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CANADIAN GOVERNMENT FOOD TEST.

(Extract from Report of Gov't Officials at Ottawa, Can.)

LABORATORY OF THE INLAND REVENUE DEPARTMENT.

OTTAWA, December 10, 1902.

THOS. MACFARLANE, Esq., F.R.S.C.,

Chief Analyst Inland Revenue Department.

SIR—I beg herewith to submit a report of my work on Breakfast Foods.

These samples, as you are aware, were not collected and examined because of any suspicion regarding their wholesomeness or genuineness, for they were believed to be, as their analysis proves them to be, nutritious and palatable foods. In view, however, of the high prices at which they are sold, and of the extravagant claims put forth by their manufacturers as to their digestibility, nutrient power, etc., there exists a widespread demand for information as to what they really are, and how much of all the value claimed for them they really possess.

SAMPLE.	Moisture.	Fat.	Ash.	Proteids.	Crude Fibre.	Dextrin.	Starch.	Calories per gram.	Material soluble in cold water.
	P.C.	P.C.	P.C.	Nitrogen x 625. P.C.	P.C.	P.C.	By difference. P.C.	P.C.	P.C.
+ GRAPE-NUTS ...	9.34	0.58	1.64	12.00	2.03	24.87	49.45	3968.9	49.50
+ Force ...	11.92	1.27	2.75	11.56	2.60	14.48	55.42	3845.1	29.60
Malta Vita ...	11.10	1.25	3.00	9.88	3.15	9.26	62.36	3840.3	30.88
Malt Breakfast Food	9.99	1.03	0.56	12.44	1.05	3.24	71.69	4094.8	13.00
Life Chips ...	9.90	1.69	2.60	9.69	2.90	12.16	61.06	3925.9	19.30
Ralston Br'kf't Food	13.02	1.54	0.78	12.50	1.68	2.62	67.86	3911.7	7.50
(Rolled Oats) ...	11.21	7.21	1.68	12.69	3.14	3.58	60.49	4242.2	6.19
Oatmeal ...	10.84	6.91	1.14	13.00	4.28	...	63.83	4270.6	3.85
+ Peameal ...	10.40	1.33	2.62	27.56	1.36	...	56.73	4132.7	17.75
Cornmeal, common.	13.12	5.21	1.42	10.25	3.50	...	66.50	4029.2	6.30
Cornmeal, golden ...	14.90	2.01	0.58	8.94	1.18	...	72.39	3804.3	2.90

Grape-Nuts is away in the lead of every other food in the following respects:—It has less moisture, less fat and less starch; it has more dextrin and is more soluble than any other food. In the sixth column, under Dextrin, observe **Grape-Nuts** percentage is more than **nine times** the small one, and nearly double the next best food. **Dextrin** is the form of sugar that the starch part of grain is turned into before it can be digested. **Dextrin is the part that makes human energy.** In the last column is shown the percentage of the food that is ready for *immediate digestion*.

Grape-Nuts has over sixteen times the amount of digestible food as the least one, and about two-thirds more than the next best food made.