

and draw their patronage away from creameries and cheese factories.

CHANGED MARKET VALUES AND OPPORTUNITIES

On account of the changed conditions due to the war, the demand for casein, milk sugar, skimmilk-cheese, condensed skimmilk and milk powder increased greatly. As a natural consequence, the market value of these products also increased. The war forced up the prices of milk solids other than fat, so their commercial value is getting closer to their food value as compared with the butter-fat. Skimmilk powder was selling at 8 to 11 cents per pound wholesale before the war and is now selling at 14 to 20 cents, according to "The New York Produce Review." It follows from this, that skimmilk and buttermilk are particularly valuable products at this time from the financial as well as from the food value point of view and, further, that their full cash value must be realized by creamery operators who wish to meet the competition of the other branches of the dairy industry.

FOOD VALUE OF MILK AND ITS PRODUCTS

Nature itself prepared milk for the nourishment, growth and development of the young. It is a palatable and nutritious food-drink that has no substitute in the diet of infants and invalids. It is suitable for strong men as well. It has a recognized high food value, and this is not based on butter-fat alone, but also on the solids not fat. Milk contains carbohydrates and fat necessary for maintaining body heat and supplying energy; proteins for building new tissues and repairing old tissues; and, lastly, minerals for forming tissues, bones and body fluids, especially the blood. In this sense, then, milk is a perfect food because it contains all the nutritive constituents

required by the body. Moreover, it is easily and thoroughly digested by the stomach and readily absorbed by the blood. For the sake of variety and a better balance of the diet it is best to use milk in a properly mixed diet. Whatever is said of the food value of milk is in a large measure true of its products, after allowances are made for their respective composition.

DAIRY PRODUCTS ARE ECONOMICAL

In buying foods one must select those that furnish the most nourishment at a reasonable cost. This involves, of course, knowledge of the composition, digestibility and the market price of foods to be compared. These factors have been duly considered and the results obtained are graphically shown in chart on following page.

Study of these charts shows that even at the present prices, milk and its products are about the cheapest foods that can be purchased. Prof. Graham Lusk of the Medical College, City of New York, in an article in "Scientific Monthly," says: "Let no family of five persons buy meat until it has bought three quarts of milk daily."

Advocating the greater use of skimmilk, a recent circular from the United States Department of Agriculture, says: "Since, as a rule, the tissue-building materials are contained in the more expensive foods (meat, eggs, etc.) and the energy-yielding materials can be largely provided by cheaper foods (bread and other cereal foods, fats, potatoes, etc.) it seems doubly wasteful not to use skimmilk."

THE BEST USE FOR SKIMMILK

If it had been proposed here that feeding of skimmilk to live stock should be discontinued and directly applied to human uses instead, it would be met with many objections on the part of the breeders. To disarm such criticism,