

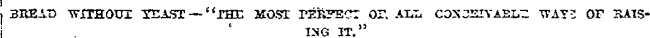
It is a belief as old as the hills, that underdone bread is unhealthy. This reputation has been earned for it by the experience of countless generations, and no careful mother will wish her children to eat bread that has not been thoroughly cooked. The reason given for this recognized unhealthfulness 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 the result from this cause is more than

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



WAY INTO THE YEAST 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



The evils which attend the yeast-made bread are obviated by the use of a properly made, pure and wholesome baking powder in lieu of yeast. Baking powders are composed of an acid

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

A black and white illustration of a woman in a long dress washing her face in a wooden basin on a table. A young girl stands behind her, holding her hair. The setting is a rustic kitchen with a stove, a hanging gourd, and a wooden chair.

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

"You are surely mistaken."
 "No'm. She hasn't any manners."
 "Why, what has she done?"
 "Well, I grinned at her and she didn't grin

Jan. 30 and 31 and Feb. 1 are famous in Constantinople, Brescia and along the Danube and the Rhine as the "Blackbird days." A curious legend says that originally all species of grackles (blackbirds) were white, and that they became black because during one year in the middle Ages, the three days mentioned above were so cold that all the birds in Europe took refuge in the chimneys. At Brescia, Mr. Swainson says, the three days are celebrated, with a feast called "I giorni della merla" or "the feast of the transformation of the bird."—[Philadelphia Press.