

flour which has undergone putrefactive change, is not infrequently contaminated with *fungi*, *vibriones*, and *acarus farinae*.

Dough made with good flour is elastic and may be rolled out very thin, or drawn into long strips, without breaking, which cannot be done with that made with inferior flour. The process of baking is the surest means by which to determine the quality of flour.

While it is better not to use flour when it is very new, if it be long kept it loses its flavour and sweetness, and also its nutritive value, though it becomes whiter. The greater the amount of gluten it contains the sooner it will deteriorate.

Wilson says, the amount of gluten in flour can be ascertained "by washing carefully a known quantity of flour, made first into a rather stiff dough, until the water comes off quite clear. The gluten, when baked or dried, should be clean-looking, and should weigh at least 8 per cent. of the quantity of flour taken for examination. A good flour will yield 10 to 12 per cent. Bad flour gives a dirty-looking gluten, which is deficient in cohesion, and cannot be drawn out into long threads."

BREAD.—"The crust should be well baked, not burnt. The crumb should not be flaky or sodden, but regularly permeated with small cavities. The taste and smell should both be agreeable, and free from acidity. Unless there is a considerable quantity of bran in the flour, the colour should be white, not dark or dirty-looking. Good flour, well baked, yields about 136 lbs. of bread per 100 lbs. of flour, and adulteration is chiefly directed to increase this ratio by making the gluten hard, and the bread more retentive of water. This the dishonest tradesman effects by adding alum, copper sulphate, or a gummy mixture of ground rice. The bread may be recognized by its becoming sodden and doughy at the base after standing for some time."

MEAT.—The characters of good meat Wilson enumerates as follows:—On section, it should present a marbled appearance from intermixture of streaks of fat with muscle. This shows that the animal has been well fed. The colour of the muscle should neither be too pale nor too dark. If pale and moist, it indicates that the animal was young or diseased; and if dark and livid, it shows that in all probability the animal was not slaughtered, but died with the blood in it. Both muscle and fat should be firm to the touch, not moist or sodden, and the latter should be free from hæmorrhagic points. Any juice exuding from the meat should be small in quantity, be of a red-