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The dignity of a calling is its utility.

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Composition and Digestibility of Bread.

By R. Harcourt, B. S. A., Assistant Chemist, O. A. C.

Because of the many different methods of bread making practised throughout the country, and because of the different grades of flour used in the work, it is difficult, even from a large number of analyses, to determine what is the average composition of the bread used in our towns and cities. There are comparatively few of our bakers who do not make more than one variety of bread, the first or best from flour of the most expensive type, and the second quality from the darker flours. Naturally the best commands the highest price, although people buy it more on account of its better appearance and finer flavor than because of any thought as to which bread will give the greatest amount of nutriment. Of late there has been considerable discussion regarding the comparative nutritive value of the different types of bread, and it is rather interesting to know whether or not the price paid is in any way related to its food value.

Taking flours generally, they contain proteids, or albuminoid matter, which may be viewed as the nutritive vegetable