

**SOME SANITARY ASPECTS OF BREAD MAKING.**

BY CYRUS EDSON, M. D.,  
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. Being this, the old term of a "theory" has become a misnomer. A germ of a disease is a plant, so small that I do not know how to express intelligibly to the general reader its lack of size. When this germ is introduced into the blood or tissues of the body, its action appears to be analogous to that which takes place when yeast is added to dough. It attacks certain elements of the blood or tissues, and destroys them, at the same time producing new substances. But the germs of the greater part of the germ diseases, that is, of the infectious and contagious diseases, will develop or increase in number without

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. Bread raised with yeast is worked down or kneaded twice before being baked and this process may take anywhere from four hours to ten. It has, then, the chance of collecting disease germs during this process of raising and it has two periods of working down or kneading during each of which it may gather the dirt containing the germs from the baker's hands. At no bread save that raised with yeast, goes through this long process of raising and kneading so no bread save that raised with yeast has so good a chance of gathering germs.

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. This is what is called "raising the bread."

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. This porous quality of bread enables the stomach to rapidly and easily digest it, for the gastric juices quickly soak into and attack it from all sides. The fermentation of the dough, however, uses up a portion of the nutrient elements of the loaf. If it be possible, therefore to produce a light porous loaf without this destruction and without the "kneading" process, which fills the dough with germs and filth, and without the long period during which the raising process goes on, the gain in food and the gain 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 vesiculating effect produced by it on the dough is to the last degree perfect.

It is apparent that if we are to substitute any other system of bread making we must have one which will give us, first, mechanical results equally as good as that, that will produce minute bubbles of carbonic acid gas throughout the mass of dough. Now it is in no way difficult to produce carbonic acid chemically, but when we are working at bread we must use such chemicals as are perfectly healthful. Fortunately these are not hard to find.

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. Baking powders are composed of an acid and an alkali which, if properly combined, should when they unite at once destroy themselves and produce carbonic acid gas. A good baking powder does its work while the loaf is in the oven, and having done it, disappears.

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.

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. Its leavening strength has been found superior to other baking powders, and as far as I know, it is the only powder which will raise large bread perfectly. Its use avoids the long period during which the yeast made dough must stand in order that the starch may ferment, and there is also no kneading necessary.

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. More than this, the proper method of using the powder insures the most thorough mixing with the flour. The proper quantity being taken, it is mixed with the flour and stirred and mixed. The mixture is then sifted several times and this insures that in every part of the flour there shall be a few particles of the powder. The salt and milk or water being added, the dough is made up as quickly as possible and moulded into the loaves.

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. The consequence may be seen at a glance, the bread is raised during the time it is baking in the oven, and this is the most perfect of all conceivable methods of raising it.

Here, then, there is no chance for germs of disease to get into the dough and thence into the stomach, more than that the bread is necessarily as sweet as possible, there having been no time during which it could sour. This involves the fact that the bread so made will keep longer, as it is less likely to be contaminated by the germs that affect the souring process.

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. Under these circumstances it is not folly to foibles to open a single channel through which these germs may reach us? Is it not the part of wisdom to watch with the greatest care all that we eat and drink, and to see that none but the safest and best methods are employed in the preparation of our food? To me it seems as though there could be but one answer to questions like these.

I have shown the danger of using the yeast raised bread, and with this I have shown how that danger may be avoided. The ounce of prevention which in this case is neither difficult nor expensive is certainly worth many pounds of cure, and the best thing about it is that it may be relied on almost absolutely. Those who eat bread or biscuits or rolls made at home with Royal baking powder may be sure they have absolutely stopped one channel through which disease may reach them.

NOTE—Housekeepers desiring information in regard to the preparation of the bread which, for sanitary reasons, Dr. Edson so strongly urges for general use, should write to the Royal Baking Powder Company, New York.

**CURIOUS FACTS.**

Over 1,000,000 teeth are turned every four feet of an axle.

