
LABORATORY
OF THE
INLAND REVENUE DEPARTMENT
OTTAWA, CANADA.

BULLETIN N^o 383

Packaged Breakfast Foods

NOTES AND COMMENTS.

Under this heading, as occasion arises, the Bulletins issued by this Department will contain as an appendix, such comment as may seem necessary or advisable upon matters relating to the work of the Department in connection with the administration of the Adulteration Act, the Fertilizers Act, the Feeding Stuffs Act or the Proprietary Medicines Act.

It frequently happens that correspondents ask information regarding the above Acts, of such a nature that the matter in question possesses general interest, and comment upon it would prove acceptable and useful to others than the immediate questioner. In such cases the reply may find a place in these columns. For convenience of reference these notes will be numbered in series.

A. MCGILL,
Chief Analyst.

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BULLETIN No. 383

PACKAGED BREAKFAST FOODS

Ottawa, 5th October, 1917.

J. U. VINCENT, Esq., K. C., B. A., L. Ph.,
Deputy Minister of Inland Revenue,
Sir,

I beg to hand you a report upon 275 samples of so-called Breakfast Foods purchased by our inspectors throughout Canada in April, May and June of this year. The collection comprises apparently, some fifty-one different sorts or brands of material.

The work of analysis was done in somewhat greater detail at Ottawa than at the sub-laboratories; for which reason I have arranged the results in two tables (I and II) the first showing results as obtained at the sub-laboratories upon 149 samples; the second giving results of work upon 126 samples at Ottawa.

It is necessary to note that the net weight of contents of the package has reference to the food content. Several packages contained such foreign material as crockery, and in these instances the weight of the article was deducted. Thus sample 75773 was guaranteed to contain 65 ounces as packed. It actually contained only 53.9 ounces of food, and a plate weighing 11.3 ounces. No 68392 contained a saucer weighing 9.95 ounces, and No 75729 a plate weighing 7.76 ounces.

The popularity of the foods now under discussion is undoubtedly due to four factors. (1) Attractive and wide-spread advertising, (2) A growing tendency to save time in the preparation of the meal. (3) the guarantee of cleanliness furnished by the manner of packaging. (4) the attractive flavour possessed by most of these foods.

It is further to be noted that all the foods in question are nutritious and appetizing ; and where the question of cost, in relation to food value, is not of importance, they are to be highly commended.

It cannot, however, be denied that the cost of many of these foods, when considered in relation to the amount of nutriment contained in them, makes many of them decidedly expensive, and rather to be classed as luxuries than as staples, so far as regards that large class of consumers who are compelled by circumstances to consider expenditure.

The value of food, regarded from the standpoint of nutritive quality, is measured in terms of the calorie, which may be understood to express the amount of energy derivable on digestion of food. A man of average weight engaged in comparatively light work, requires about 2800 to 3000 calories daily, in order to maintain health. If engaged in hard work, he must have more than this amount; say about 3500 calories. It must further be understood that no single food, (except perhaps milk in certain cases) supplies this energy in such a way that it could be made the sole diet of a healthy person.

In Table III, the results of this investigation are presented so that the reader may perceive the relation which exists between actual food value and cost. In the last column of this table is given the price, in cents, of that quantity of each food, which can furnish 1000 calories of energy. The price used in making this calculation is the average price paid by our inspectors for the samples purchased irrespective of the place where purchased. Inasmuch as the cost price varies considerably in different localities, this fact must be taken into consideration where comparison of one food with another is instituted. Thus it will be seen, by reference to Tables I and II, that Kellogg's Corn Flakes have been purchased at prices varying from 12 to 27 cents per pound ; Cream of Wheat at prices ranging from 11 to 15 cents per pound ; Force, at prices varying from 16 to 38 cents per pound; Grape Nuts, at prices from 14 to 19 cents ; and so on, of the others. It is difficult to understand why the local prices of standard foods should vary so greatly ; but the fact remains. Freight charges doubtless affect the local price ; and when the varying weight of the contents of packages, nominally of the same size, is taken into account, and calculated into cost per pound, this greatly affects the actual cost in many cases. Thus we find the net contents of packages of Kellogg's Corn Flakes to vary from 8 to 13.25 ounces ; Force, from 7.5 oz. to 12.75 oz. ; Post Toasties, from 12 oz. to 17.14 oz., etc. Many other brands have a practically constant weight. Thus, in 15 samples of Cream of Wheat, the extreme weights are 27.25 oz. and 29.17 oz. ; in 20 samples of Grape Nuts, the extremes are 12.75 ounces and 16.92 ounces ; the great majority of the samples weighing close upon 15 ounces.

It is greatly to be desired that in all packaged foods the manufacturer should be required to state the actual weight of food contained in the package.

For the reasons above given, it must be understood that the subjoined cost prices for each 1000 calories of energy obtainable from the special food named, may not correctly represent the cost of the food upon the Canadian market, considered as a whole. The prices given, do, however, correctly represent the cost of the food as indicated by the prices actually paid by our inspectors, for the particular samples analyzed.

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1000 CALORIES OF ENERGY DERIVED FROM

Robin Hood Oats, large size costs.....	4.40 cents.
Purity Oats, small.....	4.49 "
Tillson's Oats.....	4.94 "
Quaker Oats, large size.....	5.00 "
Robin Hood Oats, small size.....	5.01 "
Brodies Oats.....	5.41 "
Quaker Oats, small size.....	5.57 "
Roman Meal, large size.....	6.24 "
Malt Breakfast Food.....	6.43 "
Wheat Kernels.....	6.52 "
Kellogg's Bran.....	6.59 "
Post Tavern Special.....	6.81 "
Pettijohns Breakfast Food.....	6.91 "
Quaker Corn Flakes.....	7.08 "
Cream of Wheat.....	7.12 "
Krinkle Corn Flakes.....	7.13 "
Quaker Pearl Hominy.....	7.15 "
Robin Hood Porridge Wheat.....	7.72 "
Post Toasties.....	7.74 "
Kellogg's Corn Flakes, Dominion.....	8.29 "
Malta Vita.....	8.59 "
Roman Meal, small size.....	8.75 "
Kellogg's Rice Flakes.....	9.46 "
Kellogg's Krumbles.....	9.50 "
Grape Nuts.....	9.85 "
Quaker Farina.....	10.10 "
Gusto.....	10.12 "
Roman Meal Nuggets.....	10.55 "
Hellogg's Corn Flakes.....	10.64 "
Kecker's Cream Farina.....	10.73 "
Shredded Wheat.....	10.75 "
Kellogg's Wheat Biscuits.....	10.87 "
Wheatena.....	10.96 "
Good Health Breakfast Food.....	11.49 "
Uncle Sam's Health Food.....	12.94 "
Kellogg's Wheat Flakes.....	13.18 "
Force.....	13.63 "
Quaker Puffed Wheat.....	20.14 "
Quaker Puffed Rice.....	21.93 "

Another consequence of the varying amount of material in these packages is that where only one or two samples of the article have come into our hands, the results found cannot be held with certainty to describe the average character of the article.

Variations in weight and cost price of these foods are more noticeable than variations in the character of the food itself. Careful study of Tables I and II will bear out the conclusion that, so far as food value is concerned, the material is fairly constant in character. Thus to take a few examples, the following may be quoted:

Name of Food.	Number of samples.	Caloric value for 1000 grams. Dry.			Extreme Variation.
		Mean.	Maximum.	Minimum.	
Kellogg's Corn Flakes...	17	4011	4064	3902	162
Cream of Wheat.....	16	4106	4125	3909	216
Force.....	18	4001	4026	3937	89
Grape Nuts.....	21	4000	4035	3971	64
Kellogg's Krumbles....	13	3938	3967	3908	59
Post Toasties.....	18	3995	4123	3860	263
Quaker Puffed Wheat...	16	4039	4118	3987	131
Shredded Wheat.....	14	4014	4029	3915	164

The caloric (large calorie) is that amount of energy which, when considered as heat, would suffice to raise the temperature of 1 litre of water through 1 degree Centigrade. It is not however important or necessary that the ordinary reader should bear this fact in mind. It is enough to regard the calorie as an arbitrary unit of measurement for energy (the power to perform work), just as the yard is an arbitrary unit of measurement for distance, or the pound for weight. The value of the term, for purposes such as the present, is entirely comparative. If a man needs 3000 calories of energy per day, he must be furnished with food of such kind and in such quantity as will yield him 3000 calories, if he is to maintain health.

Determination of the absolute calorific value of any form of food is carried out by actual combustion of a known weight of the food under circumstances which permit of the heat produced being accurately measured. The instrument used (Calorimeter) in these determinations is so constructed that the total available heat energy is produced. In other words, combustion is complete.

The digestion effected by the human organism is seldom, or never, so complete as this. Rubner has calculated that at least 8 per cent. of our food, on a mixed diet, passes through the body undigested, or incompletely digested. (Hammers-ten's Physiological Chemistry, Translation by Mandel, p. 585). It follows that in calculating the energy available from a given diet, the calorific values as determined by the Calorimeter must be reduced by 8 per cent. if we would know the actual human energy derivable from such diet.

For purposes like the present it is necessary to refer the various elements of food to a limited number of classes and to ascertain, for each class, a factor which shall, as closely as possible indicate the calorific value of unit weight of this class. It is convenient for this reason, to group together such food constituents as casein, albumen, gluten, myosin, legumin, etc., as proteids, and to use the same factor in calculating their calorific value. This can only be an approximation to actual fact, although a pretty close approximation; and quite sufficiently accurate to form a useful guide in ascertaining food values.

In the same way, all forms of fat are grouped, and an average factor employed in calculating their calorific values ;while the various starches and sugars are classified together as Carbohydrates, and a common factor used.

Rubner, already quoted, used the following factors :—

For Proteids.....	4.1
“ Fats.....	9.3
“ Carbohydrates.....	4.1

These numbers were derived from experiments with dogs fed on meat, starch, sugar, etc. ; and more recent work has demonstrated that Rubner's factors do not allow for so much loss in digestion as has been found to occur with men living on an ordinary mixed diet.

SHERMAN (Chemistry of Food and Nutrition, p. 128) uses the factors 4, 9 and 4, for protein, fat and carbohydrates respectively ; and it is quite probable that these factors more nearly represent the true energy values, when we regard human digestion. In this report I have however retained Rubner's factors, for the reason that they have been extensively used in work already published by this, and by other laboratories. Furthermore, they do not greatly differ from Sherman's factors ; and anyone wishing to compare results by the latter may multiply the given calorie value by the factor 0.983 for proteids and carbohydrates; and 0.968 for fats.

In calculating carbohydrate values I have omitted "Crude Fibre." This term applies to matters insoluble in boiling sulphuric acid (1.25 per cent. strength) or in boiling caustic soda (1.25 p. c.). However the facts of availability as food, for such material, may be in the case of the Ruminantia, it is inconceivable that crude fibre can possess any food value for man. The amount of crude fibre in most of these breakfast foods is so small that the inclusion of crude fibre with the digestible carbohydrates would be of trifling moment, but for the fact that a small number of these foods contain added fibre to such amount as would give them an undeservedly high apparent food value were it reckoned as starch or sugar, which are actually digestible.

Comparison of Brands as reported in Bulletin 330 (1915) and Bulletin 383 (1917).

KELLOGG'S CORN FLAKES

	Number of samples.	Calories per gram as sold.	Cost (cents) per 1000 calories.
Bulletin 330.....	4	3.612
" 383.....	17	3.721	10.64

KRINKLE CORN FLAKES

Bulletin 330.....	1	3.790
" 383.....	8	3.705	7.13

CREAM OF WHEAT

Bulletin 330.....	2	3.674
" 383.....	16	3.694	7.12

FORCE

Bulletin 330.....	1	3.675
" 383.....	18	3.712	13.63

GRAPE NUTS

Bulletin 330.....	3	3.711
" 383.....	21	3.796	9.85

GUSTO

Bulletin 330.....	1	3.583
" 383.....	6	3.693	10.12

HECKER'S FARINA

Bulletin 330.....	1	3.716
" 383.....	2	3.689	10.73

KELLOGG'S KRUMBLES

Bulletin 330.....	1	3.634
" 383.....	13	3.706	9.50

KELLOGG'S WHEAT BISCUITS

Bulletin 330.....	1	3.496
“ 383.....	4	3.638	10.87

MALT BREAKFAST FOOD

Bulletin 330.....	1	3.669
“ 383.....	5	3.763	6.43

PETTIJOHN'S BREAKFAST FOOD

Bulletin 330.....	1	3.508
“ 383.....	7	3.643	6.91

POST TOASTIES

Bulletin 330.....	1	3.700
“ 383.....	18	3.693	7.74

QUAKER OATS

Bulletin 330.....	1	3.816
“ 383.....	3	3.955	5.00

QUAKER PUFFED RICE

Bulletin 330.....	1	3.683
“ 383.....	13	3.721	21.93

QUAKER PUFFED WHEAT

Bulletin 330.....	2	3.754
“ 383.....	16	3.715	20.14

ROBIN HOOD PORRIDGE OATS

Bulletin 330.....	1	3.842
“ 383.....	4	3.955	5.01

ROMAN MEAL

Bulletin 330.....	4	3.490
“ 383.....	5	3.520	8.75

SHREDDED WHEAT

Bulletin 330.....	5	3.566
" 383.....	14	3.685	10.75

In Table IV a comparison is made between the food value as determined in 1915 and this year in such brands of Breakfast Foods as came under examination in both inspections. That for 1915 is published as Bulletin No. 330. It is unfortunate that no determinations of the weight of food in the packages were made in 1915, for which reason it is impossible to institute a comparison of the cost per calorie for the years named.

I would respectfully suggest publication of this report as Bulletin No. 383.

