

AN ADVANCE IN DIETETICS.

Of the substantial advances in dietetics during recent years none is more important than the Egg-O-See Process of treating cereals.

This process involves a careful selection of the grain which is steam-cooked until the starch granules burst their cellulose walls. In this condition the starch is partly converted through the action of diastase. The grain is then rolled into thin flakes and baked at high temperature in specially constructed ovens, until each flake is toasted to a crisp brown.

The baking checks all action of the diastatic ferment so that when the food is placed in air tight packages it will keep indefinitely. The entire process is mechanical so that at no stage is there any danger of contamination. It is a scientific, hygienic, and healthful method and not the least of its advantages is that the cereals so treated are more appetizing than when prepared in any other manner.

This process is employed in the preparation of "Egg-O-See," the whole-wheat food, and "E. C. Corn Flakes," a corn food from which the outer covering and excess of fat have been removed.

Both of these foods should interest physicians on account of being so easily digested and assimilated. They give the maximum amount of cereal food value with the least tax on the digestive organs.

Readers of this journal may secure full size packages of "Egg-O-See" and "E. C. Corn Flakes" free of charge by addressing the Egg-O-See Cereal Co., Chicago.

GLYCO-THYMOLINE AS A MOUTH WASH IN FEVER CASES.

When the temperature keeps a point or two above normal for a few hours, the membrane of the oral cavity becomes dry and parched, causing great discomfort to the patient. Supplemented with this frequently comes the formation of sordes on the teeth and more or less inflammation along the marginal surface of the gums. The flow of saliva is checked and the sense of taste greatly interfered with. In cases of this kind we may win the gratitude of the patient for all time by urging the frequent use of an alkaline mouth wash of the nature of Glyco-Thymoline. This solution is admirably adapted both by physiological action and therapeutic effect to meet the requirements. The normal flow of saliva is re-established, the further formation of sordes is prevented, and the mouth is kept sweet and clean. No one can estimate the amount of comfort derived by the patient under this simple treatment.