
	5

Cost of keep of 5 cows the year	213 50
Leaving a balance in favor of the herd from the milk produced at 3c. per qt.	\$583 25
If from cheese at 9c.	385 55
If from butter at 18c.	367 50

We would further state that the herd shown by us are all from pure Ayrshires, bred by ourselves. That in addition to their milking qualities, they

are of good size; and when not in milk, if so desired, are easily fattened and converted into beef. That the beef of an Ayrshire animal is finer grained, better intermixed with lean, more juicy and palatable than that of most other cattle, especially those of other breeds.

That it has been found also by actual tests that the milk of an Ayrshire cow is richer in casein or cheese producing qualities, giving a much larger percentage of curd to a given quantity of milk than that of any other. They are also more easily obtained, as they are not held at such extravagant and fancy prices as some others, and therefore better adapted to the wants of the general public, as they are within the reach of any farmer of moderate means, rendering a quick and remunerative return for a given amount of outlay. That the herd we exhibit are all good breeders, having had calves regularly every year since they were two years old, and two of them in 1880 dropped twins. That three of the herd are in full milk at the present time, and the other two are due to calve in about a month; that they are all sound in every respect, easily kept, docile, and good specimens of their kind, having received first honors in their respective sections at previous Provincial and other exhibitions; and in addition to this, one of their number was awarded the prize of twenty dollars, offered by Mr. Lockie, at the late Industrial Exhibition at Toronto, for the best milch cow of any breed.

All of which is respectively submitted.

T. GUY & SON.

Sydenham Farm, Oshawa, Sept. 16, 1872.

PRIZE ESSAYS.

The following announcement was made of the awards for essays on the subjects announced by the Association:—

Essay on "The Household"—1st prize, David Nicoll, Catarqui; 2nd, John Clougher, Brampton.

Essay on "Manures"—1st prize, John Smith, of Raco.

The prize winners in the Farm Competition were as follows:—Gold medal, James Dickson, Tucker-smith, Huron Co.; first silver medal, Geo. Hyde, North Easthope, Perth Co.; second silver medal, Andrew Wachter, Brant, Bruce Co.; bronze medal, Wm. Esplin, Arran, Bruce Co.; bronze medal, Robt. Lime, Derby, Grey Co.; bronze medal, Jno. Varcoe, Colborne, Huron Co.; bronze medal, Alex. McLaren, Hilbert, Perth Co.; bronze medal, Wm. Elgie, Nichol, Wellington Co.; bronze medal, Jno. Ford, Artemesia, Grey Co.; bronze medal, Walter Sorby, Puslinch, Wellington Co.

Essay on the Most Economical Feeding and Best Cooking for Harvest Hands, with Bill of Fare.

No. 3.

SIR,—I crave your kind indulgence if I am rather too minute in details, in this my first attempt at writing an essay. My object is to make myself plainly understood. I am a farmer's daughter, my parents are both dead; I keep house for my brothers at the homestead; we keep three hired men during the summer months; my two brothers eat their meals with the men when no company is present. Circumstances have compelled me to practice the closest economy in every detail, and at the same time to have a tasty and well arranged table. In order to do this I vary my dishes as much as possible. The enclosed bill of fare is my actual experience in the last week of July, or the first part of August. I think if farmers' wives or daughters would give a little more attention to the manner in which they cook and serve their food, it would be much better for the working men, and more satisfactory, in a pecuniary sense, to themselves. Such is my humble opinion, based upon the closest observation, with a view to having the table look as tempting as possible with the least possible expense; of course, I have to regulate the time taken to cook the vegetables. I am guided by their advanced age or otherwise, as in cooking I

have to exercise my judgment. I have all my pots boiling, with a little salt in each for all vegetables. With my green peas I boil a sprig of mint; green beans I serve with a little white sauce; this is made of one cup of boiling water, ¼ cup of milk or large tablespoonful, a little salt, a small piece of butter. After the water is carefully pressed out of them in the collander I put them in the dishes; I pour over sauce. The same way I cook young beet roots and new potatoes, omitting the sauce. If I have not meat and gravy, all are baked. This I find is much improved by being boiled quickly and served hot; my gravies I make by pouring some of the fat off; if the meat is roasted or fried fresh, I season with a little salt, pepper, a little flour, and boiling it a little, flavor it to my taste by a teaspoonful of last year's tomato sauce, taking care not to have it pasty at all, or too thick. My drippings I clarify by boiling in hot water, after skimming it off the pots and pouring it into cold water, skimming it again and keeping it in a cool place. By this process I save my butter and lard, besides having quite as nice pie-crusts and biscuits. I find that by boiling either ham or bacon it goes further and they like it just as well if not better than always frying. The apples I dry for our summer use are good cooking fall apples, that require no sugar unless cooked with rhubarb or green berries. In cooking berries, rhubarb or green apples or cherries for present use, I put in the required quantity of sugar when they are cooking, and always serve cold. This takes off the sour taste, and much less sugar is needed. As we send our milk to the factory, we only keep at home what will be needed for the day. If two quarts or three pints is kept I put it in three different dishes, if used for a pudding or custard. By this way I have more cream to spare for tea, and to serve with the pudding. For one cream pitcher full of cream, or for tea with milk, I put one tablespoonful of nice brown sugar, stirring well through the cream, for by this way less will do. I buy the uncolored Japan and black tea, keeping them separate. For one meal I use one large teaspoonful of Japan; this I put in the steeper with a little cold water on the stove, allowing it to steep 15 or 20 minutes; in the tea pot I put one teaspoonful of black tea, allowing to infuse for 8 or 10 minutes in boiling water; this will give each two or three cups of very good tea; when a little cream is used it looks very rich. When coffee is used I take three teaspoonfuls of the Java coffee, 1½ teaspoonfuls of chicory, pouring over it boiling water, let stand on the stove for a short time scalding. I take two tablespoonfuls of sugar with a pint of the last night's milk with the cream stirred into it, or new milk, then I let the whole boil a few seconds, when it is fit for use, and quite sweet enough for any taste, and will give each person two or three cups of very nice coffee. My vinegar is made of cider; I keep a stone jar near the stove all the time, and put with it all the cold tea I have. It is very wholesome and good. My bread I make twice each week; a little brown and white each time. I do this in order to have the white dough for buns. In the bill of fare I enclose I mention: 1 fore quarter of veal; mutton will do quite as well—I am guided by the price; the calf's heart and pluck. If not to be had I have fish for the day, fried with a little parsley and bread crumbs. The barley is the common pot-barley; one pound will do for three dinners; it is five cents per pound. The lettuce, onions, cucumbers and radishes I have, when prepared for the table, put in a little salt and water; it gives them a fresh appearance and crisp taste. This with a clean tablecloth, clean glasses for water, clean knives and forks, I am not ashamed of my table. The cider apple sauce is made from sweet cider and Tallman sweet apples in the fall. The apples are boiled until quite soft in cider, both are put over the stove at once; when sufficiently cooked it is sealed when hot, in gems or jars without sugar, and is very delicious for summer use. Now, Mr. Editor, I have endeavored to give you a faithful description of my method of cooking for our own men and hired help during the harvest, and I find that by strictly following these details in cooking, any little trouble and extra time is more than repaid. By using every kind of vegetables in its season we save it in meat, which is now a most expensive article of diet. Fruit I think quite indispensable for the hot weather. I have never found it a saving to be confined to one kind of diet. I would avoid when possible a sameness in cooking, even in the same articles. Few people have had the same reason to study economy that I have, and at the same time to have a respectable looking table. By following out this programme, and by the exercise of a little judgment, I flatter myself that our table