Bricket Wood Department of Agriculture's

BRICKET WOOD - a fascinated princess from Thailand and at the same time the mother of an Oxford under-graduate, recently spent many hours hearing the story behind Bricket wood's Department of Agriculture & Environmental Research. During her stay on campus it was also our pleasure to take this lady of such keen perception and interest on a two-hour tour to see at first hand the work that is being done.

As have been other international personalities, this member of the Thai Royal Family was deeply engrossed in hearing of projects ranging from dual-purpose cattle under unique management, to land reclamation on neighbouring gravel quarries!

The princess was enthralled by the prospect of men being able to return to a simple yet prosperous law-abiding system of environmental management. A system with united families, dwelling under their own vine and fig tree, enjoying their labour in a fine environment and receiving a just reward for diligent effort!

This two-page survey of the Bricket Wood farm programme gives a brief insight into the history of this facet of the College in Britain, and shows some of the ways in which the Department of Agriculture is contributing to the fund of man's knowledge of land management and ecology.

400 Valuable Acres

August, 1967, saw the inception of the Department of Agriculture & Environmental Research. Since then, the direction of this programme has been in the hands of faculty member and Lecturer in Agronomy, Colin Sutcliffe, a graduate of Bricket Wood and Big Sandy. He, together with his family, came to England from Australia as a freshman in 1963. An older man, he had gained considerable practical experience in farming in Australia, and before he left to come to college, ran his own cattle and sheep

Day-to-day outside routine of the programme is now ably handled by Iowa-born, Chief Research Assistant and Farm Manager Stan Potratz, a Big Sandy transfer who graduated at Bricket Wood in 1969.

Centred originally around 130 acres of the beautiful English campus, this Department has been expanding and making an important contribution. Total land area now involved is more than 200 acres and on present indications this figure will reach 400 acres before the end of 1973.

Four hundred acres! Within 20 miles of London? That's a miracle!

It is indeed. Apart from the first 90 acres of farmland which came with the rest of the Campus back in 1960, none of this agricultural land has involved God's Work in outlay of capital through outright purchase. Instead we have been able to operate on a rental basis. Some 70 acres of land we are reclaiming has even been leased to us freeof-charge. An additional 200 acres has been promised on the same terms during the next few years ultimately making a possible 600 acre total!

What's Being Done?

The most productive acres now under our control are supplying the College Catering Department with much of its needs in such food items as beef, milk, eggs, vegetables and soft-fruits.

Production of each of these valuable foods has been accompanied by a programme of ap-plied research – based on God's laws of environmental management. Results of this work are combined with literary research and experimentation and made available to many hundreds of members around the world.

So many requests for information have been received from members that the Department of Agriculture has made its Campus Research News available to them,

native county) were selected after

much investigation and fore-

thought. One of the most import-

ant reasons behind the choice of

this particular breed is the fact

that they are dual-purpose ani-

mals. That means they produce

a weighty fleece and bear off-

spring which grow into good

SHEARING SEASON - Mr.

James Fraser, former sheep far-

mer, now tends the College's

growing flock. (Photo by Brian

Duffield)

mutton carcases.



COLIN SUTCLIFFE — Bricket Wood's Director of Agriculture and Lecturer in Agronomy examines soil and seed samples. Before coming to Ambassador College, Mr. Sutcliffe was a sheep and cattle farmer in Australia. [Photo by Alan Beardsmore

for the cost of printing and postage. This includes three years of back issues of the Research News which is called Your Living Environment. Though published less frequently now, it still deals with man's most important problems and trends in modern agriculture, plus some details of our own work.

Activities within the department also include advice by personal correspondence in response to letter-enquiries. Questions are answered and advice is given on all manner of agricultural problems. These letters are now coming to us from more than 60 countries, ranging from Great Britain to Ghana, from Nigeria to New Zealand, from Canada to Ceylon and from Trinidad to Tasmania!

Gathering news which is significant to agriculture and ecology is another office function. It encompasses all areas of the world, apart from the American continent. Following sifting and processing, significant items go to the News Bureau in Pasadena via Big Sandy, where they can be used in PLAIN TRUTH articles, broadcasts and TV programmes.