I have the honour to be, Sir,
Your obedient servant,

A. MCGILL,
Chief Analyst.

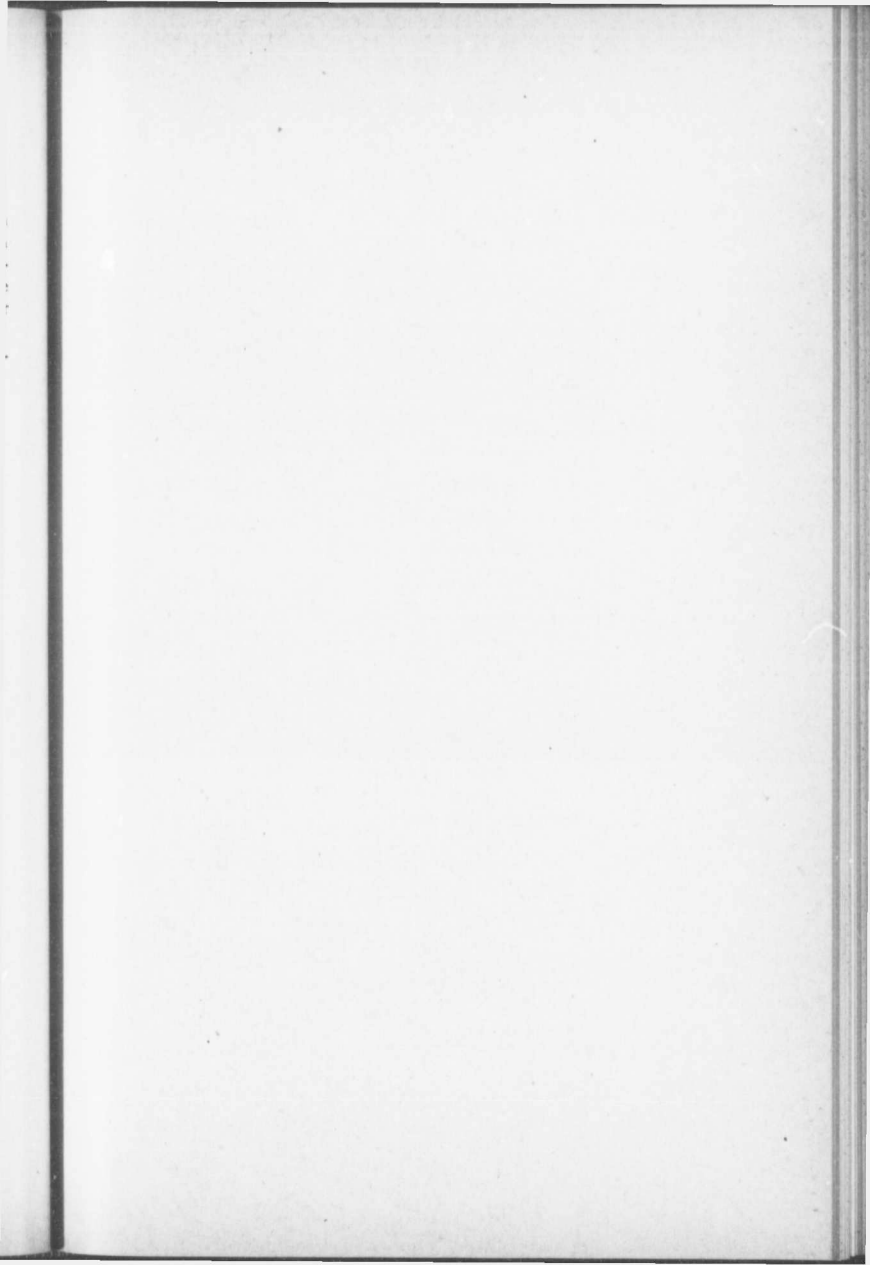


TABLE I

BULLETIN No 383.

Date of Collection	Nature of Sample	Number of Sample	Name and Address of Vendor	Cost.		Name and address of Manufacturer or Furnisher as given by the Vendor		
				Quantity	ets.	Manufacturer	Furnisher	
DISTRICT OF NOVA SCOTIA R. J. WAUGH.								
1917								
May	23	Breakfast Food	76561	Wm. Law & Co., Yarmouth, N. S.	3 pkgs	30	Kellogg Toasted Corn Flake Co., Toronto.	Mfr.....
"	23	"	76562	S. P. Goudy, Yarmouth, N.S.	"	30	The H. O. Co., Hamilton.	Unknown...
"	26	"	76563	Barnes & Quinn Ltd., Windsor, N. S.	"	36	Roman Meal Co., Toronto.	Bauld Bros., Halifax.
"	29	"	76564	John McLeans & Sons, Mahone, N. S.	"	45	Can. Shredded Wheat Co., Niagara Falls.	Unknown...
"	30	"	76565	J. S. Berringer, Lunenburg, N. S.	"	60	Cream of Wheat Co., Minneapolis.	Wentzels Ltd Halifax.
June	15	"	76566	Wentzels Ltd., Halifax	"	45	Can. Postum Cereal Co., Windsor.	Mfr.....
"	22	"	76567	R. B. Seaton & Co., Halifax.	"	28	Kellogg T. C. F. Co., Toronto.	"
"	25	"	76568	J. L. Wilson & Co., Halifax...	"	30	Can. Postum Cereal Co., Windsor.	"
"	25	"	76609	W. J. Hopgood & Son, Halifax.	"	45	Quaker Oats Co., Peterboro.	R. B. Seaton & Co., Halifax.
"	25	"	76570	F. S. Short, Halifax.....	"	36	Kellogg T. C. F. Co., Toronto.	Bauld Bros. Ltd., Halifax.
"	14	"	78701	James Cavanagh, New Glasgow, N. S.	3 cart.	30	" "	R.M. McGregor & Sons, New Glasgow, N. S.
"	14	"	78702	" "	"	30	BattleCreek Toasted Corn Flake Co., London Ont.	"
"	14	"	78703	" "	"	30	Can. Postum Cereal Co., Windsor.	"
"	14	"	78704	" "	"	45	" "	"
"	14	"	78705	A. J. Roop, New Glasgow, N. S.	"	45	Quaker Oats Co., Peterboro.	"
"	14	"	78706	" "	"	45	" "	"
"	14	"	78707	" "	"	45	Can. Shredded Wheat Co., Niagara Falls.	Bauld Bros. Halifax.
"	14	"	78708	D. C. MacKay, New-Glasgow N. S.	"	30	Kellogg T. C. F. Co., Toronto.	Mfrs.....
"	14	"	78709	" "	"	45	Can. Postum Cereal Co., Windsor.	R. McGregor & Sons New Glasgow.
"	15	"	78710	C. A. Fraser & Co., Stellarton N. S.	"	30	Kellogg T. C. F. Co., Toronto.	McCulloch & Creelman, Truro.

DISTRICT OF CAPE BRETON

April	24	Force.....	63867	J. F. Miles, Sydney C. B....	3 pkgs	45	The H. O. Mills, Hamilton.
"	24	Roman Meal	63868	" "	"	75	Roman Meal Co., Toronto.
"	24	Puffed wheat	63869	" "	"	45	Quaker Oats Co., Peterboro
"	24	Breakfast Food.	63871	F. & J. Morley, Sydney C. B.	"	75	White Swan C and S. Co., Toronto.
"	24	Toasted Corn Flakes	63872	" "	"	30	Toasted Corn flakes Co., London.

PACKAGED BREAKFAST FOODS.

Inspector's report in and an expression of opinion.	Results of Analysis											No. of Sample.
	Percentage on dry basis.										Brand.	
	Moisture %	Protein.	Fat.	Fibre.	Ash.	Carbohy- drates by difference.	Net weight ozs.	Net weight claimed.	Calorific value per gram.			
									Dry	As sold		

INSPECTOR. W. A. PETIPAS, TEMPORARY INSPECTOR

Krumbles ...	5.50	15.40	1.14	2.29	3.03	78.29	10.0	10.0	3.944	3.727	Kellogg's Krumbles	76561
Gusto	8.15	10.34	1.11	1.00	2.85	84.69	11.0	3.909	3.673	Toy Gusto.	76562
Roman Meal Nuggets.	7.70	12.61	2.14	3.51	5.11	76.63	11.6	8.5	3.858	3.561	Roman meal Nuggets.	76563
Shredded Wheat	7.40	12.10	1.73	2.29	1.81	82.07	12.9	12.0	4.022	3.724	Shredded Wheat bis- cuit.	76564
Cream of Wheat.	9.90	13.46	1.02	0.35	0.51	84.65	28.1	28.0	4.118	3.710	Cream of Wheat.	76565
Grape Nuts .	3.40	11.68	0.87	1.61	2.07	83.77	14.5	3.994	3.858	Grape Nuts	76566
Toasted Corn Flakes	6.50	8.05	0.17	0.69	3.38	87.71	11.0	10.0	3.942	3.685	Dominion Toasted Corn Flakes	76567
Post Toasties	5.89	8.88	0.19	0.51	2.72	87.70	12.1	3.977	3.746	Post Toas- ties	76568
Puffed wheat	8.70	14.45	2.19	2.41	1.99	78.30	7.1	6.0	4.033	3.682	Quaker Puf- fed Wheat	76569
Toasted bran Flakes.	9.75	13.03	3.15	10.40	8.05	82.35	10.0	10.0	3.507	3.200	Kellogg's Toasted bran flakes	76570
.....	9.45	14.97	3.42	9.85	8.02	83.74	10.7	10.0	3.545	3.210	"	78701
.....	10.49	8.36	0.19	0.38	2.69	88.38	10.2	3.984	3.570	Kellogg's Toasted Corn flakes	78702
.....	6.95	8.88	0.06	0.34	2.64	90.08	13.6	4.033	3.781	Post Toas- ties	78703
.....	4.65	11.48	0.78	1.09	1.83	84.82	14.7	4.021	3.834	Grape Nuts	78704
.....	8.25	14.82	1.81	1.66	1.57	80.14	7.1	6.0	4.062	3.727	Quaker puf- fed Wheat	78705
Puffed Rice.	9.35	8.06	0.15	0.31	0.46	91.02	7.4	6.0	4.076	3.695	Quaker puf- fed Rice	78706
.....	8.25	11.50	1.85	2.05	1.70	82.90	13.3	12.0	4.042	3.709	Shredded Wheat	78707
Toasted corn Flakes	7.30	8.11	0.15	0.30	3.70	87.74	11.6	10.0	3.944	3.656	Dominion Toasted Corn flakes	78708
Grape Nuts.	5.75	11.38	0.74	1.57	1.91	84.40	14.8	3.996	3.766	Grape Nuts	78709
Krumbles ...	5.90	15.06	1.08	2.26	2.93	78.67	9.8	10.0	3.943	3.710	Kellogg's Krumbles	78710

E. F. MACKEN, INSPECTOR.

.....	6.45	12.02	1.28	0.98	2.72	83.00	11.7	4.015	3.750	Force	63867
.....	8.75	13.81	3.16	4.08	3.03	75.95	39.0	40.0	3.974	3.635	Roman Meal	63868
.....	8.05	15.84	1.94	2.09	1.83	78.28	6.5	6.0	4.039	3.714	Quaker puf- fed Wheat	63869
.....	8.20	11.21	1.74	1.53	1.81	83.71	12.4	44.0	4.054	3.721	White Swan Breakfast Food.	63871
.....	6.20	7.78	0.19	0.55	2.69	88.79	11.8	3.977	3.730	Kellogg's Toasted corn flakes	63872

TABLE I

Date of Collection	Nature of Sample	Number of Sample	Name and Address of Vendor	Cost.		Name and address of Manufacturer or Furnisher as given by the Vendor	
				Quantity	cts.	Manufacturer	Furnisher
DISTRICT OF CAPE BRETON—							
1017							
April 24	Post Toasties	63873	F. & J. Morley Sydney C. B.	3 pkgs	30	Can. Postum Cereal Co., Windsor,	
May 10	Shredded Wheat	63876	W. J. Cleary, Sydney, C. B.	"	45	Shredded Wheat Co., Niagara Falls.	
" 10	Krumbles...	63877	" "	"	30	Kellogg's T. C. F. Co., Toronto.	
DISTRICT OF PRINCE EDWARD ISLAND —							
May 22	Grape Nuts...	60651	J. P. Duffy, Charlottetown.	3 pkgs	45	Can. Postum Cereal Co., Windsor.	
" 22	Cream of Wheat	60656	A. Peters, Charlottetown...	"	66	Cream of Wheat Co., Minneapolis.	
" 22	Malt Breakfast food	60657	" "	"	60	The Malted Cereal Co., Burlington, Vt.	
" 22	Puffed Wheat	60658	" "	"	45	Quaker Oats Co., Peterboro., "	
" 22	Puffed Rice...	60659	" "	"	45	"	
" 22	Roman Meal	60661	L. A. Hynes, Charlottetown	"	45	Roman Meal Co., Toronto.	
" 22	Post Toasties	60662	" "	"	30	Can. Postum Cereal Co., Windsor.	
" 22	Puffed Wheat	60663	" "	"	45	Quaker Oats Co., Peterboro.	
" 23	Toasted Corn Flakes	60666	Geo. Racklam, Charlottetown	"	30	Toasted Corn Flake, Co., London.	
" 23	Pettijohn's Breakfast Food	60667	" "	"	45	Quaker Oats Co., Peterboro.	
" 23	Roman Meal	60668	" "	"	30	Roman Meal Co., Toronto.	
" 23	Grape Nuts...	60669	" "	"	45	Can. Postum Cereal Co., Windsor.	
DISTRICT OF NEW BRUNSWICK —							
May 16	Breakfast Food.	69788	G. E. Barbour Co., Ltd., St. John, N. B.	3 cart	30	W. K. Kellogg, London, Ont.	
" 16	"	69789	W. A. Simonds, St. John, N. B.	"	36	The H. O. Co., Hamilton.	
" 18	"	69790	Cheyne & Co., St. John, N. B.	3 pkgs	45	Quaker Oats Co., Peterboro.	
" 23	"	69791	Wilson Bros., St. John N. B.	"	30	Can. Postum Cereal Co., Windsor.	
" 23	"	69792	J. P. Barrett, St-John N. B.	"	54	"	
June 5	"	69793	H. C. Jewett, Fredericton, N. B.	"	75	Cream of Wheat Co., Minneapolis.	
" 6	"	69794	J. Rankin Brown, Woodstock N. B.	"	30	W. K. Kellogg, Toronto.	
" 12	"	69795	Carl Huestis, Sussex, N. B..	"	45	Can. Shredded Wheat Co., Niagara Falls.	
" 13	"	69796	The Sanitary Grocery Co., Moncton, N. B.	"	60	Robin Hood Mills Moose Jaw.	
" 14	"	69797	V. A. Danville, Chatham, N. B.	"	75	Roman Meal Co., Toronto.	

