

wheat has about the same amount of crude fibre as the prepared oatmeals, but the farinas have a part of this removed. Many persons consider that, since the bran layers of the wheat contain so much protein and ash material, they should be retained, even if the presence of the associated crude fibre does decrease the digestibility of the food. There would probably be some reason for this contention, especially when fed to young people, if these farinas formed the whole of the diet, but the ordinary mixed diet probably furnishes all the mineral matter which a healthy person requires. Moreover, the presence of crude fibre may injuriously increase peristaltic action, although, for this reason, it may be useful in cases of constipation. The breakfast foods prepared from oats are rich in protein and fat, and those of corn are rich in carbohydrates and poor in protein and fat. Rice is poor in protein and ash and rich in carbohydrates, containing very little crude fibre; while barley contains a fair proportion of all the nutrients, without an undue proportion of crude fibre.

The proportion of the various constituents of the different forms of breakfast foods digested does not differ very widely. Even the so-called "predigested" foods are not more completely digested than the others. What difference there is would go to show that they are not so fully absorbed as the oat and wheat meals when properly cooked.

Thorough cooking is an important factor with starchy foods, and, consequently, with all the foods under discussion. It not only makes the foods more palatable, but it also breaks down the walls of indigestible fibre which surround the starch granules and the other nutrients, and in general produces changes which render the food more susceptible to the action of the digestive juices, thus probably increasing the ease and rapidity of digestion. From the results obtained in our work, it would appear that the farinas do not require so long cooking as the rolled oats or cornmeal. Further, judging by the solubility of the organic matter, some of the much advertised prepared foods are not so well cooked as might be desired; for, while twenty minutes' cooking is not considered sufficient to properly prepare oatmeal porridge, it is found at the end of that time to contain more soluble matter than some of the prepared cooked foods, and nearly as much as some of the cooked and malted preparations. Farinas cooked for the same length of time were, with one exception, about as soluble as all of the so-called "predigested" foods examined. The percentage amount of soluble matter in a food may not form an absolutely correct basis for judging the efficiency of the cooking or malting process; but, as these processes tend to render certain parts of the food soluble, it certainly gives us a good basis of comparison. If this be true, we are right in concluding that some of the prepared foods should be further cooked before serving.

As regards palatability, one food does not seem to have much advantage over another. The mere fact that all are bought and used is sufficient evidence that they are palatable. Certain foods may "agree" with some people better than others. That is, after all, a matter of individuality and