In A. D. 15 Tarjan built a magnificent stone bridge across the Danube 7,000 feet long.

When Benjamin Franklin proposed to start a newspaper his mother tried to dissuade him, but she there were already two papers in America.

SENSE says that one cannot be stung by a bee if the person holds his breath. It would be more conducive to a man's moral welfare, perhaps, if he could hold his breath after getting stung.

Of the human race 300,000,000 are well clothed, that is, wear garments of some kind that will cover nakedness. 2,000,000,000 habitually go naked, and 700,000,000 cover only the middle parts of the body.

In Dutch Guiana the women carry upon their persons all the family savings in the shape of heavy bracelets, anklets, necklaces, and even crowns of gold and silver. Weighty earrings, and huge rings, six or eight inches in diameter, dangle from their noses.

At funerals in the city of Mexico no hearse is used. The street railway company has a monopoly of the funeral business. It runs funeral cars, white for children, black for adults, and mourners follow to the cemetery in a richly appointed special car.

French ingenuity has contrived an improved tone-cutting saw of remarkable efficiency—a circular saw having its edge set with three diamonds in the same way as the straight blades; but as the strain on the diamond is a in one direction, the setting can be made much finer.

RAYMOND of tigers. A man eaten in India was known to have killed 105 people in three years, and another killed an average of 80 persons a year for the same period. A third caused thirteen villages to be abandoned and 200 square miles of land to be thrown out of cultivation.

**Breakers Ahead.**

Auntie (exclaims)—"Do you think you have had the proper training for a man's wife?"

Fred (Grim)—"Yes indeed, Papa has given me any spending money worth mentioning for years. I always get things charged."

A Connecticut paper has an advertisement of "a cottage to let, containing six rooms and an acre of land."

**TO CLEANSE THE SYSTEM.**

Effectually yet gently, when constive or bilious, or when the blood is impure or sluggish, to permanently cure habitual constipation, to awaken the kidneys and liver to a healthy activity, without irritating or weakening them, to dispel headaches, colds or fevers use Syrup of Figs.

**Cement as a Water Sealer.**

An irrigating canal at Riverside, Cal., about twenty-two miles long, has been gradually becoming unfit for use in its seven years of service, on account of holes bored in its banks by gophers. The use of water finally became so great a short time ago that it was decided to regrade the whole canal and cover the sides with cement. This work has been done at a cost of about \$120,000 by a firm of San Francisco contractors. The cement mortar was spread 1 1/2 inches thick, and was formed of one part cement and four parts of fine sand. The work could only be done during the rainy season, when the water was not wanted for irrigating purposes. Since it has been finished it is found that the canal now delivers twice the amount of water that it did before, showing the loss due to leakage, friction, and in a less degree to evaporation, was at least 50 per cent.

**BECHEM'S PILLS** quickly cure sick headache, weak stomach, impaired digestion, constipation, disordered liver, etc.

**Death From Fish Bite.**

It is not generally supposed that a wound caused by the bite of a fish known as the pickerel is more than painful and some time in getting well. But the Kansas City Journal records the death of a man from such a cause. According to that paper, while Mr. T. E. Campbell, county clerk of Buchanan county, Mo., was removing a pickerel from his hook during a fishing trip at Big Spring lake, Ia., last summer, the fish suddenly closed its jaws on his finger lacerating it considerably. The wound grew more and more painful, and a physician was consulted, who pronounced the man's system poisoned by the bite. At the end of eight months Mr. Campbell died, and his death was ascribed to the wound caused by the fish.

A. M. PRIEST, Druggist, Shelbyville, Ind., says: "Hull's Catarrh Cure gives the best of satisfaction. Can get plenty of testimonials, as it cures every one who takes it." Druggists sell it, 75c.

**Those Wooden Nutmegs.**

There may possibly have been an original incident, among the many peddlers from Connecticut, of one who cheated by selling wooden nutmegs to his customers, but probably not. The cost, in time and labor, of making such artistic frauds would more than balance the receipts. Doubtless the wooden nutmegs must go with the basswood hams.

