

brown bread and the French Canadians for their peeps. Instead of ridiculing the favorite foods of other races, it would be much wiser to adopt them as far as possible, and we should be better off in many instances if we ate some of the "curious things" often enough not to regard as odd at all.

It is the hope of the writer that this bulletin will serve a useful purpose in calling attention to some particularly wholesome and economical cereal foods which should be found on our tables, and which can nearly all be obtained without much difficulty, even though some of them are not at present offered for sale by ordinary dealers.

WHEAT.

This cereal has certain advantages over all the others which make it particularly attractive, and on that account it has won a deserved popularity and is even used to excess. It requires less care and initiative to produce good foods from wheat than it does to employ a variety of cereals, even though the latter plan be much better for health.

Some of the most valuable constituents of wheat are situated in the outer layers of the kernel just under the bran proper, and it is a very interesting question how much of the wheat kernel should be included in the ordinary diet of human beings. The subject is not appropriate for discussion in this bulletin and it may therefore suffice to remark that the whole wheat grain when ground in a hand mill produces meal of rather too coarse quality for regular use (except in small amounts) and that a certain degree of separation of the bran is essential if one desires to make ordinary bread. Such separation is impracticable when a small mill is used. In regular flour-making the entire elimination of the bran is commonly aimed at, although a limited quantity of this substance may advantageously be eaten by many people whose diet is of very restricted range. Bran is, however, rather indigestible and rather irritating in its ordinary flaked condition and should not be taken in excess. The so-called "whole wheat" flour does not contain the whole of the wheat and ordinary rolled wheat is also a partial wheat product, as some of the bran is removed before the grain is rolled. Shredded wheat, however, contains the whole of the wheat and proves that when bran is finely enough ground it makes good food.

Coarsely ground or finely ground whole wheat can be used instead of any other grain mentioned in the recipes given in the next section of this bulletin, but it would be more desirable as a rule, from the point of view of diet, not to use wheat in the ways there described. Most of us take too large a proportion of this cereal in our daily food, so that it is advisable to devise methods for using less of this and more of other grains, rather than to point out new possibilities in the use of wheat. It would be a pity to lose white bread out of our diet and there is no reason why we should do so if we are careful not to eat it to the exclusion of proper amounts of coarser foods. However, if we were at any time deprived altogether of wheat flour it would be worth while, if any kind of hand or power grinder were available, to use a certain amount of ground wheat for porridge, and also to make tea biscuits and cookies from very fine meal, if the other necessary ingredients could be obtained. For suitable recipes see the next section of this bulletin.

OATS.

Next to wheat, Canadians undoubtedly use as food more oats than any other grain, although the quantity consumed is not large; for scarcely any one, except a small number of people of Scotch origin, employs this cereal in any other form than as porridge. While ordinary rolled oats and oatmeal make excellent porridge, the writer has found that the hullless or naked oat, such as the variety called Liberty, Ottawa