

much fat as in oysters. Fuel value: about one-third that of rich cheese, and two-thirds that of beef. It is the protein or nitrogenous matter that builds up and repairs the tissues of the body, while the fat supplies energy.

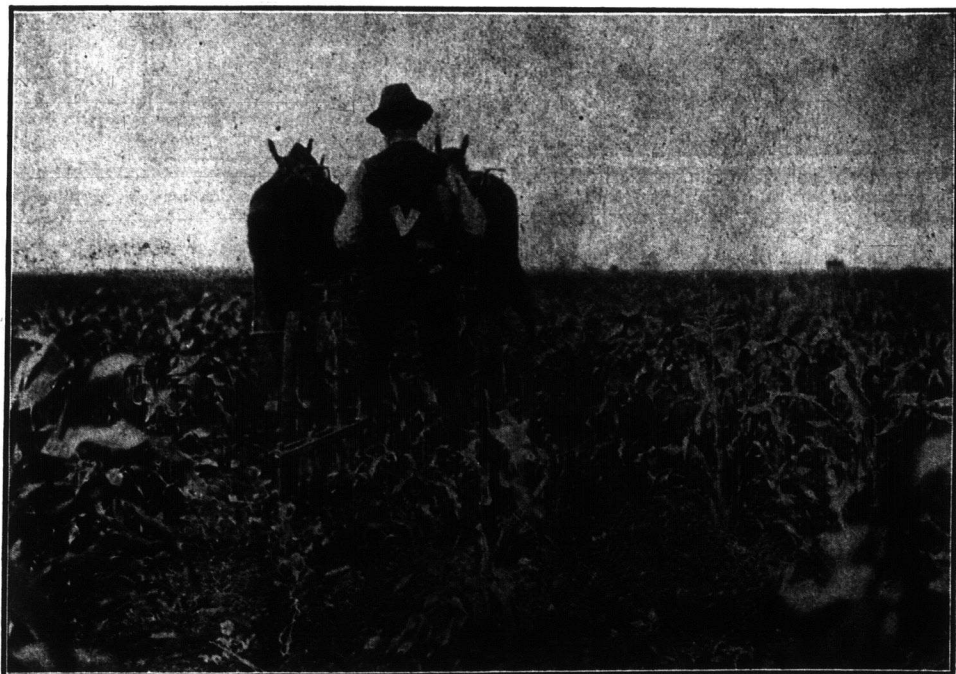
It has often been claimed that the white of an egg is pure albumen, but that it also contains phosphoric acid and sodium chloride or common salt, has been proved. The fatty part of the egg, also phosphorus, calcium, magnesium, potassium and iron, are contained in the yolk. There is also sulphur in the egg, which, no doubt, accounts for the dark stain left by eggs on silver.

Medical science says that raw eggs are more quickly digested than cooked ones. Soft-boiled, roasted and poached eggs are more quickly and easily digested than when fried or hard-boiled. The stomach will digest a raw egg in from one and a half to two hours. Soft-boiled and roasted require from two and a half to three hours, while hard-boiled or fried must be allowed from three and a half to four hours for digestion.

The Barred Plymouth Rock

By Prof. George C. Watson

This variety probably originated in Massachusetts something more than forty years ago. It is said to have sprung from the cross of a Dominique cock and



Corn growing at Camrose, Alta.

a Black Java hen. The Barred Plymouth Rocks combine largely the qualities of both these breeds. They more nearly approach the Java in size, but retain many of the good qualities of the Dominique. While they do not have the color of either parent, yet they more nearly approach that of the Dominique.

These fowls approach the Asiatics in size, the Leghorns in egg production, and constitute one of the most useful varieties. They also produce flesh of an excellent quality. It is maintained by some breeders of Plymouth Rocks that the quality of the flesh approaches that of the Dorking. They are blocky fowls, have large, full, plump, well-proportioned bodies, yellow shanks and skin. The flesh is of good texture and flavor. The cock weighs 9½, the hen 7½, cockerel 8, pullet 6½ pounds. They are early maturing, considering their size, are good layers, hardy both as little chicks and mature fowls. They are excellent mothers, kind and persistent sitters.

