

used in the preparation of this class of breakfast foods. Frequently they are "fired" as a last step in their manufacture, to increase the flavor and improve the keeping quality.

Corn bread of various kinds and corn mush are used quite extensively throughout this Province; although in the latter form it does not appear to be so popular as it was formerly. The germ of the corn is relatively large and rich in fat, and flattens out in the grinding, and, therefore, is readily removed when the meal is bolted. As the germ is taken out of most of the finer grades, the corn meal on the market usually contains no more fat than wheat meals. The removal of the germ improves the keeping quality of the corn meal, because the fat tends to become rancid.

*Second. The Partially Cooked.* These comprise the rolled oats and flaked grains. In preparing the rolled oats, the grain is kiln-dried, either by direct heat or by steam under pressure, hulled, steamed, and rolled. The preliminary treatment of cleaning, kiln-drying, and hulling, is practically the same whether the oats are made into granulated or the rolled forms. The flaked oats are prepared very much in the same way as the rolled oats, but the ends of the grains are broken off and are placed in a lower grade of the meal. A certain amount of fine white dust is also separated and sold as a by-product. Possibly only about 35 to 50 per cent. of the whole grain remains as the flaked product.

Nearly all the grains, including rice, peas, and beans, can now be procured in flaked form. Recently a new form of barley breakfast food has appeared on the market. It differs from the ordinary flaked barley in that in the preparation the grain is first sprouted and then dried, steamed, and rolled. Certain definite changes take place during the sprouting which should render the product more easily digested. As all the rolled and flaked grains, unless roasted or parched after flaking, are only partially cooked, they require thorough cooking before serving.

*Third. The Cooked.* The class of foods which would naturally fall under our third class are the Shredded Wheat Biscuit, Toasted Corn Flakes, Puffed Wheat Berries, etc. The Shredded Wheat Biscuits are made by softening the wheat, drawing it out into shreds and piling these upon one another until high enough for the desired purpose and then cooked by dry heat. In some cases, as with Toasted Corn Flakes, the raw grain is flaked and then cooked by parching or toasting, or again the raw grains are moistened with water or other liquid, then cooked by roasting, and finally, crushed. Nearly all of these toasted or parched preparations, either shredded or flaked, are sufficiently cooked to be eaten without further cooking.

*Fourth. Malted and Cooked.* The fourth class of breakfast foods includes the which are both cooked and malted. The cereal grains are rich in starch, which, because of the hard, impervious nature of the walls of the granules of starch, is practically indigestible in the raw state. Cooking ruptures these cell walls and the contents are then comparatively readily acted upon by the digestive juices. The object of treating these