From the first ReadMe file from the first link I see nothing on the readme file just flaskr. Though above it seems that if something was there it might be related to a blog. So, if there was going to be something it would be a descriptive description of what the intent of his code is supposed to do. Additionally, if you click on go to file it will take where there are files, and you can take a look to what his code actually does.

The second ReadMe file is a lot more than the first one allow me to explain. Firstly, on the readme part there is actually something written, and it states that it is a simple Reddit bot in Python. After that comes a short description of what it does. Furthermore, gives a resource to figure out how to create one ourselves. I believe he includes all the parts if you investigate further, you can find Licenses and other stuff.