Inspector's Report. (Is not an expression of opinion.)	Results of Analysis.											
	Moisture %					Percentage on dry basis.					Brand.	
	Protein.	Fat.	Fibre.	Ash.	Carbohydrates by difference.	Net weight ozs.	Net weight claimed.	Dry	As sold	No. of Sample.		
.....	6.25	8.68	0.13	0.38	2.54	88.27	12.6	3.987	3.738	Post Toasts.	65873
.....	8.30	11.12	1.55	1.57	1.66	84.10	12.5	12.0	4.048	3.716	Shredded Wheat.	65876
.....	5.05	15.18	0.43	2.38	2.50	78.52	10.8	10.0	3.928	3.730	Kellogg's Branflakes	65877

Concluded.

J. P. ARSBNALLETT, INSPECTOR.

.....	7.65	12.80	1.17	2.48	1.90	81.56	15.3	3.981	3.694	Grape Nuts	60651
.....	9.80	12.20	0.60	0.18	0.47	86.46	28.0	28.0	3.909	3.526	Cream of Wheat	60656
.....	6.30	11.48	1.98	1.58	1.04	83.32	28.8	28.0	4.070	3.814	Milk Toast	60657
.....	8.50	15.11	2.08	2.32	1.70	78.70	6.8	6.0	4.030	3.695	Quaker Puffed Wheat	60658
.....	9.40	7.35	0.26	0.57	0.40	91.33	7.0	6.0	4.045	3.665	Red Wheat Flakes	60659
.....	9.60	12.98	2.70	4.82	3.42	76.08	11.5	3.902	3.527	Roman Meal	60661
.....	9.30	8.25	0.20	0.44	2.27	88.78	13.0	4.002	3.630	Post Toasts	60662
.....	9.20	14.97	2.20	2.20	1.81	78.73	5.4	6.0	4.054	3.681	Quaker Puffed Wheat	60663
.....	8.95	7.40	0.26	0.35	2.06	88.03	9.9	3.930	3.584	Kellogg's Corn Flakes	60665
.....	10.85	12.43	2.16	1.52	1.74	82.15	22.7	24.0	4.078	3.630	Petjohn's Breakfast Food	60667
.....	10.65	12.83	2.17	4.16	3.18	77.66	12.0	3.911	3.487	Roman Meal	60668
.....	6.80	11.85	0.45	0.73	1.87	85.10	14.3	4.016	3.733	Grape Nuts	60669

JOHN C. FERGUSON, INSPECTOR.

.....	5.65	8.77	0.21	0.25	2.84	87.93	11.0	3.984	3.750	Kellogg's Corn Flakes	60758
.....	7.80	11.92	1.22	1.63	2.86	82.07	10.0	4.003	3.690	Tony Gusto	60759
.....	7.35	10.06	2.16	1.12	1.90	78.67	6.2	6.0	4.084	3.784	Quaker puffed Wheat.	60760
.....	6.40	8.70	0.15	0.30	2.72	88.23	12.0	3.983	3.733	Post Toasts	60761
.....	5.80	11.33	0.79	1.10	1.76	85.02	16.0	4.023	3.790	Grape Nuts	60762
.....	9.46	13.09	1.35	0.40	0.68	84.48	28.8	28.0	4.125	3.737	Cream of Wheat	60663
.....	4.21	14.68	1.25	2.21	3.03	78.81	9.7	10.0	3.940	3.781	Red Wheat Flakes	60764
.....	9.32	11.15	1.37	0.93	1.72	84.83	12.8	4.062	3.682	Triscuit	60765
.....	10.45	13.24	0.50	0.22	0.47	85.17	25.9	23.0	4.120	3.689	Robin Hood Post Toasts	60766
.....	9.90	12.93	2.64	4.40	3.20	76.83	40.0	40.0	3.925	3.536	Roman Meal	60767

TABLE 1

BULLETIN No 383.

Date of Collection	Nature of Sample	Number of Sample	Name and Address of Vendor	Cost		Name and Address of Manufacturer or Furnisher as given by the Vendor	
				Quantity	cts.	Manufacturer.	Furnisher
DISTRICT OF QUEBEC CITY :—							
April	17 Cream of Wheat	71036	M. Binet, 1 rue Desjardins, Quebec.	3 boxes	75	Cream of Wheat Co.	
"	17 Puffed Rice	71037	" " "	"	45	Quaker Oats Co.	Joseph & Cie.
"	17 New Post Toasties	71038	" " "	"	30	Can. Postum Cereal Co.	"
"	17 Porridge Oats	71039	" " "	"	45	"	"
"	17 Force	71040	" " "	"	45	H. O. Mills.	"
"	17 Shredded Wheat	71041	P. Richard, 44 rue Desjardins, Quebec.	"	45	Shredded Wheat Co.	Unknown....
"	17 Rolled Oats	71042	Jérémie Pépín, 132 rue Massue, Quebec.	"	90	Can. Cereal flour Mills.	Turotte & Frères.
"	17 Kellogg's Toasties corn flakes	71043	" " "	"	45	Kellogg's	"
"	18 Porridge Oats	71044	E. Pichette, 143 rue Bayard, Quebec.	"	75	Robin Hood Mills Mouse Jaw.	N. Turcot Co.
"	18 Toasted Wheat Blucuit.	71045	A. Drolet, 712 rue St. Valer.	"	45	Kellogg Co.	Unknown....
DISTRICT OF MANITOBA :—							
April	2 Grape Nuts	75229	Transcona Mercantile Co., Transcona.	3 pkgs	45	Can. Cereal Co.	Windsor.
"	3 Toasted Wheat Flakes	75229	Phil. Taylor, Portage la Prairie.	"	30	Kellogg T. C. F. Co., Battle Creek Mich.	"
"	4 Corn Flakes	75306	Nordal & Helgason, Selkirk.	"	30	Monarch Pure Food Co., Toronto	"
"	9 Cream of Wheat	75301	Guertin & Co., St. Jean Baptiste, Man.	"	60	Cream of Wheat Co., Minneapolis.	"
"	9 Puffed Wheat	75302	Edward Comenault, St-Jean-Baptiste, Man.	"	60	Quaker Oats Co., Peterboro.	"
"	12 Corn Flakes	75304	W. H. Moran, 140 Higgins Ave., Winnipeg.	"	25	Quaker Oats Co., Chicago.	"
"	13 Roman Meal	75305	Elliott & Hazel, 975 Main St Winnipeg.	"	75	Roman Meal Co., Toronto.	"
"	25 Force	75306	G. F. Golding, Sidney, Man.	"	45	H. O. Co., Hamilton.	"
"	26 Good Health Breakfast Food.	75307	T. Eaton Co., Winnipeg.	"	40	Good Health Food Co., London Ont.	"
May	2 Puffed Rice	75308	K. Rimer & Sons, Steinback.	"	40	Quaker Oats Co., Peterboro.	"
"	2 Porridge Wheat	75323	H. W. Rimer, Steinback	"	40	Robin Hood Mills Mouse Jaw.	"
"	2 Malta Vita	75324	K. B. Rimer, Steinback	"	40	Malta Vita Pure Food Co., Toronto.	"
DISTRICT OF SASKATCHEWAN:—							
April	19 Breakfast Food.	71694	G. W. Stockton, Calyle.	3 cart.	45	The H. O. Mills, Hamilton.	"
"	19 " "	71695	H. A. Buchanan, Calyle.	"	45	Quaker Oats Co., Peterboro.	"
"	19 " "	71698	A. C. Kemp, Calyle.	"	25	Can. Postum Cereal Co., Windsor.	"
"	19 " "	71700	Nelson & Company, Calyle	"	30	Roman Meal Co., Toronto.	"
"	20 " "	77002	John Mears, Arcola.	"	50	Can. Postum Cereal Co., Windsor.	"

PACKAGED BREAKFAST FOOD.

Inspectors Report. (Is this in com- munion of opinion)	Moisture %	Results of Analysis										Brand.	No of sample.
		Percentage on dry basis					Net weight ozs.	Net weight claimed.	Calorific value per gram				
		Protein	Fat.	Fibre.	Ash.	Carbohy- drates by difference.			Dry	As sold			

F. X. W. E. BELAND, INSPECTOR

.....	9.20	13.82	0.44	1.08	0.64	84.02	28.1	28.0	4.052	3.679	Cream of wheat	71030
.....	8.35	8.12	0.09	0.17	0.57	91.05	6.5	6.0	4.074	3.738	Quaker puff- ed Rice.	71037
.....	5.90	8.96	0.04	0.30	2.40	88.30	13.0	3.901	3.756	Post Toast- ies.	71038
.....	7.95	15.95	7.82	1.11	2.04	73.08	20.9	22.0	4.177	3.845	Robin Hood Porridge	71039
.....	6.65	9.72	1.02	1.16	3.06	85.04	10.9	3.980	3.715	Oats. Force	71040
.....	7.00	12.14	1.44	1.59	1.82	83.00	12.4	12.0	4.034	3.752	Shredded Wheat	71041
Premium	8.15	16.16	7.10	1.35	1.81	73.58	58.1	58.0	4.339	3.985	Tilson's Oats	71042
.....	5.70	8.82	0.13	0.38	2.50	88.17	10.1	3.988	3.848	Kellogg's Corn Flakes.	71043
.....	8.75	16.72	7.08	1.36	1.97	72.87	54.8	55.0	4.311	3.934	Robin Hood Porridge	71044
.....	7.95	15.55	1.17	3.22	2.56	77.50	14.6	12.5	3.925	3.613	Kelloggs Toasted wheat Bis- cuit.	71045

J. B. COSGROVE, INSPECTOR.

.....	3.4	10.60	0.66	1.40	1.96	85.38	3.997	3.861	Grape Nuts	75298
.....	7.4	11.4	1.01	2.2	3.77	81.62	3.908	3.619	Kellogg's Wheat Flakes.	75299
Monarch	8.3	8.2	0.96	0.2	2.88	87.76	4.014	3.681	Monarch Corn flakes	74300
.....	9.9	13.0	0.93	0.4	0.66	85.01	4.105	3.699	Cream of wheat.	75301
.....	7.0	15.4	1.61	2.5	1.99	78.50	4.000	3.720	Quaker Puff- ed Wheat	75302
Quaker	5.6	11.4	0.85	0.2	3.16	84.39	4.106	3.876	Quaker corn Flakes	75304
.....	10.6	13.1	1.07	4.4	3.80	77.63	3.819	3.414	Roman meal	75305
.....	6.8	9.5	1.37	1.1	2.46	85.57	9.75	4.025	3.751	Force	75306
Sweet Corn, Barley & Rian.	4.1	11.1	2.50	7.7	3.96	74.74	10.0	3.748	3.594	Good health Breakfast Food.	75307
.....	6.5	8.2	0.32	0.5	0.53	90.45	6.5	4.074	3.809	Quaker Puff- ed Rice.	75308
.....	7.9	12.9	0.76	0.5	0.65	85.19	24.5	4.092	3.768	Robin Hood Porridge	75323
.....	6.0	11.6	0.76	2.0	2.71	82.93	8.5	3.946	3.709	Wheat. Malta Vita	75324

L. H. HALL, INSPECTOR.

Force	6.7	9.2	1.28	1.1	2.67	85.76	8.5	4.012	3.743	Force	71694
Puffed Rice	7.4	7.8	0.27	0.4	0.54	90.99	6.5	4.076	3.766	Quaker Puff- ed Rice.	71695
Corn Flakes	4.7	8.2	0.44	0.5	2.36	88.50	9.0	4.006	3.818	Krinkle. Corn Flakes.	71698
Roman Nug- gets.	6.6	13.6	1.79	3.7	5.35	75.56	9.0	3.822	3.570	Roman meal Nuggets.	71700
Grape Nuts	4.5	10.8	0.59	1.3	1.83	85.48	14.0	4.002	3.822	Grape Nuts.	77002

