

SOME SANITARY ASPECTS OF BREAD MAKING.

Health Commissioner, New York City. It is necessary, if one would understand the sanitary aspects of bread making, to fully comprehend the present theory held by scientists of germs and the part played by them in disease.

The theory of disease germs is merely the name given to the knowledge had of those germs by medical men, a knowledge which is the result of innumerable experiments.



"DISEASE GERMS FOUND THEIR WAY INTO THE YEAST BREAD."

provided always you give them the proper conditions. These conditions are to be found in dough which is being raised with yeast.

It is necessary to remember at this point that yeast is germ growth, and when introduced into a mixture of glucose or starch, in the presence of warmth and moisture sets up a fermentation.

Now the gluten, which is also a constituent of dough and moist starch, affords, with the latter, an excellent nidus for the development of germs of disease as well as for the yeast germs.

I do not wish to "pose" as an alarmist, nor am I willing to say there is very much chance of the germs of typhus and of cholera reaching the stomachs of the people who eat bread which has been raised with yeast.

I have met journeyman bakers, suffering from cutaneous diseases, working the dough in the bread trough with naked hands and arms.

made at home with Royal baking powder may be sure they have absolutely stopped one channel through which disease may reach them.

But care is imperative in selecting the brand of baking powder to be certain that it is composed of non-injurious chemicals. Powders containing alum or those which are compounded from impure ingredients, or those which are not combined in proper proportion or carefully mixed and which will leave either an acid or an alkali in the bread, must not be used.

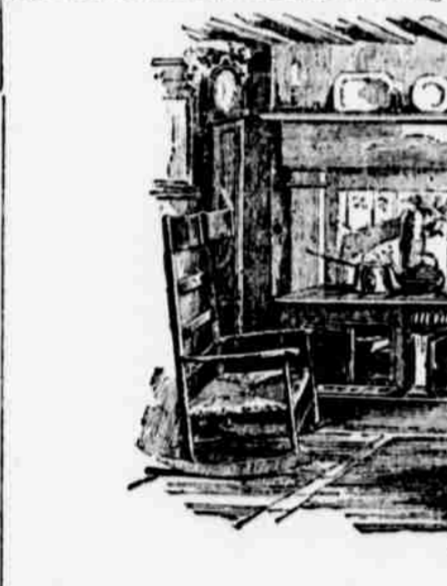
found their way into the blood and that the call for our services which followed, has rounded off this sequence of events.

I have already pointed out that the germs of disease are to be found in the air and dust. The longer any substance to be eaten is exposed to the air, the greater the chance that germs will be deposited on it.

What is meant by "raising" bread is worth a few words. The introduction of the yeast into the moist dough and the addition of heat when the pan is placed near the fire produces an enormous growth of the yeast fungi—the yeast "germ," in other words. These fungi effect a destructive fermentation

of a portion of the starchy matter of the flour—one of the most valuable nutrient elements in the flour. The fermentation produces carbonic acid gas, and this, having its origin in every little particle of the starch which is itself everywhere in the flour, pushes aside the particles of the dough to give itself room.

It needs but a glance to see that it is, in its effects on the dough, purely mechanical. The dough, which was before a close-grained mass, is now full of little holes, and when cooked in this condition is what we ordinarily call light.



BREAD WITHOUT YEAST—"THE MOST PERFECT OF ALL CONCEIVABLE WAYS OF RAISING IT."

period during which the raising process goes on, the grain in food and the grain in the avoidance of the germs is exceedingly plain.

But while we can easily see the dangers which attend the use of yeast it is certain that the ventilating effect produced by it on the dough is to the last degree perfect.

The evils which attend the yeast-made bread are obviated by the use of a properly made, pure and wholesome baking powder in lieu of yeast.

He told me Jack Stageloon last evening. He tells me he is going out with a company next season which will produce "Fireman Fred." "Indeed; what does he play?" "The hose." —Brooklyn Eagle

It is well to sound a note of warning in this direction or the change from the objectionable yeast to an impure baking powder will be a case of jumping from the frying pan into the fire.

