

and with a little care, any average cook should be able to prepare and make it, without failures, if provided with *good flour*. If a cook does not understand how to make bread, the art is easily acquired ; and a little thoughtful practice will make perfect. In this way both white and brown bread might be made at the same time, from the same yeast, and with the one trouble. Home made bread should never be eaten until it has been baked from 16 to 24 hours. This bread does not get hard or stale so soon as baker's bread, and if kept in a closed tin box, and in a dry place, will be found just as good at the end of a week as the day after it is baked. Besides the satisfaction and pleasure of having purer, cleaner, and more nutritious bread, families would find it great economy to have the bread made at home. We have had the assurance of several experienced and careful housewives that bread made in this way is much less expensive than baker's bread.

Ærated bread cannot be so readily made at home. Though it is not so generally relished, it is regarded by some as being more wholesome, and also more nutritious, as the fermenting process destroys a portion, though, to be sure, but a small portion, of the nutrient principle of flour.

WHEAT AS A FOOD.

Wheat, both in point of nutritive value, and in the ease with which it is digested, is the most important of the cereal grains, and perhaps the most important of our food-stuffs. With the single exception perhaps of milk, it will sustain the powers of the system for a longer period, and it approaches nearer to the standard of a perfect food, than any other substance known. It is richer in solids than any other article of diet ; the proportion of water being very low, averaging only about 12 per cent., bulk for bulk. It contains from 10 to 15 per cent of gluten or vegetable fibrine, from 60 to 70 per cent. of starchy matter, a small proportion of fat, and some very important alkaline and earthy phosphates.

The quantity of gluten in wheat varies considerably ; according to Sir H. Davy, hard or thin skinned wheat contains more than the soft or thick skinned, and is therefore more nutritious. This, and also the fatty matter and the phosphates are found in the greatest quantity near the surface of the grain, while the starchy matter exists chiefly in and about its centre. The coat immediately beneath the skin is particularly rich in gluten and phosphates, and is, conse-