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harassed with vexatious and unnecessary rules all of which mean extra outlay. If the public wants milk as above suspicion as Caesar's wife, the public must be prepared to pay for it. The principles of burden-piling by those who do not contribute have been rather carried to excess lately.

Let us return to our—but the proverb is somewhat musty. A milking stool should be 14 to 16 inches high, according to the size of the man. A lower one puts one too much at the mercy of the cow, whilst a high one cramps the arms and shoulders. A three-legged stool accommodates itself best to uneven surfaces. I prefer the sloping tinned milk pails, without the ordinary bucket handle, which are made simply for the purpose, and can be used for nothing else. Our grand-mothers knew nothing of microbes and pure cultures, but they used to dip tins in boiling water and hang them out in the sun just as if they did. If I may for a moment be allowed to be reminiscent, I once had a dairy-maid who used to have her 40 pound cheese vatted by 10 a. m., and on churning mornings used to get up early and have her butter made up before the men were about. I suppose now she would have been to a board school and learned to play the piano.

### TRAINING THE HEIFER.

I like a man to approach his cow in good form, with the bucket in the right hand and the stool in the left, to speak quietly, and to make the cow set her foot in proper position before he sits down. It is so much easier to train a heifer into the right way at first. If a cow will not draw her off hind foot back so as to make room for the milker she should not be kicked on the shin-bone, which is the time-honored method amongst brutes who have no feeling. If the left arm is placed inside the hock and the hand passed on to grasp just above the other hock, a very little exercise of strength will place the cow in the proper position, and she will soon get in the habit of doing it without compulsion. The milker should sit well under the cow with his left knee well inside the hock. He and the milk are much safer if the beast gives a plunge, and he is not likely to milk over the edge of the bucket. It is best to commence on the two fore teats, as there is room for the right arm to reach to the far side teat, whereas if a milker commences on the hind teats there is the whole weight of the full udder on the right arm. I very much object to milking crossways, as the teats are usually in pairs, the hind giving more milk than the fore quarters. Which ever way is adopted should be adhered to by all the milkers. The start should be very gentle, as if the first few draws are taken roughly and rapidly it will be longer before the flow comes. When a cow has been in milk for some months the man often has to sit and pull gently for thirty seconds or more before the flow comes. He should never go on to the hind teats at this time for the sake of the few draws he can get, but keep milking steadily at the fore teats even if nothing comes for a few seconds. Then when the flow has come he may pull it out as hard as he likes, and if he has a nice easy action the cow will prefer it. The hand should not be moistened; indeed there is no more disgusting sight than wet filth squeezing out between the fingers. A cow should always be milked full-handed (milking, as it is often called) except just at the finish, and a milker should never change from full hand to stripping just to ease the arm muscles. As soon as the fore teats fail to give a full draw the hind ones should be commenced, and by when they are nearly exhausted there will be more in the fore teats ready for the full hand. Go backwards and forwards a few times as long as any can be obtained with a full hand.

### THE STRIPPING.

I prefer for this both hands to one teat and run round the four two or three times. The cow should then be as dry as the proverbial bone. The importance of stripping perfectly clean cannot be over-estimated, not only on account of the extra richness of the afterings, but because for every drop left in there is a tendency for the cow to produce that much less next time.

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