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# *Cocoa and Chocolate*

A short history of their production and use.

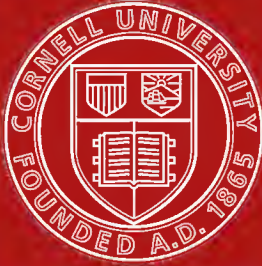


Dorchester, Mass.

*Walter Baker & Co. Limited.*

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BIRD'S-EYE VIEW OF WALTER BAKER & CO.'S MILLS AT DORCHESTER AND MILTON, MASS.



# Cocoa and Chocolate

*A short history of their  
production and use*

**Revised Edition**

With numerous illustrations of the Cocoa Tree and its products ; and of Walter Baker & Co.'s manufactory, the oldest and largest establishment of its kind on this continent



DORCHESTER, MASS.

Walter Baker & Co. Limited

1917  
E.M.



## PREFATORY NOTE

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**T**HIS publication is made up in part of original matter and in part of matter reprinted from three of our previous publications, now out of print, namely: "Cocoa and Chocolate: A Short History of Their Production and Use," — a 12mo of 152 pages, published in 1886; "The Chocolate Plant and Its Products," — a small 4to of 40 pages, published in 1891; and "Cocoa and Chocolate: A Short History of Their Production and Use," a quarto of 72 pages, first printed in 1899 and reprinted in 1901, 1904, 1907, and 1910. Copies of them can be found in many of the public and school libraries in the United States.

We have included in this work some new views of our mills and workrooms, and also some engravings from photographs taken in the West Indies and in Ceylon, showing the present methods of gathering and curing the fruit of the cocoa tree.

As even the standard dictionaries fail to give the exact meanings of the words "cocoa" and "chocolate," we give here an accurate definition of those terms:—

**COCOA.**—The commercial name given (1) to the seeds of the small tropical tree known to botanists as *Theobroma Cacao*; (2) to the cracked or coarsely ground product of the roasted seeds, sometimes designated more particularly as "cocoa nibs," or "cracked cocoa"; (3) to the finely pulverized product of the roasted seeds from which a portion of the fat has been removed, sometimes designated as "breakfast cocoa" or "powdered cocoa."

**CHOCOLATE.**—(1) The solid or plastic mass produced by grinding to fineness the kernel of the roasted seeds of *Theobroma Cacao* without removing any of the fat, sometimes called "plain chocolate"; (2) the same product to which have been added sugar and various flavoring substances, sometimes known as "sweet chocolate" or "vanilla chocolate."

WALTER BAKER & CO. LTD.



REGISTERED U. S. PATENT OFFICE

WALTER BAKER & CO. LIMITED

*Copied from Liotard's famous painting of "La Belle Chocolatière"  
in the Dresden Gallery*

# COCOA AND CHOCOLATE

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## I

### PRODUCTION AND CONSUMPTION

**D**URING the last thirty or more years the consumption of cocoa in various forms has increased to an extraordinary extent not only in this country, but in the United Kingdom — countries in which the greatest progress is being made in the science of nutrition, and in the inventions which have done so much to cheapen the cost and improve the quality of articles of food. This increase in consumption is due to several causes, among the most prominent of which are (1) a reduction in the retail price, bringing it within the means of the poorer classes; (2) a more general recognition of the value of cocoa as an article of food, and (3) improvements in methods of preparation, by which it is adapted to the wants of the different classes of consumers.

There is no doubt that, if it had not been for the monopoly of the production which Spain long possessed, and which kept the price, on its introduction into England, at a point where only the rich could afford to buy it, cocoa would have come into as general use there as it did in Spain, and would, perhaps, have been received with more favor than tea or coffee, which were introduced about the same time.

It appears that, in the time of Charles II., the price of the best chocolate (very crude undoubtedly, as compared with the present manufactures) was 6s. 8d. a pound, which, if we take into account the greater purchasing power of money at that time, would be equal to at least \$5.00 a pound at this time for a very coarse article.

Humboldt estimated the consumption of cocoa in Europe, in 1806, as 23,000,000 pounds per annum, of which from 6,000,000 to 9,000,-

000 were supposed to be consumed in Spain. The estimated consumption in Europe at the present time is over 225,000,000 pounds.

A recent estimate of the total amount of crude cocoa exported from the tropical regions in which it is grown, based partly on official figures and partly on expert estimates, is above 600,000,000 pounds per annum. In the report of the U. S. Bureau of Statistics for the fiscal year ending Dec. 31, 1916, the principal importations of crude cocoa into this country are given as follows: British West Indies, 40,898,190 pounds; Dominican Republic, 49,053,832; Brazil, 31,904,817; Ecuador, 44,644,568; other South American countries, 56,090,090; European countries, 20,025,557.

