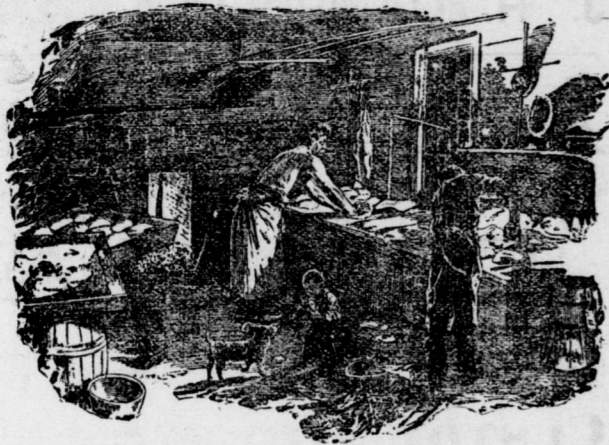


SOME SANITARY ASPECTS OF BREAD MAKING.

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.

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.



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

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 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.

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.

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.

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, that is, that will produce minute bubbles of carbonic acid gas throughout the mass of dough.



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

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.

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.

These are placed in the oven and baked. But the very moment the warmth and moisture attend 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 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 of all is that it is not nearly as costly as you might think. We may as well say, for instance, to begin with, there is no better water pail in the world than a section of big bamboo, fitted with a solid bottom and a handle.

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

Hunting Seals with the Spear. Unlike the white men, the Neah Bay (Washington) Indians take most of their seals with the spear. Long practice makes them proficient in its use, and unluckily is the seal that pops its head above the surface within a radius of ten yards from their canoes. They are as skilful in the management of their frail canoes as a Sioux warrior is of his nimble pony. In their chase they use the native dugout, hewn bodily from some cedar tree. It is light and fragile, and rides the swells off the coast with the buoyancy of cork.

Stanford's Consideration for the Horse. In employing men to work at Palo Alto, the late Senator Stanford, of California, gave them the most strict orders. They were told never to strike, kick, or whip a horse, and his instructions to his men were: "Always do a thing a little better than anybody else, and you will succeed. When you handle a horse, treat him a little better than any one else. When you breed a horse, breed him to a little better stock each time."

USEFUL IS THE BAMBOO THE RAW MATERIAL COMES FROM THE FAR EAST.

And American Machinery Works It Up Into Many Articles, Including Wheatstones—Its Unique Properties FOR commercial purposes bamboo comes to this country in the holds of sailing vessels, tied up in long cylindrical bundles; and the packages of it that one may frequently see unloading in South street are not good samples of the bamboo of the East Indies, except for business uses.

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What bamboo articles do we make? A great many of them are nearly as many as we might, nor are many we probably shall when Americans come to know bamboo better. We make Sidarris, or Japanese curtains, screens, fret work, baskets and hampers, fancy boxes, parasols, chairs, stools, flower stands, settees, hat racks, tables, cabinets, brackets, easels, portieres, scrolls, and fancy wood work of every description. Most of these things, you will notice, are fancy articles. Plainer and more useful things will come in time.

Expensive Royal Regalias. The King of Portugal has the most valuable crown. The jewels of this monarch's crown are said to be valued at \$5,500,000. One of the costliest crowns in Europe is that worn by the Czar of Russia on state occasions. It is surmounted by a cross formed of five magnificent diamonds, resting upon an immense uncut but polished ruby.

Unsuspected Causes of Fire. Among the results brought to light, through modern chemical investigation of the sources and causes of spontaneous combustion, attention has recently been specially called to the fact that sawdust should never be used to collect drippings or leakages. It is said that dry vegetable or animal oil is found to inevitably take fire when saturating cotton waste at 180 degrees F.

The Croton aqueduct, New York City, is forty miles long, having sixteen tunnels and a collecting reservoir of 3,000,000,000 gallons capacity.

Down to the days of Apelles the Greeks knew but four colors—white, red, yellow and black.

WISE WORDS.

Pride is a hard master. A good man has no quarrel with the truth. Burnishing gold does not add to its value. No sermon is dull that cuts the conscience. The lazier a man is the more he claims to be sick.

Stampedes of Mining Days. There have been many stampedes in Montana within the last thirty years—not stampedes of horses and cattle, but of men. One of the worst stampedes that ever took place in Montana was to Sun River in the spring of 1866.

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NEWS & NOTES FOR WOMEN

Uncle Sam has 200 female clerks. One New York lady of fashion owns a solid silver foot bath. The girl of the period's alpenstock must needs be mounted in silver.

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How's This! Offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. Cheney & Co., Props., Toledo, O.



KNOWLEDGE Brings comfort and improvement and tends to personal enjoyment when rightly used. The many, who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of their own bodies, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

"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.

KARL'S GLOVER ROOT CURE THE BLOOD PURIFIER OF THE SKIN. CURES CONSTIPATION, BRUISES OF THE SKIN, BEAUTIFIES COMPLEXION.

THE KIND THAT CURES. JEROME BALL, Waterford, N. Y. "Headache for 10 Years!"

DANA'S SARSAPARILLA "I WAS CURED!" MR. BALL WAS THE FIRST MAN TO PURCHASE DAN'S SARSAPARILLA. LISTEN AS HE TELLS YOU THE RESULTS.

RISE SUN STOVE POLISH Do Not Be Deceived with Patent "Rising Sun" Stove Polish. The Rising Sun Stove Polish is brilliant, odorless, durable, and the consummation of art.