

they are palatable is abundantly evidenced by the fact that they are extensively used; because, no matter how much they are advertised, people would not continue to use them unless they were palatable. Individual preference for different brands is natural, but this does not imply that the food preferred is more nutritious.

The extensive use of the prepared foods may be taken as an indication that they "agree" quite generally with those who eat them. Unfortunately, foods which are really wholesome and nutritious do not agree with every person, and when they do not their continued use may be harmful. Just why people differ in this respect is not definitely known; nor can a general principle be stated with reference to the matter. Consequently, it is necessary for each person to learn what foods "agree" with their own system. Palatableness and agreeableness of foods usually go together, but in some instances they do not.

ECONOMIC VALUE OF FOODS.

So far we have studied and discussed the various kinds of breakfast foods on the basis of chemical composition, energy value, digestibility and palatability. It now remains for us to look into the economic side of the question and see which foods will furnish the largest amount of digestible matter for the least money. Before presenting the data on this point it may be well to draw attention to the fact that, generally speaking, digested protein from one food is just as valuable as the digested protein of any other food, and the same is true of fat and carbohydrates. Consequently, we have no reason to believe that the digested protein of oatmeal is any more nutritious than that of the various farinas and the numerous kinds of "predigested foods;" or that the latter foods furnish forms of digestible protein, fat, and carbohydrates that are superior to those of any other food. There may be more of the digested nutrients used up in performing the work of digestion in one food than another, but as we cannot measure the amount so used, it is impossible to include it in our calculations relative to economic values. In the following table, the number of grams of digestible protein and carbohydrates, and the number of Calories of heat from ten cents' worth of a number of the foods is given. The calculations were made on the basis of the prices of these foods in Guelph, and on our own determinations of composition and digestibility. In the majority of cases, the weight per package and the weight of food in the package are the average of several weighings. For the sake of comparison, white, entire wheat, and Graham bread are included. These were calculated from data given in Bulletin No. 143 of the Office of Experiment Stations, Department of Agriculture, Washington, D.C.