TABLE I

BULLETIN No 383—

Date of Collection	Nature of Sample	Number of Sample	Name and Address of Vendor	Cost.		Name and address of Manufacturer or Furnisher as given by the Vendor	
				Quantity	cts.	Manufacturer	Furnisher
DISTRICT OF SASKATCHEWAN:—							
1917 April 20	Breakfast Food.	77005	The Jamieson & Rothwell Co., Arcola.	3 cart	65	Cream of Wheat Co., Minneapolis.	Cream whe Pettijohn's
" 20	"	77007	R. L. Clarke, Arcola.	"	55	Quaker Oats Co., Peterboro.	"
" 20	"	77009	R. J. Horwood, Arcola.	"	45	Can. Shredded Wheat Co., Niagara Falls.	Shred Wheat
" 21	"	77013	Stephen Bros., Regina.	"	30	United Cereals Mill Ltd., Quincy Ill.	Corn Meal
May 23	"	77036	McLean Grocery, Moose Jaw	"	75	Robin Hood Mills Moose Jaw.	Porridg Whe
DISTRICT OF ALBERTA:—							
May 10	Breakfast Food.	52643	Stoddarts' Grocery, Calgary	3 pkgs	45	Can. Postum Cereal Co., Windsor.	Grape
" 10	"	52644	" "	"	30	Kellogg's T. C. F. Co., Toronto.	Krum
" 10	"	52645	" "	"	30	Can. Postum Cereal Co., Windsor.	Post T
" 10	"	52646	" "	"	45	The H. O. Mills, Hamilton.	Force
" 10	"	52647	" "	"	30	Postum Cereal Co., Battle Creek.	Corn
" 10	"	52648	" "	"	45	Battle Creek T. C. F. Co., London.	Toasts Flal
" 17	"	52649	Rouch & Co., Macleod.	"	45	Quaker Oats Co., Peterboro.	Pettijohn's Bread Food
" 23	"	52650	Robert Wright, Crescent Heights, Calgary.	"	45	Kellogg T. C. F. Co., Toronto.	Toasts Flal
DISTRICT OF ROCKY MOUNTAINS:—							
April 10	Krumbles.	68371	W. J. Woods, Enderby.	3 pkgs	30	Kellogg T. C. F. Co., Toronto.	
" 10	Corn Flakes.	68372	" "	"	30	" "	
" 10	Bran Flakes.	68373	" "	"	45	" "	
" 10	Grape Nuts.	68374	" "	"	60	Can. Postum Cereal Co., Windsor.	
" 10	Post Toasties	68375	" "	"	60	" "	
" 10	Puffed Rice.	68376	" "	"	45	Quaker Oats Co., Peterboro.	
" 10	Roman Meal Nuggets	68377	Dill Bros., Enderby.	"	1.00	Roman Meal Co., Toronto.	
" 10	Corn Flakes	68378	" "	"	30	Postum Cereal Co., Battle Creek.	
" 12	Quaker Oats.	68386	The Okanagan Grocery, Vernon.	"	45	Quaker Oats Co., Peterboro.	
" 12	Puffed Wheat	68387	" "	"	45	" "	
" 12	Pettijohn's Breakfast Food.	68388	" "	"	60	" "	
" 12	Roman Meal	68389	" "	"	1.00	Roman Meal Co., Toronto.	

PACKAGED BREAKFAST FOODS.

Inspector's Report, (Is not an expression of opinion)	Results of Analysis.											
	Moisture %	Percentage on dry basis					Net weight ozs.	Net weight claimed.	Calorific value per gram.		Brand.	No. of Sample.
		Protein	Fat	Fibre.	Ash	Carbohydrate by difference.			Dry.	As sold		
Cream of wheat	9.6	12.7	1.19	0.4	0.55	85.16	28.0	4.123	3.727	Cream of Wheat.	77005
Pettijohn's	8.2	16.8	2.28	2.8	1.95	76.17	23.0	4.024	3.694	Pettijohn's Breakfast Food.	77007
Shredded Wheat	7.1	10.5	1.57	2.6	1.88	83.45	12.0	3.908	3.714	Shredded Wheat	77009
Corn Flakes	7.7	7.6	0.41	0.5	3.78	87.71	9.25	3.946	3.642	Corn Flakes	77013
Porridge Wheat	6.2	12.8	0.81	0.8	0.58	85.01	23.5	3.986	3.739	Robin Hood Porridge Wheat	77036

Continued.

A. W. R. MARKLEY, INSPECTOR.

Grape Nuts	4.5	11.0	0.42	1.4	1.87	85.31	13.25	3.987	3.808	Grape Nuts	52643
Krumbles	4.3	14.3	0.75	2.1	2.08	80.77	12.0	3.967	3.796	Kellogg's Krumbles.	52644
Post Toasties.	5.2	8.9	0.21	0.4	1.90	88.59	12.0	4.017	3.808	Post Toasties.	52645
Force	6.1	10.5	0.98	1.2	2.60	84.66	8.5	3.992	3.748	Force	52646
Corn Flakes.	4.9	8.5	0.38	0.4	1.89	88.83	9.0	4.025	3.828	Krinkle Corn flakes	52647
Toasted corn Flakes.	4.8	8.4	0.37	0.5	2.10	88.63	9.0	4.012	3.802	Kellogg's Corn flakes	52648
Pettijohn's Breakfast Food.	8.6	15.0	2.18	2.8	2.18	77.84	21.0	4.009	3.664	Pettijohn's Breakfast Food.	52649
Toasted Rice Flakes	5.9	8.2	0.38	0.4	2.44	88.58	9.75	4.003	3.767	Kellogg's Rice flakes	52650

THOS. PARKER, INSPECTOR.

.....	6.64	14.55	0.81	1.61	3.36	79.67	11.32	10.0	3.938	3.677	Krumbles	68371
.....	6.78	7.50	0.24	0.21	4.36	87.69	13.37	10.0	3.925	3.659	Kellogg's Corn flakes	68372
.....	7.56	13.95	3.85	8.44	8.89	64.87	11.70	10.0	3.589	3.318	Kellogg's Bran flakes	68373
.....	6.16	11.15	0.51	0.75	2.17	85.42	16.92	4.006	3.759	Grape Nuts.	68374
.....	9.24	8.82	0.37	0.17	4.05	86.59	13.87	3.946	3.581	Post Toasties.	68375
.....	9.94	7.73	0.51	0.22	0.78	90.76	6.84	6.0	4.085	3.679	Puffed Rice	68376
.....	9.28	11.98	1.59	2.98	5.60	77.85	28.21	25.0	3.830	3.475	Roman meal Nuggets.	68377
.....	11.50	8.44	0.27	0.23	3.05	88.01	8.86	7.0	3.979	3.522	Krinkle Corn flakes	68378
.....	10.90	15.49	7.83	0.84	2.02	73.82	30.87	20.0	4.389	3.911	Quaker Oats	68386
.....	9.52	15.84	2.17	1.66	2.25	78.08	6.42	6.0	4.052	3.666	Puffed Wheat.	68387
.....	11.08	17.45	2.39	1.48	1.68	77.00	22.44	24.0	4.094	3.604	Pettijohn's Breakfast Food.	68388
.....	12.06	13.30	2.87	4.26	3.82	75.75	40.49	40.0	3.917	3.445	Roman meal	68389

Date of Collection

Nature
Sample

Number of Sample

Name and Address
of Vendor

Quantity

Cost

Name and Address
of Manufacturer or Supplier
as given by the
Vendor

Manufacturer

Furnisher

Inspector's Report (Is

DISTRICT OF ROCKY MOUNTAINS—

Date of Collection	Nature Sample	Number of Sample	Name and Address of Vendor	Quantity	Cost	Name and Address of Manufacturer or Supplier as given by the Vendor	Manufacturer	Furnisher
July 7	Malta Vita.....	68890*	The Okanagan Grocers, Vernon.	3 pkgs	45	Malta Vita Pure Food Co., Toronto.		
" 12	Wheat Flakes.....	68891	" "	"	1.35	Malta Vita Pure Food Co., Toronto.		
" 12	" "	68892	" "	"	"	" "		
" 12	Toasted Wheat Biscuits.....	68893	" "	"	1.35	Brachman, Keswick Baking Co., Victoria.		
" 12	Granular Wheat.....	68894	" "	"	45	Kellogg T. G. F. Co., Toronto.		
" 12	Shredded Wheat.....	68895	" "	"	45	Can. Shredded Wheat Co., Niagara Falls.		

DISTRICT OF VANCOUVER—

Date of Collection	Nature Sample	Number of Sample	Name and Address of Vendor	Quantity	Cost	Name and Address of Manufacturer or Supplier as given by the Vendor	Manufacturer	Furnisher
April 19	Puffed Rice.....	75712	Elliot & Co., 15th & King Sts., Vancouver.	3 pkgs	45	Quaker Oats Co., Port Huron, Mich., U.S.A.		
" 19	Post Toasties.....	75714	The Western Grocers, Main St., Vancouver.	"	30	Can. Postum Cereal Co., Windsor, Ont.		
" 18	Grape Nuts.....	75715	W. H. Parsons, 2125 Main St., Vancouver.	"	45	" "		
" 18	Gran Flakes.....	75716	M. Kalanaris, Broadway & Hastings Sts., Vancouver.	"	30	Kellogg T. G. F. Co., Toronto.		
" 19	Shredded Wheat.....	75717	A. G. McKenny, 2505 Commercial Drive, Vancouver.	"	37	Can. Shredded Wheat Co., Niagara Falls.		
" 20	Porridge Oats.....	75718	Amannale Supply Co., 641 Columbia St., New West- minster.	"	30	Quaker Oats Mills (Canada) Ltd., Calgary.		
" 20	Granola.....	75719	C. A. Welsh Ltd., 681 Colum- bia St., Vancouver.	"	1.00	Sperry Flour Co., Toronto.		
" 20	Romano Meal.....	75720	Edgett Store Ltd., 115 Has- ting St., W. Vancouver.	"	90	Romano Meal Co., Toronto.		
" 20	Wheat Flakes.....	75721	" "	"	1.35	Albers Bros., San Francisco.		
" 21	Perlebe Wheat.....	75722	James Mitchell, 699 Ham- ilton St., Vancouver.	"	45	Robin Hood Mills Co., Minneapolis.		
" 21	Quaker Oats.....	75724	Dell's Grocery, Dunsman & Dunsmuir Grocers, 2000 Dun- smuir St., Vancouver.	"	30	Kellogg T. G. F. Co., Toronto.		
" 20	Porridge Oats.....	75728	Frank Wright, 645 Seymour St., Vancouver.	"	30	West Can. F. M. Flour Co., Vancouver.		
" 22	Wheat Flakes.....	75729	" "	"	1.35	Backlund Mills Inc. Co., Vancouver.		
" 22	Gran Flakes.....	75730	Cheh Grocery, 712 Da- vid St., Vancouver.	"	30	Pacific Cereal Co., Seattle, Wash.		
" 24	Puffed Wheat.....	75731	" "	"	45	Quaker Oats Co., Port Huron, Mich., U.S.A.		
" 24	Malta Vita.....	75733	Madam's Bag Co., Granville & Georgia Sts., Vancouver.	"	40	The Hamilton Mills Co., Hamilton, Ont.		
" 24	Tessell.....	75734	" "	"	40	Malta Vita Pure Food Co., British Columbia Shredded Wheat Co., Niagara Falls.		

(Cont.)

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PACKAGED BREAKFAST FOODS.

Inspector's report. (Is not and expression of opinion.)	Results of Analysis.											Brand.	No. of Sample.
	Moisture %		Percentage on dry basis.					Net weight ozs.	Net weight claimed.	Calorific value per gram.			
			Protein.	Fat.	Fibre.	Ash.	Carbohydrates by difference.			Dry.	As sold		
.....	11.96	9.88	1.30	1.98	3.32	83.52	8.99	3.950	3.478	Malta Vita	68390
Carnation.....	11.0	11.26	2.20	1.24	1.78	83.52	57.70	56.0	4.000	3.640	Carnation Wheat Flakes.	68391
Canadian.....	12.58	10.77	1.85	1.42	1.72	84.24	58.37	65.0	4.067	3.555	Canadian Wheat Flakes.	68392
.....	6.87	12.01	0.79	2.40	2.73	81.98	13.08	10.0	3.327	3.657	Toasted Wheat. Biscuit.	68393
.....	7.18	16.01	4.57	10.52	9.55	59.35	22.32	20.0	3.503	3.257	Kellogg's Gran.	68394
.....	11.04	10.99	1.30	2.38	2.07	83.26	12.70	12.0	3.985	3.545	Shredded Wheat.	68395

Continued.

