

of proteids than the wheat itself. Now, although the highest grades contain rather less of the proteids the diminution is not an excessive one; and, if a spring patent flour be selected, it will contain practically the same amount of proteids as the regular baker's grade of winter wheat flour, thus effectually disposing of the old contention that patent flour contains nothing but starch. It will thus be seen that there cannot be much difference in nutritive value between the bread made from the finest white flours and that made from the whole-meal. What has been said regarding the difference between these two types of bread is the same, only to a less degree, when applied to the ordinary baker's brown bread.

William Jago, F. I. C., F. C. S., the greatest English authority on the subject of bread making, recently gave the result of his investigations along this line. In his work he compared the finest white bread obtainable with the bread made from the old stone process flour, and with whole-meal, and sums up his results as follows: "It is a well known fact that the public demand white bread, and that in consequence of this the efforts of both millers and bakers have been devoted to its production. In these experiments bakers' best white bread has been compared with bread from darker flours and with that from whole meal. It is gratifying to observe that, not only from the point of view of composition but also from the standpoint of nutritive value and actual digestibility, white bread more than holds its own above all others."

Some time ago a series of tests were made by a committee of London physicians in St. Bartholomew's Hospital, London, in view of determining, if possible, the relative nutrition and digestibility of white and brown bread. From their tests they come to the following conclusions :

1. White bread is, weight for weight, more nutritious than brown.

2. In case of people with irritable intestines white bread is preferable to brown.

3. In case of people with sluggish intestines brown bread is preferable to white.

4. In cases where the proportion of mineral ingredients, and especially lime salts, in other articles of food or drink is insufficient, brown bread is preferable to white.