

amino acid. This constitutes a new approach to amino acid supplementation of foods. Until this procedure was developed it was common practice to supplement proteins with arbitrary amounts of the essential amino acids. Usually that amount was chosen which was considered to constitute the requirement for the species. Thus excessive supplementation took place, and often intensified amino acid imbalances. Proper supplementation, on the other hand, leading to a balance of the supplementing amino acid with the second limiting amino acid, is always beneficial.

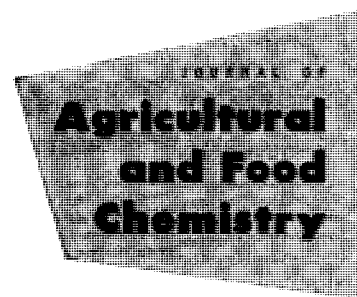
All the important cereals, including rye, oats, and barley, are deficient in lysine. With full-scale production of lysine, supplementation of cereals would cost only a few dollars per person per year. The first limiting amino acid of peas, beans, peanuts, and many other protein foods is methionine. DL-Methionine and its α -hydroxy analog, which can replace methionine in the presence of an amino-nitrogen donor, are available as low-cost food supplements.

To learn how to make proper use of these and other amino acids to improve the protein quality of foods and to help in overcoming protein deficiencies is a tremendous challenge.

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TECHNICAL SECTION

May 1959

Volume 7, Number 5

PESTICIDES

- Plant Metabolism of Insecticides, Demonstration of Lindane and a Lindane Metabolite in Plants by Paper Chromatography
James P. San Antonio 322
- Seed Disinfection, Fungicide Distribution and Disinfection Efficiency in Seed Treatment
Olle Lindström 326
- Insecticide Residues, Magnitudes and Natures of Nicotine Residues on and in Field-Treated Texas Mustard Greens
F. A. Gunther, R. C. Blinn, E. Benjamini, W. R. Kinkade, and L. D. Anderson 330
- Herbicide Residues, Effect of Higher Application Rates on Crop Residues of Isopropyl N-Phenylcarbamate and Isopropyl N-(3-Chlorophenyl)-carbamate
L. N. Gard, C. E. Ferguson, Jr., and J. L. Reynolds 335

PESTICIDES/PLANT REGULATORS/FOOD PROCESSING

- Sprout Inhibitor Residues, Determination of Isopropyl N-(3-Chlorophenyl)-carbamate Residues in Potatoes Treated for Sprout Inhibition
L. N. Gard 339

PLANT NUTRIENTS AND REGULATORS

- Plant Growth Inhibitors, Factors Affecting the Performance of Maleic Hydrazide
A. E. Smith, J. W. Zukel, G. M. Stone, and J. A. Riddell. 341

- Plant Tissue Analysis, Errors Involved in the Preparative Phase of Leaf Analysis.
W. J. A. Steyn 344

FOOD PROCESSING

- Food Additive Evaluation, Cloud Point as a Means of Characterizing the Polyglycols of Polyoxyethylene (8) Stearate
M. D. Brewster and J. D. Brandner 348

- Feed Additives Analysis, Colorimetric Determination of Cadmium Anthranilate in Feedstuffs
H. F. Beckman and L. S. Feldman 350

- Dried Fruits Stability, Modified Direct Colorimetric Method for Determination of Sulfur Dioxide in Dried Fruits
F. S. Nury, D. H. Taylor, and J. E. Brekke 351

- Sugar Impurities, Composition of "Floc" Formed in Acidified Sirups from Refined Granulated Cane Sugars
M. F. Stansbury and C. L. Hoffpauir 353

FOOD PROCESSING/NUTRITION

- Food Antioxidants, Biochemistry of Erythorbic Acid. Human Blood Levels and Urinary Excretion of Ascorbic and Erythorbic Acids
Harold Kadin and Modest Osadca 358