

Introduction

BBREAD has always been the most important of all foods, and as the cost of living has risen, its importance has advanced with equal strides until it is true—

*Bread is your only
Food of Economy today.*

This book is addressed to housewives, who bake at home, as a help in meeting the High Cost of Living, through the understanding that "Eat more Bread" is their best weapon against soaring costs.

No matter how young and untried a housekeeper, you need not hesitate to attempt the most elaborate of these recipes.

It is a mistaken idea that it requires "a born knack" to bake.

The recipes here presented have been tried and found perfect. If carefully followed, they must produce good results.

In using them you will have the satisfaction of knowing that the food you produce is the closest approach to a perfect ration without waste—every bit of it being transformed into strength and energy.

Keep up the health of your family—give them Bread.
Save money on your table—eat more Bread.

Avoid disappointment—use these recipes.