Our four-month old lambs are growing at a furious pace which is equalled only by the impatience of our Catering Department to literally get their hooks into some of this first-class mutton. (We hope that the mounting of a 24-hour guard will not be necessary, but we are contacting the College Security Department

just in case!) Present plans for the new sheep flock involve nothing unusual at this stage. They will provide fulltime staff and student labour with valuable management experience and if present indications are anything to go by, they will hold the number one position as a point of interest with the children and non-rural adults. Had we been charging viewing and handling dmission, the little lambs would have paid their way already!!

Another method of capitalizing on public interest was the timing of our shearing season to coincide with a recent Bricket Wood Church picnic. This enabled us to stage a shearing demonstration. Shearers are in very short supply, but from the interest shown by spectators, we expect this position to change rapidly!!

Australia watch out! When our members hear that shearers down there are demanding the right to earn £65 per day, there will be a mass migration. And, by the way, city-dwellers around the world don't be surprised if you are paying much more for clothes as well as meat in the near future!

England's Unique Cattle Herd

BRICKET WOOD - A unique herd of cattle is to be found on the Ambassador College Farm in England. A herd which could well be unique not only to all of Britain, but also possibly to the U.S. and perhaps even the whole world!

What could be that special about a herd of Shorthorn cattle? Two things - breeding and management!!

In 1967, the Bricket Wood campus of Ambassador College established its own Department of Agriculture & Environmental Research. And as no farm programme could be complete without cattle, one of the first questions to be decided was which breed should we go for? This is a question which is quite naturally determined by what one wishes to produce from cattle.

In our case, we needed both milk and beef in the Catering Department to nourish our hungry and growing young Ambassador students. At the same time we also aimed to carry out research into the cattle industry, and having our own livestock was obviously the best way to do this.

Britain has long been the studfarm of the world, developing, breeding and exporting around the globe. But most of these animals are highly specialized. They have been bred and selected for either beef, or milk production! This left us with two alternatives - to run two separate herds, one to provide milk for the College and the other to give us beef. That seemed rather impractical on what was a little 90-acre postage-stamp size farm.

Alternatively, we could have followed the British beef industry into cross-breeding - beef bulls onto dairy cows. According to our understanding of Lev. 19:19, any such move, though common practice in this country, would be illegal in God's sight. Therefore, cross-breeding was ruled out!

Rejecting both of these breeding policies, we came up with a third alternative – a single herd that would possibily serve our dual-purpose needs for milk and beef!

It was our desire to produce calves with the potential of topquality beef animals from dairytype cows, without cross-breeding.

To anyone outside the cattle industry that would sound like no big deal! To you it may have been the most obvious answer, but ask any man who was in the cattle business a few years ago, for his reaction. He would have told you that generations of stockmen have "known" that dual-purpose breeds are only for those willing to accept mediocrity in levels of both meat and milk production.

Yet, years ago Mr. J. W. Robinson, writing in early editions of The PLAIN TRUTH, recommended the use of dualpurpose cattle. I wonder how many believed him at that time! Anyway, this was the direction we took and it was very largely on faith.

Shorthorns were selected because this single breed contained two types (beef and dairy) that we hoped to bring back together. Some 45 Dairy Shorthorn cows were purchased and mated with the 1965 Perth Reserve Junior Champion Beef Shorthorn bull from Scotland.

Sabbath Dairy Management

It has been a well known fact among experienced stockmen that to produce top-quality, tasty beef, the animals need to be raised on their mothers.

This poses the question - how do you produce beef-type calves and milk their mothers at the same time? The obvious answer has always been that you DON'T! You simply divide the herd into two - one group a regular beef herd suckling their own calves and the other a normal dairy herd. That sounds fine, but it leaves you with two problems on the dairy side - inadequately nourished calves that are no longer with their mothers and cows that must be milked on the Sabbath!

