

3. The ready-to-serve foods contain more soluble matter than the uncooked wheat, oat, and corn meals, but when these latter foods were cooked they were more soluble than some of the former class of foods.

4. The solubility of the ready-to-serve foods varied from 13.7 to 44.2 per cent. of the food, and this soluble part is composed principally of carbohydrates.

5. The oatmeals increased in solubility on cooking, up to eight hours, while with wheat meals, or farinas, no perceptible increase was noticed after two hours, solution being apparently due to insoluble starch being changed into soluble forms.

6. The digestibility of the various constituents of the different types of breakfast foods did not vary widely. Proteids varied most in this respect and were least digested in the ready-to-serve foods.

7. The carbohydrates of the so-called "predigested" foods were no better digested than those of the other foods.

8. The digestibility of oat and wheat meals was but slightly increased by prolonging the cooking from twenty minutes to eight hours, although the longer cooking increased palatability and probably ease of digestion.

9. The corn meals are the cheapest energy producers, but, taking other points into consideration, oatmeals are the most nutritious and economical; while the ready-to-serve foods are the most expensive.

10. Foods purchased in packages are much more expensive than those bought in bulk.

11. The older forms of breakfast foods, especially when sold in bulk, are among our cheapest food.

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