

now under cultivation. There should be a distinct future for hulless barley, both in the household and for feeding to farm animals. The commercially available varieties at the present time are Hulless White, Hulless Black, and a Himalayan barley which is usually called Guymalaye or by the extraordinarily corrupt name Guy Mayle. This latter variety is the best and the most commonly cultivated. The Hulless Black should be avoided on account of the danger of ergot being present. While barley is less subject to this disease than rye it is known in some parts of Canada and the ergot can only be detected with great difficulty when it occurs in a dark, hulless variety.

RYE.

As human food, rye is one of the least interesting grains and it is scarcely likely that it will ever be used to any considerable extent in Canada where other cereals are available. Rye bread is largely eaten in northern Europe, but a taste for it is difficult to cultivate, except when it contains a very considerable proportion of wheat flour. Even then it would not be eagerly sought after by most people unless they were accustomed to it from childhood.

INDIAN CORN.

While this grain is used very largely in human diet in the southern parts of the United States and elsewhere, it is not very much employed in Canada. The ground, purified meal, although it is somewhat different in composition from wheat, is too much like that staple cereal to present any very great advantages.

Sweet corn during the latter part of the summer furnishes a delightful vegetable which is extremely wholesome if taken in moderate quantities. It is, however, comparatively indigestible. The ripe grain, of either the sweet or the ordinary varieties can be ground and used in the same way as ground oats or barley, though the ripe sweet corn does not seem to possess quite so much nourishment as the plump and more starchy sorts.

Indian corn is rather a coarse food, distinctly more coarse than oats, and might not be desirable if used in large quantities, but it should certainly be tried in households where coarse food has hitherto received too little attention. In the warmer parts of Canada, almost any variety of Indian corn will ripen; and certain varieties, such as Quebec Yellow, will furnish a good yield of ripe grain in most seasons in districts farther north than Ottawa. The famous variety known under the name of Squaw has been grown for a very long time on the western plains and will usually ripen quite far north. Though Squaw corn gives a smaller yield of seed than most of the other varieties, its extreme earliness is important and its quality (for use when ripe) is first class. People who are not farmers and who have comparatively little land available for the growing of their own vegetable foods should not neglect Indian corn.

PEAS.

The consumption of a larger quantity of peas by the English speaking races in Canada would certainly be advantageous, as the pea is one of the most nourishing of all grains and is usually found to be very wholesome and palatable, though it may not agree with everybody, especially when taken in rather large quantities. The commonest use of peas is in soup, the seeds being either split first of all, or being added directly to the soup in whole condition. Peas which are of good cooking quality entirely disintegrate in about an hour in the boiling soup, and add greatly to its quality and food value. Whole peas can also be boiled and served in the same manner as beans