

or as readily digested as another. In some cases these variations were so wide as to seriously affect the value of the food. The following table, which contains the individual results obtained from some of the foods, is given to show these variations:

TABLE NO. 4: PERCENTAGE OF WATER SOLUBLE MATERIAL IN DIFFERENT SAMPLES OF THE SAME BRAND OF FOODS.

Food.	Total Solids.	Alcohol ppt. (dextrin).	Cuprous oxide ppt. (sugar).	Soluble proteids.
<i>Uncooked Foods.</i>				
1. Farina.....	5.08	1.94	1.11	*
2. Cream of Wheat	4.83	1.95	.88	1.69
3. " "	5.04	1.80	1.43	1.83
4. Goldie's Farina	5.65	1.76	.90	2.98
5. Steven's Breakfast Food.....	6.84	1.36	2.12	2.23
6. " " "	5.97	1.28	1.44	2.26
<i>Partially Cooked Food.</i>				
1. Tillson's Oatmeal	8.43	2.36	none.	*
2. " "	7.8	3.03	"	.67
3. " "	6.7	1.68	"	1.15
4. " "	8.0	2.99	"	1.21
5. " "	10.10	4.20	"	.65
6. " "	6.28	3.16	"	.58
7. " "	7.04	3.99	"	*
8. " "	9.09	3.45	"	.86
9. " "	7.27	4.58	"	.87
1. Quaker Oats	5.42	*	"	*
2. " "	5.20	.80	"	.76
3. " "	5.60	.72	"	.67
4. " "	5.60	.54	"	.67
5. " "	6.8	1.45	"	.79
6. " "	5.3	1.16	"	.67
7. " "	5.89	2.30	"	.60
8. " "	5.18	1.86	"	.81
<i>Cooked Foods.</i>				
1. Shredded Wheat.....	8.76	4.11	.26	*
2. " "	14.38	8.57	2.00	*
3. " "	14.92	9.64	2.46	*
4. " "	14.54	9.02	1.77	*
5. " "	13.96	8.65	2.39	*
6. " "	14.95	9.03	2.88	*
7. " "	14.48	8.81	2.76	*
1. Quaker Wheat Berries.....	28.1	23.52	3.34	2.33
2. " "	28.5	24.30	3.72	2.39
3. " "	23.9	19.55	3.51	2.14