

will vary slightly. One of the objects of giving the results of the analysis of the individual samples is to show this variation. It is evident that the method of preparing the various kinds of oatmeals has not materially affected the composition, for there is a general similarity in the percentages of protein, fat, etc., and even in crude fibre, in all forms of these foods. The differences in the composition are most evident in the protein column, and these must be due largely to the differences in the original grain.

With reference to the wheat products, it is obvious that the different names given to the various foods by the manufacturer are not associated with wide differences in chemical composition. When these foods are composed of the granular particles from the first and second breaks in the regular flour milling process, a portion of the bran layers will naturally be excluded, and the resulting product will not contain so much crude fibre and ash as the whole grain. This, it will be noticed, is the case with the farinas, such as Wheat Crystals, Meat of Wheat, and Cream of Wheat. Wheatine and the rolled wheats more nearly resemble the composition of the whole grain.

Judging by the similarity of the composition of the cracked and flaked barley, it is evident that the latter is practically the whole hulled grain.

For reasons previously stated, the germ is removed in preparing the finer grades of cornmeal. Consequently, while the whole corn kernel contains about five per cent. of fat, the cornmeals analyzed have less than two. The comparatively wide variation in the amount of this constituent is probably due to differences in the amount of the germ left in the meal. This food is also characterized by its low crude fibre and high nitrogen free extract content.

The composition of the different samples of the same kind of the ready-to-serve foods is fairly uniform, but, naturally, the foods are subject to the same variations in this respect as the grains from which they are prepared. Thus Norka is an oat product, and, consequently it is richer in both proteids and fat than the preparations made from wheat and corn. The latter substances, as represented by Toasted Corn Flakes, are particularly low in proteids and crude fibre.

To bring out more clearly the differences in composition of the various kinds of foods analyzed, the results have been averaged, and they are given in Table No. 2. For purposes of comparison the composition of a few of the more common foods that occur in our daily diet are also given.

In general, it may be pointed out that the oatmeals and Norka contain the most protein and fat, while all the other foods are richer in carbohydrates. The cornmeals are the lowest in protein and the highest in carbohydrates, and wheat farinas and cornmeal contain the least fibre. The germ of a seed is rich in protein and fat, consequently, we are not surprised to find the wheat germ richer in these constituents than the other wheat products. The malted foods are not richer in the valuable