The best baking powder made is, as shown by analysis, the "Royal." It contains absolutely nothing but cream of tartar and soda, refined to a chemical purity, which when combined under the influence of heat and moisture produce carbonic acid gas, and having done this, disappear.

The two materials used in the Royal, cream of tartar and soda, are perfectly harmless even when eaten. But they are combined in exact compensating weights, so that when chemical action begins between them they practically disappear, the substance of both having been taken up to form the carbonic acid gas.

These are placed in the oven and baked. But the very moment the warmth and moisture attack the mixture of cream of tartar and soda, these two ingredients chemically combine and carbonic acid or leavening gas is evolved.

It will be strange if the crowds of visitors to the world's fair do not greatly increase the number of contagious disease, which we will have to treat.

I have shown the danger of using the yeast raised bread, and with this I have shown how that danger may be avoided.

Wistful Longing of the Middle-Aged Matron in a Hospital Cot.

The women who carry to hospitals the flowers collected by the different "flower missions" are greeted, as a rule, with gratitude warmly expressed.

"Don't you care for a flower?" she was asked.

"I dun no. What you got?" This in the dullest of tones.

"Why here are roses, and daisies, and pinks and heliotrope."

"Heliotrope? Have you got some heliotrope? Let me see a piece of that, will you?"

The Evanstonian was touched. Her fancy quickly awoke a story or two about the life of this commonplace matron.

Mr. Chimpanzee—"That ostrich eats enough for two birds. What do you suppose makes him so greedy, Mrs. C.?" Mrs. Chimpanzee—"I heard the keeper say he swallowed a pair of strong eye-glasses yesterday and they magnify his appetite."—Vogue.

HIGH ART IN COOKERY.

How the Appetite May be Tempted by Artistic Garnishing.

The scientific branch of cookery comprises the devising of dishes and sauces. The artistic branch constitutes the art of garnishing, and this plays a most important part in the outcome of the kitchen, as, by means of it, dishes please the eye before they please the palate.

Art, however, is not a thing to be taught. You may show a man how to mix colors, but you cannot teach him how to use them.

"Garniture," which is rendered into English by "garnish" may be defined as all that is added to the chief material, which constitutes the dish.

To be used, all such vegetables as will admit of it, must be cut into uniform shape by what are called vegetable cutters.

A FAIR lady becomes still fairer by using Glenn's Sulfur Soap.

A CERTAIN thing about politicians is that just as soon as they have a finger in the pie they begin to talk of getting their feet both feet.—Philadelphia Times.

ACADEMY AND SCHOOL HOME, Las Vegas, New Mexico. Climate, a certain cure for students with weak lungs. Circulars.

Force meat, quenelles, tongue, hard-boiled eggs, olives, etc., are all used in garnishing.

WHAT the farmer's boy sighs for is the last row of summer.—Plain Dealer.

CHARITY begins at home; but that's no place to call it by that name.—Pack.

"How many servants do you keep?" "None; but we have no end of 'em as casual visitors."—Pack.

DO NOT get angry because the street car conductor appears to you unnecessarily lazier. Brass is a good conductor.—Boston Transcript.

DAUGHTER—"Our father is dead, papa." FATHER—"What an awful change it will be for him!"

IF you want to make sure your advice will be taken have it engraved on your umbrella handle.—Troy Press.

FOUR French sportsmen fired simultaneously at a rabbit, but it escaped; then they asked all together: "I wonder who missed that time?"—Tid-Bits

Spiders Eat Their Mothers. One of the most unnatural things in nature, if the expression is allowable, is the manner in which the young of the common wolf spider, found everywhere in this country, treat their mother.

THE POT INSULTED THE KETTLE BECAUSE THE COOK HAD NOT USED SAPOLIO GOOD COOKING DEMANDS CLEANLINESS. SAPOLIO SHOULD BE USED IN EVERY KITCHEN.

A Simultaneous Reply.

A six-year-old son of a family living on Seventy-second street was informed the other morning that the rector was expected to call in the afternoon.

