

in bulk. In the case of cornmeal the difference is not nearly so wide, but frequently the price of the meal sold in bulk is less than that given, sometimes as much as 10 pounds are given for 25 cents. The foods commonly sold in the package may be cleaner and more conveniently handled, but if they can be procured from a dealer who strives to keep them clean and who is selling sufficiently large quantities to insure a comparatively fresh supply, it is doubtful if very much is gained by purchasing them in this more expensive form.

In justice to the cooked and malted foods, it is only fair to point out that these foods are ready to serve, and, therefore, no expense is incurred in preparing them for the table. It is hardly possible to compute what it would cost under ordinary circumstances to make porridge from the oat or wheat meals; for, in many cases, they are cooked over wood or coal fires and along with the other cooking. Where a special fire is required, the cost of preparing the food will, to some extent, compensate for the difference in the original cost of the goods.

The data presented in the above table seem to clearly show that cornmeal is the most economical heat producer of the cereal foods. If the meal were used unbolted and the germ retained, it would be of even greater value. The oatmeals are nearly equal to the cornmeals in fuel values and contain much more of the proteids, or muscle-forming materials, and more ash, which is so necessary for the formation of bone. The oatmeals are also superior to the farinas, rolled wheat, and flaked barley in protein and carbohydrates and in fuel value. Wheat germ, when it is true to name, is a valuable food. In general, it is true that, while all the breakfast foods are good nutritious materials and that each of these foods have some quality which is specially prized by the individual using it, no breakfast food on the market will furnish so much actual nourishment for so little money as oatmeal. Another point brought out in the last table is that corn, oat, wheat, and barley meals, when sold in bulk and thoroughly cooked, are cheaper sources of digestible nutrients than bread.

SUMMARY.

Although there is such a large number of breakfast foods on the market, they are practically all made from five kinds of cereal grains. The great majority of those used in this country are made from two, oats and wheat, and nearly all of the ready-to-serve type are prepared from one—wheat. The chemical composition of the various foods shows that the method of preparation has not materially altered the proportion of the different nutrients of which they are composed, and that they correspond somewhat closely with the grain from which they were made. The exceptions to this are that in the oat products the amount of crude fibre has been reduced by removing the hull, and that in preparing the finer grades of cornmeal, the bolting process removes a portion of the fat. Whole