

wheat or oats. These materials, while fairly satisfactory to persons of robust health, doing outdoor labor, were often found to so irritate the intestines as to cause increased peristaltic action. This may be an advantage to persons doing sedentary work, but it may be a positive injury to others. With the development of machinery capable of removing the coarse branny parts of the grain, this fault has been largely overcome. More recently there has been a demand for more tasty food of a nature that may be quickly prepared for the table, and a great variety of breakfast cereals of the ready-to-serve type have been placed on the market. These products are, in general, attractive and palatable, and afford a pleasing variety in the diet; and because of special treatment in the process of manufacture, the amount of labor entailed in their preparation for the table is materially reduced. This is doubtless one reason why they have become so popular; but, on the other hand, no class of foods has been so extensively advertised; and such an endless variety of wonderful virtues have been claimed for them that people were led out of curiosity to try them. Some of the breakfast foods are stated to contain several times as much nourishment as the same weight of beef; others are lauded as especially valuable as brain food, or nerve tonics, and very many are claimed to be particularly well suited for persons of weak digestion. There may be some truth in the last statement, but it is evident that many of the claims are utterly groundless. Yet these very fanciful statements have served the purpose of attracting attention, and have, without a doubt, increased the sales of these foods.

The grains commonly used in preparing the breakfast foods in this country are oats, wheat, and corn, and, to some extent, barley and rice. The foods prepared from these may be roughly divided into four classes: (first) the uncooked, (second) the partially cooked, (third) the cooked, and (fourth) the malted and cooked foods.

*First. The Uncooked.* In the first class we have the granulated oatmeal, the wheat farinas, cornmeal, and rice. The oatmeals are in three grades. The best grade is that known as granulated or pin cut. In preparing it the kiln-dried and hulled grain is cut with cutters into fine meal, or low grade materials, taken from it. The second grade, known as the standard or mid-cut, is prepared by a gradual reduction of the oat kernels by cutters and grinders and more of the germ of the grain is left in the food. What is called coarse cut, or the third grade, is the whole meal prepared without gradual reduction. In every case the grain is kiln-dried. This makes the grain more brittle, and gives it the desired flavor.

The wheat farinas are sold under a great variety of names, as Cream of Wheat, Meat of Wheat, Wheat Crystals, etc. They are usually prepared from the hard granulated particles of the wheat got from the first and second breaks in the manufacture of flour—the part of the wheat from which the patent flour is made. As the soft winter wheats tend to break down too fine, the hard spring wheats are ordinarily