"He will ask you your name," she said, "and you must tell him 'Frankie Jones.' Then he will ask you your age, and you must say 'six years old in June.'"

The rector came, and, sure enough, he asked the little fellow his name, whereupon Frankie shouted: "Frankie Jones, six years old in June, God, dirt!" all in one breath.—N. Y. Times.

Aroused and Regulated.

By that purest and best of botanic alteratives, Hostetter's Stomach Bitters, a dormant liver renews its secretory action and impels the bile into the proper channels.

CHARLEY—"So, Jim, you are extravagant enough to put twenty dollars a dozen for your neckties. Don't you think that was a good deal of money to blow in?"—Columbia Spectator.

Pure and Wholesome Quality.

Commends to public approval the California liquid laxative remedy, Syrup of Figs. It is pleasant to the taste and by acting gently on the kidneys, liver and bowels to cleanse the system effectually.

"John, what a lovely place! If I could only manage to raise the rent." Mr. Hunter Howes—"Oh, I've no doubt the landlord would see to that in a couple of months."—Brooklyn Life.

Scurvy and scorbutic affections, pimples, and blotches on the skin are caused by impure blood which Beecham's Pills cure.

WHEN the suspicious man sees a balloon sailing away toward the clouds he is justified in thinking there is something up.—Troy Press.

S. K. CONYUN, Mgr., Charlie Scott, writes: "I had Hall's Catarrh Cure a valuable remedy."—Druggists sell it, 75c.

DOCTOR—"You need a change in climate." Patient—"What is the matter with this climate?" Doctor—"It's too changeable."—Chicago Record.

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"Do you look to the future with courage?" he asked the maiden. "Yes," she replied, "I say nerve is everything in the world business."—Detroit Tribune.

A WELL-DIRECTED snowball puts most anyone in the mood for dancing.

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"August Flower"

I had been troubled five months with Dyspepsia. I had a fullness after eating, and a heavy load in the pit of my stomach. Sometimes a deathly sickness would overtake me.

A BACHELOR'S BRIDAL

A Complete Novel by Mrs. H. Lovett Cameron,

Author of "In a Grass County," "Vera Novil," "A Daughter's Heart," etc., is contained in

Lippincott's Magazine

For September (published August 31.) Also, UNCLE SAM IN THE FAIR. By CAPTAIN CHARLES KING, U. S. A.

IN THE PLAZA DE TOROS. (Illustrated.) By MARRION WILCOX. A GIRL'S RECOLLECTIONS OF DICKENS. BY MRS. E. W. LATIMER.

THE CROSS-ROAD'S GHOST. (Illustrated.) (Notable Stories No. VII.) BY MATT CHIM.

LIPPINCOTT'S Magazine, Philadelphia. Also poems, essays, stories, etc., by favorite authors.

The Greatest Medical Discovery of the Age.

KENNEDY'S MEDICAL DISCOVERY.

DONALD KENNEDY, OF ROXBURY, MASS., Has discovered in one of our common-pasture weeds a remedy that cures every kind of Humor, from the worst Scrofula down to a common Pimple.

A benefit is always experienced from the first bottle, and a perfect cure is warranted when the right quantity is taken.

When the lungs are affected it causes shooting pains, like needles passing through them; the same with the Liver or Bowels. This is caused by the ducts being stopped, and always disappears in a week after taking it.

No change of diet ever necessary. Eat the best you can get, and enough of it. Dose, one tablet several times in water at bedtime, and read the Label.

TOWER'S FISH BRAND SLICKER. The Best Waterproof Coat in the World!

HARTSHORN'S SELF-ACTING SHADE-ROLLERS. Beware of Imitations. NOTICE: Autograph of the Genuine. Labels on the Genuine.

PISO'S CURE FOR Consumption and people who have weak lungs or Asthma, should use Pisco's Cure for Consumption. It has cured thousands. It has not injured one. It is not hard to take. It is the best cough syrup. Sold everywhere, 25c.

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