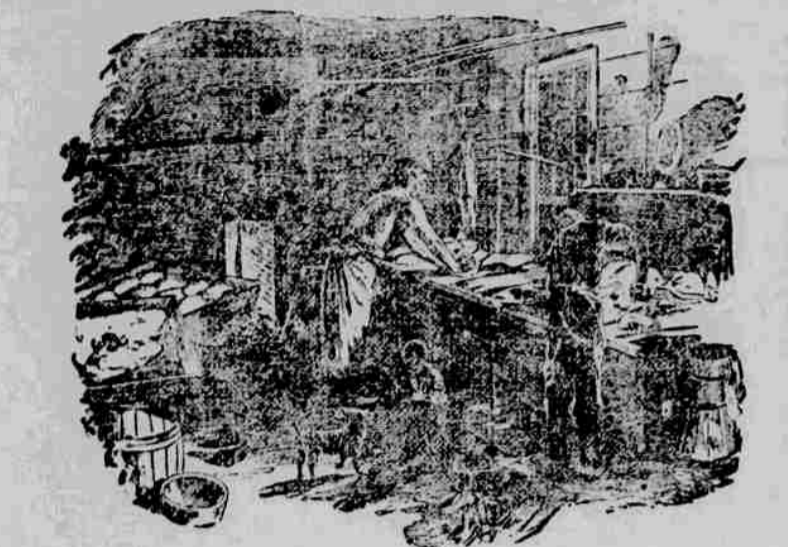
All the same, the joke has served the purpose of giving the old-time tin peddlers and clock peddlers from Connecticut a bad name for superior cunning and trickiness. It served at least one good purpose in giving birth to one of the best toasts ever offered at a dinner—old now, and well known, but perfect in its way: "The Nutmeg State; Where can we find a greater?"—Harford Times.

N. K. Brown's Essence Jamaica Ginger is pure, strong and reliable. None better made. 25c.

**He Was Absent-Minded.**

There was once an absent-minded preacher in Maine, of whom a gossiping lady tells the Lewiston Journal. One Sunday he said excitedly at the close of a solemn discourse: "The choir will now pronounce the benediction and I will sing the Doxology." The choir failed to respond beyond a faint soprano zizgle, and the minister hastily exclaimed: "No, not I should have said: 'I will now sing the benediction and the choir will please pronounce the Doxology.'" Before he could hazard another attempt the quartette came to the rescue with "Old Hundred," and the parson sat down to recover his wits behind the friendly shelter of the old-fashioned pulpit.

Ex-Senator Hill of Colorado has made a fortune by smelting gold and silver by a secret process of his own, by which his big refinery in Denver is able to do some of the best refining in the world. He is said to be one of the best judges of metals in the United States.



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

being in the body of a human being, provided always you give them the proper conditions. These conditions are to be found in dough which is being raised with yeast. They are warmth, moisture and the organic matter of the flour on which the germs, after certain changes, feed.

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. If the mixture be a starchy dough the yeast first changes a portion of the starch into glucose and then decomposes the glucose by changing it into two new substances, viz., carbonic acid gas and alcohol.

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. The germs of cholera, as of typhoid fever, would, if introduced into dough, find very favorable conditions for their growth.

I do not wish to "pose" as an alarmist, nor am I willing to say there is very much chance of the germs of typhoid and of cholera reaching the stomachs of the people who eat bread which has been raised with yeast. But I have not the slightest cause to doubt that other diseases have been and will be carried about in the bread.

I have the journeyman bakers suffering from cutaneous diseases, working in the dough in the bread trough with their naked hands and arms. I have no reason to suppose bakers are less liable to cutaneous diseases than are other men, and I know, as every housewife knows, yeast-raised bread must be worked a long time. This is an exceedingly objectionable thing from the standpoint of a physician, for the reason that the germs of disease which are in the air and dust and on stairways and straps in streets cars, are most often collected on the hands. Any person who has ever kneaded dough understands the way in which the dough cleans the hands. This means that any germs which may have found a lodging place on the hands of the baker before he makes up his batch of bread are sure to find their way into the dough, and once there, to find all the conditions necessary for subdivision and growth. This is equivalent to saying that we must rely on heat to kill these germs, because it is almost certain that they will be there. Now, underdone or doughy bread is a form which every man and woman has seen.

