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**Whole Wheat Bread for Health**

By FLORENCE E. BUSSE

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**MRS. W. MAKES** the most wonderful bread, it’s so white and light and has the best flavor,” remarked an admiring neighbor to a friend. “I wish I could make bread like that.”

Our housewives have been in the habit of selecting at the market the flour which seemed to give the ideal loaf and consequently our millers have sought to satisfy them and are putting on the market a white product. They have associated whiteness with purity and some millers are now bleaching the flour.

But has Mrs. W. thought what the loaf contained? Is it helping to furnish the body with the materials it needs to maintain good health?

“I believe I’ll just have to stop fixing folks up,” said a prominent doctor at one of his clinics the other day, “and spend all my time teaching them how to keep well. If I could only get people to eat whole wheat bread, I would have accomplished a lot toward right living. I believe I would be spending my time profitably if I did this.”

Present day milling yields only 75 percent of the wheat grain. What is the composition of this part and what is contained in the remaining 25 percent which is fed mostly to animals?

If we were to analyze the structure of the wheat grain we would find it composed of three main parts.

1. **The bran.** This outer coat is made up of several layers. It furnishes bulk and it is very rich in mineral salts.

2. **The germ.** This is the small part of the seed from which the plant develops. Because it is so very rich in fat, millers find it necessary to remove this in order to keep the flour for any length of time.

3. **The endosperm.** This is the largest part of the seed and consists mostly of starch and protein. It is from this part that most flour is made.

The modern milling process differs markedly from the days when the grain was taken to the mill and was brought home ground into flour. There is only the coarse outer layers of the kernel were sifted out and the rest of the outer layers were left with the endosperm for making bread.

Now thru the process of pressure the grain is broken, not ground, and all the bran and germ removed leaving only the endosperm. Since this is rich in starch it crushes easily and the small particles pass thru the bolting cloth and we have what is called “bolted flour.”

In “graham flour” we have almost the entire kernel ground into the flour and nothing is removed. The term “whole wheat” flour is really misleading. It is made not as the words indicate of the entire wheat. It is made by removing about 35 percent of the kernel which includes some of the germ and the coarser bran. Most of the commercial graham and entire wheat flours are made by sifting bran into the grade flour and so resembling the entire wheat flour.

Cereals form about one-third by weight of the American diet, and bread is by far the largest portion of these cereals. How necessary it is then that we keep for the daily diet the best part of the wheat kernel.

**What do these outer layers contain which arc of such great value to the human body?** Next to the outer layer lies the valuable body building material, gluten. Among the minerals in these outer layers is calcium. This mineral is needed to build the framework of the growing child and to constantly renew that of the adult, to give vigor to growing cells and to stimulate the growth of the nerve tissues. The ordinary diet of the American family is apt to be short of calcium. Bran is about 5 percent calcium, while white flour contains not more than one percent.

There then is magnesium occurring in the form of sulphates or phosphates. This mineral helps in sustaining the fluidity of the blood and regulates osmotic pressure without which the cell could not get food from the blood.

Doctor Henry C. Sherman says of phosphorus, “It appears that the phosphorus salts in cereal grains are deposited in the husk, which is removed in milling when the grain is made into white flour. As regards this important element the bran which is fed to the animals is far richer than the flour which is reserved for the making of bread. Whole wheat bread retains its bone forming elements which is one of the reasons why it is superior to white bread.”

In addition to these elements there are several others: potassium, which markedly benefits the nerve life of the body; iron and manganese which act as oxygen carriers; and copper and chromium which help protect the body against disease.

And what of the vitamins? Those not in sufficient quantities to entirely protect the body yet two of these growth promoting substances are found in the entire grain in appreciable quantities.

Dr. E. V. McCollum says: “Our attachment to light bread made from bolted flour is based on habit. We have been schooled from infancy to the regular use of a light, leavened bread, and the trade has cultivated a demand for perfectly white flour for making bread.”

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**Why Not Serve Bran Muffins Occasionally**

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purely commercial reasons. Whole wheat flour does not make so attractive a loaf as does bolted flour, but there is just as little reason for our basis of judgment as to what is attractive in bread as there is for our standards as to what constitutes beauty in dress. Both are based entirely on custom."

40 percent of our bread is made in the bakeries while 60 percent is baked in the homes. Is it not time the inattentive housewife was a "dlg" for a loaf which is more than light whiteness? The mother who makes her bread will show her wisdom by making a darker loaf in which there are many substances for the wide needs of the body.

We have been milling only about 75 percent. It would seem that the time has come for at least 80 percent to 95 percent of the wheat to be put into our daily bread.

Answering the question, "When is a woman old?" a famous tragedienne wrote, "The conceited never, the unhappy too soon and the wise at the right time."

For your liver's sake drink plenty of water, six glasses a day are not too many; and eat plenty of fruit and vegetables. Pills may have a quicker effect but their effect is not so beneficial or lasting.

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