In the United Kingdom the amount consumed in 1831 was only  $\frac{1}{4}$  of an ounce for each inhabitant. In 1915 it had risen to about 36 ounces; that is, about 104,205,000 pounds. The percentage of increase since 1860 has been much greater than that of tea or coffee. In that year the consumption of tea was 2.67 pounds for each inhabitant; of coffee, 1.23 pounds; of cocoa, 2 ounces. In 1915, the consumption of tea was 6.89 pounds for each inhabitant; of coffee, only  $11\frac{1}{2}$  ounces; of cocoa, about 36 ounces. It appears from this that in Great Britain and Ireland cocoa is actually taking the place of coffee, the per capita use of the former having greatly increased, while the per capita use of the latter has greatly decreased.

Any statement covering the period following the outbreak of the great war in Europe in the summer of 1914, relative to the consumption of cocoa in that part of the world, should be considered with some qualification, as absolutely accurate figures are not obtainable.

In the United States the increased consumption of cocoa in recent years has been even more striking. The amount retained for home consumption in 1860 was only 1,181,054 pounds, or  $\frac{3}{5}$  of an ounce for each inhabitant. The average annual consumption for the three years, 1914, 1915, and 1916, amounted to 194,691,014 pounds.<sup>1</sup> This shows

<sup>1</sup> These are the Custom House returns for the year ending Dec. 31, 1916.

an increase greatly in excess of the increase during the same period in the consumption of coffee and tea. In 1860, the consumption of coffee per capita was 5.79 pounds; in 1916 it was about 11 pounds. The consumption of tea in 1860 was about 13½ ounces per capita; in 1916 it was about 16½ ounces. The consumption of cocoa had risen during the same period from ¾ of an ounce to about 30½ ounces per capita.

Statements in the press and in the reports of the Pure Food Commissioners show that there are on the market at this time many cocoas and chocolates which have been treated with adulterants, more or less injurious to health, for the purpose of cheapening the cost and giving a fictitious appearance of richness and strength. The safest course for consumers, therefore, is to buy goods bearing the name and trademark of a well-known and reputable manufacturer, and to make sure by a careful examination that they are getting what they order.

Walter Baker & Co.'s cocoa and chocolate preparations are absolutely pure, free from coloring matter, chemical solvents, or adulterants of any kind, and are therefore in full conformity to the requirements of all National and State Pure Food Laws.

WALTER BAKER & CO.'S REGISTERED GUARANTEE UNDER  
NATIONAL PURE FOOD LAWS IS SERIAL NO. 90

## II

### THE COCOA TREE AND ITS FRUIT

(“*Theobroma Cacao*”)

THE term “cocoa” is a corruption of “cacao,” but is almost universally used in English-speaking countries. The cacao tree belongs to the natural order of Sterculiaceæ, — a family of almost 50 genera and above 600 species, all of which are tropical or sub-tropical. None of them grow naturally in our climate or in



Europe, and, excepting the little yellow-flowered Mahernia, they are very seldom seen in our conservatories.

The first references to the tree and its products are found in the accounts of the explorers and conquerors who followed Columbus. Their descriptions are remarkably accurate in all essential particulars. One of the earliest, if not indeed the very earliest, delineations of the tree is in a rare volume by Bontekoe.<sup>1</sup> The engraving, which is here

<sup>1</sup> The figure in the left of the foreground is said by Bontekoe to represent the native method of procuring fire by rapidly twirling a pointed stick in a groove of a piece of wood placed on the ground.



reproduced, represents it with its comparatively large fruits or pods borne on the main stem. This might be thought at first to be an error of the artist, but it is in fact a rude expression of one of the most remarkable peculiarities of the plant. As will be shown presently, when a fuller description is given, the fruits are, as a rule, formed on the older parts. The engraving shows that the cocoa tree is sheltered by a larger tree of some other kind near it. This practice of planting a sheltering tree to shade the young cocoa tree for a time is still kept up wherever the plant is successfully cultivated. It is certainly interesting that this point in cultivation, which might easily have been thought to be accidental or local, was delineated more than three centuries ago.

The seeds of the tree are borne in pods, which are irregular and angular in shape, much like some forms of cucumbers, but more pointed at the lower extremity, and more distinctly grooved. These pods measure in length nine inches to a foot, or even more, and about half as much in diameter. The color, when young, is green, becoming later dark yellow or yellowish brown. The rind is thick and tough. The pods are filled with closely packed "beans," or seeds, embedded in a mass of cellular tissue, sometimes of pleasant subacid taste. The seeds are about as large as ordinary almonds, whitish when fresh, and of a disagreeable bitter taste. When dried they become brown.



THE COCOA TREE

The fruits are about four months in ripening ; but they appear and mature the whole year through. In point of fact, however, there are

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