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### 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.



"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 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 typhus and of cholera reaching the stomachs of 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 met journeymen bakers, suffering from cutaneous diseases, working the dough in the bread trough with 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 street 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 uncooked 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 has 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 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. 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. As 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.

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 diseases, which we will have to treat. Under these circumstances it is not folly of follies 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.

### Why He Didn't Swear Off.

After a night's debauch and without sleep a reporter for one of the local evening papers wrote a three-column description of a certain event. He fell asleep repeatedly while producing the matter, all of it having been sent by wire from an uptown sporting resort. In the afternoon he was called down to the office. On the way he purchased a paper and read the story of the event he was assigned to report. He did not recognize a line as his. He reported to his superior, confidently expecting dismissal, believing that someone else had been sent to do the work he had neglected. Imagine his feelings when the managing editor complimented him highly on the work. From the time he had completed his story to the moment of receiving the summons to appear at the office he had had an hour's sleep. In that time his entire mental composition had undergone a change, and every word of what he had written had been completely effaced from his memory.—New York Advertiser.

### Hiding and Hitching.

One mode of transportation among the poor whites of southern West Virginia is known as "riding and hitching." It is resorted to when two travelers find themselves with only one horse and they are going too far to ride "double." In "riding and hitching" one traveler takes the horse and goes a mile or more while the other foots it behind. The equestrian naturally makes faster speed than the walker. So, after he has ridden his share, he dismounts and hitches his steed to a tree by the road side and pushes on afoot. In time the other walker comes to the hitched animal, mounts him and rides on until he has overtaken the first rider and got some distance in front, when the operation is repeated. Thus each rides alternately and the horse gets a breathing spell.

### A Traitor to Texas.

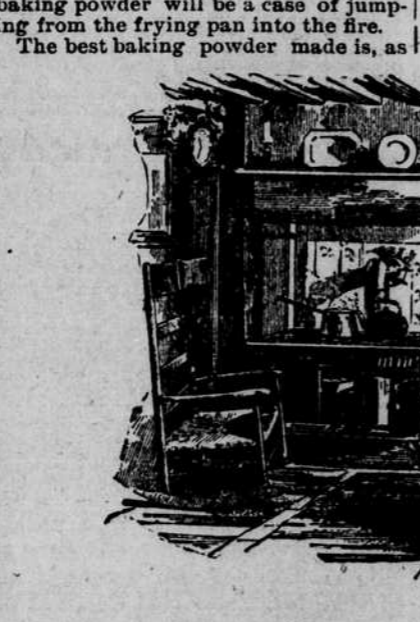
At the City of Mexico there has been found in the archives of the government an old document dated Austin, Texas, 1836, and signed by General Santa Anna and Almonte, by which it is discovered that Santa Anna pledged himself to preserve the independence of Texas and to use his influence with congress toward having Texas recognized as an independent country. This document shows that the war against Texas as conducted by Santa Anna was treasonable on his part, as he had pledged his support to the movement for independence and afterward fought against it.

### Hot Weather.

Hot, suffocating weather is depressing on dairy interests in many ways, and a hot wave is especially dreaded by manufacturers. On the farm the cow gives less milk, for they are jolling in the shade instead of grazing, and it requires the utmost vigilance and care to keep the milk sweet and untainted for twelve hours. The advantage of the shade trees and plenty of pure water in the pasture becomes very great in torrid weather for the comfort of the animals and the perpetuation of a normal quality and quantity of milk.

It is only the truth we obey that can do us good.

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



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 around in it. 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.

### HE LOVED AND LOST.

How a Mean Old Man Spoiled an Engagement by His Daughter.

"Talking about mean men," said the man with a squint in his left eye, to a Detroit Free Press writer, reminds me of an old cuss down in Ohio. Fifteen years ago, when I was young, impulsive and impressionable, I met his daughter and fell in love at first sight. She reciprocated. I went to the father, who was a farmer, and stated the case like a man, but he had already picked a husband out for her and gave me the cold bounce. When I persisted, as a lover should, he threatened to scatter me all over the county if I didn't make myself scarce.

"But that made you all the more determined, of course?" queried one of the group.

"Of course, I made up my mind to have the girl or die in the attempt. The old man kept such a close watch of her that it took me three months to arrange matters, but at last it was agreed on that we should elope. I was to come out to the house on a certain midnight and she was to descend from her chamber window by means of a rope. We were then to drive twenty miles, get a license and be married, and after the ceremony the old man and his shotgun could go to grass."

