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# HALLEY & CO.

July 3, 1915.

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SPRINGDALE STREET (WEST SIDE).

July 3, 1915.

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ALL PRICES.

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## BREAD MAKING--VALUABLE HINTS

There is a wide margin for improvements in the methods of bread making. Besides the manipulating process the making of good bread involves some other consideration of no secondary importance. With imperfect or bad materials it is useless to attempt its production. The flour or meal must be of the best obtainable. There are several methods of testing wheat flour which are available to purchasers although none of them afford positive indications. Good flour is not sensibly sweet to the taste, but bad flour often is. This is owing to the presence of glucose resulting from chemical changes in the grain from partial malting. Extreme whiteness is a good indication, as partly malted grain is discolored in the process of change. Good flour is tenacious and nunctious to the touch. When thrown against the wall it should adhere and not fall readily. It does not feel crisp and when formed into a ball in the hand adheres together like a ball of snow. To the sense of smell it is sweet and pleasant and when taken into the mouth forms a glutinous mass free from all disagreeable taste. The nutritive quality flour depends on the proportion of gluten which it contains. In the best specimens ten or twelve per cent. is found.

Bad bread is by no means always chargeable to imperfect materials. Hundreds of families who procure and use the most perfect flour subsist upon bread of a very inferior quality. Some housekeepers assert that they can have no "luck" in making good bread; their loaves are always heavy or sour or doughy or burnt and they give up experimenting and become discouraged. As with good materials everyone can prepare good bread there should be no want of success. Success depends in a great measure upon good judgment, faithfulness and patience in working and in using the right materials. It is quite propitious to present a fled recipe and set it up as an infallible guide in this department of household labor. The method adopted in my family which affords perfect white bread is as follows:

Sift five pounds of good flour, and put it in an earthen pan suitable for mixing and kneading. Have ready a ferment or yeast prepared as follows: Take two potatoes the size of the fist, boil them, mash and mix with half a pint of boiling water. A fresh yeast cake of the size common in the market is dissolved in water and the two solutions mixed together and put in a warm place to ferment. As soon as it begins to rise or ferment, which requires a longer or shorter time as the weather is warm or cold, pour it into the flour and with the addition of a pint of each of milk and water form a dough and knead for a full half hour. Form the dough at eight and allow it to stand until morning in a moderately warm place, and then mould and put in pans and let it remain until it has become well raised, then place in a hot oven to bake. The points needing attention in this process are several.

First the four must be of the best quality; second the potatoes should be sound and mealy; third the yeast cake is to be freshly prepared; fourth the ferment must be in just the right condition; fifth the kneading should be thorough and effective; sixth the raising of the dough must be watched that it does not proceed too far and set up the acetic fermentation and cause the bread to sour; seventh after the dough is placed in the pans it should be allowed to rise or puff up before placing in the oven; even the temperature of the oven and the time consumed in the baking have much to do with the perfection of the process. If this method is followed with the exercise of good judgment and ordinary skill, white bread of the highest perfection will be uniformly produced.

Unfermented or "cream of tartar" bread is never placed upon the table in my family. There are special dietary sanitary reasons for its exclusion. All "quick-made" bread is usually prepared in haste, and the adjustment of acid and alkali is apt to be imperfect. If tartaric acid or cream of tartar is used with the soda there remains in the bread after making a neutral salt, the tartrate of soda, which is diffused through the loaf and is consumed with it. This salt has aperient properties, in fact is a medicine, and thus at the daily meal those who use bread made with "powders" or with cream of tartar are taking food and medicine together. If there is any form of bread more delicious than another or more conducive to the sustenance of the physical and intellectual powers it is that made from unsifted wheat meal. Corn bread, too, is excellent and most nutritious. It contains a large amount of oil

not found in other grains which adds greatly to its value. I think there is far too little of this used. The old-fashioned dish of corn "pudding and milk" is now nearly as obsolete as that of "bean porridge," and may be not with much reason attribute the physical degeneracy of the present race to the radical changes in the forms of food? Regarding the matter from a chemical and medical point of view, it certainly would be difficult to select better or more healthful forms of human nutriment so well calculated to build up and sustain a "sound mind in a sound body" as the two above named. They are easy of digestion and assimilation, and contain all the chemical substances or organic and inorganic constituents needed to nourish the body and mind.

Mr. M. E. Underwood.  
—In "Rural New Yorker."

## Russia's Large War Expenses

Petrograd, Sept. 1.—The finance committee of the Duma presented a bill to-day extending the rights of the State Bank to issue paper money. The committee report discussed the entire problem of meeting war expenses, stating that sums needed were so large that all possible sources of revenue must be used—taxation, internal credit operations, an issue of paper money and foreign loans.