The solution to these two problems was where we really became unorthodox in the eyes of the world - and yet at one stroke we solved both. For more than six years we have milked all our cows and have at the same time allowed all of them to suckle

(See CATTLE, page 14)



LAMBING SEASON — Pictured this spring, the first baby lambs from the farm's small flock of Romney Marsh ewes. [Photo by Alan Beardsmore]

Romney Marsh Sheep

BRICKET WOOD - One of the latest activities of the expanding Department of Agriculture is a brand-new stud flock of sheep. For a long time we have wanted to extend into this form of production, but only recently has it become a reality.

The prospect of leasing additional farmland near college, a

of former Scottish atchful eye already multiplied 100-fold -

Coming from a background where sheep are counted in thousands, the writer is ready for the classic question. And before any cynics (Australian or otherwise) write to us - the answer to

We haven't named them yet! Though the flock is numerically small, the sheep are big and their quality is high. They are a "pure" breed too! That is something that is rapidly becoming a rarity in animal breeding today.

The Romney Marsh, or Kent

speeding up of our land reclamation work and an extensive fencing programme have all combined to make this new venture possible.

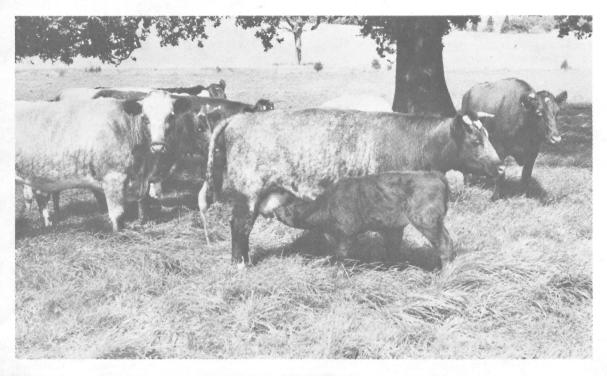
We secured our first 20 maiden ewes and one fine looking ram in November, 1972. Under the sheep farmer Jim Fraser, these attractive looking animals have

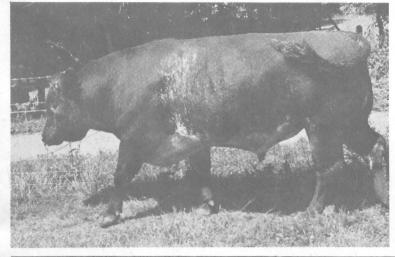
giving us a total now of 41 head! your question is:

breed (as they are termed in their

The WORLDWIDE NEWS

International Role





REARING THEIR OWN CALVES Young dual-purpose Shorthorn cows rear all their own calves and are at the same time milked daily as a normal dairy herd.

Thus the single herd provides a large proportion of the College's milk and beef needs. [Photo by Bruce Lehman]

PROUD FATHER — One of the cattle herd's two sires. This young dual-purpose Shorthorn bull was bred in Ulster and brought to Hertfordshire in 1972. [Photo by Bruce Lehman]

RECLAMATION OFPRECIOUSACRESthe same time, this new surfaceother necessary materia

BRICKET WOOD – Britain's famous breeds of livestock may quickly disappear if computerbacked genetic engineers have their way. But in the past and even now, most counties in England have been and still are famous for their particular breeds of livestock – Hereford, Devon and Sussex for their cattle; Dorset, Hampshire and Kent for their sheep. And Suffolk, once noted for its heavy horses, is today the centre for English thoroughbreds!

Yet poor old Hertfordshire has none of this glory. It is, however, well known locally for its gravel pits – a fact which may not be unconnected with its unspectacular history in livestock breeding! Take Ambassador College for example – our Bricket Wood campus is hemmed in on almost three sides by such gravel pits.

The gravel excavators of Hertfordshire are resourceful men. They don't like to see even *holesin-the-ground* wasted! Some say that a big hole within 20 miles of central London is worth more than the gravel it once contained!

At a depth of around 50 feet the excavators hit the chalk for which the white cliffs of Dover are famous. Then the gravel pits are back-filled with London garbage by an endless procession of giant trucks. Just imagine how this environment contrasts with the matchless beauty of the English Ambassador College campus!

