

1000 CALORIES OF ENERGY DERIVED FROM

Robin Hood Oats, large size costs.....	4.40	cents.
Purity Oats, small.....	4.49	"
Tillson's Oats.....	4.94	"
Quaker Oats, large size.....	5.00	"
Robin Hood Oats, small size.....	5.01	"
Brodies Oats.....	5.41	"
Quaker Oats, small size.....	5.57	"
Roman Meal, large size.....	6.24	"
Malt Breakfast Food.....	6.43	"
Wheat Kernels.....	6.52	"
Kellogg's Bran.....	6.59	"
Post Tavern Special.....	6.81	"
Pettijohns Breakfast Food.....	6.91	"
Quaker Corn Flakes.....	7.08	"
Cream of Wheat.....	7.12	"
Krinkle Corn Flakes.....	7.13	"
Quaker Pearl Hominy.....	7.15	"
Robin Hood Porridge Wheat.....	7.72	"
Post Toasties.....	7.74	"
Kellogg's Corn Flakes, Dominion.....	8.29	"
Malta Vita.....	8.59	"
Roman Meal, small size.....	8.75	"
Kellogg's Rice Flakes.....	9.46	"
Kellogg's Krumbles.....	9.50	"
Grape Nuts.....	9.85	"
Quaker Farina.....	10.10	"
Gusto.....	10.12	"
Roman Meal Nuggets.....	10.55	"
Hellogg's Corn Flakes.....	10.64	"
Kecker's Cream Farina.....	10.73	"
Shredded Wheat.....	10.75	"
Kellogg's Wheat Biscuits.....	10.87	"
Wheatena.....	10.96	"
Good Health Breakfast Food.....	11.49	"
Uncle Sam's Health Food.....	12.94	"
Kellogg's Wheat Flakes.....	13.18	"
Force.....	13.63	"
Quaker Puffed Wheat.....	20.14	"
Quaker Puffed Rice.....	21.93	"

Another consequence of the varying amount of material in these packages is that where only one or two samples of the article have come into our hands, the results found cannot be held with certainty to describe the average character of the article.