The laying capacity is considerably above the average of fowls. Authentic records are reported of more than two hundred and thirty eggs per year from single birds. The pullets make excellent winter layers, but for greatest egg production in the winter time fowls should not be kept longer than two years. They are easily kept in confinement and are adapted to nearly all climates. Probably no breed better combines these two qualities—egg-production and the yielding of a large amount of good meat for the table.

Thousands of mothers can testify to the virtue of Mother Graves' Worm Exterminator, because they know from experience how useful it is.

Eggs Bought for Hatching

When your eggs arrive, allow them to rest quietly for a day to give them time to settle. Examine them carefully. Some dealers are in the habit of sending out the eggs which they discard themselves. No dealer should send out a thin-shelled egg. The thin shell may be detected by holding the egg, encircled by the thumb and forefinger, to the lamp, or by using the tester. A good shell is even, and shows very few light spots. A thin shell is full of such spots; the larger the light spots the thinner the shell.

Sometimes the shell is good otherwise but has a belt, as it were, of thin material encircling the egg where its circumference is the greatest. Often in such cases the shell is a little deformed, showing a slight ridge on the outside, just as if the hen had broken the egg shell at that point while it was finishing its journey through the oviduct, and had patched it up just before laying. Such eggs invariably give trouble, and many are broken if hens hatch, or they dry out before hatching time if hatched by incubator.

Make sure too that your eggs are not from pullets that have just begun to lay for the first time. Such eggs are generally small in size and rather slender or narrow or thin at the greatest circumference. Chicks from these eggs are weak, and for lack of room cannot turn around in the shell, and cannot crack it all the way round. Not being able to move, they

often make a rather large hole where they are pipped, but cannot get out. Round eggs are preferable to oblong for this reason.

If you buy eggs to establish a laying strain, be sure you get good size, shape, good shell, and good color. It would be advisable to insist on these points in your order.

—J. M. Zurbrigg.

Color in Eggs

A professor at Liverpool has been carrying out some tests in regard to nutriment value of white and brown eggs. A number of eggs were selected which had been laid in one day on a mixed poultry farm. They were graded according to color, and then the eggs were carefully analysed in the laboratory. Nineteenths of the contents of every egg is pure water, and so of no food value whatever, but in the remaining portion is packed away some of the most nutritious food known. This was carefully analysed into its constituents, and the amount of fat, which is the really nutrient element, was estimated or weighed.

Some remarkable results were discovered. The darkest egg, one laid by a Buff Orpington, was found to contain 10 per cent more fat than the lightest colored egg. Moreover, the amount of fat was found to increase with the deepening in color of the shell. A very big white egg might contain as much nutrition as a small brown one, but, weight for weight the darker egg was always the best.

The professor who has been carrying out the experiments seemed genuinely concerned about the chickens. "This fat

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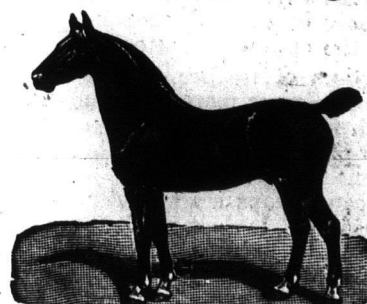
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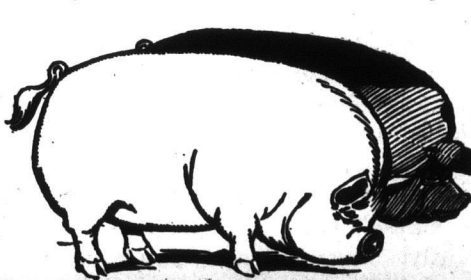
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