

SEPTEMBER 25, 1907

THE FARMER'S ADVOCATE.

1487

Indeed the difference between a good and bad milker will in a few weeks mean at least a gallon a day. I do not like to see a man pull on the udder too much with an up and down motion. He should trust chiefly to opening and shutting the hand by mere use of arm muscle. Good milking requires a fair amount of that unguent, our friend "Vet." has referred to as oleum ulnaris. This: The milk is shut off from the udder by the first finger and thumb, not the action of the hand is something like the points, but the portion between the joints. The rest of the fingers close rapidly. I do not like to see a man digging the finger points into the teat. The fingers should wrap round it. The teat should be filled and emptied at each draw. A short, quick, squibby action which does not empty the teat each time is very objectionable. The hand should be as high up as possible, even grasping a small portion of the udder, and if the teat is longer than the hand the surplus should be below the hand. Occasionally a cow with a fleshy quarter will not milk clean out with one hand. Then one hand should grasp the udder and squeeze the milk down towards the teat whilst the other milks it out.

I finger-strip very little, as I can milk most cows quite clean with the full hand. Most boys in a dairy county like this learn to milk early. I began at eight years of age, and at sixteen milked eleven twice a day, and after the first flush of grass could do them in the hour. There is no work that brings the muscles of the forearm to such perfection. A man should always speak to a cow before rising and move gently, taking the bucket of milk with the right hand and giving a half turn to the right before backing out. When untying the cows, again there should be gentle movements and perfect quiet. A cow is so likely to hurt herself in rushing back from the chain by slipping in the gutter.

There may be a milking machine invented some day that will equal the hand. The milk can be drawn out by suction easy enough, but the gentle massage of the hand will not soon be imitated. If a cow develops sore teats she should be milked last, as there is then less risk of it being carried through the shed.

A pot of boracic acid or zinc ointment should be kept in the shed to apply to sore and chapped teats. Even where a little of the froth is used for finger-stripping, the teat should be left perfectly dry, especially in cold weather. On a dairy farm all boys should be taught to milk on the cows that are going dry. How can we expect to have good labor in the next generation unless we take some trouble and make some slight sacrifice for the boys in this?

LEICS.

FOOD VALUE OF A QUART OF MILK.

Much attention is now being paid to the selection of feeds for our farm animals and but little heed is given to the comparative value of foods for the human family. We quote the following paragraph from Prof. Atwater:

"A quart of milk, three-quarters of a pound of moderately fat beef, sirloin steak for instance, and five ounces of wheat flour, all contain about the same amount of nutritive material; but we pay different prices for them and they have different values for nutrient. The milk comes the nearest to being a perfect food. It contains all of the necessary ingredients for nourishment, but not in the proportions best for ordinary use."

Scarcely any of us realize what a valuable food milk is until we compare it with something else that we considered very good and are accustomed to paying a rather high price for it. Three-quarters of a pound of sirloin steak sells for about 14.0 cents and a quart of milk for from five to seven cents.

It is not customary for the American people to look at the nutritive value of foods but they purchase the foods that suit them, regardless of the amount of nutrients that they contain. If more attention were given to the purchase of foods upon the basis of nutriment, more milk would be used and less sirloin steak.—Hoard's Dairyman.

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