

hydrochloric acid and carbonate of soda, and several other effervescing mixtures; but the best of these are liable to contain impurities to a considerable extent, which are not always free from danger, and must inevitably produce a larger proportion of salt than can be considered advisable in an article so largely consumed as bread.

All endeavours to raise bread without importing fermentative matter propose to accomplish the object by the formation of carbonic acid within the dough. This can only be properly attempted by adopting all the necessary precautions.

In the first place, the gas must be produced in a separate generator, then it must be washed and purified, and finally introduced into the dough from a receiver at a perfectly controllable pressure.

It must be obvious to anyone who examines a piece of properly aerated bread that a much greater certainty of thorough vesiculation can be obtained by this method, whilst the necessity of this impregnation being accomplished by machinery has led to the perfection of that system of bread-making by the Aerated Bread Company. If no other result has been accomplished by this company than the introduction of machinery into the manufacture of bread, and the superseding of the old dirty, foul, and laborious system of bread-making, that would have deserved our best appreciation.

The best food value in the flour being secured, no waste or destruction of any of its most important constituents can occur in any of the processes adopted in making aerated bread; and as the wheat is ground, dressed, mixed, aerated, and baked without the possibility of pollution either in dangerous ferments or disgusting manipulation, bread so made can alone be considered really pure.

As we said before, the present primitive, dirty, and uncertain system of bread-making is a disgrace to our civilization, and we gladly welcome any method which will insure a cleanly and wholesome compound and effect a much needed sanitary reform.

---

Several ladies in Nashville have signed an agreement to abstain from all outward adornment on Sundays, wearing only the plainest sort of apparel. Ruin is thus threatened to the millinery establishments, there being no place left in which to display the last sweet thing in bonnets.—*Health Reformer*.