



The Hygienic Cook-Book: Containing Recipes for Making Bread, Pies, Puddings, Mushes, and Soups, With Directions for Cooking Vegetables, Canning Fruit, Etc. (Classic Reprint)

By Mattie M. Jones

Forgotten Books. Paperback. Condition: New. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. THE HYGIENIC COOK-BOOK. As by common consent Bread is the Staff of Life, the question, naturally arises, what are the best methods of making it! The common white flour fermented bread, which is so universally used, is very far from being the best as an article of diet. The use of fine or bolted flour, has opened upon humanity a Pandora's Box of evils in the shape of Constipation and the ten thousand ailments to which it gives rise. By the separation of the bran from the flour, not only (a portion of the grain necessary to the proper distension of the stomach and bowels is removed, but it has been repeatedly proved by chemical analysis that the bran is as rich, or richer, in nutritious substances than the flour. These are not merely the notions of hair-brained, bran-bread, crazy fanatics! but facts which commend themselves to the common sense of all who will investigate, which have been proved by the experience of thousands, and which Table of Contents THE HYGIENIC COOK-BOOK; As by common consent Bread is the Staff of Life, the question naturally arises,...



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