

## BLAKISTON'S NEW BOOK.

Timeliness of interest, aside from any other condition, lends especial importance to the announcement of the early publication of "Foods and Their Adulterations," by -Harvey W. Wiley, M.D., to be immediately followed by a companion volume, "Beverages and Their Adulterations." Dr. Wiley is Chief Chemist to the United States Department of Agriculture, at Washington, and his wide researches in the interests of purity in food commodities give anything he might write on the subject an authoritativeness that is unquestioned. The fact that the new National Food and Drugs Law becomes effective after January 1st, and that public interest in it is now at white heat, will no doubt result in quite a demand for both volumes. The books will be generously illustrated from original photographs and drawings.

## MISCELLANEOUS.

## HALF-COOKED STARCHES A CAUSE OF INDIGESTION.

Digestive disturbances are due more frequently to failure of digesting carbohydrates than of other food products. Raw starch is particularly indigestible, the heat of cooking being necessary to break up the granules and to perform the first three of the five steps of starch digestion, after which the formal digestive juices will complete the work. The method of cooking is very important as most cases of amylaceous dyspepsia are due to eating improperly cooked starches. Here is best seen the beneficial results of the extended steam cooking through which Egg-O-See is put, the free action of the diastase ferment and the baking at high temperature. Toast is considered more digestible than bread as it is baked *en masse* and then dry cooked in slices. *Each flake of Egg-O-See, thin as fine paper, is toasted to a crisp and delicate brown.* These dry flakes are so readily affected by the ptyalin that the final transformation of starch into grape sugar in the intestines is so easily accomplished as to cause no distress to the patient who finds it impossible to eat bread and other cereal foods which are not only difficult of digestion but cause painful fermentation. Egg-O-See is so easily digested that it is of special service to the dyspeptic, to those convalescing from acute diseases, in pregnancy where nausea and vomiting are easily induced by food, and in other forms of gastric neuroses.

Doctor, if you have not eaten Egg-O-See, a sample package will be sent free on application to the Egg-O-See Cereal Co., Quincy, Ill.