"Well, the night arrived?"

"Yes, and I was all ready. I drove out, hitched the horse and at midnight stood under her window. That is, I climbed the fence and sneaked up to the house to receive her as she descended, but the house wasn't there."

"What! The house gone?"

"If it wasn't I'm a huckleberry! I hunted up and down and around, but I couldn't find it. There was the barn, the corner, smokehouse and pigpen, but that farm house had disappeared as if swallowed up by the earth. After hunting about for an hour I began to realize that there was something uncanny about it, and then I decided that I had better quit. I rode back to town wondering if I wasn't off in my head, and the more I thought about it the more nervous I got. I finally made a bee-line for home and the family doctor, two hundred miles away."

"But what had happened?"

"Well, there was nothing mysterious about it, as I afterwards discovered. That cantankerous old cuss of a father suspected some such trick, and on that day he put rollers under his house, hitched on ten yoke of oxen and moved it a mile further up the road! The girl couldn't get word to me, and she stood on that rope ladder from midnight until 3 o'clock waiting for me—waiting in vain. Excuse these tears, gentlemen!"

"But why do you weep?"

"Because the girl caught cold and died of pneumonia three days later, while the miserable old hyena of a father was moving the house back to its original site. I never saw her again, but she left word with a tin peddler for me to meet her in that better land, and I'm going to do it or bust a lung. Excuse these tears—these sobs. It always affects me this way to tell the story. I—I would—! Thank you! If it's a good article it will trace me up and cause me to temporarily forget my grief. Ah—yum! That's better! I am myself again!"

### GETTYSBURG'S FIELD.

The Historic Spot Which Should Ever Be Sacred Ground.

The earliest days of July are scarcely more intimately associated with the historic celebration of our national birthday than with our memories of the most tremendous of all tremendous struggles of the civil war, says Blue and Gray. It is one of the fortunate coincidences of history that those three days when, thirty years ago, Northern valor and Southern chivalry met on the bloody and decisive field of Gettysburg, should be immediately followed by the anniversary upon which the reunited republic exults in its firmly established freedom, and renews its allegiance to the lofty principles of its founders.

Gettysburg was an epoch-making event, a silent landmark in our annals. It was the greatest battle in the greatest war ever waged by human forces. The story of the fight is a record of heroism that irresistibly fires the American's enthusiasm and compels the world's respect and admiration.

The scene where this vast drama of warfare was enacted should ever, to the patriot, be sacred ground. That such a feeling is already widely entertained is evinced by such gatherings as the recent meetings of the Union and Confederate commanders, and the wonderful series of monuments that mark the positions and commemorate the services of the Federal regiments. But not all has been done that should be done to preserve the battle-field to posterity as a shrine of historic memories and patriotic sentiment. Indeed, this will not be fully accomplished until the United States government shall acquire possession of the ground consecrated by the baptism of blood, and devote it to the nation's use, with full permission to both North and South to mark the lines where they once stood as armed foes, with monuments telling, like Spartan's memorial at Thermopylae, of valor in which their children's children may rejoice together.

One Exception to the Rule.

Mrs. Bellows, furiously—Jane, I stood at the kitchen door last night and I heard Jake kissing you.

Jane, complacently—Sure, mum, that's one time, thin, that an eaves dropper heard something good!—Brooklyn Life.

### The Violent Commotion

In the stomach and bowels produced by a violent purgative and its consequent drenching action, never are, because it is impossible they should be, followed by permanent good effect. No specific which weakens and convulses the organs for whose relief it is used can do good. Blue pills, calomel, podophyllin, salts and similar, vegetable or mineral purgative pills, are drastic remedies generally void of benefit. A reliable and effective substitute for them is Hostetter's Stomach Bitters, which effects a change both natural and thorough in the bowels when they are constipated. A sufficient and regular secretion of bile by the liver and sound digestion are also promoted by its use. Malaria in all its forms, rheumatism and kidney trouble are obviated by this fine reformer of disordered conditions of the system. A winged glass three times a day is about the dose.

### Careful Gals.

Gus De Smith—Miss Emerald, I am delighted to see you.

Emerald—The pleasure is mutual, Mr. De Smith, I assure you.

"If I were to present you with a bouquet would you accept it?"

"Certainly, Mr. De Smith, but you have no bouquet with you."

"I am going out to buy one for you right now. You see I didn't care to invest any money in a bouquet until I was sure you would accept it."—Texas Siftings.

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