It is a belief as old as the hills that underdone bread is unhealthful. This reputation has been earned for it by the experience of countless generations, and no careful mother will wish her children to eat bread that has not been thoroughly cooked. The reason given for this recognized unhealthfulness has been that the uncooked yeast dough is very difficult to digest. No one but a physician would be apt to think of disease germs which have not been killed during the process of baking as a cause of the sickness following the use of undercooked yeast bread. Yet this result from this cause is more than probable. I have not the slightest doubt that could we trace back some of the cases of illness which we meet in our practice we would find that germs collected by the baker have found their way into the yeast bread, that the heat was not been sufficient to destroy them, that the uncooked yeast bread has been eaten and with it the colonies of germs, that they have found their way into the blood and that the call for our ser-

vice 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. This is what is called "raising the bread."

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**Apparently Sent by Sanctioned Duns.**

A bundle of puzzling envelopes was side-tracked in the city postoffice on Tuesday. The envelopes were heavily bordered with black ink, the left-hand corner were three texts of Scripture as follows: "et Us Walk Honestly," Romans xii, 13; "I will No Man Anything," Romans xii, 17; "Many Days and Years shall Ye Be Troubled," Isaiah xxxiii, 16. There were fifty of the letters, each bearing a one-cent stamp. The post-office authorities decided that the envelopes were being used by some of the many collection agencies and contained "duns" to those to whom they were addressed. Accordingly the entire lot was held and will be forwarded to Washington. The law specifies that requests for the payments of debts shall be sent neither on postcards nor inclosed in envelopes bearing evidences of the contents. The supposed object of those sending out the envelopes in question was to cleverly evade the law. At the first sight the envelopes appear to have emanated from a tract society.—Cleveland Leader.

**The Distance of Thunder-Storms.**

Although lightning and thunder occur always simultaneously an interval of shorter or longer duration is usually observed between these two phenomena, which is due to the fact that sound travels only at the rate of 1,100 feet per second while the passage of light is a most instantaneous. Based upon this fact it is no easy matter to tell at least approximately how many miles a thunder-storm is away.

A normal pulse will beat about one stroke to the second and by counting the pulse-beats during the intervals of the lightning and the thunder the lapse of seconds is arrived at, and consequently the number of feet, which can be reduced to miles. For example: If thirty seconds elapse between the flash of the lightning and the crash of thunder the storm center is at a distance of 3,300 feet, or about six and a half miles. An almost accurate calculation can be made with using a watch with a minute dial.—St. Louis Post-Dispatch.

**The Force of Gravity.**

A steel rod one-fourth of an inch square is known to be able to sustain a weight of about 7,500 pounds. The Canadian Engineer takes this as a basis to estimate the force of gravity in comprehensible terms and says: "Now, simply to hold the moon in its orbit, we should have to have a colossal bar of steel, stretching from the earth to the moon, whose section would be 87,500 square miles! An area which would cover the three Maritime Provinces and leave 38,000 square miles over. Or it, instead of one single bar, we should stretch a forest of steel bars, each bar one-quarter of an inch square, from the earth to the moon, we would have to cover the entire surface of the earth on the side toward the moon with such bars at intervals of only six inches. Think of it! A forest of steel whose stems would be so close together that a cat could scarcely squeeze through. This is what the force of gravitation means."