Successive layers of household garbage followed by builders' rubble rise to ground level and are finally sealed off with a superficial layer of — *something!* What would you call it? Some loosely refer to it as "top soil". That is a gross inaccuracy. Yet at the same time, this new surface material is not *gravel*. Neither is it pure *clay*. It may be best described as a delicate mixture of gravel, clay and *old house-bricks*, with a setting capacity exceeded only by new cement.

Agricultural Land-reclamation

That's the background to the start of the land reclamation project now being carried out by the Department of Agriculture and Environmental Research at Ambassador College.

The importance of this programme is highlighted by today's world food shortage and Britain's 55 million people on 53 million acres.

Work commenced just over three years ago, on 15 acres made available to us free of charge. Since then, additional areas have opened up to us and today a full 70 acres are in various stages of reclamation. Two gravel companies have now promised us a total of 40 additional acres per year for the next three years. Readers will therefore appreciate that much remains to be done!

What procedures are we following? The programme revolves around THREE basic steps:

- Soil is cultivated, dressed with farmyard manure (when available) and sown to an inexpensive cereal/ pasture mixture.
- 2. Plant growth is kept grazed and mown, dressed again with farmyard manure and turned back into the soil.
- 3. If steps one and two are successful, a more permanent pasture mixture is then sown under another cereal cover-crop. Otherwise the first two steps are repeated, with the addition of any

other necessary materials, such as lime and phosphate.

The Future!

Though not without problems, progress has been so good that one of the gravel companies has offered us more than $\pounds 4,000$ worth of assistance to carry the work forward.

For our part, the faster they can get the gravel *out* and the garbage *in* the better we will like it. For the faster this happens, the sooner all will see a total transformation of this Hertfordshire landscape to pastures and to animals which the world may one day consider famous!

Building fertility back into this scarred landscape is not our only aim. The Department of Agriculture is now starting its first afforestation work on college-(See RECLAMATION, page 14)



BRICKET WOOD – Production of poultry meat and eggs is a controversial topic in this day and age. The old-time backyard flock has largely disappeared. Financial pressure appears to have been primarily responsible for the sweeping change to broiler houses and battery egg production.

On the other hand, at the opposite end of the industry, consumers are expressing extreme dissatisfaction after 30 years of factory industrialization of poultry and egg production! This is due to *blah*, flavourless meat and marked deterioration in both egg-colour and quality!

These complications, plus rapidly rising feed and equipment costs, are forcing poultry farmers to look for more profitable alternatives. Ambassador College Department of Agriculture and Environmental Research has been working with just such a system for some five years now.

From the start it was, and still is our considered opinion that the only really successful way to raise poultry is to copy their natural conditions as far as possible. We have in excess of 1200 birds dispersed through five separate houses. Each is designed to accommodate a maximum of 300 birds and each house is adjacent to a free-range grazing area.

Welshman Jack Mudford is in charge of this section of the department and he gives the closest attention not only to the birds, but also to the management of the pastures on which they run.

We endeavour to maintain a wide range of plant species in these permanent pastures, including legumes, herbs and a mixture of grasses. Efforts are made to avoid over-grazing by operating a rotational system and during periods of lush growth, sheep and cattle are employed as mowers. Any untidyness they leave is trimmed mechanically.

High-quality pastures provide the birds with a free choice in seeds, fresh green feed and essential animal protein in the form of earthworms.

Though not always easy, we aim to provide specially selected high protein cereal grains in the feeders and on the scratching floor. And instead of the now explosively expensive fish-meal and other offal products, we obtain at no cost most of the meat and vegetable scraps from the college kitchen. These free wastes provide our birds with additional protein and other needs.

We have found that this poultry system of free "kitchen" protein, free-range grazing, freechoice cereal grains and spacious housing has enabled us to maintain a high level of productivity at low cost.

