

Milk and Honey.

By G. A. Deadman.

When the great leader of old sought to set forth the desirability of the place whence the children of Israel were journeying, he spoke of it as one "of oil, olive and honey, a good land and large—a land FLOWING WITH MILK AND HONEY."

These words are suggestive of the worth of these things. It is to be feared, however, that at the present day too many of us do not value these articles of food as we should. Too frequently they are looked upon, if not as luxuries, then at least as something that one can, without loss, do without. There is reason also for believing, regarding milk, that those of us who live in the country are more prone to this indifference than others who reside elsewhere. Perhaps it is the old story, "too much familiarity breeds contempt." I suspect, however, that many have not given it a thought, looking upon it merely as good for children and invalids.

Probably there could not be found one who would declare that milk is of no use for the young. If, then, good for the babe and growing child, why not also for the older ones? When we consider that we have in milk a perfect food, not lacking in anything to sustain life—something that cannot be said of any one other thing when taken alone—it seems to me a matter for regret that so many who have enough and to spare of this life-sustaining fluid, instead of having it always on the table, choose rather, for themselves and their children, tea or coffee, which have no nourishing properties whatever, and sometimes are positively injurious. There are some, of course, who do not like milk, but with them it is a case of "as the twig is bent the tree is inclined." I have yet to know a person who has been educated to drink milk who does not favor its use. After all, it is not so much a matter of what we like, as what is best.

It will be no self-denial, however, with many to substitute milk for tea, and these are only waiting for the opportunity to do so. I believe that many more than at present would take milk were it offered them. Let those in charge see that a jug of it is on the table at every meal. As for the children, there should be no choice. Let the parents or guardians decide that milk is the best drink for them when drink is necessary at meal time. If preferred hot, let there be always a jug of it heated. Not only is this hot milk warming and refreshing, but nourishing also. More than this, when cold, wet or exhausted, there is nothing, either in the laboratory or in nature, that can be compared to it. Those who have had any experience in raising stock know how quickly it brings circulation and warmth to the newborn calf. And it will do as much and more for most of us. After getting wet, which should be as seldom as possible, except in the line of a bath, substitute dry clothing for the wet ones, and drink a cup or more of milk, as hot as it can be taken, and see how quickly its good effects will be felt. When exhausted from hunger and fatigue, it is then a bowl of bread and milk—hot in winter, and cold in summer—will revive and nourish quicker and better than any other known food. It is both meat and drink, easily digested and quickly absorbed into the system.

How many children there are who have undeveloped limbs and unnourished bodies, who, if they had had a plentiful supply of milk, might have been robust and strong! One of the first things the doctor prescribes for delicate children is plenty of good milk, and that which is good for the weak is also good for the strong. Milk has well been called the model food. When it is taken, one need not question whether the carbohydrates or the albuminoids are in the proper proportions, for we know what milk will do. We know what it does for growing calves. Stock-raisers have tried in vain to find a perfect substitute for it. And what it does for these it will do for the human family.

The following analysis is given of milk, not to convince anyone of the value of it, but rather to show that it contains those elements found in the remedies almost invariably prescribed for a run-down system:

Water	86.40
Nitrogenized substances: casein, albumen, lactoprotein, and matter soluble in alcohol	4.30
Lactose—sugar of milk	5.20
Butter or fatty matters	3.70
Phosphate of lime, phosphate of magnesia, phosphate of iron	0.25
Chloride of sodium, chloride of potassium, phosphate and lactate of soda	0.15

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Now, if this is compared with the formula of the compound syrup of hypophosphites, you will find a wonderful similarity, so much so that we might come to the conclusion that were we to drink plenty of milk, no hypophosphites would be required, except in extreme cases, to add to, but never to take the place of, milk. More than this. Possibly, did we use more milk, such things as pills would be less in demand. Whether it is better to take these things in the form of pills and dollar preparations, judge ye. When I think of the quantity of milk that is fed to calves, pigs and such like, and the little that is consumed in the home, I am reminded of the following: A gentleman, who was the owner of a large Newfoundland dog, was asked if it was not expensive work feeding such a large dog. "Oh, no," he replied. "I go to the mill and buy some shorts, and make him bread out of this." We know the dog had cause for looking well-fed. Let us

see to it that if we do not use more shorts, we at least do not deprive ourselves of the milk.

