

their 16th
meal table

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those living in
just have felt at
like to get away
ne and live in
change the pre-
ven pre-cooked
delicious ones

me across for this
on the Tern Hill

with its ivy clad
ams is a delight.
he Hollins family
ere you could be
rank was as pure
intended it to be.
wife, May, have
ese-making farm
almost complete

hurt and natural
airy and all the
compost grown.



Busy preparing dinner for her "family" is Mrs. May Hollins — and when you have about 12 people to feed all the time, it can be quite a job.

They maintain their Jersey and Guernsey herds quite naturally without the use of any sprays at all.

The milk is pumped from the cows automatically, through sparkling clean pipes into the dairy next door, where it is separated into the various containers from cream, yoghurt and cheese. This is a fascinating building with the fresh, milky smells and the tang of raw vegetables, fruit and nuts.

In one corner scrumptious looking butter is carefully weighed and nearby the curds and whey are separated for cheese-making.

But what they do get, for instance, is wholemeal bread and whether they like it or not to begin with, they soon acquire the taste. "We never touch white bread — it's the bug of all illness."

Link

Both Mr. and Mrs. Hollins give talks on their work and on health and food. They have many visitors to the farm.

They believe that there is a definite link between eating the correct kind of food and in having

a contented and healthy mind. "At Fordhall we are back to forest condition," said Mr. Hollins. "The ground is never bare and the cycle of decay and re-growth repeats itself naturally."

He added: "We have produced a rich loam soil that is really alive."

The operative word as far as Mr. and Mrs. Hollins and their family are concerned is . . . natural . . . and they are convinced that this is the correct approach to eating and to living.