Our breed selection in poultry has been based on the same dualpurpose principle as that which we have applied to cattle and sheep. Two breeds have been used, Rhode Islands and Light Sussex. Both are medium weight birds. They lay less intensively than most of their modern counterparts, but we have a bigger and

(See POULTRY, page 14)

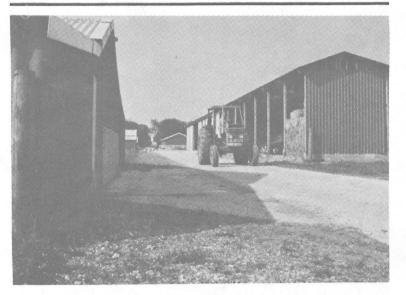


DUAL-PURPOSE POULTRY — Light-Sussex are chosen for egg production and the table. [Photo by Bruce Lehman]

Market Gardening Success

BRICKET WOOD – Fresh vegetables and soft-fruit by the acre – that's the scale on which health-giving, fresh, green leafy produce comes from the Vegetable & Soft-fruit Section of the Department of Agriculture here in England. This eye-catching area borders the main road running past the front of the college campus in Hertfordshire and attracts much attention.

The total area being worked is just over nine acres and is the direct responsibility of Bill Tem-



BUILDING CONSTRUCTION — Flanking a newly laid concrete road are, left, two poultry houses, and right, a 170 foot machinery and grain store nearing completion and behind it, another store and a workshop. [Photo by Kerry Gubb]

pleman and Irishman, Robin Howard. Production includes a wide range of both root and leaf vegetables.

Yields from the soft-fruit area have risen each year, with the peak reached just a few weeks ago this year as our young canes came to full production.

Strawberries are our earliest soft-fruit crop. These are followed by raspberries, which this year produced a harvest of some thousands of punnets. Next are loganberries and gooseberries. These are followed by the hundreds of punnets of beautiful blackberries which we are still picking right now.

All this production is accomplished without artificial fertilizers and chemical sprays. Disease and pests are not unknown, but they tend to be minimal. It is our belief that they will remain so, just as long as our men continue to follow soil management practices which give top priority to the maintenance of soil fertility.

Details of this and any other facet of the Department of Agriculture's work can be obtained simply by writing direct to the following address:

The Director,

Dept. of Agriculture & Environmental Research, Ambassador College, Box 111, St. Albans, Herts., AL2 3TR ENGLAND.

Balanced Diet

(Continued from page 11)

dishes. (c) Pressed lamb. Gently stew the meat pieces with flavouring. Press the cooked lamb and reduced stock into a basin with a weighted saucer on top. The resulting cold meat can be sliced and served cold.

Recipes and Ideas

These recipes and ideas incorporate the principle of stretching your meat ration. The soybean and rice casserole mentioned is an economical way of substituting for meat if your family are having a "meatless" day. There will be more ideas for meatless protein dishes in a later article.

Dried peas, beans and lentils are cheap to buy. Wash them carefully in two or three changes of water and soak peas and beans overnight. The smaller lentils can be cooked without soaking.

I. WAYS WITH MINCED BEEF A. SAVOURY MINCE.

Ingredients (6 servings minimum): 1 lb minced beef; 1-2 finely sliced onions; 1 tablespoon oil; 4 oz split red lentils; 2 oz millet (optional); 1/2 tablespoon whole grain rice flour or wheat flour; 1-2 teaspoons Bovril, Tamari or yeast extract; garlic/pepper/salt/herbs as desired; water or stock.

Method: 1. Fry the onion in oil in a saucepan till just coloured. 2. Add mince and fry a little. 3. Add lentils, millet, rice flour and flavourings and sufficient water to make a rather sloppy mixture. 4. Bring to the boil, reduce heat

and simmer very gently till lentils have disappeared in the mixture. Stir frequently and add more water as necessary to give a juicy mixture.

