

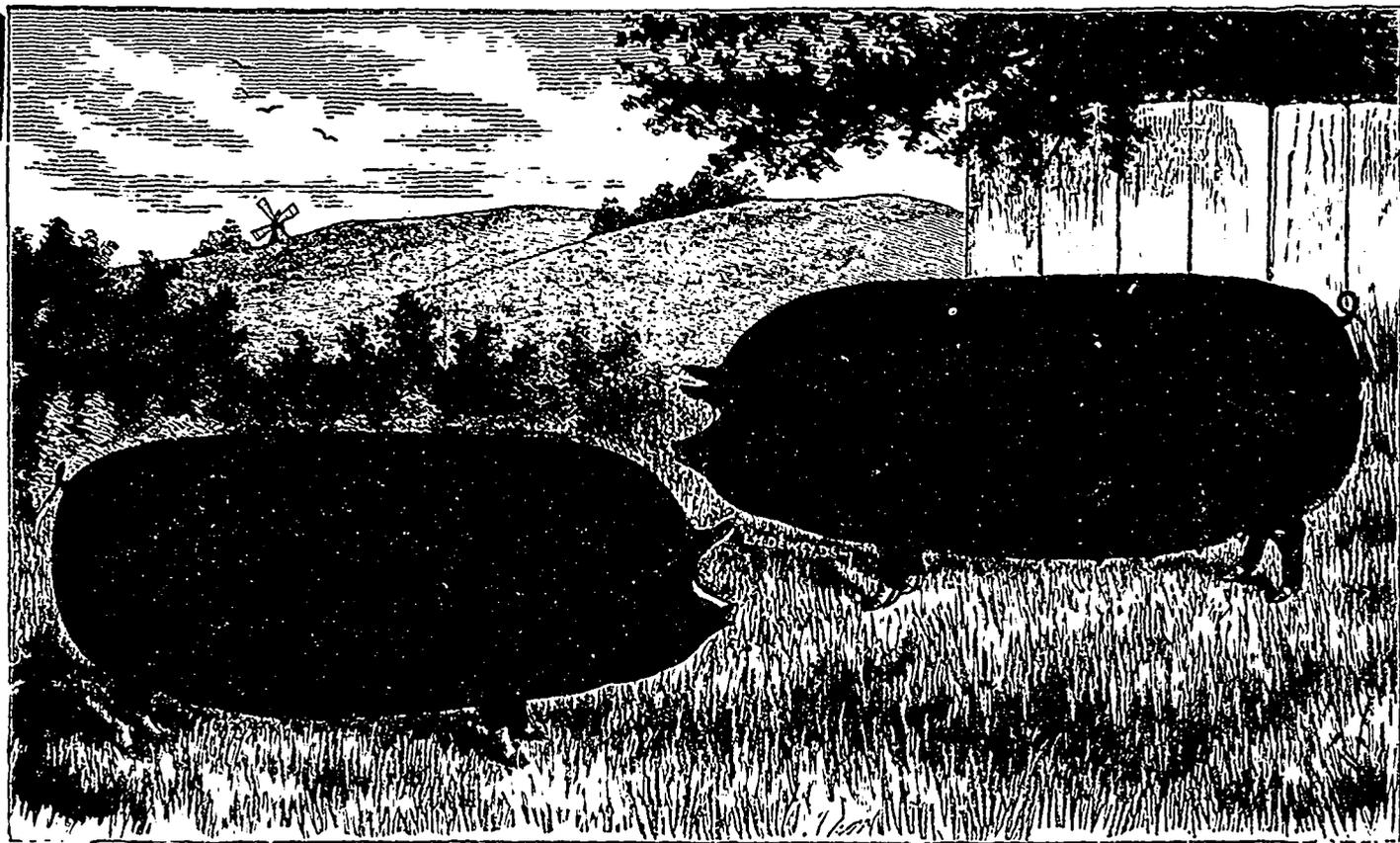
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WHOLE-MEAL BREAD.

From the London Lancet.

The late exhibition of breadstuffs at Humphrey's Hall, Knightsbridge, although it was not so largely attended as was expected, has been the means of reviving attention to the subject of whole meal, so strongly advocated by the Bread Reform League, and by its indefatigable honorary secretary, Miss Yates. If the chemists alone had to decide the question of the relative values of whole meal and ordinary white bread, the public would have to wait a long time before it could obtain a satisfactory reply; for on this point chemists differ more than doctors. If we interpret the opinion of the profession of medicine correctly, there is a growing disposition in favor of the whole-meal bread on practical rather than on the theoretical and chemical grounds. The bread which contains all the constituents of the wheat except the outer, insoluble, and irritating portion of the seed, seems, when the appe-

tite for it has been obtained, to be more satisfying and digestible than the white and fashionable product which is found on most tables, of rich and poor alike. It is believed, too, that for children the whole meal is the best for sustaining growth, and for building up the skeleton strongly and in perfect form. The supply of whole-meal bread is now much facilitated by the improvements that have been introduced in the decorticated or granulated flour, to which Lady John Manners has called public attention in her late paper on wheat-meal bread. In the decorticated whole-meal the extreme outer coating of the wheat grain is, by a special process of abrading, to the perfection of which Dr. Morfit has rendered able service, cleverly removed. After the abrading process is completed, the whole of the grain is reduced to a fine flour, in which there is retained all the substances that are nutritious and digestible. Considering the fact that the whole-meal bread, when it is properly manufactured, is assimilated, we are led to the conclusion that it must

be more nutritious generally than other bread in which starch predominates. But we do not wish to be dogmatic, and would prefer, before pronouncing a strong opinion, to hear what medical men, from their unlimited field of operation, have to say. It is for this reason we direct attention to a topic which must soon be very widely discussed among all sections of the community.

Calgary (Mont.) *Nor'-Wester* :—On meeting F. S. Stimson the other day he remarked: "This is a splendid stock country," and yet that pamphlet issued by the agricultural society does not say a word about the stock capacities of this district. Said he: "I sold a thousand head of cattle the other day to Samples at \$65 per head. That was a little transaction of \$65,000. Talk about Manitoba grain after that. And this was only a single item, and yet my profits were large. There is no money in wheat."