G. G. ARMYTAGE, INSPECTOR.

.....	11.08	7.59	0.47	0.25	0.70	91.59	6.25	6.0	4.126	3.669	Puffed Rice.	75713
.....	10.32	7.84	0.20	0.27	4.04	87.65	13.54	3.333	3.527	Post Toasties.	75714
.....	5.82	10.92	0.62	1.13	2.17	85.16	15.59	3.996	3.763	Grape Nuts.	75715
.....	12.24	7.28	0.25	0.21	4.92	87.34	12.59	3.902	3.424	Corn Flakes.	75716
.....	11.00	10.52	1.15	2.40	2.25	83.68	12.48	12.0	3.969	3.532	Shredded Wheat.	75717
.....	11.28	14.85	7.62	0.88	3.25	73.40	22.82	22.0	4.736	4.202	Porridge Oats.	75718
.....	12.16	12.13	1.48	1.00	1.21	84.18	44.09	44.0	4.086	3.589	Germea.....	75719
.....	12.14	12.94	2.89	4.00	3.26	76.91	40.74	40.0	3.353	3.473	Roman meal	75720
Carnation.....	11.64	9.78	2.31	0.95	1.72	85.24	51.60	52.0	4.110	3.632	Carnation Wheat Flakes	75721
.....	13.52	12.76	0.81	0.28	1.32	84.83	26.53	23.0	4.076	3.525	Porridge Wheat.	75722
.....	13.04	12.56	0.90	0.18	0.99	85.37	29.17	28.0	4.098	3.564	Cream of Wheat	75723
.....	11.26	13.55	0.83	2.21	3.18	80.23	12.27	10.0	3.922	3.482	Krumbies.....	75724
.....	10.90	15.38	7.90	1.15	2.42	73.15	21.02	20.0	4.364	3.888	Quaker Oats	75725
.....	10.90	14.64	7.43	0.83	2.82	74.31	21.80	22.0	4.336	3.863	Purity Oats	75728
Canadian.....	12.12	10.44	1.91	1.39	1.66	84.70	58.26	65.0	4.078	3.583	Canadian Wheat Flakes.	75729
Krinkle.....	11.66	8.73	0.20	0.23	2.58	88.24	8.71	7.0	3.994	3.528	Krinkle Corn flakes	75730
.....	9.34	14.62	2.03	3.07	1.79	78.49	5.64	6.0	4.006	3.632	Puffed Wheat.	75731
.....	11.40	11.20	1.22	1.47	2.39	83.72	11.47	4.005	3.548	Force.....	75732
.....	11.22	10.30	1.13	1.85	3.92	82.80	9.63	3.932	3.491	Malta Vita	75733
.....	10.64	11.01	1.39	2.22	1.86	83.52	13.82	4.005	3.579	Triscuit.....	75734

TABLE I

BULLETIN No 383—

Date of Collection	Nature of Sample	Number of Sample	Name and Address of Vendor	Cost		Name and Address of Manufacturer or Furnisher as given by the Vendor	
				Quantity	cts.	Manufacturer.	Furnisher
DISTRICT OF VICTORIA							
1917 April	27 Roman Meal.	75770	Windsor Grocery Co., 817 Govt. St., Victoria.	3 pkgs	1.05	Roman Meal Co., Toronto.	
	27 B. & K. wheat Flakes	75771	" " "	"	1.05	Brackman Ker Milling Co., Victoria.	
	27 PettJohn's Breakfast Food.	75772	" " "	"	60	Quaker Oats Co., Peterboro.	
	27 Wheat Flakes	75773	" " "	"	1.35	Brackman Ker M. Co., Victoria.	Canad
	27 Puffed Rice.	75774	Copas & Young, 633 Fort St. Victoria.	"	45	Quaker Oats Co., Peterboro.	
	27 Cream of Wheat.	75775	" " "	"	60	Cream of Wheat Co., Minneapolis	
	27 Puffed Wheat	75776	" " "	"	45	Quaker Oats Co., Peterboro.	
	27 Germea.....	75777	Thoburn Grocery, Head St & Esquimalt Rd., Vict.	"	1.05	Sperry Flour Co.	
	27 Cream of Oats	75778	" " "	"	30	Brackman Ker M. Co., Victoria.	
	27 Krumbles....	75779	" " "	"	30	Kellogg T. C. F. Co., Toronto.	
	27 Post Toasties	75780	Oak Bay Grocery Co., 2252 Oak Bay Ave., Victoria.	"	30	Can. Postum Cereal Co., Windsor.	
	27 Shredded Wheat.	75781	" " "	"	40	Can. Shredded Wheat Co., Niagara Falls.	Dom
	27 Corn Flakes	75782	" " "	"	30	Kellogg T. C. F. Co., Toronto.	
	27 Bran Flakes..	75783	Fenerty Bros 1553 Pandora Ave., Victoria.	"	30	" "	
	27 Rice Flakes..	75784	" " "	"	45	" "	Krini
	28 Corn Flakes	75785	Dixi H. Ross & Co., 1317 Govt St., Victoria.	"	25	Can. Postum Cereal Co., Windsor.	
	27 Quaker Oats.	75786	Fenerty Bros., 1553 Pandora Ave., Victoria.	"	90	Quaker Oats Co., Peterboro.	
	28 Malta Vita...	75787	Dixi H. Ross & Co., 1317 Govt St., Victoria.	"	40	Malta Vita Pure Food Co., Toronto.	
	28 Roman Meal Nuggets.	75788	" " "	"	90	Roman Meal Co., Toronto.	
	28 Purity Oats	75789	J. T. Redding, 810 Catherine St., W., Victoria.	"	75	West Canada Flour Mills Co., Toronto.	
	28 Grape Nuts.	75790	" " "	"	45	Can. Postum Cereal Co., Windsor.	

PACK

Inspector's Report. (to be filled in by the manufacturer)

G. G.

Canad

Dom

Krinl

PACKAGED BREAKFAST FOODS.

Inspector's Report. (Is not an expression of opinion.)	Results of Analysis.														Brand.	No. of Sample.
	Moisture %	Percentage on dry basis.										Calorific value per gram.				
		Protein.	Fat.	Fibre.	Ash.	Carbohydrates by difference.	Net weight ozs.	Net weight claimed.	Calorific value per gram.							
									Dry	As sold						
	9.28	13.46	2.95	4.87	4.28	74.44	39.64	40.0	3.878	3.518	Roman Meal.	75770				
	10.70	10.85	1.95	1.66	1.68	83.86	51.88	56.0	4.064	3.629	B. & K. wheat Flakes	75771				
	11.00	17.26	2.16	2.18	1.75	76.65	21.98	34.0	4.051	3.605	Pettijohn's Breakfast Food.	75772				
Canadian	11.40	12.31	1.87	1.53	2.03	82.26	53.02	65.0	4.051	3.589	Canadian Wheat Flakes.	75773				
	10.18	7.68	0.20	0.22	0.51	91.39	6.18	6.0	4.080	3.665	Puffed Rice	75774				
	11.14	12.28	1.10	0.20	1.08	85.34	27.65	28.0	4.105	3.648	Cream of Wheat.	75775				
	8.44	15.20	1.88	2.93	2.21	77.78	7.09	6.0	3.987	3.650	Puffed Wheat.	75776				
	10.54	13.69	1.95	0.96	1.63	81.77	42.82	44.0	4.095	3.663	Germea	75777				
	10.28	13.54	7.22	1.47	1.96	75.81	23.42	22.0	4.335	3.889	Cream of Oats.	75778				
	6.18	13.08	0.70	2.64	2.94	80.64	11.53	10.0	3.908	3.666	Krumbles...	75779				
	11.28	7.88	0.11	0.34	5.66	86.01	17.14	3.860	3.424	Poast Toasties.	75780				
	9.14	10.43	0.95	3.02	2.69	82.91	12.27	12.0	3.915	3.557	Shredded Wheat.	75781				
Dominion	5.12	7.37	0.17	0.32	4.07	88.07	11.99	10.0	4.071	3.862	Dominion Corn flakes	75782				
	7.86	14.00	3.62	10.96	8.38	63.04	10.73	10.0	3.496	3.221	Bran Flakes.	75783				
	6.50	6.87	0.21	0.23	3.04	89.65	9.74	8.0	3.977	3.718	Rice Flakes.	75784				
Krinkles	8.48	8.82	0.24	0.32	3.32	87.30	7.80	7.0	3.963	3.627	Krinkle Corn Flakes.	75785				
	10.58	15.47	7.90	1.34	2.15	73.14	54.74	55.0	4.368	3.906	Quaker Oats	75786				
	9.84	10.25	1.00	2.11	3.90	82.74	10.27	3.906	3.522	Malta Vita.	75787				
	10.12	11.91	1.67	3.47	5.90	77.05	30.26	25.0	3.802	3.417	Roman Meal Nuggets.	75788				
	10.42	15.94	7.26	1.30	1.99	73.51	51.99	56.0	4.343	3.890	Purity Oats.	75789				
	3.60	10.80	0.62	1.37	1.87	85.34	12.98	3.999	3.855	Grape Nuts.	75790				

TABLE II

BULLETIN No. 383—

Date of Collection	Nature of Sample	Number of Sample	Name and Address of Vendor	Cost		Name and Address of Manufacturer or Furnisher as given by the Vendor	
				Quantity	cts	Manufacturer.	Furnisher
DISTRICT OF QUEBEC PROVINCE, O. BROCHU.							
1917	Corn Flakes	6413	J. A. Lemieux, St-Michel.....	3 boxes	35	Battle Creek T. C. F. Co. London.	
"	Force	6414	" " " " " " " "	"	45	H. O. Mills, Hamilton.	
"	"	6416	J. B. Lacroix, St-Charles.....	"	51	" " " " " " " "	
"	Corn Flakes	6419	J. E. Rouillard, St-Gervais....	"	30	" " " " " " " "	Turcotte & Frère.
"	Force	6420	" " " " " " " "	"	45	" " " " " " " "	"
"	"	6425	Nap. Aubin, St-Damien.....	"	54	" " " " " " " "	"
"	"	6431	Mde A. Duchesneau, Armagh	"	45	H. O. Co.,	
"	Grape Nuts	434	" " " " " " " "	"	45	Can. Postum Cereal Co., Windsor.	
"	"	5604	Ovila Lauzon, St-Jérôme.....	"	45	" " " " " " " "	
"	Post Toasties	5605	" " " " " " " "	"	30	" " " " " " " "	
"	Puffed Wheat	5607	Charlemagne Tallon.....	"	45	Quaker Oats Co., Peterboro	
"	Puffed Rice.	5614	W. Handy, New Glasgow, P. Q.	"	45	" " " " " " " "	
"	Toasted Corn Flakes.	5616	Dme V. C. Delorme, St. Sophie	"	30	" " " " " " " "	
"	New Post Toasties.	7324	J. N. R. Lespérance, Montmagny.	"	30	Can Postum Cereals Co. Ltd., Windsor.	
"	Force	7325	" " " " " " " "	"	45	H. O. Mills., Hamilton.	
"	Toasted Corn Flakes	7326	" " " " " " " "	"	36	W. K. Kellogg, London.	
"	Grape Nuts.	7327	J. E. Gagnon, Montmagny....	"	45	Postum Cereal Co., Windsor.	
"	Cream of Wheat	7328	" " " " " " " "	"	60	Cream of Wheat Co., Minneapolis	
"	Corn Flakes	7329	Napoléon Proulx, Montmagny.	"	30	Postum Cereal Co., Windsor.	
"	Farina	7332	O. Carbonneau, Berthier.....	"	45	Quaker Oats Co., Chicago.	
"	Malt Break-Fast Food	7333	" " " " " " " "	"	45	Montreal Cereals Co., Montreal.	
"	PorrIDGE Oats	7345	C. A. Corriveau, Montmagny	"	90	Robin Hood Mills Moose Jaw.	
"	Quaker Oats	7352	P. Morin, Cap St-Ignace....	"	1.05	Quaker Oats Co., Peterboro.	
"	Tilson's Oats	7353	J. B. Poirier, St-Thomas, P.Q.	"	"	Can. Cereals & Flour Mills, Toronto.	
DISTRICT OF THREE RIVERS :-							
May	Force	7435	Wilfrid Brissette, St-Félix de Valois.	3 cart	45	H. O. Mills.	
"	Toasted Corn Flakes	7346	G. H. Read, St-Félix de Valois	"	30	Kelloggs.....	
"	Force	7438	Ed. Bourque, L'Epiphanie....	"	45	H. O. Mills, Hamilton.	
"	Quaker Oats.	7439	Magnan Frères, Joliette.....	"	45	Quaker Oats Co., Peterboro.	
"	Post Toasties	7440	" " " " " " " "	"	36	Can. Postum Cereals Co., Windsor.	
"	Cream of Wheat	7441	A. A. Boucher, Joliette.....	"	60	Cream of Wheat Co., Minneapolis.	

PACKAGED BREAKFAST FOODS.

Inspector's Report. Is not in compliance (if opinion)	Moisture %	Results of Analysis.										Brand	No. of Sample.	
		Percentage on dry basis.							Net weight ozs.	Cost per lb. calculated.	Calories per gram.			
		Protein.	Fat.	Fibre.	Ash.	Cold water Extract.	Starch by difference.	Dry			As sold			

N. CADIEUX, T. GENDREAU, TEMPORARY INSPECTORS.

.....	7.30	7.49	0.19	0.19	1.62	30.9	59.61	9.0	0.21	4.036	3.741	Kellogg's Corn Flakes	6413
.....	6.45	10.16	1.26	1.30	2.35	22.5	62.43	9.25	0.21	4.016	3.757	Force	6414
.....	7.50	9.60	0.87	1.84	2.86	24.7	60.13	10.0	0.24	3.953	3.573	Force	6416
.....	8.55	7.72	0.21	0.28	1.75	37.7	52.34	11.75	0.14	4.028	3.684	Kellogg's Corn Flakes	6419
.....	8.80	9.19	0.92	0.89	2.79	12.3	73.91	10.0	0.24	3.997	3.637	Force	6420
.....	7.90	10.65	1.25	0.95	2.44	22.4	62.31	7.50	0.38	4.026	3.708	Force	6425
.....	8.40	11.19	1.18	0.98	2.51	3.9	74.24	10.0	0.24	4.018	3.680	Force	6431
.....	7.00	12.16	0.58	1.57	2.31	21.2	62.18	15.0	0.16	3.971	3.603	Grape nuts...	6434
.....	4.00	11.11	0.60	1.10	1.72	40.9	44.57	14.25	0.17	4.015	3.854	Grape Nuts	5604
.....	5.60	8.54	0.23	0.28	1.90	14.3	74.75	15.75	0.10	3.981	3.758	Post Toasties	5605
.....	7.70	16.25	2.17	2.76	2.00	31.3	45.52	8.00	0.30	4.018	3.709	Quaker Puffed Wheat	5607
.....	8.65	8.00	0.17	0.41	0.43	22.1	68.89	5.25	0.37	4.074	3.721	Quaker Puffed Rice	5614
.....	8.05	7.27	0.15	0.15	0.81	32.7	58.82	12.00	0.13	4.064	3.724	Kellogg's Corn Flakes	5616
.....	8.20	8.23	0.23	1.28	2.12	20.3	67.84	13.50	0.11	3.972	3.646	Post Toasties	7324
.....	6.95	10.28	1.44	1.41	3.17	21.9	61.80	11.25	0.21	3.987	3.710	Force	7325
.....	7.25	7.95	0.15	0.23	0.97	42.3	48.40	7.25	0.27	4.058	3.764	Kellogg's Corn Flakes	7326
.....	6.35	9.81	0.42	0.91	1.81	35.5	51.55	14.25	0.14	4.010	3.755	Grape Nuts...	7327
.....	10.20	12.54	0.82	0.06	0.89	9.2	76.49	28.25	0.11	4.103	3.684	Cream of wheat.	7328
.....	7.80	7.46	0.30	0.73	1.19	27.9	62.42	13.25	0.12	4.036	3.721	Krinkle Corn Flakes	7329
.....	10.40	13.29	0.82	0.08	0.44	8.1	77.27	14.0	0.17	4.121	3.692	Quaker Farina.	7332
.....	8.55	13.19	0.78	0.34	0.76	14.8	70.13	24.0	0.10	4.096	3.746	Malt Breakfast Food.	7333
.....	6.65	15.00	6.81	0.85	1.82	5.6	69.92	54.50	0.09	4.344	4.055	Robin Hood Oats	7345
.....	8.25	14.51	6.97	0.78	1.90	8.3	67.54	54.0	0.10	4.352	3.993	Quaker Oats	7352
.....	7.95	15.96	8.28	0.79	1.73	3.9	69.35	57.75	0.10	4.427	4.074	Tillsons Oats	7353

DR. V. P. LAVALLEE, INSPECTOR.