Serving Ideas: 1. Serve hot with potatoes and vegetables. 2. Use under mashed potato for a shepherd or cottage pie. 3. Make a mincemeat cobbler - i.e. cover with a plain scone mixture in a baking dish and bake in a hot oven. 4. Use the mince to fill a pie case for a hot or cold savoury pie. 5. Add soaked, sooked red beans and chili powder to make chili con carne. Serve with rice or noodles. 6. Add a can of tomatoes, tomato paste, garlic and some basil and oregano herbs to make an Italian meat sauce and serve with spaghetti. 7. Lasagne - a tasty Italian dish can be made with Italian meat sauce. Place layers of cooked noodles, grated cheese and tomato flavoured mince in a baking dish. Top with grated cheese and bake till well browned. 8. Sloppy Joes - a favourite with children. Add a little more liquid than usual to the savoury mince and spoon it over warmed scones or slices of wholemeal bread. 9. Quick breadand-mince bake. Butter some thin slices of wholemeal bread and line in a baking dish - butter side out. Fill with savoury mince and top with more bread - butter side up. Sprinkle with a little, grated cheese and bake in a moderate oven (350° F) till golden and crisp.

These are just a few of many possible ideas. B. MEAT LOAF (1ST VARI-ETY).

The WORLDWIDE NEWS

Ingredients: 1 lb minced beef; 1-2 finely chopped onions (optional); 2 oz oat flakes: 4 oz soyaflakes; salt, pepper, herbs, spices; 2 teaspoons Bovril, yeast extract or Tamari; about 1/4 pint

stock or water; 2 tablespoons oil. Method: 1. Mix all the ingredients together in a basin and add sufficient stock or water to make a rather wet mixture (the oats and soya will absorb liquid). 2. Pour mixture into a greased loaf tin and bake in a moderate oven (325°F or Reg 4-5) for about 1 hour. Line the tin with foil to remove the loaf easily. Serve hot with vegetables and gravy or cold with vegetables, salad, or in packed meals. C. MEAT LOAF (SECOND

VARIETY).

Replace oat and soya flakes by 8 oz soaked and squeezed wholemeal bread and an egg. Less liquid will be necessary. This mixture can be used to make meat balls, beefburgers and patties as well as a loaf. Cooked lentils or rice also mix very well in a meat loaf. Meat balls can be served in many ways - cooked in vegetable soup, fried and served with tomato sauce and rice, or used in a casserole instead of meat pieces.

II. WAYS WITH STEWING BEEF OR LAMB A. BASIC MEAT AND BEAN

CASSEROLE. Allow from 2-4 oz lean meat per person and balance this with from 1-3 oz beans or lentils. Fry

the meat pieces in a little oil and

add onions. Place in a stewpan

or casserole and add the washed, import that same breed of Swiss cattle. They are of the SIMMEN-TAL breed and no price seems to be too high for them in this

present fashion craze. These various breeds of cattle were until quite recently virtually unknown away from their little Continental peasant farms.

International demand has suddenly sprung up from such areas as U.S.A., Canada, Australia, South Africa and New Zealand. This surge in demand has propelled prices for many formerly unknown European cattle breeds through the roof!

Ironically, these cattle are today being imported at great expense to correct some of the same problems that Bricket Wood Department of Agriculture set about putting right more than six years ago - with a herd of **English Shorthorns**

Reclamation

(Continued from page 13)

owned land, and if conditions and time permit, we hope to extend this aspect of our work to each of the reclamation areas.

This tree-planting programme is being done in consultation with the British Forestry Commission local bodies in the Hertford shire area. We aim to plant and fence planned forestry belts, interspersed with lush pasture that will ultimately be a credit to the community. Furthermore, as these areas develop, we intend stocking them with suitable types of game. Overall, we wish to create an environment surrounding the inner college campus that will be enjoyable, full of interest and a delight to walk through.

There are literally hundreds of these badly blighted areas in every "advanced" country, so we are having our chance to make a useful contribution to today's anti-pollution programme and to sorely-needed knowledge for the soon-coming World Tomorrow!

soaked beans or lentils. Add flavourings as described earlier and sufficient liquid to cover the mixture. Cook slowly in a moderate oven (about 325° F or Reg. 4) till thoroughly tender – about two hours.

