

to other foods, such as farina, corn starch, milk powder, meat powder, and gelatin.

Chocolate is often combined with nuts in the making of confections. These nuts have also a high food value. Thus, in good chocolate confections we find—fat, sugar, nuts, flavoring, albuminoid matter and theobromine. If the children drank chocolate beverages, the result would soon be seen in their improved looks and more robust condition.

Athletes have often discovered its great value in sustaining them during some prolonged effort.

The experience of the British Navy is that chocolate is one of the most valuable ingredients in the sailor's dietary; and, in the recent war, its inestimable worth to the exhausted soldiers on the one hand, or to such as had to undertake a prolonged and strenuous task, was amply proven. It was extensively used in the military hospitals, being a favorite alike with the doctor, the nurse, and the sick and wounded.

A clear distinction should be made between the theobroma-cocoa tree, whose seeds yield chocolate, and the coconut-palm tree yielding the large nut with the firm white substance lining the shell. This latter is not employed in the manufacture of cocoa or chocolate.

The product of the cocoa tree was introduced into Europe in 1520 by Columbus, or as some historians say by Cortez in 1519. When Linnæus, the eminent botanist, became aware of its qualities he called the inestimable fruit Theobroma, which means food for the Gods, God-food. When the early Spanish adventurers visited Mexico, the West Indies, Central America, and the northern portion of South America, they found that various preparations of the cocoa tree were great favorites with the people, from the rulers down. Chocolate was the Mexican term which the natives applied to these preparations. This term was adopted by the Europeans and has remained in use ever since.

Steadily the appreciation of the food and stimulant qualities of chocolate has gained its way throughout the world. There come times to every one when the need for a stimulus is felt, and such a stimulus is found in chocolate. It can be used by the youngest and the oldest, the robust and the delicate, and the healthy and the sickly, without the slightest fear of ill effects or the formation of injurious habits. This need both for a prompt nourishment and stimulant is supplied in attractive and portable form in the many varieties of chocolate confections on the market. The habit of eating "chocolates," and especially by the young, instead of being condemned, should be encouraged.