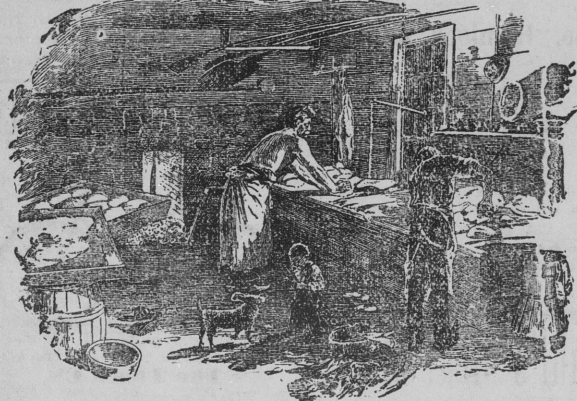


SOME SANITARY ASPECTS OF BREAD MAKING.

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.

stance 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.



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

But the germs of the greater part of the germ disease, that is, of the infectious and contagious diseases, will develop or increase in number without being in the body of a human being.

The fermentation produces carbonic acid gas, and this, having its origin in every little particle of the starch which is itself everywhere in the dough, pushes aside the particles of the flour to give itself room.

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.

It needs but a glance to see that it is, in its effects on the dough, purely mechanical.

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 fermentation of the dough, 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.



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

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 cholera reaching the stomachs of the people who eat bread which has been raised with yeast.

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.

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.

When the act of 1873 was passed the silver dollar was worth more as bullion than it was as a coin.

THE SHERMAN ACT.

A History of the Circumstances Attending Its Passage and Some Account of Its Provisions and Its Working.

When the act of 1873 was passed the silver dollar was worth more as bullion than it was as a coin. It had disappeared from circulation and no objection was made at the time to the provision of the act stopping its coinage.

Owing to the refunding of the Government's bonds at much lower rates of interest than the National Bank greatly curtailed the circulation of its notes based on such bonds.

How's This! We offer One Hundred Dollars Reward for any one who will furnish information relative to the circulation of counterfeit bills.

necessary to provide for the redemption of the Treasury notes issued for the bullion and any seigniorage was to go to the Treasury. It was declared to be the established policy of the Nation to maintain silver and gold at a parity.

Under the Sherman act the coinage of the Bullion dollar practically ceased in 1891. From January 1 to June 30, 1892, only \$2,445,991 silver dollars were coined, and since the latter date the coinage of them has been very small.

From all seaboard cities eight trains per week are run at one fare for the round trip, tickets good for 10 days.

The (Continued) Drouth Has Damaged Cereals, Vegetables and Fruit.

How's This! We offer One Hundred Dollars Reward for any one who will furnish information relative to the circulation of counterfeit bills.

How's This! We offer One Hundred Dollars Reward for any one who will furnish information relative to the circulation of counterfeit bills.

An average of five feet of water is estimated to fall annually over the whole earth.

Shooting Pains. All over my body and swelling of my limbs have caused me great suffering.

"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.

KARL'S GLOVER. IT GIVES FRESHNESS, CLEARS THE BLOOD AND CURES CONSTITUTIONAL RUPTEURIONS OF THE SKIN.

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We Cure Scabies. No matter of how long standing. Write for free treatise, testimonials, etc., to S. J. Hollensworth & Co., Owego, Tioga Co., N. Y.

Enough spiders' webs to go around the world would weigh one-half pound.

A 12-year-old Ann Arbor boy killed and dressed a calf in 20 minutes.

A wonderful stomach corrector—Beecher's Pills. Beecher's—no others. 25 cents a box.

Denmark makes the best butter.



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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 physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

Its excellence is due to its presenting in the form most acceptable and pleasant to the taste, the refreshing and truly beneficial properties of a perfect laxative; effectually cleansing the system, dispelling colds, headaches and fevers and permanently curing constipation.

Syrup of Figs is for sale by all druggists in 50c and \$1 bottles, but it is manufactured by the California Fig Syrup Co. only, whose name is printed on every package, also the name, Syrup of Figs, and being well informed, you will not accept any substitute if offered.

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