VARIATIONS: 1. Choose from soya beans, chick peas, red beans, haricot beans, black eye beans, whole red, brown or Continental lentils, aduki or mung beans to give variety. 2. Add whole rice, millet or pearl barley to the basic casserole. 3. Vary the vegetables - carrots, celery, leeks, parsnips, tomatoes, peppers, turnips, kohl rabi, and cabbage are a few. 4. Vary the herbs and spices - try marjoram, thyme, oregano and sage. They will all give very different flavours.

Serve the casserole with potatoes or rice or something very unusual like cooked buckwheat or millet.

These dishes are simple, economical, flavoursome and nutritious.

B. STEWED BEEF AS A FILLING.

May be used in pies or under a cobbler (scone mix). Cook the meat with onions and flavourings with a little flour to thicken the gravy until the whole is tender.

C. NECK OF LAMB STEW. Neck of lamb is very fatty, so it is best cooked the day before needed so that the fat can be removed.

Method: Trim the lamb pieces, cover with water and bring to the boil. Skim away any scum and add a little salt. Stew gently till the meat is very tender and will leave the bone. Set aside to cool. Remove the meat into a basin, cover and put in a cool place. Discard fat and bones and save the liquid. Soak beans and lentils overnight. Second day - remove all traces of fat. Add beans and lentils and pearl barley to the lamb liquid with vegetables as available. Flavour with yeast extract, peppers, herbs etc. as desired. Cook the mixture for about two hours then add the meat to heat well. In this way, the meat does not become completely mushy and flavourless by overcooking. Serve with potatoes and vegetables.

A filling and economical meal.

III. HOW TO USE STUFFING. Forcemeat stuffing can be used with breast of lamb, or rolled in thinly cut pieces of stewing beef, or in heart.

Basic Forcemeat: 4 oz brown breadcrumbs; 4 large onions (optional); 1 teaspoon sage or thyme; 2 tablespoons butter or oil; 1/2 teaspoon salt; dash of black or white pepper; 1 small egg and a little milk to bind.

Method: 1. Boil the onions for about 20 minutes and chop or mince very finely. 2. Mix all together and check seasoning. 3. Bake in a shallow pan dotted with butter and serve with poultry or meat or use to stuff hearts, rolled

Poultry

(Continued from page 13) more useful bird when they are ready for the table.

In the poultry world, Ambassador College has not "arrived". Yet, though we are not without our problems and difficulties, the system is working well. In spite of being bought-in, our stock survived the recent wave of Newcastle disease. It wiped out tens of millions of birds in this nation and unless modern management methods are brought more into line with those of Ambasador College, we predict that millions more will be wiped out in the near future!

meats like brisket or breast of lamb.

Lambs' hearts will roast in a slow oven but tougher ox heart will need long, slow cooking in a covered casserole.

IV. WAYS WITH LIVER

Tender lamb's or calf's liver needs only quick frying to be very tasty. Tougher ox liver is best cut very thinly and cooked in a casserole with vegetables and gravy.

LIVER PATE: This can be made from chicken, turkey, lamb's or calf's liver.

Ingredients: 8 oz liver; 2 oz butter or butter and oil; 1 medium onion; 1/2 teaspoon mixed herbs; 2 cloves garlic; seasoning.

Method: 1. Chop the onion and garlic finely and soften in half the fat in frying pan. 2. Add sliced liver, herbs and seasoning and fry together for about three minutes. 3. Cool, chop finely and mash to remove any skin. 4. Pass through a sieve or mince if the quantity is large. 5. Mix in the remaining oil or butter. Adjust flavourings. 6. Fill a basin and cover. Store in a refrigerator and use as a sandwich spread or with salad and crunchy bread.

If you don't like liver cooked in the usual way, you may enjoy it as a paté. V. RECIPE FOR A MEATLESS

DAY. SOYBEAN AND RICE CAS-

SEROLE: This recipe can take the place of a meat, poultry, fish or egg dish at a fraction of the cost.

Ingredients: 2 oz of soybeans and 1/2 oz rice per person with a selection of vegetables.

