# The Bloomfield Times.

HOUSE, FARM AND GARDEN.

We invite communications from all person who are interested in matters properly belonging to this de-

#### Utilizing Skimmed Milk.

In these times of depression in the prices of hay products, the dairymen of the whole country are more than ever interested in the question what shall be done with the skimmed milk. Those whose interest lies in advocating the manufacture of the greatest bane of the dairy interests-skimmed milk cheeseare on the alert and their invidious arguments are telling largely in the increased growth of that evil. Skimmed milk is a flesh-producing food and it may be that there are uses for it more profitable than we know of, and it stands those who make it in quantities, in hand to investigate the subject more fully than it has ever been done. I have known a few cases in which it has been fed with very great economy to work horses. Most horses, and I do not know but all, become, after a little, almost passionately fond of it, and a pail of it three times a day will keep a work horse in better condition than the average ration of four quarts of oats. Lambs raised especially for the shambles can be forced very rapidly and very profitably upon a ration of skimmed milk with or without the addition of a little oil or cotton seed meal. I know it can be fed to most kinds of animals under one year old for the production of meat at alarger profit than to put it into cheap skim cheese, and I cannot see any reason why it may not be fed to older ones with the same economy.

I offer these suggestion hoping to induce those more favorably situated than I am, to make experiments in the direction indicated, or any other which may occur to them. Most dairy farmers are feeding considerable grain to teams, every day in the year, which in my opinion would pay a very much larger profit if fed to their cows and its place supplied with this otherwise almost wasted product.

#### Sick Headache.

" This complaint is the result of eating too much and exercising too little. Nine times in ten the cause is in the fact that the stomach was not able to digest the food last introduced into it, either from its having been unsuitable, or excessive in quantity. A diet of bread and butter with ripe fruits or berries, with moderate continuous exercise in the open air, sufficient to keep up a gentle perspiration would cure almost every case in a short time. Two teaspoonfuls of powdered charcoal in half a glass of water and drank, generally gives instant relief." We are inclined to think that the above remedies may do in some, but not in all cases. A sovereign remedy for this distressing disease is not easily found. A new correspondent from Connecticut contributes the following on this subject: Sick headache is periodical, comes on at regular intervals, and is the signal of distress which the stomach puts up to inform us that there is an over alkaline condition of its fluids that it needs a NATURAL acid to restore the battery to its normal working condi-tion. When the first symptoms of headache appear take a table-spoonful of lemon juice CLEAR, 15 minutes before each meal, and the same dose at bed-time; collow this up until all symptoms are each meal, and the same dose at bed-time; follow this up until all symptoms are passed, taking no other remedies, and you will soon be able to go free from this unwelcome nuisance. Many will object to this because the remedy is too simple; but I have made many cures in this way.

#### Don't Waste Bread.

There are times when bread accumulates and is thrown away. We cannot make toast, for we have only just a little milk. Let us tell you how to make a good-sized dish of toast, with only one cupful of milk-or none at all. Toast each slice of bread nicely and brown; have a basin of clean water on the stove; salt the hot water and dip each slice of toast, one at a time, into it. Let it remain a moment. Then lay it on the dish you wish to serve it in. Immediately on taking it from the hot water lay a thin slice of butter on each piece of bread and so on until your dish is full. It is good just so. But to give it the appearance of milk, add a little lump of butter, a pinch of salt, and hot water enough to just cover the toast and no more. If you have scraps and broken crusts which cannot be toasted, do not throw them away, but soak them until soft with warm water. Add pepper salt and butter, according to taste. Mold into balls like an egg and lay them in a pan with a roast of beef: turn them when brown, and serve with rich gravy, and you will think it a rich, nutritious

Veal Broth-Stew a small knuckle in about 3 quarts of water, 2 ounces of rice, a little salt, and a blade of mace, till the liquor is half wasted away.



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April 9, 1878. If

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