

Supposing the daily consumption of whole milk by a family, to be one gallon, for which 22 cts. is paid ; supposing that in the town, where such family resides, skim-milk is sold at 5 cts. per gallon, equal to 50 cts. per 100 lbs. The difference, between the whole milk and the skim-milk, is that the latter contains  $\frac{1}{3}$  lb. less fat per gallon than the former, but this fat may be replaced by butter. If, in addition to the skim-milk used, the family in question consumed only  $\frac{1}{3}$  lb. of butter more than they did before, then from the point of nourishment the result would be the same. But  $\frac{1}{3}$  lb. of butter would only cost from, 6 c. to 8 c. and often less. As a consequence, if, in the first case, this family spent 22 c. for milk, in the second case the expenditure would only amount to 13.

This fact is only mentioned here in order the better to show the value of skim-milk, for it is well understood that, besides the nourishing qualities of foods, other things are taken into consideration in deciding their choice. On the other hand, good skim-milk is a pleasant nutriment : in many cities in Europe it is largely used, its use should be extended in this country, not only in the rural districts but also in the towns ; every one would certainly be the gainer.

Skim-milk is not only used alone, but may also be employed in the kitchen, instead of water in the preparation of many dishes, which are thus rendered more nourishing and wholesome.

Its use is specially recommended in the making of pastry and to bakers for their bread. Bread made with skim-milk instead of water is fresher and remains fresh for a longer time : it is firmer, more palatable and nourishing. By its use, enough flour may be saved to pay for its purchase and bread of equal weight and of considerably greater nutritive value will be produced. In making bread and for pastry, in many cases, the better the milk is skimmed, the better it is.

**Skim-milk as food for animals.**—This is the principal use to which skim-milk is put by the people of this country. Many experiments with animals have been tried and the following general conclusions have been arrived at :

1. Skim-milk gives a better return, when it is fed to young animals and when it forms the principal part of their food.