

TABLE NO. 8: NUMBER OF GRAMS OF DIGESTIBLE PROTEIN, CARBOHYDRATES, AND NUMBER OF CALORIES FROM 10 CENTS WORTH OF THE FOODS.

Food.	How sold.	Price.	Grams of digestible Proteids.	Grams of digestible Carbo-hydrates.	Calories.
Granulated Oatmeal...	In bulk	7 lbs. for 25c	118.3	885.1	4,922
Rolled Oats.....	"	7 " 25c.	127.1	874.1	4,915
".....	In packages	2 " 10c.	90.9	624.1	3,510
Farinas.....	In bulk	6 " 25c.	75.9	806.3	3,860
".....	In packages	2 " 15c.	41.8	448.0	2,146
Wheat Germ.....	In bulk	7 " 25c.	118.9	950.5	4,801
Rolled Wheat.....	"	6 " 25c.	73.9	793.4	3,784
".....	In packages	2 lbs. 13 ozs. 15c	57.8	619.8	2,964
Flaked Barley.....	In bulk	2 lbs. for 10	59.6	683.1	3,035
Cornmeal.....	"	8 " 25c.	70.1	1175.1	5,316
".....	In packages	3 " 10c.	62.6	1049.2	4,746
Orange Meat.....	"	20 ozs. for 15c.	26.9	279.3	1,341
Force.....	"	16 " 15c.	18.0	219.0	1,010
Norka.....	"	22 " 15c.	48.5	282.7	1,578
White Bread.....	In loaf	2½ lbs. for 10c.	90.4	546.8	2,817
Entire Wheat Bread...	"	2½ " 10c.	71.5	473.3	2,418
Graham Bread.....	"	2½ " 10c.	73.7	443.7	2,322

From the above figures some very interesting conclusions may be drawn. Obviously ten cents' worth of rolled oats, when sold in bulk, will furnish more digestible protein than any other food on the list; granulated oatmeal and wheat germ are practically alike and stand second in order in this respect; while malted or "predigested" foods supply the smallest quantity. In digestible carbohydrates, cornmeal stands first, wheat germ second, and the oatmeals third, with the malted foods again at the foot of the list. In the last column, which gives the energy value of the digestible matter of ten cents' worth of the foods, cornmeal ranks first, furnishing 400 calories of heat more than the oatmeals, which come second in order, and 455 more than wheat germ; while the same amount of money expended on Force will purchase food capable of producing only 1,010 calories of available energy, which is 4,306 less than that of cornmeal.

It may be argued that, as the "predigested" foods are sold in packages, they should be compared with the other foods put up in the same manner. When this is done, the differences in the energy values are not so wide; but, while there is a comparatively narrow margin between such farinas as Cream of Wheat, Meat of Wheat, etc., there is so much more protein and energy obtained from corn and oat meals that they are still very much cheaper. In this connection it is worthy of note that the goods sold in packages are very much more expensive than when sold in bulk. In the case of the farinas, only a little over half the nourishment would be obtained from the same money expended on package foods as when bought