

ed standard is, for cows:—1 lb. of
rley meal or maize meal and all
her common foods are compared
with this standard — that is "How
any pounds of another food will
roduce as much as a pound weight
maize or barley?" And these are
me of the answers.

Barley, maize, 1 lb. (standard).

Wheat, 1 lb.

Ground oats, 1.1 lbs.

Linseed cake, .9 lbs.

Very good hay, 2.5.

Swedes, mangolds, 10.

Beet leaves, 15.

Green grass, 8.

Pigs—

Barley, maize, wheat, 1 lb. (stan-
rd).

Palm nut cake, 1 lb.

Good bran, 1.4.

New milk, 2.5.

Skim or buttermilk, 6.

Boiled potatoes, 4.

IN PRACTICE

Now under the method shown
ove the farmer has a ready guide
the value of the foods he intends
use, and the next step is to find
how much of each or any food
give an animal. Here again he
s an easy guide—one feed stan-
rd is allowed for every 150 lb.
eweight of the milking cow, and,
addition, one standard for every
os of milk produced a day. Thus,
ow weighing about 900 lbs. will
uire 6 "standards" for mainten-

WN



Crowley, or Middlesbrough.
THE "TROUBLE" RECALLED.
Once when during the "trouble"
the home of Mother Cuthbert's re-
lations near Knocklong was being
raided, the C.O. of the Black and
Tans saw a photograph of Mother
Cuthbert on the wall. He asked if
it was Mother Cuthbert and on
being told it was, called off the
search. He was a native of South
Bank, where she taught.

GLIN WOMAN'S DEATH

The unexpected death recently
of Mrs. Catherine Moore, Flean,
Glin, caused a shock to her family,
an old Glin one, and to the people
generally (writes our Glin corres-
pondent). Deceased lady was en-
gaged at household work when
stricken down, living only some
hours. Rev. Father Connors, C.C.,
rendered spiritual aid. Dr. John
Barrett, M.O., certified that death
was due to natural causes. Deep-
est sympathy is offered the family
of deceased. Rev. Father Ryan,
P.P., and Rev. Father Connors,
C.C., officiated at her interment in
Kilfergus.

7 LBS. TROUT

The best trout of the week
(writes our Killaloe correspondent)
was hooked by Mr. George Fitzpat-
rick, Killaloe, who netted a splendid
fish weighing over 7 lbs.

ance and as 2.5 lbs. of hay is equal
to one feed standard 15 lbs. of hay
would give the six—exactly as we
find in practice on the average farm.
Of course, the foods are selected so
as to contain enough protein and
so as not to overtax the capacity of
the cow's stomach with dry matter.

The Swedish system is similar to
the Danish, but the standard or
unit is 2.2 lbs. and both are much
handier guides than our cumbersome
way of calculating each food on its
contents.

through the visitation of ho-
which was, by the way, the
first work ever undertaken
legion. The traditional kin-
gentleness and interest in ea-
dividual soul makes such
tion not only a consolation
patients but a source from
they willingly draw fresh hea-
confidence in God. Again, th-
its systematic visitation o-
homes of patients, the Leg-
often able to do much go-
whole families.

Another way in which the
of Mary contacts and serves
is by conducting hostels, which
staffed voluntarily by legio-
as whole-time workers.
members assist in the host-
their spare time.

Again the Legion of Mar-
votes itself whole-heartedly t-
service of youth—visiting the
their homes, encouraging
dance at Mass, reception o-
Sacraments, attendance at s-
and sodality; running clubs
boys and girls where such are
sidered useful; providing in-
tion when necessary. For y-
people left school, the Legion
mixed clubs where boys and
may meet and enjoy them-
under the eyes of their Hea-
Mother.

PROVING A BOON.

Such social groups are provi-
boon particularly in country
where stagnation of human
ests is causing the young to
more populous districts.

Space does not permit more
a mention of a few of the
activities of the Legion in va-
parts of the world. They in-
rescue work, convert work, or-
ising of enclosed retreats, disse-
ation of Catholic litera-
crusades of prayer for the re-
of Christendom: in a word,
thing which enables the Legio-
to serve our Lord in the perso-
his neighbour by the hands
Mary, His mother.