.....	6.75	10.46	1.45	1.30	2.78	17.5	66.51	12.5	0.19	4.008	3.737	Force	7435
.....	6.80	7.38	0.17	0.25	2.20	31.1	58.90	8.0	0.20	4.008	3.736	Kellogg's Corn Flakes	7436
.....	7.40	11.07	1.23	1.10	2.59	18.2	65.81	12.75	0.19	4.013	3.716	Force	7438
.....	8.00	16.44	7.52	1.43	1.79	5.6	67.22	20.0	0.12	4.359	4.010	Quaker Oats	7439
.....	7.35	8.30	0.19	0.34	2.15	22.1	66.92	12.5	0.15	4.008	3.713	Post Toasties.	7440
.....	9.00	12.36	0.72	0.37	0.54	7.0	79.01	28.0	0.11	4.100	3.731	Cream of Wheat.	7441

TABLE II

BULLETIN No. 383.

Date of Collection	Nature of Sample	Number of Sample	Name and Address of Vendor	Cost		Name and Address of Manufacturer or Furnisher as given by the Vendor	
				Quantity	cts.	Manufacturer.	Furnisher
DISTRICT OF EASTERN TOWNSHIPS:							
1917							
April 10	Puffed Rice	73873	Paul Thibeault, Victoriaville	3 boxes	45	J. B. Renaud
" 11	Post Toasties	73875	H. H. Guay, Victoriaville	"	30	Can. Postum Cereal Co.
" 12	Force	73876	F. W. Gibson, Danville	"	45	H. O. Mills
" 12	Puffed Wheat	73877	Paul's Ltd., Danville	"	40	Quaker Oats Co.
" 12	Grape Nuts	73878	J. E. Gilmette, Danville	"	45	Can. Cereals Co.
" 12	Crème de blé	73879	J. H. Vilandre, Danville	"	75	J. B. Renaud, Quebec.
DISTRICT OF MONTREAL :							
March 28	Breakfast Food.	74731	A. Forget, 2 Mullarky Ave., Verdun.	3 cart.	75	Quaker Oats Co.
" 28	"	74732	J. A. Dorais, 356 Mullarky Ave., Verdun.	"	30	H. O. Company
" 28	"	74733	J. J. Bowry, 679 Gertrude St., Verdun.	"	40	Can. Shredded Wheat Co.
" 28	"	74734	Nap. Rochon, 714 Gertrude St., Verdun.	"	20	Cream of Wheat Co.
" 28	"	74735	J. Harvey, 1184 Claude St., Verdun.	"	45	Robin Hood Mills
" 28	"	74736	A. Laniel, 1151 Verdun Ave., Verdun.	"	30	Can. Postum Cereal Co.
" 28	"	74737	T. Bessette, 1185 Evelyn St., Verdun.	"	30	W. K. Kellogg.
" 28	"	74738	A. Legault, 284 Regina St., Verdun.	"	30	H. O. Company
" 28	"	74739	A. Johnston, 803 Evelyn St., Verdun.	"	30	West. Can. Flour Mills Co.
" 29	"	74710	E. Piché, 1148 Gertrude St., Verdun.	"	36	Quaker Oats Co.
" 29	"	74741	N. Gauthier, 1218 Wellington St., Verdun.	"	30	Malta Vita Pure Food Co.
" 29	"	74742	Matthew Swan, 1271 Wellington St., Verdun.	"	45	Can. Postum Cereal Co., Ltd.
" 30	"	74743	N. Desrochers, 193 Labelle Rd., Verdun.	"	27	Quaker Oats Co.
" 30	"	74744	A. Dawe, 1 Church Ave., Verdun.	"	45	"
" 30	"	74745	"	"	75	Brodie & Hawie, Ltd.
" 30	"	74771	M. Dorion, 1270 Wellington St., Verdun.	"	84	Can. Cereal & Flour Mills Co.
April 12	"	74772	Westminster Provision Store, Montreal West.	"	45	Quaker Oats Co.
" 12	"	74773	"	"	45	Kellogg's Toasted Corn Flakes.
" 12	"	74774	"	"	45	Kelogg Toasted
" 12	"	74775	"	"	45	Roman Meal Co.
DISTRICT OF VALLEYFIELD :							
May 4	Breakfast Food.	73990	J. M. Ledoux, Marieville, P.Q.	3 cart.	30
" 4	"	73991	"	"	45
" 7	"	73992	P. Davignon, Marieville, P.Q.	"	60
" 7	"	73993	D. Lebeuf, Valleyfield	"	60

PACK

Insur. Reports, (Is)

E. BL

D. J. F.

Quake

Gusto

Shred

Crean

Porrid

New I

ties

Toast

Fla

Force

Purity

Puffed

Malta

Grape

Corn

Puffe

Rollec

Tiliso

Pearl

Toast

Bis

Toast

Fla

Roinn

J. J. C.

Gusto

Grap

Crean

Wh

Robit

PACKAGED BREAKFAST FOODS.

Inspector's Report. (Is not an expression of opinion.)	Moisture %	Results of Analysis.											Brand	No. of Sample.
		Percentage on dry basis.						Net weight ozs.	Cost per lb. calculated.	Calories per gram.				
		Protein.	Fat.	Fibre	Ash.	Cold water Extract.	Starch by difference			Dry	As sold			
.....	8.80	8.77	0.10	0.02	0.54	15.5	74.95	6.5	0.37	4.086	3.726	Quaker Puffed Rice.	73873	
.....	8.35	8.73	0.54	0.36	1.90	15.0	73.53	10.25	0.16	4.038	3.701	Post Toasties	73875	
.....	5.90	10.23	1.36	1.32	2.66	17.9	66.53	10.0	0.24	4.008	3.772	Force.....	73876	
.....	7.60	14.95	1.89	2.16	1.84	29.8	49.36	6.0	0.35	4.034	3.728	Quaker Puffed Wheat.	73877	
.....	5.35	10.70	1.01	1.29	1.58	33.3	52.12	14.0	0.17	4.035	3.819	Grape Nuts.	73878	
.....	8.75	13.02	0.92	0.20	0.55	7.5	77.81	27.5	0.15	4.117	3.769	Cream of Wheat.	73879	

E. BLONDIN, TEMPORARY INSPECTOR.

D. J. KEARNEY, INSPECTOR.

Quaker Oats....	8.40	15.08	7.07	1.28	2.01	5.5	69.06	53.0	0.08	4.333	3.969	Quaker Oats.	74731
Gusto.....	7.45	10.47	1.10	1.49	1.62	26.2	59.12	9.0	0.18	4.030	3.730	Gusto.....	74732
Shredded wheat	8.95	10.51	1.14	1.05	1.75	13.2	72.35	12.0	0.17	4.054	3.691	Shredded Wheat.	74733
Cream of wheat	10.50	12.64	0.72	0.29	0.28	4.92	81.15	28.0	0.11	4.114	3.682	Cream of Wheat.	74734
Porridge Oats...	9.65	14.60	8.79	1.33	1.88	4.50	68.90	22.5	0.11	4.425	3.998	Robin Hood Oat.	74735
New Post Toasties	7.50	7.83	0.17	0.30	2.70	24.9	64.10	12.25	0.13	3.986	3.687	Post Toasties	74736
Toasted Corn Flakes	6.75	8.31	0.21	0.63	0.85	31.6	58.50	8.5	0.18	4.054	3.780	Kellogg's Corn flakes	74737
Force.....	6.25	10.20	1.64	1.24	2.72	16.4	67.80	10.0	0.16	4.023	3.772	Force.....	74738
Purity Oats....	9.25	14.34	6.86	1.37	1.82	4.0	71.01	20.70	0.08	4.326	3.926	Purity Oats	74739
Puffed Wheat..	8.90	13.82	0.75	0.53	1.82	37.5	45.58	5.00	0.38	4.072	3.710	Quaker Puffed Wheat	74740
Malta Vita....	9.10	11.82	0.50	1.39	2.41	22.1	61.78	12.25	0.13	3.970	3.608	Malta Vita	74741
Grape Nuts....	4.05	10.48	0.52	1.56	2.14	32.8	52.50	13.7	0.18	3.975	3.814	Grape Nuts.	74742
Corn Flakes....	8.65	9.09	0.50	0.33	2.24	25.0	62.84	12.0	0.12	4.020	3.672	Quaker Corn Flakes.	74743
Puffed Rice....	7.70	7.45	0.22	0.11	0.43	6.7	85.09	7.25	0.33	4.083	3.774	Quaker Puffed Rice.	74744
Rolled Oats....	7.25	15.63	0.60	0.88	1.83	3.9	71.16	42.25	0.10	4.332	4.018	Brodies Oats	74745
Tilson's Oats..	8.50	10.59	7.35	1.33	2.59	6.5	71.66	58.0	0.08	4.313	3.946	Tilsons Oats	74771
Pearl Hominy..	9.45	15.19	0.46	0.75	0.32	1.5	81.78	19.5	0.12	4.080	3.694	Quaker Pearl Hominy.	74772
Toasted Wheat Biscuit.	6.25	10.86	0.79	2.75	2.83	20.9	61.87	11.7	0.21	3.912	3.667	Kellogg's Wheat Biscuit.	74773
Toasted Wheat Flakes	8.45	8.40	1.20	1.96	4.48	17.6	66.36	11.0	0.22	3.898	3.568	Kellogg's Wheat Flakes.	74774
Roman Meal	9.0	14.5	2.13	4.95	4.28	16.3	57.84	16.0	0.15	3.832	3.487	Roman meal.	74775

J. J. COSTIGAN, ACTING INSPECTOR.

Gusto.....	7.10	10.23	1.14	1.10	2.58	26.6	58.35	8.75	0.18	4.008	3.723	Gusto.....	73990
Grape Nuts....	3.85	10.92	0.62	1.31	2.08	38.7	46.37	12.75	0.19	3.993	3.830	Grape Nuts.	73991
Cream of Wheat	10.75	12.54	0.68	0.06	1.12	6.5	79.10	28.0	0.11	4.086	3.647	Cream of Wheat.	73992
Robin Hood....	9.80	12.60	0.78	0.20	0.39	5.5	80.44	24.75	0.13	4.116	3.713	Robin Hood Wheat.	73993

TABLE II

BULLETIN No 383-

Date of Collection	Nature of Sample	Number of Sample	Name and Address of Vendor	Cost		Name and Address of Manufacturer or Furnisher as given by the Vendor	
				Quantity	cts.	Manufacturer	Furnisher
DISTRICT OF VALLEYFIELD-							
1917 May 7	Breakfast Food.	73994	L. Cousineau, Valleyfield...	3 cart.	30
" 10	"	73995	J. E. Daignault, Beauharnois	"	30
" 10	"	73996	" "	"	30
" 10	"	73997	J. G. Leonard, Beauharnois	"	75
" 10	"	73998	" "	"	45
" 10	"	73999	" "	"	75
DISTRICT OF OTTAWA :							
April 11	Breakfast Food.	73594	A. S. Moreland, Bank & 4th Ave., Ottawa.	3 pkgs	75	Robin Hood Mills Moose Jaw.
" 11	"	73565	" "	"	30	Kellogg Toasted Corn Flakes Co., Toronto.
" 11	"	73566	" "	"	30	Battle Creek T. C. F. Co., Toronto.
" 11	"	73567	" "	"	38	Can. Sh edded Wheat Co., Nlaga- ra Falls.
" 11	"	73568	" "	"	30	Postum Cereal Co. Battle Creek.
" 11	"	73569	" "	"	30	Roman Meal Co., Toronto.
" 11	"	73570	" "	"	45	The H. O. Mills, Hamilton.
" 11	"	73571	" "	"	75	Roman Meal Co., Toronto.
" 11	"	73572	" "	"	30	Kellogg T. C. F. Co., Toronto.
" 11	"	73573	" "	"	45	White Swan S & C. Ltd Toronto
" 11	"	73574	" "	"	45	Quaker Oats Co., Peterboro.
" 13	"	73578	Bryson Graham Ltd, Ottawa	"	45	Quaker Oats Co., Saskatoon.
" 13	"	73579	" "	"	75	The Malted Ce- reals Co., Bu- lington, Vt.
" 13	"	73580	" "	"	60	The Hecker Cere- al Co., New-York.
" 13	"	73581	" "	"	66	The Wheatena Co. Wheatonsville, Rahway, N. J.
" 13	"	73582	F.A. Scott, Ottawa.....	"	45	Quaker Oats Co., Peterboro.
" 13	"	73583	" "	"	45	Can. Postum Cere- al Co., Ltd., Windsor.
May 7	"	73597	Bryson Graham Ltd., Ottawa	"	90	Uncle Sam Break- fast Food Co., Omaha, Neb.