It is to be feared that too frequently some of us send so much milk to the factory, and are so desirous of making just a little more butter, that we stint ourselves of both milk and cream. Let us ask ourselves does it pay? We are a firm believer that the husbandman should be first partaker of the fruits, and that the farmer should sit down at the first table. He is entitled to it. So we would say, select the cow in your herd that gives the richest milk—at least, rich in solids (and, as a rule, the one that gives the most cream, gives the most solids also), and keep her milk for family use. As for ourselves, we use Jersey milk, and, partly because it is rich enough without the cream, and partly to avoid waste, we have the cream separate. I say partly to avoid waste, for one can never judge just the quantity of milk that will be required for each meal. The family are encouraged to take all the cream they wish, either in the milk or other ways. To quench the thirst, and in warm weather especially, it is best without the cream, better also if one is biliously inclined; but, of course, we get the cream all the same. Do not let us go away with the impression, though, that in order to be of benefit it must contain the cream, for when rich in solids, such as those which cheese is made from, it is still one of God's best gifts to man. Let the good mother see that the table is always supplied with it, and so, like Jael of old, of whom it is said, "He asked for water, and she gave him milk."

(To be continued.)

E. M. Farmers' Institute.

The first meeting for the season of the East Middlesex Farmers' Institute was held in Thorndale, on Monday, 11th inst., with a good attendance of intelligent and interested farmers. At the afternoon session, Mr. E. Nicholson, a past President of the Institute, occupied the chair, and in his few opening remarks pointed out that it was no crime to speak out in an Institute meeting, but that questions, even during an address and discussion thereon, were invited.

Mr. W. S. Fraser, of Bradford, spoke on "Noxious Weeds on Our Farms." He said that nowadays a great deal of time and labor had to be spent yearly on the farm fighting these pests. Almost all our weeds had been imported from other countries, probably in seed grain and grass seed. The list was continually being augmented, the later ones being the worst. A chart was exhibited, showing the frightful number of weed seeds found, by actual count, in a pound of clover seed such as is ordinarily sold, and farmers were urged to be more careful in their selection of seed. Referring to false flax, some one asked what it was like, and the speaker said that it was a biennial appearing generally in fall wheat, resembled shepherd's purse; that he had got a big dose of it before he was aware, and that the time spent in pulling it out of a fourteen-acre field was equal to the work of one man for a month. Perennial sow thistle seemed to be causing considerable anxiety in the neighborhood, one farmer saying that he would rather have ten acres of Canada thistle than half an acre of sow thistle. Another said that for two years in succession he had grown roots on a patch of it, hoeing faithfully, and at the end it was worse than ever. Others seemed to share his opinion, but the lecturer maintained that it could be killed in a hoed crop in one season. Bindweed, he said, was ten times worse. He heard only one man say that he had succeeded in killing it. Burdocks and other tap-rooted biennials should be spudded below the crown. Surface cultivation was the only remedy for weeds with creeping root-stock, such as Canada thistle, sow thistle and bindweed, except that the spade might be used in small patches. Farmers were advised to study the bulletin on noxious weeds, issued at Guelph.

Mr. Erland Lee, of Stony Creek, spoke on "Lessening the Injurious Effects of Dry Weather on Our Crops." This problem has not given trouble for the past two seasons, but these were exceptional; generally, our summers were dry and crops, in consequence, suffered. Cultivation of the surface-soil was, of course, the most effective means of conserving soil moisture, but with most crops it was impracticable. Keeping the land rich, and rich especially in humus, increased its power to retain moisture and resist drought. The growing of red clover, lucerne and hairy vetch were recommended as tending to bring about this desirable condition. It would be well, also, to plow less frequently, manuring as much as possible on the surface, so that the humus might be kept there, where it was useful as mulch, and not buried and, in great part, lost. Mr. Lee's rotation is first clover, then corn, oats, peas and fall wheat, seeded down. In answer to a question, he said that he had a lucerne pasture besides, of which he spoke most favorably. It was on his highest, bleakest field, yet never failed in dry weather. He would not recommend it, except where land was dry. A chart showing composi-

tion of foods, and questions from the audience, turned attention to the subject of balanced rations. Practice corresponded with theory as to the advantage of properly mixed foods, and all were advised to give more attention to the matter.

