

PERCENTAGE COMPOSITION OF THE BREAD.

	Av. wt. of loaf grams	Water	Protein	Fat	Carbo- hydrates	Ash
Patent	502	36.48	7.29	1.76	53.42	1.06
Bakers'	506	36.75	7.39	1.71	52.81	1.32
85% Manitoba	501	36.10	7.98	1.73	52.92	1.33
85% Ontario	468	32.90	5.74	1.60	53.58	1.15

*28.34 grams in 1 ounce.

It will be seen from the above table that the various spring wheat flours produced about an equal weight of bread which was very similar in composition, while the Ontario winter wheat flour gave less bread with a lower water, protein, and fat content, and a considerably greater amount of carbohydrates. This is as expected, as the soft flour is starchy and poor in protein.

In order that we may make a closer comparison of the amounts of the various food constituents furnished by each 12 ounces of flour, the weights of protein, fat and carbohydrates contained in each loaf were calculated and are given in the following table. The fuel, or calorimeter value of each loaf was also calculated and is given in the last column of the table.

WEIGHT IN GRAMS OF FOOD CONSTITUENTS AND FUEL VALUE OF EACH LOAF OF BREAD.

	Protein	Fat	Carbo- hydrates	Ash	Fuel value
Patent	36.60	8.84	268.17	5.27	1899.
Bakers'	37.89	8.65	267.22	6.68	1893.
85% Manitoba	39.73	8.67	265.13	6.66	1888.
85% Ontario	26.91	7.63	274.15	5.38	1851.

It is generally assumed that, provided any given food is consumed as part of a well-balanced dietary, the number of calories of heat it will produce when burned, or, in other words, its fuel value, is the best basis for making a comparison of the nutritive value. Taking this as the basis, we have the figures given in the last column.

It will thus be seen that the soft wheat flour gave bread that contained approximately one-third less protein, or flesh-forming material, a little less fat, but more carbohydrates, and that it would furnish only 3.5 per cent. less energy than the bread from the spring wheat flour.