"For 1915," the report stated, "the estimated war expenditures are 7,242,000,000 roubles (\$3,621,000,000) and other expenses 2,847,000,000 roubles (\$1,423,500,000) making a total of over 10,000,000,000 roubles (\$5,000,000,000). The revenue from the ordinary receipts is estimated at 2,796,000,000 roubles (\$1,398,000,000), while credit opening up to the present time have yielded 4,181,000,000 roubles (\$2,090,000,000), leaving over 3,000,000,000 roubles (\$1,500,000,000) as yet to be provided.

## IS BACKBONE ARMY BROKEN?

Berlin Reports That Recuperation on Large Scale Impossible For Long Time

Berlin, Aug. 30.—All reports from the front agree that the backbone of the Russian army is completely broken and that recuperation on a large scale will be impossible for a long time. The armies retreating from the Brest-Litovsk line have been split in two by the vast Rakatno marshes, and the Germans are now in a position to concentrate against either army and menace it with a crushing defeat.

A Cavalry Success  
The pursuit of the fleeing Slavs eastward from Brest-Litovsk continues with unabated vigor. A German cavalry detachment has defeated a Russian force at Samary, which is forty miles east of the Bug line. Indications are, according to expert observers here, that the Germans operating in this region will be able to cut into the flank of the main Russian army and turn its retreat into a rout.

Third Line Threatened  
The Austro-Germans who defeated the Russians in Galicia are already advancing on the Doubsk-Loutsk-Rovno group of fortresses, which guard the Russian third line of defence, and block the way to south-eastern Russia.

As You Were!  
San Francisco Star.

Two countrymen were among the recruits mustered on the drill ground and one of them remarkably raw, asked his companion what to do when he got the order "Halt."  
"Well," was the reply, "when he says 'Halt!' you bring the fat that's on the ground to the side of the fat that's in the air, and then remain quite motionless!"

Something to the Good  
Punch.  
American music-hall people are refusing to come to England until Germany has undertaken to refrain from torpedoing liners. This is at least one point to be set to Germany's credit.

Never let it be forgotten in thinking of strong drink, that the drink is strong only to destroy; that it never by any possibility adds strength to those who drink it.—Sir Benjamin Ward Richardson, England.

## Schemes To Destroy Submarine's Terror

Regarded as Dangerous Only so Long as They Are Invisible

In analyzing past and present means of warfare, we invariably find that it is impossible to combat weapons by weapons. Thus the early cliffing adversary by means of the club; the one swinging of the club most advantageously won. You can combat the lance with a lance, a sword with a sword; gun against gun; one cannon can fight another; with a cannon one battleship can attack and combat successfully another battleship. But—and here we have a singular exception, the paradox of the present war—you cannot fight one submarine with another submarine. Nay, you cannot properly combat—as that term is understood—the submarine with any present means. For we cannot fight what we cannot see; to-day, as in the past, the most dangerous enemy is the unseen one.

Not Dangerous If Visible  
The modern submarine is dangerous only because of its invisibility. If we find a means to make it visible, the submarine will become obsolete. When this moment arrives the battleship will come into its own again, as well it may.

That the present submarine is made possible only due to the use of electricity; it could not exist without that agency. Our imagination need not be stretched unduly to presume that electricity will, in the not too distant future, be employed to render the submarine harmless. Indeed, scores of our greatest scientists all over the world are working along these lines, our own Fessenden having already obtained certain results which seem exceedingly promising.

Speaking generally, a ship is safe in a harbor; it is endangered only in the open sea. If the captain has accurate knowledge of the whereabouts of the submarine, and if he runs away from it at full speed, his ship, as a rule, cannot be overhauled by the relatively slow undercraft. The obvious problem then is to locate the submarines when it is as yet from three to five miles distant. It is, of course, necessary also to know in what direction the submarine is located, because it may make for the ship, running submerged, without showing its periscope.

How can we locate it, then? The problem does not present insurmountable difficulties. Several means may be used. We can imagine a very fine magnetic indicating detector mounted below water on each side of the ship. If this detector is sufficiently sensitive to large iron or steel masses (it could be shielded against its own ship) it would become a simple matter of locating the submarine or even a mine. For it must not be forgotten that a submarine of necessity sends out a considerable magnetic flux.

Another means to detect submarines lies in the use of some form of etheric waves. We can imagine an apparatus, say at the bow of the ship, sending out waves below the water so we may be sure that the interesting problem of locating submarines will not remain unsolved for any great length of time.

The above presents such a rich field of opportunities for the investigator that it seems worth while to bend all our energies toward its successful solution. Humanity will breathe easier when the treacherous submarine can be successfully combated.



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St. John's, Newfoundland.

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