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Inspector's Report, Is

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PACKAGED BREAKFAST FOODS.

Inspector's Report, (Is not a basis of opinion)	Moisture %	Results of Analysis.										Brand.	No. of Sample.		
		Percentage on dry basis.								Net weight ozs	Cost per lb. calculated.			Calories per gram.	
		Protein.	Fat.	Fibre.	Ash.	Cold water Extract.	Starch by difference.	Dry	As sold						
Kellogg's Corn Flakes	7.50	7.6	0.26	0.37	0.97	29.3	61.74	9.25	0.17	4.058	3.754	Kellogg's Corn Flakes	73094		
Krinkle Corn	7.25	7.69	0.19	0.43	0.92	21.1	69.67	12.5	0.13	4.054	3.760	Krinkle Corn Flakes	73095		
New Post Toasties.	9.50	8.35	0.75	0.22	1.82	8.9	79.96	12.75	0.13	4.055	3.852	Post Toasties	73096		
Roman Meal	9.30	12.61	3.11	3.18	2.92	7.4	70.78	38.75	0.10	4.011	3.638	Roman Meal.	73097		
Shredded Wheat	7.05	11.36	2.67	2.11	1.78	5.7	76.38	12.5	0.19	4.079	3.670	Shredded Wheat.	73098		
Malt Breakfast Food.	7.55	15.9	2.12	1.47	1.56	6.1	72.85	28.75	0.14	4.086	3.778	Malt Breakfast Food.	73099		

CONCLUDED.

J. A. RICKEY, INSPECTOR.

Porridge Oats	8.50	15.99	7.63	1.12	1.91	5.4	67.95	54.0	0.07	4.373	4.001	Robin Hood Oats	73564
Krumbles.....	5.70	13.10	0.75	2.15	2.75	20.0	61.25	10.25	0.16	3.938	3.714	Krumbles....	73565
Toasted Corn Flakes.	5.05	8.49	0.27	0.36	2.10	33.6	55.18	9.0	0.18	4.013	3.810	Kellogg's Corn flakes	73566
Shredded Wheat.	7.20	11.39	1.86	2.74	1.78	9.5	72.73	12.5	0.17	4.011	3.722	Shredded Wheat.	73567
Superior Corn Flakes Post Toasties.	5.45	9.06	0.36	0.74	2.01	19.9	67.93	12.0	0.13	4.006	3.788	Post Toasties	73568
Roman Meal Nugget.	7.00	12.37	1.03	3.80	4.78	29.6	48.42	10.75	0.15	3.802	3.536	Roman Meal Nuggets.	73569
Force.....	6.25	9.93	1.28	1.36	2.56	19.2	65.67	10.0	0.24	4.006	3.756	Force.....	73572
Roman Meal made from wheat, rye, flax seed & wheat Bran. Moisture 14.09, Protein 14.93, Fat 1.62, Fibre, 3.49, Ash 3.02 Carbohydrates 62.85.	9.90	12.76	2.68	4.37	2.99	12.0	65.20	37.0	0.11	3.938	3.544	Roman Meal	73571
Dominion Corn Flakes.	5.70	7.56	0.42	0.42	1.32	41.2	49.08	12.25	0.13	4.050	3.819	Dominion Corn Flakes.	73572
Wheat Kernels Breakfast Porridge.	9.55	12.58	1.12	0.30	0.99	2.8	82.21	19.75	0.12	4.105	3.713	Wheat Kernels.	73573
Puffed Wheat..	7.30	13.27	1.94	1.73	1.67	24.6	56.79	5.25	0.41	4.061	3.765	Quaker Puffed Wheat.	73574
Pettijohn's Breakfast Food.	9.20	10.60	2.09	2.53	1.98	6.3	76.50	22.5	0.11	4.024	3.653	Pettijohn's Breakfast Food.	73578
Malt Breakfast Food.	7.30	11.12	1.68	1.92	2.48	12.3	70.50	28.5	0.14	4.002	3.715	Malt Breakfast Food.	73579
Cream Farina..	9.40	11.66	0.86	0.27	0.49	5.4	81.32	16.0	0.20	4.114	3.726	Heckers cream Farina.	73580
Wheatena.....	7.00	12.03	2.34	1.44	1.94	6.8	75.45	19.7	0.18	4.083	3.797	Wheatena....	73581
Puffed Rice....	8.65	7.93	0.36	1.16	0.43	9.8	80.32	7.25	0.33	4.054	3.703	Quaker Puffed Rice.	73582
Grape Nuts....	4.80	10.44	0.44	0.96	1.57	20.4	66.19	13.5	0.18	4.019	3.826	Grape Nuts..	73583
.....	6.90	17.86	13.81	3.12	3.06	19.0	43.15	19.5	0.25	4.565	4.250	Uncle Sam Health Food	73597

TABLE II

BULLETIN No 383—

Date of Collection	Nature of Sample	Number of Sample	Name and Address of Vendor	Cost		Name and Address of Manufacturer or Furnisher as given by the Vendor	
				Quantity	Cts.	Manufacturer.	Furnisher
DISTRICT OF KINGSTON :—							
1917 April	4 Puffed Wheat	78336	H. M. Stover, Kingston.....	3 pkgs	36	Quaker Oats Co., Peterboro.....	
"	4 Cream of Wheat	78337	W. J. Arniel, Kingston.....	"	60	Cream of Wheat Co., Minneapolis.....	
"	4 Shredded Wheat.	78338	W. J. Lee, Kingston.....	"	38	Shredded Wheat Co., Niagara Falls.....	
"	4 Toasted Wheat.	78339	Mrs. J. Bryant, Kingston...	"	39	Kelloggs Battle Creek, Mich.	
"	5 Corn Flakes	78340	L. W. Murphy, Kingston...	"	30	Kellogg London...	
"	5 Gusto.....	78341	A. MacLean, Kingston.....	"	30	The H. O. & Co., Hamilton.....	
"	10 Puffed Rice...	78342	H. E. Fairfield, Belleville...	"	45	Quaker Oats Co., Peterboro.....	
"	10 Krumbles...	78343	A. G. Vermilyea, Belleville...	"	30	W. K. Kellogg.....	
"	11 Corn Flakes	78344	A. W. Cawardine, Belleville...	"	30	Can. Postum Co., Windsor.....	
"	12 Grape Nuts	78345	W. P. Platt, Cobourg.....	"	45	"	
DISTRICT OF TORONTO :—							
May	1 Quaker Oats.	77788	J. W. Quakenbush, 239½ Gerard St., E. Toronto.....	3 pkgs	30	Quaker Oats Co., Peterboro.....	
"	1 Krumbles...	77789	Wm. H. Hoad, 609 Parliament St., Toronto.	"	30	W. K. Kellogg...	
"	1 Force.....	77790	J. Patterson, 19 Howard St., Toronto.	"	45	The H. O. Co., Hamilton.....	
"	1 Purity Oats	77791	R. Barron Ltd., 728 Yonge St Toronto.	"	36	West Flour Mills Co., Calgary.....	
"	1 Malta Vita.	77792	The T. Eaton Co., Ltd Queen & Yonge St., Toronto....	"	27	Malta Vita Pure Food Co., Battle Creek.....	
"	2 Post Tavern Special.	77793	Swan Bros, 102 King St., E. Toronto.	"	60	Can. Postum Cereal Co., Ltd., Windsor.....	
"	2 Puffed Wheat	77794	A. Provan, 134 King St., E. Toronto.	"	38	Quaker Oats Co., Peterboro.....	
"	2 Roman Meal Nuggets.	77795	The Robt. Simpson Co., Ltd. Queen & Yonge Sts., "	"	30	Roman Meal Co.....	
"	2 Wheat Kernels	77796	L. A. Pascoe, 353 Roncevalles Ave., Toronto.	"	45	White Swan S & C. Ltd., Toronto.....	
"	2 Kellogg's Bran.	77797	Wm. Foster, 177 Roncevalles Ave., Toronto.	"	45	Kellogg Toasted Corn Flakes.....	
"	2 Corn Flakes	77798	Bobt. White, 138 Souvaren Ave., Toronto.	"	30	Kellogg Corn Flakes Co., Toronto.....	
"	2 Shredded Wheat.	77739	M. Hoskin, 1526 Queen St. W. Toronto.	"	45	Can. Shredded Wheat Co., Niagara Falls.....	

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PACKAGED BREAKFAST FOODS.

Inspector's Report. (In not an expression of opinion.)	Moisture %	Results of Analysis.											Brand.	No. of Sample.
		Percentage on dry basis.						Net weight ozs.	Cost per lb. calculated.	Calories per gram.				
		Protein.	Fat.	Fibre.	Ash.	Cold water Extract.	Starch by difference.			Dry	As sold			
JAMES HOGAN, INSPECTOR.	8.3	13.96	1.93	3.16	1.80	22.7	56.45	5.75	0.33	3.997	3.665	Quaker Puffed Wheat.	78336	
	10.1	12.3	0.89	0.29	0.56	5.6	80.36	27.25	0.12	4.111	3.696	Cream of Wheat.	78337	
	7.54	11.18	1.70	2.00	1.78	7.5	75.84	12.50	0.18	4.033	3.729	Shredded Wheat.	78338	
	7.85	12.96	0.54	2.45	2.44	18.9	62.71	13.00	0.16	3.927	3.619	Kellogg's wheat Biscuit.	78339	
	5.6	8.01	0.38	1.27	1.16	27.7	61.48	8.50	0.19	4.022	3.797	Kellogg's Corn Flakes	78340	
	10.10	10.16	1.00	1.24	2.61	31.0	53.99	10.0	0.16	3.994	3.591	Gusto.....	78341	
	8.65	6.63	0.37	0.06	0.71	17.9	74.33	5.0	0.48	4.087	3.734	Quaker Puffed Rice	78342	
	5.80	12.87	0.63	2.35	2.60	19.9	61.65	10.25	0.16	3.929	3.701	Krumbles....	78343	
	5.45	7.08	0.21	0.19	1.00	23.2	68.32	13.0	0.12	4.062	3.841	Krinkle Corn Flakes.	78344	
	4.7	10.29	0.31	1.07	1.84	37.9	48.59	14.75	0.16	3.985	3.797	Grape Nuts..	78345	
H. J. DAGER, INSPECTOR.	7.55	12.98	6.08	1.08	2.00	3.8	74.06	19.5	0.08	4.289	3.965	Quaker Rolled Oats.	77788	
	4.80	14.64	1.11	2.06	2.94	9.5	69.75	10.25	0.16	3.952	3.762	Krumbles....	77789	
	7.15	10.57	1.21	1.36	4.15	21.0	61.71	9.75	0.25	3.937	3.655	Force.....	77790	
	8.40	14.73	6.83	0.98	2.01	6.3	69.15	23.0	0.09	4.332	3.968	Purity Oats	77791	
	7.45	10.06	1.34	1.49	2.54	23.2	61.37	9.25	0.16	4.004	3.705	Malta Vita	77792	
	12.55	11.30	8.69	1.19	0.91	5.6	72.31	27.5	0.12	4.465	3.905	Post Tavern special.	77793	
	7.20	14.90	2.64	1.06	1.83	14.2	65.31	6.5	0.31	4.118	3.821	Quaker Puffed Wheat.	77794	
	7.35	12.40	1.42	3.79	5.45	40.2	36.74	8.25	0.19	3.795	3.516	Roman Meal	77795	
	10.10	12.58	1.29	0.40	0.66	7.3	77.77	20.25	0.10	4.123	3.707	Nuggets, Wheat Kernels.	77796	
	6.45	15.17	4.61	9.25	7.26	20.1	43.61	25.25	0.10	3.662	3.426	Kellogg's Bran.	77797	
	6.7	7.50	0.13	0.21	1.87	14.0	76.29	11.5	0.14	4.019	3.749	Dominion Corn Flakes	77798	
	7.15	11.19	1.53	2.05	1.78	4.0	79.45	12.25	0.20	4.022	3.735	Shredded Wheat.	77799	

TABLE II

Date of Collection	Nature of Sample	Number of Sample	Name and Address of Vendor	Cost		Name and Address of Manufacturer or Furnisher as given by the Vendor	
				Quantity	cts	Manufacturer.	Furnisher
DISTRICT OF HAMILTON :-							
1917 April	3 Cream of Wheat	77736	The Arcade Ltd., James St., Hamilton	3 pkgs	66	Cream of Wheat Co. Minneapolis	
"	3 Good Health Breakfast Food.	77737	G. H. Robinson & Co., James St. S., Hamilton.	"	38	Good Health Food Co., Ltd, London.	
"	3 Krumbles....	77738	J. J. McQuarrie, 11 King William St., Hamilton.	"	30	Kellogg Toasted Corn Flake Co., Toronto.	
"	3 Wheatena...	77739	A. G. Bain, 89 King St., E. Hamilton.	"	75	The Wheatena Co. Wheatensville, Rahaway, N. J.	
"	3 Post Toasties	77740	Peebles Hobson Co., Ltd. King & McNabb St. "	"	30	Can. Postum Cereals Co., Ltd., Windsor.	
"	3 Gusto.....	77741	W. H. Rykman & Co., 9 Market St., Hamilton.	"	25	The H. O. Co., Hamilton.	
"	3 Porridge Oats	77742	The Duff Stores Ltd., 216 York St., Hamilton.	"	30	Robin Hood Mills Moose Jaw.	
"	3 Roman Meal	77743	Wm. Carroll Grocery, 232 York St., Hamilton.	"	45	Roman Meal Co., Toronto.	
"	3 Malt Breakfast Food	77744	A. R. MacLachlin, 272 King St W., Hamilton.	"	45	The Malted Cereal Co., Burlington Vt.	
"	3 Farina.....	77745	The James Osborne & Sons., 12 James St. S. Hamilton	"	45	The Hecker Cereal Co., New York.	

