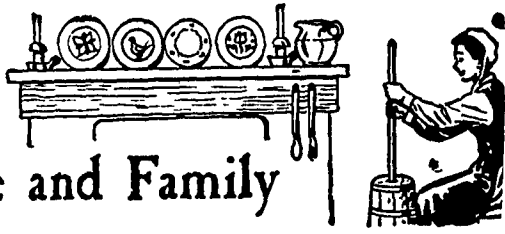


# For the Farm Wife and Family



## Take A Loaf Of Bread

By Mrs. Richard C. Spence



SPENCE

Bread has so long been a part of man's heritage that its exact origins are difficult to trace. Centuries ago, it held a significant social position and was valued highly. While it may have become less precious through abundance in modern times, bread still is a mainstay — and has a place in our diet at every meal in most countries of the world.

The history of bread is fascinating and rich in folklore. The loaf itself has not changed significantly except in texture from those first Stone Age bread fragments. The first baked loaves were unleavened flat bread, resembling crude pastry. The discovery of leavened bread probably came about by accident. An Egyptian baker is said to have over-

looked a portion of dough. From the beginning, bread when discovered the next day, held political, medicinal and religious meaning. Its religious significance is familiar to every student, and the Bible provides many references to bread in producing the first "light" church ceremonies and rituals. Belief that bread had magi-

cal healing powers was popular long ago. Toasted bread steeped in cider was regarded as a cure for headaches and colic. A bread paste applied to the face was a favorite Algerian treatment for toothache and neuralgic pains. Many homes had loaves or bread crusts hanging in a corner as protection from sickness and trouble. The so-called practice of "sin-eating" was once especially common in England. Old men, no longer able to do heavy work, accepted a small fee for eating a loaf of bread at a funeral, thereby taking the sins of the dead person on himself.

From these early beginnings and beliefs, bread has become literally our "daily bread." Throughout the world, it is served more than 36 billion times a day. It has many shapes, embellishments and flavors — from sweet raisin-cinnamon loaves to strong, dark ryes. It's nutritionally important as a contributor of B-vitamins and iron—inherent in whole wheat breads and added in enriched white breads. It is served as breakfast toast, luncheon sandwiches, dinner accompaniments.

Standards for enriching white flour and bread were established over twenty years ago. It is estimated that today from 80 to 90 percent of all breads, family flour and macaroni foods are enriched with the three B-vitamins, thiamine, niacin and riboflavin, plus the mineral iron.

Here we have for you a number of new bread ideas, all simple and delicious.

### ORANGE-COCONUT CRUMB MACAROONS

- 1 cup dry enriched bread crumbs
- 1 cup sugar
- 1 cup chopped nuts
- 1 cup flaked coconut
- ¼ teaspoon salt
- 4 eggs, beaten
- 1 tablespoon orange extract

Combine bread crumbs, sugar, nuts, coconut and salt. Add orange extract to eggs. Add liquid all at once to crumb mixture and mix well. Drop by teaspoonfuls on well greased baking sheet. Bake in moderate oven (350 degrees) 12 to 15 minutes or until lightly brown-

ed. Remove immediately from baking sheet, to cooling rack. Makes about 3½ dozen cookies.

### CINNAMON APPLE COFFEE CAKE

- 1 pound loaf unsliced enriched white bread
- ½ cup melted butter or margarine
- 2 tablespoons sugar
- ½ teaspoon cinnamon
- 1 cup sliced peeled apple

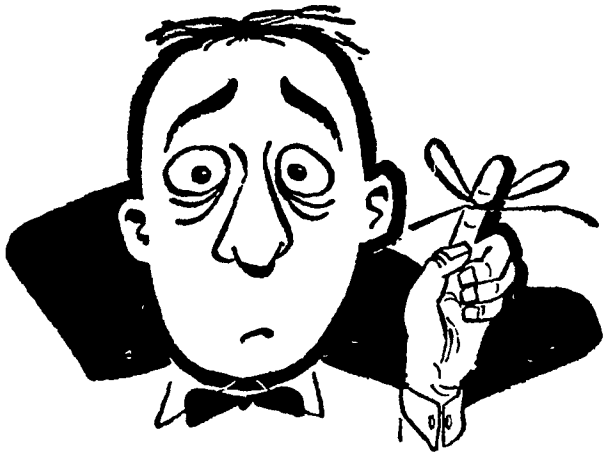
Cinnamon Crumb Topping. Remove crusts from bread. Slice loaf lengthwise into 4 slices. Brush all sides with butter or margarine. Mix sugar and cinnamon. Place two bread slices on separate sheets of aluminum foil. Arrange apple slices on each slice. Cover with sugar mixture. Place remaining two bread slices over sugar mixture. Wrap with foil. Place on baking sheet. Bake in moderate oven (375 degrees) 20 minutes. Remove from oven, unwrap and sprinkle Cinnamon Crumb Topping on top of each coffee cake. Return to oven, uncovered, for 10 minutes. Serve hot.

### CINNAMON CRUMB TOPPING

- 2 tablespoons dry enriched bread crumbs
- 2 tablespoons enriched flour
- 2 tablespoons sugar
- ½ teaspoon cinnamon
- 2 tablespoons cold butter or margarine

Mix together bread crumbs, flour, sugar and cinnamon. Cut or rub in butter or margarine.

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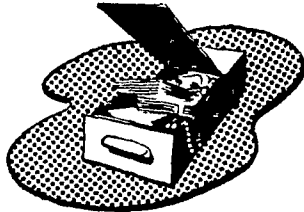


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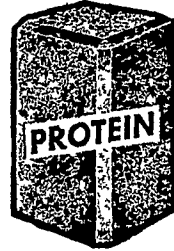
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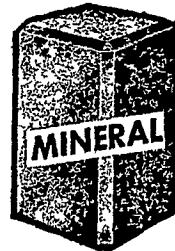


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