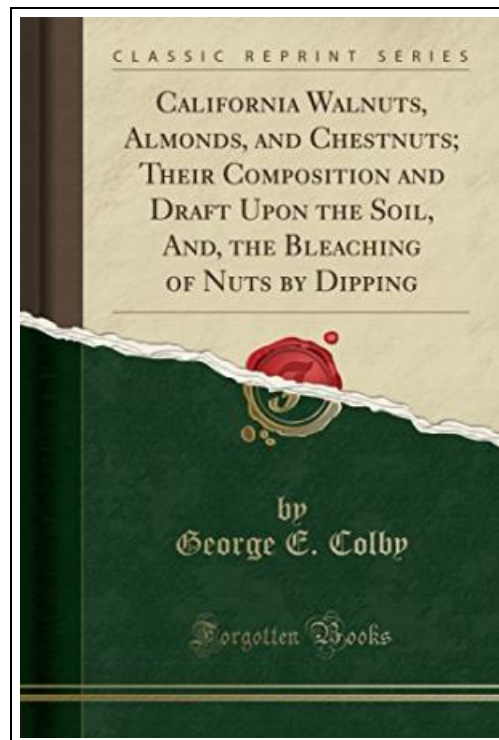


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Forgotten Books. Paperback. Condition: New. This item is printed on demand. Dimensions: 9.0in. x 6.0in. x 0.0in. Excerpt from California Walnuts, Almonds, and Chestnuts; Their Composition and Draft Upon the Soil, And, the Bleaching of Nuts by Dipping The chief ingredient of the walnut and almond kernel is the fat (oil), of which in the walnut there is about and in the almond nearly for both the European and the California-grown nuts; this is nearly equal to the Oil content of the olive On the other hand, the fat (oil) of the chestnut kernel is but a small fraction of the meat, viz. , from about in the European to about in the Pennsylvania chestnut. The next largest constituent of the almond and walnut kernel is the protein, or esh-forming ingredients - in the almond, upward of to and in the ordinary walnut, about in the chestnut there is only about or about one half that of the other nuts. About three fourths of the chestnut kernel is made up of starch, sugar, dextrin, etc. - nitrogen-free extract ingredients, which, like the fat, furnish fuel to the body, though less economically. Of the stone fruits the prune and apricot, like the chestnut, are largely made up of carbohydrates (sugar, etc.) and contain considerably less protein than the chestnut kernel, and from three to six times less of that ingredient than the almond or walnut kernel. The above figures are interesting among themselves, and become of more value when considering the food values of these nuts. All authorities agree upon the fact that nuts are a highly concentrated form of food; caution should, therefore, be followed in their use. Walnuts and almonds possess a higher nutritive value than even the grains; and, as compared with fruits, they rank high in food...



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