**Glass Printing Type.**

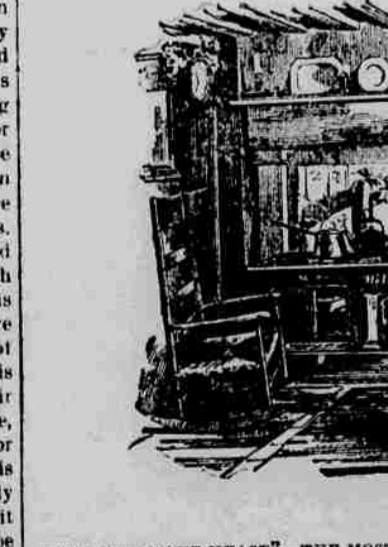
The French ordinarily speak of a new kind of type made of glass, which is stated to "remain clean forever." I stated to resist wear and tear better than metal type, and that it can be set with such sharp outlines as to produce a very distinct impression with great ease. The journal L'air, of Paris is now being printed with it.

A CONY ISLAND saloonist has introduced the "Rocket Punch." The name is a misnomer. Rocket Punch goes down, not up.

**A Wholesome Lesson.**

A tall, elderly, refined-looking gentleman went into a small post office in a rural region of England. He asked some questions relative to the registering of a letter, and was very sharp, rudely and unnecessarily snubbed by a young woman in attendance. He asked her if she thought that was a proper way to answer an inquiry in a public office. She said she thought that she had been quite civil enough for him. He asked her, with an ominously increasing mildness of manner, if she would favor him with her name. She emphatically declined to do so. He then said he thought he would tell her his name, which, however, she declined to hear, saying that his name was no concern of hers. He calmly replied that he thought it was, for he was the postmaster general.

Ex-Treasurer F. E. Spigner, who has more autographs to other people's hands than any man of his time, is to have an eight foot monument, costing \$10,000, erected to his memory in Washington.



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

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**Rich Red Blood**

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Be Sure to Get HOOD'S.

**Hood's Sarsaparilla Cures**

HOOD'S PILLS Cure Sick Headache, 25c.

R. H. D. No. 34-35 108k, N.Y.

WHEN WRITING TO ADVERTISERS please say you saw the advertisement in this paper.

**NO HATCHET NEED TO OPEN THIS CAN.**

**FOR HOG CHOLERA THIS LYE**

is a sure cure if used in time. For making Soap, Cleaning Houses, Softening Water, it has no equal. The housewife's best friend. A valuable washing receipt in each can. For sale by all druggists.

**PATENTS, TRADE-MARKS.**

Examination and Advice as to Patentability of Invention. Send for Inventor's Guide, or How to Get a Patent. PATRICK O'NEILL, Washington, D. C.

**PATENTS** THOMAS P. SIMPSON, Washington, D. C. Safety for until Patent obtained. Write for Inventor's Guide.

**NEWER Northwest**

Sheridan County, Wyoming, (only recently opened up for settlement by the completion of an extension of the Burlington Railroad), offers greater and more profitable opportunities to farmers, business men, investors and prospectors than any other section of the United States. Finest agricultural and stock-raising region under the sun. 270,000 acres of magnificent irrigated land, fertile, in the valley of the Nile. A million acres and more still waiting for the husbandman. Brisk, rapidly-growing towns. Rich mineral fields less than a hundred miles from the county seat. Perfect climate, pure water, cheap fuel—coal and wood. Send for free descriptive pamphlet; thirty-two pages with illustrations and map.

J. FRANCIS, General Passenger Agent, Burlington Route, Omaha, Nebr.

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**"German Syrup"**

I simply state that I am Druggist and Postmaster here and am therefore in a position to judge. I have tried many Cough Syrups but for ten years past have found nothing equal to Boschee's German Syrup. I have given it to my baby for Croup with the most satisfactory results. Every mother should have it. J. H. HOBBS, Druggist and Postmaster, Moffat, Texas. We present facts, living facts, of to-day Boschee's German Syrup gives strength to the body. Take no substitute.

**TOWER'S FISH BRAND WATERPROOF COAT**

This Trade Mark is on the best in the World!

Illustrated by A. J. TOWER, BOSTON, MASS.

**The Newer Northwest**

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