

BREAD, THE STAFF OF
LIFE, IS NOT AT EVERY MEAL,
MANY DIFFERENT VARIETIES

(New York Sun)

Have you ever visited a large bakery—one where thousands of loaves of bread are baked every day? The number of barrels of flour, the amount of milk, shortening and yeast used every day in one of the huge bakeries in Manhattan almost appals you, as well as impresses you.

Impressive also is the machinery which is more accurate than human beings in weighing and mixing the ingredients which go into the sponge. The dough is cut in pieces which weigh almost the same. At this point human hands must give them a moment's handling to form them into loaves which huge carriers take to the steam room for final rising and then into the oven. A modern bakery gleams with white tile which is kept in an immaculate condition. The employees are dressed in white clothes, and after a visit to a bakery of this sort, you will feel quite content with the baker's loaf.

Commercial breads differ, of course, from one another in various ways. Most of the better breads are made with milk, and the flour is generally of good quality as is also the yeast. The final products have certain individuality caused by differences in the processes of mixing and baking. The food quality of most of the loaves depend upon the use of milk or water as the basis. One large baking company adds Vitamin D according to a process

worked out by a nutrition department of a great university.

Many Variations

Smaller bakeries, some of which do their baking in their sales room so that the customers may watch the process, produce a great variety of bread and rolls. You may choose the French or Italian bread with its hard crust and pourous crumb or you may find a flat, hollow Syrian loaf, if you search for it, or that crisp crackerlike bread covered with sesame seeds. At the German bakeries you may have your rye bread with or without caraway seeds. At the Swedish bakeries, you may have plain rye or one which has cranberries as an ingredient.

There are all kinds of sweet breads in the various bakeries, the French brioche the Viennese kugelhupf, the Italian panettone de Milano with the unblanched almond on the top. If you like English Bath buns, muffins or crumpets, there are bakeries which specialize in these. There are German crumb cakes and various kinds of kuchen. There is Danish pastry which is really made from a rich bread dough. There is even an Irish bread. And, of course, there are Scotch scones. Then there are our favorite American Parker House rolls and Philadelphia cinnamon buns. There is Swedish coffee cake and tea ring. In fact you may find bread of every nationalistic origin which you may use

on special occasions. For your daily bread, however, you will probably stick to one of the good American white loaves which in general have a high standard.

A larger amount of white bread than any other, is produced by the larger bakeries. Whole wheat bread is higher in minerals and certain vitamins than is white bread, and when the budget is very limited, it should be chosen as a large part of the daily bread supply. If, however, we have plenty of milk, fruit, vegetables and eggs, daily, our decision in regard to whether we use white or whole wheat bread need be influenced only by our taste. The pleasant "nutty" flavor of whole wheat bread makes it one of our favorable foods.

At Every Meal

Besides its use as "bread and butter" at every meal, there are a number of other uses for bread. Toast is the most popular. Then there is fried bread which is known in many households as French, German or Spanish toast. Served with honey, syrup, molasses or cinnamon and sugar, it makes a good luncheon dessert. It is also very good with preserved fruit as a sauce. Fried bread also makes a good foundation for various creamed dishes and for canapes when it is cut in round or fancy shapes.

There is also a number of dishes which use sliced bread or bread crumbs as a foundation. Bread crumbs, of course have innumerable uses, both the soft and the fine, dried bread crumbs. Be sure that you use the kind indicated in the recipe, because it takes three times as much bread to make fine dried or roller and sifted. You may keep it for a few days if

you put it in a jar and tie a piece of cheesecloth over it. Do not cover the jar tightly, as in the absence of air, crumbs go acid. I shall never forget the Brown Betty I had once in a household where the family was evidently not discriminating in its taste. The rancid crumbs with which the Betty was made, almost made me permanently dislike the dish, one of my favorite desserts.

I wonder if you know that very good chocolate pudding is made with bread crumbs? It may be steamed or baked. Then there is that suet pudding which demands crumbs. One of the best muffins I know is made with fine, dried bread crumbs, you may replace flour partially with equal quantities of crumbs of this sort in muffins or in a ginger, spice or chocolate cake or pudding. This is also true of cake crumbs.

No article about the use of bread would be complete without a mention of custard bread pudding which may be had at its best in France under the title "a l'Anglaise." Nothing is better than a pudding of this sort when it is properly flavored, baked and chilled.

As I look over this manuscript, I discover that I have not said a word about sandwiches. Perhaps it is just as well as there is so much to say that they really need an article by themselves.

MANY STUDENTS
ARE INDIFFERENT
IN MANNERS

(Philadelphia Bulletin)

At the conclusion of a lengthy and minute examination into the manners of junior and senior high school students throughout the country a specialist in education at Teachers College, Columbia University, New York, announces that they have none. At least, the great majority of them are deficient in knowledge of the fundamental principles of courtesy and social usage, which would naturally make them delinquent in practice.

In the court of this inquiry the investigator sent questionnaires to 4,114 boys and girls in high schools. They were asked 100 questions covering table manners, personal appearance, relationship between guest and host, group behavior and personal conduct at public assemblages. To an unsentimental mind this may seem like a terrible waste of postage. If the inquiries had been addressed to one-tenth the number of teachers the replies would have been probably more frank, quite as illuminating and on the whole more useful.

Now, while nice little boys and girls are taught very early how to behave themselves, many who receive this training make use of it only at home, under the parental eye, and many more never get it in their formative years. Alphonse and Gaston are seldom seen in high school classrooms. They may be observed at colleges, on occasions when excitement over athletic contests does not upset routine, but that is because college students are beginning to have a sense of values other than those set forth in the textbooks they use, and because the comparative relaxation of minute supervision of routine in college calls for the substitution of self discipline.

It hardly seems fair to pick on the very young for a study of manners. Why not tackle, as more legitimate prey, some particular group of the adult population—say, women at bargain counters, people in crowded trolley cars, or motorists?

It would be interesting to see truthful replies to a questionnaire addressed to 4,144 motor car drivers, asking them how they behave when a pedestrian desires to cross the street; what is their attitude when they arrive at an uncontrolled street intersection simultaneously with the drivers of other cars; whether, if men, they invariably yield the right of way to women; how they act when another car attempts to pass them on the road; if, in short, their conduct when in the driver's seat is precisely the same as when they are afoot, and if not, why not?

The replies might lead the investigator to suppose that all motor drivers are junior and senior high school pupils. It seems that in the school survey only the "children of physicians, preachers, lawyers, technical, mechanical and mining engineers, college

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teachers and educational administrators" made high scores. Possibly we ought to confine the issue of licenses to operate automobiles to persons whose parents fall within those classifications.

A woman wants her wedding and her funeral to be beautiful and impressive; but a man never bothers about his, probably because he knows that he'll totally unconscious at both of them.

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