

The Farm.

Bran for Milk Cows.

European dairymen buy large quantities of American feeding stuffs. Experiments are now being made in compressing bran into brick for more convenient exportation. While the success of this line of work might lead to a still greater exportation of American raw farm products, the failure of the experiment would be America's gain. Bran is one of the most valuable feeds for the dairy. It is recommended by many feeders as especially useful for feeding in conjunction with cornmeal, which is concentrated and tends to "pack" the stomach.

Bran is cooling, and can be used in almost any reasonable quantity. It is a food rich in protein and contains a large amount of the nitrogenous element of fertility in soils. Wheat is known to be extremely hard on soil, and the chemist has found that most of the soil strength goes into bran. Broadly speaking, therefore, the extreme folly can be seen of exporting bran and letting that much fertility go out of the country to enrich foreign lands, necessitating the purchase in lieu thereof of artificial fertility of soil.—(St. Louis Journal of Agriculture.

Experiments in Food Values.

In the report of the Storrs Agriculture Experiment Station for 1899, just received, Professor Atwater defines in a brief article the terms digestibility, availability and fuel value as they are used in the investigations on nutrition. In an article of considerable length he also discusses, in conjunction with A. P. Bryant, the availability and fuel value of food materials, summarizing some of the results of a considerable amount of inquiry on the food and nutrition of man, including analyses of food materials, studies of dietaries, digestion experiments and research with the respiration calorimeter. The object of this discussion is to bring out more clearly the nutritive values of materials and the nutritive values of each of a considerable number of common food materials.

Details of several dietary studies are given. Five dietaries of individual college students, one of an individual professional man and one of a professional man's family are reported by Professor Atwater and R. D. Milner. Two studies carried out in the Connecticut Hospital for the Insane are reported by Professor Atwater and are treated briefly in a short article indicating the importance of such an inquiry to the general public and to the hospital man.

DROPPED IT.

Quit Coffee and Got Well.

"My breakfast never seemed complete without coffee, but the stomach became gradually weakened, although I had no idea of the cause. An hour or so after eating, a dull aching pain would come in my stomach and sick headache set up. This misery would continue two or three hours, increasing to an intense burning pain, until relieved by vomiting, then I would quickly recover.

"These attacks grew more frequent, and the pain more intense, until it began to affect my general health. I tried many remedies for strengthening my stomach, until finally I noticed that the much loved coffee appeared to have a woden taste, and I concluded to see what effect leaving it off, would have.

"In a short time, the sick, aching attacks ceased entirely, gradually my stomach regained its vigor. I began drinking Postum Food Coffee and I discovered by experiment that it has a delicious crisp coffee taste, and yet I could drink all I wanted of it without any oppression; on the contrary, it gave me a well fed, nourished and lightened feeling, instead of the old oppression.

"My general health has been greatly improved and I am able to eat, without fear, many things I dared not attempt before. I am grateful that someone has found so satisfactory a beverage. It is already a boon to thousands who have been troubled with coffee drinking, and there are yet thousands, who, if they knew the cause of their trouble, would get well by leaving off coffee and using Postum Food Coffee. Please omit name." Name and address furnished by Postum Cereal Co., 444, Battle Creek, Mich.

agement. The results of these two studies are shown to compare favorably with those of a large number of similar studies carried on in the hospitals of New-York State. The advantage of a continuation of the studies in the Connecticut institution is suggested.

Care of the Churn.

Among the duties of the one who must care for the dairy articles the care of the churn is not the least, for it will not stand any neglect without serious results; that is, if one wants pure, sweet butter, and it can never be made in a churn that is the least sour. The sooner the milk and butter are removed from the churn the less trouble it will be to clean. Cold water should be used first to wash off the milk adhering to the sides, and then scalding water must be freely used, and in such a way that it will reach all the cracks and crevices, for it is these that hold the milk and make breeding places for microbes, unless they are thoroughly cleaned.

The churn will never become sour if plenty of scalding water and perfectly clean cloths are used after each churning. I have seen the dishcloth used for washing the churn. It should never be used, as it is not sufficiently clean, and it is easy to keep cloths especially for cleaning dairy utensils. They need plenty of sunshine and hot water to keep them clean and sweet, and, what is still more important, to keep them free from disease germs. Wash the dairy cloths frequently, first in cold water, then put them in a good suds, set on the stove and let them boil twenty minutes or longer. Then rinse and hang in the sunshine until perfectly dry. It takes only a little time, and one is well repaid for the trouble, for the cloths and towels will always be sweet and clean, and if washed in this way they may be kept white until they are entirely worn out.—(Indiana Farmer.

Winter Feeding of Poultry.

Not proper but exact feeding of hens is required to make them lay well in winter. Above all things they must be taught "to earn their bread by the sweat of their brow." It will not do to prepare their food for them so carefully that they have no ambition to walk or scratch around. Many a good fowl is ruined in this way.

To insure their getting some exercise, it is a good plan to tie in a bunch the outer leaves of the heads of cabbages that are used on the table, and hang it up by a stout string from some beam or the like, where the birds can peck at it until there is nothing left. They thus enjoy working for their living, and there is no article of diet better for them to "earn" than cabbage; it contains both lime and soda phosphate—properties which greatly increase their laying powers. Occasionally a whole head should be hung up for them in this way.

Among other things, meat mixed up with the scraps of crumbs from the table should be fed to fowls at least once a week. One of the best forms of meat is good liver; it is highly relished and of great benefit. Bone, also, where it can be cut up fine in a cutter, should be fed with the meat. There are certain mineral elements in bone that give muscle and sinew to hens in winter, and at the same time stimulate their laying capacities.

It is a well known fact that a certain amount of iron in some form is of inestimable value to human beings, but, on the other hand, few realize that fowls need it just as much. They do, however. Iron warms the blood in man, and making more of it, keeps his system strong and robust. Therefore, as a large amount of food is required in cold weather to make heat enough for hens to resist the cold, let alone that "fuel" must be heaped on until the "furnace" is "red hot" before they can lay eggs, some iron received into their bodies will benefit them in exactly the same way it does mankind.

It is not at all difficult to supply them with iron. Even if their drinking water is given them in an old rusty iron dish, they will thereby absorb enough of it to suffice; and rather than feed them iron in the form of powders or liquids, as is often done, it is better, generally speaking, to adhere to this old fashioned drinking utensil. The writer has found it to be so, anyway.—(Frederick O. Sibley.

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