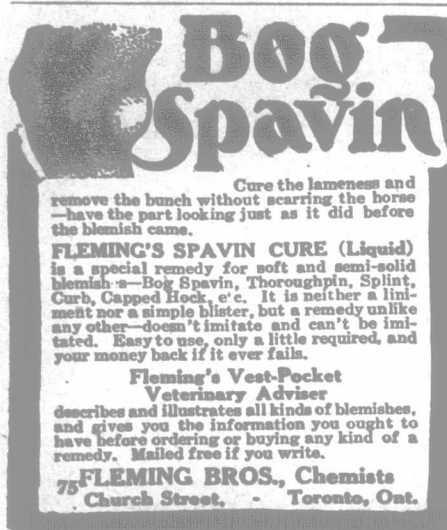




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1854 Maple Lodge Stock Farm 1916 SHORTHORNS AND LEICESTERS
We have now for sale one 2-shear Leicester ram, three shearlings and 14 ram lambs. Also a few young ewes and ewe lambs. All these are of excellent quality and choice breeding, and will be priced moderately. Come and see our flock.
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THOS. GRAHAM, R. R. 3, Port Perry, Ont.

Milk is Cheap at the Price.

Dr. P. H. Bryce, chief medical officer, Department of Interior, Ottawa, recently gave in the Ottawa Citizen some figures which go to show that when nutritive value is considered milk is cheap at 8, 9 or 10 cents per quart. He shows, too, that farmers do not make too much out of their cows. We believe his figures relating to average production per cow in Ontario are high. Perhaps 3,000 to 3,500 lbs. would be closer, but probably he was speaking of the average of the best herds. At any rate, even though all cows averaged 5,500 lbs. of milk per year their owners would not make too large profits. Read what he says about the nutritive value of milk.

It will be of interest to the several parties to the discussion of the subject to have some figures dealing with the cost of milk compared with other foods in the matter of their nutritive value.

Foods are divided into three classes, namely, proteins, as meat, eggs, milk; carbohydrates, as sugar, starch, etc.; fats, as butter, lard, oil. The superintendent of a New York tuberculosis sanatorium has recently completed a study of foods on which his 580 patients thrive best, and has found that by lessening the use of meats at meals he can notably lessen the cost while maintaining equally well nutrition. He gives the following table of the amount of the several food elements daily consumed by the patients for all ages from five years to adults:—

Protein—1,551 grains or 0.20 of a lb.

Fat—1,824 grains or 0.24 of a lb.
Carbohydrates—5,100 grains or 0.66 of a lb.

It will be of course understood that these are the amounts of dry substances required to supply the heat units of energy (calories) of the body daily. The same weight of protein and carbohydrates supplied much the same amount of energy, but fats for the same weight supply 2.25 times as much.

The following table from the experiment shows the amount of each of three protein foods used, and its relative cost:

Beefsteak—0.3 lbs. at 25c. per lb., 10.3 cents.

Eggs (2 per meal)—0.20 lbs., at 26c. per doz., 3.6 cents.

Milk—(8 oz.) 0.33 lbs., at 7.5 per qt. 1.5 cents.

Thus the same amount of nutrition is supplied in milk for a cent and a half that costs as beefsteak 10.3 cents and as eggs 3.6 cents. It is hence quite clear by the freer use of milk and eggs with cereals that much cheaper food of equal nutritive value can be supplied, and that judged by this standard 8 cent milk per quart of 2 1/2 lbs. gives 1.3 times the nourishment which one pound of beefsteak does at 25 cents.

That the production of milk has not been profitable for the farmers of Ontario at present prices seems proved from the steadily lessening number of milch cows as seen in the following table from the Census Year Book:

Year 1910, 1,243,689 milch cows;
1911, 1,023,996; 1912, 1,033,392;
1913, 1,141,071; 1914, 1,085,843.

Thus with the population increase in Ontario of 7 per cent., at least, in five years we have a loss of the cow population to the extent of 12.5 per cent.

The following figures may help to explain this regrettable result. The agricultural department estimates that the average annual amount of milk supplied per cow is from five thousand (5,000) to five thousand five hundred (5,500) pounds. At the present price of 17 cents per gallon the farmer in the Ottawa district gets 1.7 cents per pound, or \$93.50 per annum. Against this must be set the cost of feed, estimated at \$40, and probably more during the long winters of this district, to which amount must be added the farmer's labor, losses, depreciation and possible poor crops. It is very certain that a single farmer will be kept busy growing feed, milking and caring for ten cows, and it is difficult to see how at these prices he can make even moderate wages for himself. It is therefore probable, with the price of labor governed



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For Sale. 52 Shorthorns for sale, 40 females and 12 bulls of the dual-purpose strains. 1 choice red bull, near two years old; also our stock bull Scotch Grey = 72692 = one of the best aged roan bulls in Ontario. Used in herd for 7 years.

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Special Offering, Sittyton Favorite, one of the best individuals and stock bulls we know of. Also young bulls and females bred to (imp.) Loyal Scot and Sittyton Favorite. Write your wants. We can suit you in merit, breeding and price.

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Robert Miller Still Pays the Freight—And he is offering in Shorthorns some of the best young bulls and heifers that can be produced. Young bulls fit for service, some younger still; heifers ready to breed and younger, and some in calf. They are of the best Scotch families and some of them from great milking families. They are in good condition and made right, just what you want to make a proper foundation for a good herd, and suitable to improve any herd in the land. They will be priced so that you can afford to buy, if you will tell me what you want. Our business has been established 79 years, and still it grows. There is a reason.

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I can supply females of the most popular Scotch families, Crimson Flowers, Minas, Lady Fannys, Nonpareils, Butterflies, Amines, Athas, Miss Ramsdens, Marr Emmas, Marr Missies and Clarets. A few bulls.

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When in want of Shorthorns visit our herd. We have 70 head to select from. Minas, Fames, Miss Ramsdens, breeding age—level, thick, mellow fellows and bred just right.

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Herd headed by the two great breeding bulls, Newton Ringleader (imp.) 73783, and Nonpareil Ramsden 83422. Can supply a few of either sex.

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Scotch Shorthorns, Yorkshires, and Oxford Downs
Our Shorthorns are of the most noted Scotch families and the Scotch (imp.) bulls, Joy of Morning (imp.) = 32070 =, Benachie (imp.) = 69954 =, and Royal Bruce (imp.) = 80283 = have been used in succession. Two choice bulls of breeding age and heifers for sale. Also sheep and swine.

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Our recent importation of thirty head has arrived at our farms. We have imported cows with calves at foot, imported heifers that are in calf, imported yearling bulls and bull calves, also home-bred females and bulls. We are pleased to have visitors and will meet trains at Burlington Jct. at any time, if notified.

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