Method: Wash and soak beans as already described. Place in casserole with washed brown rice. Lightly fry chopped vegetables in a little oil and add to beans in casserole. Add flavourings and sufficient stock or water to just cover. Cook in casserole (lid on) for 21/2-3 hours at 300° F or Reg. 3-4. The rice may be boiled and served separately.

TODAY'S VALUE IN MAINDISH PROTEINS

This table shows you the comparative value of various high quality protein sources at today's prices. The figures show the cost of providing the same amount of protein (in this case one third of the day's needs) from different foods.

If you are having trouble with your food budget, you should be concentrating on foods at the lower end of the scale. COST OF PROVIDING A

THIRD OF THE DAY'S PRO-**TEIN NEEDS (Sept '73 prices)**

- man	
FOOD	COST
Fillet Steak	35p
Mutton Chop	35p
Best End of Neck	25p
Leg of Lamb	22p
Topside	22p
Chicken Drumsticks	20p
Brisket	17p
Silverside	16p
Stewing Steak	15p
Shin of Beef	14p
Scrag End of Neck	14p
Corned Beef	13p
Haddock Fillets	13p
Whole Chicken	12p
Eggs	12p
Old Boiling Hen	11p
Ox Liver/Ox Heart	11p
Ox Cheek	10p
Breast of Lamb	9p
Tripe	8p
Cheddar Cheese	6р
Whole Mackerel	
Whole Herring	5-6p
Whole Coley	
Canned Sardines	4-5p
Canned Pilchards	4p
Canned Mackerel	3р
Dried Pulse	3р

Cattle

(Continued from page 12)

their own calves. How? Simply by separating the calves from their mothers at night. This produces cows with full udders every morning. They are milked, then the calves are reunited with them for the rest of the day.

On Friday evenings we don't segregate the cows and calves. There is no Sabbath morning build-up of milk and therefore no milking operation is necessary. In other words, the calves do the work of Sabbath milking for us. And does it not seem more natural for each calf to be raised on its own mother?

Does It Pay?

We of course have to milk twice as many cows as a commercial dairyman in order to obtain the same quantity of milk. However, these are three points to remember: first, we solved the Sabbath-milking problem! Secondly, the milk we "lose" goes into beef production! And thirdly, we avoid raising successive generations of under-nourished replacement heifers.

At today's prices the average housewife will be easily convinthat turning milk into beef makes good economic sense! But what about the earlier years when beef was less expensive? We were always convinced that our management system was economically sound. Anyway just to be sure, we had it checked over about three years ago by a farm economics expert working for one of the biggest commercial companies in Britain.

In all of his experience in agricultural advisory work he had never come across the Ambassador College system of cattle management. Naturally at first he was more than skeptical as to its economic merits. But following a complete examination, he expressed full confidence in its economics. Now, rising beef prices merely improve the economic desirability of the system.

Even without any such advantage, we feel that our system can still be followed profitably, when one takes into account the annual cost to the dairy industry of unnecessary sickness, disease and the shortened productive lives of cows

The PLAIN TRUTH Was Right! As stated earlier, The PLAIN TRUTH magazine recommended dual-purpose cattle many years Admittedly dual-purpose ago. cattle management on this scale was very much a matter of "faith" when we started the Bricket Wood cattle programme. Three years went by and quite suddenly and in a most unexpected place we saw PROOF that it is possible to breed animals capable of giving high milk production and a weighty beef carcase!

On a tour of Switzerland I was taken to a tiny twenty-acre organic farm to see their soil management. Almost by chance, we went into the cattle barn and there they were - these magnificent cattle. Their bone and body conformation was the equal of females in any British beef breed! Then the startling fact was casually revealed via a language tion - these huge transl looking cows were actually milked as dairy animals!! What was even more staggering was that their level of production equals that of the top specialized dairy breeds of the world!

So there it was - for the first time - PROOF that man could breed dual-purpose animals without mediocrity! That was the first time we knew, for sure, that Ambassador College could in fact attain its cattle breeding goal.

Don't get me wrong – we are still a long way off, but it is also most interesting that just within the last twelve months Anglo-Saxon cattle breeders have begun to scramble over each other (especially here in England) to