

480, which he has recently introduced, furnishes a product of distinctly higher flavour than anything obtainable commercially. The reason of this probably is that when the hull is removed from the ordinary oat the skin is also taken off, and that in or near the skin the best of the flavour is located. This is a supposition only, but seems a plausible way of explaining the superior quality of the ground hulless oats. These oats as they come from the threshing machine are free from hulls except for a few kernels which owing to unripeness or some other cause loosely retain their hull. By suitable treatment these can be separated out and a product obtained quite free from hulls and chaff. This has only to be ground in an ordinary hand mill to make excellent meal. Hulless oats have long been used as an important article of diet in some parts of China, but up to the present they are almost unknown in Canada. It is hoped, however, that the introduction of such a good variety as the Liberty will stimulate the growing of this valuable cereal. Farmers in outlying districts are strongly recommended to secure some of the seed and to grow this oat both for family use and for feeding to young animals.

There is probably no cereal product which can be produced entirely on the farm without the aid of complicated machinery, which is more desirable or valuable than the ground, hulless oat. Not only does it make porridge of the finest quality, but it is also excellent when baked in the form of oatake or cookies.

BARLEY.

Extremely little barley is used in Canada as human food, and there is no reason why the quantity should not be largely increased. Barley is sold almost exclusively as pot or pearl barley, which gives the purchaser the inner part only of the barley kernel, the hull, skin and outer parts having been worn off by machinery. The process of preparation is lengthy and requires a good deal of power, and hence the cost of the pearl barley is rather high, especially as the amount manufactured is small. Doubtless if it were produced on a larger scale it could be made somewhat more cheaply. It is rather surprising that in a country where so much rice, certainly one of the most tasteless of foods, is eaten, so little pearl barley should be consumed, as this can be employed for every purpose for which rice is used and, in the opinion of the writer at least, produces far more tasty dishes. Pot or pearl barley can, of course, be ground in a hand mill, and will thus furnish good material for porridge or other purposes, but this would be neither a cheap nor a coarse food and could not be classed in the same group with hulless barley. Ground barley under the name "Cream of Barley" has lately come into notice. This is very good, but being a purified, milled product, does not need special consideration here.

Hulless barley is unknown in the Canadian household, and is a cereal which should be employed in our diet. There are at least three varieties of hulless barley grown to a certain extent in Canada, and a fair quantity of this grain is produced in Alberta, where it is used particularly for feeding to young pigs. Hulless or naked barley, like the hulless oat, gives up its hull in the threshing machine and with very little difficulty can be prepared for grinding. It is not so easy to grind as the oat, but can be managed in almost any hand mill. To obtain fine meal the material may have to be put through the mill three times. Coarsely ground hulless barley makes excellent porridge. The skin is distinctly more conspicuous than that of oats, but it does not appear to be in the least degree irritating to the human system. The writer has repeatedly made his whole breakfast on barley porridge only (with sugar and cream), and has found it a very satisfactory form of nourishment. Such barley would make an interesting and valuable addition to the diet of most households and when once the demand for it was created, it should be obtainable at a very low price indeed. The writer has a large number of new varieties of hulless barley under test and hopes soon to be able to introduce one or two sorts which will be superior to any of those