

quality of white sugar to form the sweet chocolate used for eating and drinking purposes; and forms the most delicious, healthful and nutritious of all confections and beverages.

All foods must possess two essential properties, namely, to build tissues, and to give heat. For the first of these the foods containing nitrogen are necessary, and for the second, the carbon foods are the suppliers. These should be consumed in every diet in such proportion as physiologists have shewn to be requisite for the maintenance of health, strength, body weight, and animal heat. If one looks at the chemical composition of the ground bean, it will become apparent that these conditions are well met. A good sample yields the following proportion of the chief ingredients of diet—Fat, 50; Albuminoid substances, 20; Sugar and Starch; 13; Salts, 4; Theobromine, 2; other constituents, 11; total, 100. Here is a well rounded out nourishment, and an excellent stimulant furnished by the theobromine. The theobromine is closely allied to theine and caffeine in composition, and like both is stimulant, but unlike both does not tend to induce wakefulness, indigestion, or nervousness. As a flesh former chocolate stands alongside of milk.

The only objection that can be advanced against cocoa in its pure state is that it is too rich in fat for most persons. This has been overcome in two ways, namely by adding sugar, reducing the ratio of fat in this way, and by removing some of the fat, but leaving all the other elements of the bean for consumption. Chocolate consists of ground cocoa from which the fat has not been removed, mixed with sugar, and flavourings, of which the chief one is the pleasant and exhilarating vanilla. Thus chocolate becomes digestible, palatable and nutritious. In the making of good chocolate care must be taken that the seeds are properly fermented, dried, husked, and ground.

It has been amply proven that chocolate made from good beans and sugar, and properly flavored is a highly nutritious and stimulating article of diet. Actual tests have been made in army training to prove that a chocolate ration was equal to five times its weight of beef. It has also been proven that the continuous use of chocolate is not injurious to the nervous system as is the over indulgence in tea or coffee.

Chocolate may be put up for convenience in cakes, bars, tablets, drops, and confections of various sorts. In these forms it retains its nutritious and stimulating qualities for a long time if care be taken to cover them so as to prevent their drying out.

Chocolate when not too rich in fat is a very valuable food for growing children. A certain amount of good chocolate may be added