

TABLE NO. 1—PERCENTAGE COMPOSITION OF SOME BREAKFAST FOODS.—*Concluded.*

Sample Number.	Foods and Manufacturers.	Water.	Crude Protein.	Crude Fat.	Nitrogen Free Extract.	Crude Fibre.	Ash.	Heat of Combustion per gram Calories.
READY TO SERVE PRODUCTS— <i>Con.</i>								
48	Norka, Norka Food Co., Battle Creek, U.S.	7.10	13.57	4.83	69.70	1.84	2.96	4.183
65	Norka, Sample 2.	7.18	14.88	6.03	69.19		2.72	4.276
66	" " 3.	7.86	14.75	5.78	68.87		2.74	4.232
57	Malta Vita, Sample 1, Pure Food Co., Battle Creek...	8.79	8.78	0.92	79.30		2.21	3.855
67	Malta Vita, Sample 2.	7.70	10.88	1.63	77.42		2.37	3.968
68	" " 3.	8.24	10.06	1.54	78.03		2.13	3.937
58	Grape Nuts, Postum Cereal Co., Battle Creek, U.S. ...	5.68	9.49	0.64	82.50		1.69	4.002
69	Grape Nuts, Sample 2.	7.47	12.37	1.50	76.89		1.77	4.022
70	" " 3.	8.10	12.63	0.70	76.89		1.68	3.963
71	Shredded Wheat, Sample 1, Canadian Shredded Wheat Co., Niagara Falls.	9.54	12.00	1.06	75.76		1.64	3.913
72	Shredded Wheat, Sample 2. ...	9.28	10.81	0.64	75.50		1.77	3.874
74	Quaker Wheat Berries, American Cereal Co., Chicago, Sample 1.	9.15	11.05	2.00	73.03	3.33	1.44	3.969
75	Quaker Wheat Berries, sample 2	8.99	11.23	2.21	72.67	3.46	1.44	3.989
76	" " 3	8.98	11.51	2.56	72.56	2.96	1.43	4.014
77	" " 4	8.96	12.26	2.58	71.33	3.55	1.32	4.033
78	Toasted Corn Flakes, Battle Creek Health Food Co., London, Ont., Sample 1. ...	9.85	5.35	2.69	79.57	0.64	1.90	3.855
79	Toasted Corn Flakes, Sample 2	9.81	5.42	1.05	81.97	0.64	1.11	3.805
80	" " 3	9.75	5.19	1.11	81.32	0.64	1.99	3.800
81	" " 4	9.65	6.21	1.11	80.24	0.66	2.13	3.787
82	Quaker Puffed Rice, American Cereal Co., Chicago.	10.16	5.20	0.33	83.25	0.70	0.36	3.887
84	Life Chips, Battle Creek Health Food Co., London.	8.68	6.78	2.11	77.96	1.99	2.48	3.874
85	Gusto, The Hoco Mills Co., Buffalo, N.Y.	11.20	7.18	0.24	77.24	1.51	2.63	3.675
88	Granose Flakes, Battle Creek Health Food Co., London	9.96	8.32	0.32	77.30	1.99	2.11	3.772
89	Granose Biscuit, Battle Creek Health Food Co., London	12.31	8.04	0.71	73.65	1.95	3.34	3.640
90	Malt Breakfast Food, The Malted Cereals Co., Burlington, Vt.	10.05	11.80	0.46	75.37	1.17	1.20	3.875

Properly matured grain of the same species and variety is fairly constant in composition, but different varieties of grain, or the same variety grown in different sections of the country, or in different years,