

each person must choose for himself; but with the great majority of people who use breakfast foods usually, it is doubtful if the newer "malted" or "predigested" foods are more tasty or palatable than the older-fashioned oat and wheat porridge.

The cost of the numerous kinds of breakfast foods varies widely. The price per package may not be very different, but there is a wide difference in the actual weight of material in the package of the different brands of these foods, and this, together with the differences in composition and digestibility that exist, is sufficient to render the actual nourishment obtained from some foods very much more expensive than others. In many cases the market price has very little connection with the nutritive value, or even with the cost of the materials and preparation. The uncooked oat, wheat, and corn meals, especially those bought in bulk, are the cheapest per pound, both in weight of nutrients purchased and in the amount absorbed by the system. It is possible that the cost of cooking may be sufficient to materially offset this advantage; and that the convenience of the ready-to-serve foods may compensate for the higher cost. These considerations must, of course, vary with circumstances, and each person must decide them for himself.

In general, it may be stated that the various forms of breakfast foods on the market are all wholesome and nutritious foods. At present prices the uncooked oat, wheat, and corn meals are among our most economical sources of nutrients and energy, and, taking everything into consideration, it is probable that oatmeal ranks highest among these. It may not "agree" with everyone, but for those who can use it, there is no breakfast food which combines high protein content and energy producing qualities so well as oatmeal. The reason that prepared breakfast foods are more expensive is evidently not because they contain any more nourishment, but because of the way they are prepared, the manner they are put upon the market, and the cost of advertising. A curious name or appearance or a mysterious process of preparation, does not give them the extraordinary food value sometimes claimed. They may have a place in a hurry-up breakfast, but where economy is considered, there is nothing in the composition, digestibility, or palatability of these high-priced "predigested" foods to justify the extravagant price asked for some of them.

CONCLUSIONS.

1. The various foods agree in composition with the grains from which they are made.
2. The oat products are richest in protein and fat and poorest in carbohydrates; the corn and rice foods are lowest in protein and highest in carbohydrates; while wheat and barley materials stand between the oat and corn products in composition, but more nearly correspond with the former.