DISTRICT OF WINDSOR :-

April	12 Breakfast Food.	65156	H. B. Stoddart, Forest.....	3 pkgs	45	Can. Postum Cereal Co., Windsor.	
"	13 "	65158	Jas. Galbraith, Sarnia.....	"	30	W. K. Kellogg, Toronto.	
"	13 Corn Flakes..	65163	James Fraser, Sarnia.....	"	30	Kellogg Corn Flake Co., London.	
"	13 Rice Flakes..	65164	" "	"	30	Kelloggs, Battle Creek	
"	13 Rolled Oats..	65165	A. H. Gammon & Son, Sarnia	"	45	Quaker Oats Co., Peterboro.	
"	13 Cream of Wheat	65167	G. Wenino, Sarnia.....	"	60	Cream of Wheat Co., Minneapolis	
"	13 Pettijohn's Breakfast Food.	65169	" "	"	45	"	
"	18 Breakfast Food.	65181	W. H. Ellsworth & Son, Ridgeway.	"	45	White Swan S. & G., Ltd.	
"	18 "	65185	Sample & Linton, Essex.....	"	30	Roman Meal Co., Toronto.	
"	10 "	65190	Munroe Wigle, Kingsville....	"	45	Can. Shredded Wheat Co., Niagara Falls.	

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PACKAGED BREAKFAST FOODS.

Inspector's Report (is note of opinion of opinion).	Results of Analysis.													
	Moisture %	Percentage on dry basis.							Net weight ozs.	Cost per lb. calculated.	Calories per gram.		Brand.	No. of Sample.
		Protein.	Fat.	Fibre.	Ash.	Cold water Extract.	Starch by difference.	Dry			As sold			

H. J. DAGER, ACTING INSPECTOR

.....	9.60	13.00	0.77	0.02	0.38	4.8	81.03	28.0	0.13	4.124	3.727	Cream of Wheat.	77736
.....	5.65	10.60	2.94	5.13	3.65	25.6	52.08	11.25	0.19	3.893	3.673	Good Health Breakfast Food.	77737
.....	5.90	13.02	0.76	1.95	2.76	20.1	61.41	9.5	0.17	3.946	3.713	Krumbles....	77738
.....	6.95	12.83	2.42	1.18	1.61	5.1	76.86	20.0	0.20	4.111	3.825	Wheatens ...	77739
.....	7.3	10.73	2.67	0.93	1.89	12.6	71.18	12.7	0.13	4.123	3.822	Post Toasties	77740
.....	7.4	10.32	1.86	1.06	2.54	18.7	65.52	9.25	0.16	4.049	3.749	Gusto.	77741
.....	8.6	13.68	7.07	1.73	1.80	5.4	70.26	21.25	0.08	4.320	3.948	Robin Hood Oats.	77742
.....	10.25	12.68	2.65	2.12	3.28	14.4	62.87	13.50	0.15	3.934	3.537	Roman Meal	77743
.....	7.70	15.31	1.64	1.06	1.57	12.7	67.78	28.50	0.08	4.080	3.766	Malt Break- fast Food.	77744
.....	11.15	11.19	0.85	0.31	0.56	5.1	81.99	14.75	0.16	4.109	3.641	Hecker's Farina.	77745

JOHN TALBOT, INSPECTOR.

Grape Nuts...	4.65	11.41	0.67	1.80	2.04	36.4	47.68	13.25	0.18	3.977	3.792	Grape Nuts.	65156
Krumbles.....	5.25	12.73	0.78	2.57	2.63	19.6	61.69	10.25	0.16	3.927	3.721	Krumbles....	65158
.....	6.30	7.80	0.14	0.46	1.33	32.8	57.47	9.50	0.17	4.034	3.780	Kellogg's Corn Flakes	65163
.....	8.50	7.92	0.19	0.30	2.13	31.7	57.76	10.00	0.16	4.010	3.669	Kellogg's Rice Flake.	65164
Quaker Oats...	8.50	16.40	6.78	0.68	1.91	5.5	68.73	19.50	0.12	4.346	3.977	Quaker Oats.	65165
.....	9.60	12.31	0.88	0.50	0.44	8.0	77.87	28.25	0.11	4.107	3.713	Cream of Wheat.	65167
.....	10.0	12.99	1.82	1.93	1.78	6.7	74.78	22.0	0.11	4.043	3.630	Pettijohn's Breakfast Food.	65169
Wheat Kernels.	9.85	12.27	0.97	0.15	0.67	2.5	83.44	20.0	0.12	4.117	3.712	Wheat Kernels.	65181
Roman Meal...	9.00	12.14	2.19	3.97	3.46	6.0	72.24	12.25	0.13	3.909	3.557	Roman Meal	65185
Shredded Wheat	7.45	11.41	1.34	2.31	1.78	4.7	78.46	12.50	0.19	4.002	3.704	Shredded Wheat.	65196

TABLE III AVERAGE OF EACH BRAND

Brand and Sample.	Moisture.		Results of Analysis.										
			Percentage on dry basis.					Net weight ozs.	Net weight claimed ozs.	Cost per lb. average, cents.	Calories per gram.		Cost in cents for 1000 calories.
			Protein.	Fat.	Fibre.	Ash.	Carbonyl- difference.				Dry.	As sold	
Brodie's Oats, 1 sample, ..	7.25	15.63	6.60	0.88	1.83	75.06	42.25	10	4.332	4.018	5.41	
Corn Flakes Kellogg's Dominion 5 samples	6.35	7.68	0.21	0.36	3.12	88.63	11.95	10.0	14	3.968	3.710	8.29	
Corn Flakes Kelloggs, 17 samples	7.24	7.91	0.22	0.40	2.02	89.44	9.84	18	4.011	3.721	10.64	
Corn Flakes Krinkie, 8 samples	7.71	8.11	0.28	0.38	2.04	89.19	10.26	7.0	12	4.015	3.705	7.13	
Corn Flakes Monarch, 1 sample	8.30	8.20	0.96	-0.20	2.88	87.76	4.023	3.688	
Corn Flakes Quaker, 2 samples	7.12	10.24	0.67	0.26	2.70	86.13	12.0	12	4.013	3.727	7.08	
Corn Flakes, United Cereal Mills, 1 sample, ..	7.70	7.60	0.41	0.50	3.78	87.71	9.25	3.945	3.641	
Cream of Oats, 1 sample, ..	10.28	13.54	7.22	1.47	1.06	75.81	23.42	22.0	4.334	3.888	
Cream of Wheat, 16 samples	10.03	12.55	0.87	0.31	0.64	85.63	28.11	28.00	12	4.106	3.694	7.12	
Force 18 samples	7.21	10.31	1.23	1.22	2.74	84.50	10.20	23	4.001	3.712	13.63	
Germea, 2 Samples,	11.35	12.91	1.71	0.98	1.42	82.98	43.45	44.0	4.090	3.626	
Good Health Breakfast Food, 2 samples, ..	4.87	10.85	2.72	6.41	3.80	76.22	10.02	19	3.829	3.643	11.49	
Grape Nuts, 21 samples, ..	5.10	11.10	0.63	1.31	1.92	85.04	14.38	17	4.000	3.790	9.85	
Gusto, 6 samples	8.00	10.60	1.24	1.15	2.51	84.50	9.6	17	4.014	3.693	10.12	
Hecker's Cream Farina, 2 samples	10.27	11.42	0.85	0.29	0.51	86.93	15.37	18	4.111	3.689	10.73	
Kellogg's Bran, 2 samples, ..	6.81	15.59	4.59	9.88	8.42	61.32	23.78	20.0	10	3.580	3.336	6.59	
Kellogg's Bran Flakes, 4 samples	8.03	14.74	3.51	9.91	8.34	63.50	10.78	10.0	3.534	3.229	
Kellogg's Krumbles, 13 samples	5.88	14.01	0.88	2.20	2.86	80.05	10.67	10.0	16	3.938	3.700	9.50	
Kellogg's Wheat Biscuits, 4 samples	7.23	12.84	0.82	2.72	2.64	80.98	13.09	11.2	18	3.922	3.638	10.87	
Kelloggs Wheat-Flakes, 2 samples	7.92	9.90	1.10	2.08	4.12	82.80	11.0	22	3.903	3.594	13.18	
Kelloggs Rice Flakes, 3 samples	6.96	7.66	0.26	0.31	2.53	89.24	9.83	8.0	16	3.997	3.719	9.46	
Malt Breakfast Food, 5 samples	7.48	13.40	1.64	1.27	1.60	82.09	27.71	28.0	11	4.067	3.763	6.43	
Malta Vita, 6 samples,	9.26	10.65	1.00	1.80	3.12	83.43	9.01	14	3.950	3.584	8.59	
Petijohn's Breakfast Food, 7 samples, ..	9.97	14.64	2.15	2.17	1.86	79.18	22.23	24.0	11	4.046	3.643	6.91	
Post Tavern Special, 1 sample	12.55	11.30	8.69	1.19	0.91	77.91	27.5	12	4.465	3.905	6.81	
Post Toasties, 18 samples, ..	7.55	8.70	0.41	0.43	2.63	87.83	13.03	13	3.995	3.693	7.74	
Purity Oats (Small), 3 samples	9.51	14.76	7.04	1.06	2.21	74.93	21.83	22.0	8	4.332	3.920	4.49	
Purity Oats (Large) 1 sample	10.42	15.94	7.26	1.30	1.99	73.51	51.99	56.0	4.342	3.880	
Quaker Farina, 1 sample, ..	10.40	13.29	0.82	0.08	0.44	85.37	14.0	17	4.121	3.692	10.10	
Quaker Oats (Small) 5 samples	9.17	15.34	7.22	1.05	2.05	74.34	21.18	20.0	10	4.348	3.949	5.57	
Quaker Oats (Large) 3 samples	9.08	15.02	7.31	1.13	2.02	74.52	53.91	55.0	9	4.350	3.955	5.00	
Quaker Pearl Hominy, 1 sample	9.45	15.19	0.46	0.75	0.32	83.28	19.5	12	4.080	3.694	7.15	
Quaker Puffed Rice, 13 samples	8.74	7.79	0.27	0.34	0.54	91.06	6.49	6.0	37	4.077	3.721	21.93	
Quaker Puffed Wheat, 16 samples	9.02	14.97	1.96	2.08	1.88	79.11	6.31	6.00	34	4.039	3.715	20.14	
Robin Hood Porridge Oats (Small) 4 samples, ..	8.34	14.77	7.82	1.26	2.25	73.90	21.86	22.0	9	4.362	3.955	5.01	
Robin Hood Porridge Oats (Large) 3 samples, ..	7.96	15.90	7.20	1.11	1.90	73.89	54.4	55.0	8	4.350	4.003	4.40	
Robin Hood Porridge Wheat 5 samples,	9.55	12.87	0.81	0.40	0.68	85.24	25.03	23.0	13	4.097	3.706	7.72	
Roman Meal (Large) 8 samples	10.24	13.11	2.67	4.19	3.41	76.62	39.37	40.0	10	3.927	3.625	6.24	
Roman Meal (Small), 5 samples	9.70	13.02	2.36	4.40	3.52	76.70	13.05	14	3.898	3.520	8.75	

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TABLE III AVERAGE OF EACH BRAND

Brand and Sample.	Moisture	Results of Analysis.										
		Percentage on dry basis.					Net weight ozs.	Net weight claimed ozs.	Cost per lb. average, cents.	Calories per gram.		Cost in cents for 1000 calories
		Protein.	Fat.	Fibrec.	Ash.	Carbohy- drates by difference				Dry	As sold	
Roman Meal Nuggets (Large), 2 samples....	9.70	11.94	1.63	3.22	5.75	77.46	29.23	25.0	3.816	3.446
Roman Meals Nuggets (Small) 4 samples.....	7.16	12.74	1.59	3.70	5.17	76.80	9.90	18.5	17	3.810	3.546	10.55
Shredded Wheat, 14 samples.....	8.18	11.16	1.55	2.15	1.89	83.25	12.55	12.0	18	4.014	3.685	10.75
Tillsons Oats, 3 samples....	8.20	14.22	7.57	1.15	2.03	75.03	57.95	58.0	9	3.363	4.005	4.94
Triscuit, 2 samples.....	9.99	11.08	1.38	1.57	1.79	84.18	13.31	4.034	3.631
Uncle Sam's Health Food 1 sample.....	6.90	17.86	13.81	3.12	3.06	62.15	19.5	25	4.564	4.249	12.94
Wheat Flakes, B. & K., 1 sample.....	10.70	10.85	1.95	1.66	1.68	83.86	51.88	56.0	4.064	3.629
Wheat Flakes Canadian 3 samples.....	12.03	11.17	1.87	1.44	1.80	83.72	56.85	65.0	4.068	3.579
Wheat Flakes Carnation, 2 samples.....	11.32	10.52	2.25	1.09	1.75	84.39	54.65	54.0	4.100	3.636
Wheatena, 2 samples.....	6.97	12.42	2.38	1.31	1.77	82.12	19.8	19	4.097	3.811	10.96
Wheat Kernels, 3 samples..	9.83	12.47	1.12	0.28	0.77	85.36	20.0	11	4.115	3.711	6.52
White Swan Breakfast Food 1 sample.....	8.20	11.21	1.74	1.53	1.81	83.71	42.4	44.0	4.053	3.720