

The Farm.

Bran as Food and as a Fertilizer.

BY ALEXANDER HYDE.

We want to say a word for the much despised and much undervalued outer coating of wheat and other grains, which millers so carefully separate from the inner, finer, and finer portions.

The nutritive value of all food depends much upon the amount of gluten which it contains, as this is the substance which goes to form muscle.

Whole grain, 12 per cent; bran, 14 per cent; fine flour, 10 per cent. By sifting out the bran we, therefore, render the flour less nutritious as well as less wholesome.

As a compensation for the loss in the sale of his wheat and flour, the farmer should use all his bran in feeding his stock, and if he purchases the bran of his neighbors, those who live in Illinois, or California, or any other country where manure is a nuisance, both his stock and his farm will be benefited.

Where the liquid manure, or urine from the stables, cannot be saved in its natural condition, it should be made by which, by suitable absorbents, it may be taken up and so preserved.

Dr. Dio Lewis writes: "Of the eight pounds which a man eats and drinks in a day, it is thought that not less than five pounds leave his body through the skin."

young who fed on cracked corn, but when fattening them, gave whole corn and Indian meal. During the season she sold eggs to the amount of \$90, and from Sept. 20 to Jan. 17, she got ready for market 150 pairs of chickens, which she sold for \$200.

This work is always in order and you cannot be too assiduous or diligent in accomplishing it. On every farm, or within easy reach, and at the proper season, there is a great amount of material often wasted, and by its very waste doing injury.

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