Mr. T. Baty, a local man, had for his subject, "Corn-growing." He advised its more extensive culture: first, because in this latitude, of all crops grown, it gave the largest yield of good stock food, and, second, because no other crop gave such an opportunity to clear the ground of weeds. Then, dropping the lecture style, he, by questioning, drew from the audience the following: Clover sod, well manured, was the best preparation for a corn crop. Sod of any kind was all right, except that cutworms were more prevalent. Good crops of corn, however, can be grown following almost any kind of a crop. While in heavy clay land it might be better not to plow land for corn in spring, yet, around Thorndale, spring plowing was generally practiced with no harmful results. The speaker claimed that it was preferable. Planting in hills gives best returns, but for silage it was generally sown in drills, from a peck to half a bushel of seed per acre being used. Harrowing before and after seed was up was well spoken of, and all agreed that cultivating proper should begin as soon as corn rows could be seen. Shallow cultivation, especially in the earlier stages, had no advocates. It should be deep and thorough at first, becoming shallower as season advanced, and not ceasing until the corn was as high as the horse.

The evening session, over which J. B. Harris, ex-Reeve of Nissouri, presided, was also well attended, a good sprinkling of ladies being present. Several selections from the gramophone of the secretary, Mr. R. H. Harding, were well received.

Mr. Erland Lee spoke on "The Farmer's Eyesight." He did not come as an eye doctor, but referred to mental eyesight. How few farmers could pick out the best cows out of a herd, or see the blemishes on a horse! He gave an instance of a man in his neighborhood, who, by observation and study, had become proficient in orchard culture, and was making money by renting from farmers orchards formerly unprofitable. Study, rather than grinding labor, was the key to success.

Mr. Baty, in his address, drew attention to the opportunity farmers have enjoyed of late years to make money, and to the possibility continually before them of living a healthful and a long life, and of becoming intelligent.

Mr. Fraser said that farmers did not need more money, but, said he, we do need delight in our work, lacking which, we had better change our business, and knowledge concerning it. To supply the needs of humanity and keep up the source of supply requires special knowledge. As instances of the changed demands on the farmer, he said that last year we exported fifteen million dollars' worth of bacon-hog products, and that in the United States the total yearly earnings of all the railways were exceeded by the returns from the common hen. The knowledge of yesterday will not suffice for to-day, and to-morrow's needs will be different still.

At the Dorchester meetings, Mr. John O'Brien, President, in the chair, Mr. Fraser warned farmers against always expecting bargains by buying "cheap" seeds and other things, showing how as much as \$16 per bushel had been paid for alsike clover.

Mr. Lee said, by selection, breeding and feeding, the production of the dairy cow could be increased like that of the sugar beet, the sugar percentage of which was increased from five to ten per cent. to eighteen to twenty-three. Have the heifers "freshen" at two years old, and milk fifteen or sixteen months the first year. Then, "dry" them for two months. About forty pounds of silage per day in two feeds was sufficient. He commended lucerne clover and the silo for summer feeding.

Mr. W. E. Grieve, in a vigorous address, warned farmers against "cross" or "mongrel" breeding. The horse interests of Middlesex had been greatly damaged by indiscriminate breeding to sires of four or five different breeds. He recommended sticking to one of three kinds of horses—light (Thoroughbred or trotting), carriage and heavy draft, his preference being for the latter. Agricultural societies should encourage the class of horses best suited to the locality and which farmers could raise with the greatest profit.

Mr. Grieve also in the evening gave an excellent address on free rural mail delivery, a motion in favor of which was unanimously adopted.

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