

## Saleratus, Soda, Baking Powder, Sour Bread, White Flour

Soda and Baking Powder have one common ingredient: Saleratus (sodium bicarbonate) which is harmful to the body.

Bi-Carbonates neutralize the acid in the stomach. They act as buffers. This hinders proper digestion. It poisons the blood.

**Saleratus** [ˌsæləˈrædəs] NOUN

1. sodium bicarbonate (or sometimes potassium bicarbonate) as the main ingredient of baking powder.

**baking powder** is a dry chemical leavening agent, a mixture of a carbonate or bicarbonate and a weak acid. The base and acid are prevented from reacting prematurely by the inclusion of a buffer such as cornstarch.



Please notice the can says, "aluminum-free." Aluminum is not good for the body to ingest; however, it still contains sodium bicarbonate (saleratus) which is the ingredient that is "harmful to the body and is poisonous to the entire system" according to Sister White.

"U.S. consumer-packaged baking powder. This particular type of baking powder (Rumford) contains monocalcium phosphate, sodium bicarbonate, and cornstarch." *Wikipedia*

## Soda ['sōdə] NOUN

1. **sodium carbonate**, especially as a natural mineral or as an industrial chemical.  
sodium in chemical combination.  
"nitrate of **soda**"

**Saleratus**- a leavening agent consisting of **potassium or sodium bicarbonate**

## **Soda** (**saleratus**):

- biscuits made yellow and heavy with, break down digestive organs CD 343; 2T 537
- bread made with, that is totally unfit for the stomach CH 117; 2T 537
- breadmaking with, harmful and unnecessary MH 300
- compounds made with, unfit to enter stomach CD 319-20, 343
- digestive organs enfeebled by CD 319
- do not introduce, in any form into stomach 2T 537
- eats stomach's coatings 2T 537
- effect of, is fearful 2T 537
- entire system often poisoned by MH 300; 2T 537
- good bread can be made without MH 300-1; 2T 537
- graham gems made with sour milk and, not best CD 319-20, 343

- hot biscuits raised with, should not appear on our tables CD 319-20, 343
- inflammation of stomach caused by MH 300
- why people use, in making bread and biscuits CH 117; 2T 537

### **Baking powder**

- Baking powder, bread made with, not best CD 319-20, 343
- compounds made with, unfit for stomach CD 319-20, 343
- in breadmaking, harmful and unnecessary MH 300

**SODA**, n. Mineral fixed alkali; natron; so called because it forms the basis of marine salt. It is found native in Egypt; but it is generally obtained from the salsola kali. **Soda** is an oxyd, or the protoxyd of sodiem, **a metal**.  
*1828 Webster's Dictionary*

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566. **Hot biscuit raised with soda or baking powder should never appear upon our tables.** Such compounds are unfit to enter the stomach. Hot raised bread of any kind is difficult of digestion. {CD 343.1}

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We see sallow complexions and groaning dyspeptics wherever we go. When we sit at the tables, and eat the food cooked in the same manner as it has been for months, and perhaps years, I wonder that these persons are alive. Bread and biscuit are yellow with **saleratus**. This resort to **saleratus** was to save a little care; in consequence of forgetfulness, **the bread is often allowed to become sour before baking**, and to remedy the evil a large portion of **saleratus** is added, which only makes it **totally unfit for the human stomach**.

**Saleratus in any form should not be introduced into the stomach, for the effect is fearful. It eats the coatings of the stomach, causes inflammation, and frequently poisons the entire system.** Some plead: "I cannot make good bread or gems unless I use **soda**, or **saleratus**." You surely can if you become a scholar, and will learn. Is not the health of your family of sufficient value to inspire you with ambition to learn how to cook and how to eat? {2T 537.2}

That which we eat cannot be converted into good blood unless it is of a proper quality, simple and nutritious. **The stomach can never convert sour bread into sweet.** Food poorly prepared is not nutritious and cannot make good blood. These things which fret and **derange the stomach will have a benumbing influence upon the finer feelings of the heart.** {2T 537.3}

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For use in breadmaking, the **superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements** to be found in bread made from the whole wheat. It is a frequent **cause of constipation and other unhealthful conditions.** {MH 300.3}

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The use of **soda** or **baking powder** in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system. Many housewives think that they cannot make good bread without **soda**, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable. {MH 300.4}

In the making of raised or yeast bread, **milk should not be used in place of water.** The use of milk is an additional expense, and it makes the bread much less wholesome. Milk bread does not keep sweet so long after baking as does that made with water, and it ferments more readily in the stomach. {MH 301.1}

**Bread should be light and sweet. Not the least taint of sourness should be tolerated.** The loaves should be small and so thoroughly baked that, so far as possible, the yeast germs shall be destroyed. When hot or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable. {MH 301.2}

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This was given before light was given on dairy products

R. & H., May 8, 1883

503. **Hot biscuit raised with soda or baking powder should never appear upon our tables. Such compounds are unfit to enter the stomach. Hot raised bread of any kind is difficult of digestion.** Graham gems, which are both wholesome and palatable, may be made from the unbolted flour, mixed with pure cold water and milk. But it is difficult to teach our people simplicity. When we recommend **graham gems**, our

friends say, "Oh, yes, we know how to make them." **We are much disappointed when they appear raised with baking powder or with sour milk and soda.** These give no evidence of reform. The unbolted flour, mixed with pure soft water and milk, makes the best gems we have ever tasted. If the water is hard, use more sweet milk, or add an egg to the batter. Gems should be thoroughly baked in a well-heated oven, with a steady fire. {CD 319.5}

To make rolls, use soft water and milk, or a little cream; make a stiff dough and knead it as for crackers. Bake on the grate of the oven. These are sweet and delicious. They require thorough mastication, which is a benefit to both the teeth and the stomach. They make good blood, and impart strength. With such bread, and the abundant fruits, vegetables, and grains with which our country abounds, no greater luxuries should be desired. {CD 320.1}

## **Part II-Soda and Baking Powder**

(1905) M.H. 300, 301

565. **The use of soda or baking powder in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system.** Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable. {CD 342.1}

Health Reformer, August, 1873

567. In my travels, I see entire families suffering with sickness in consequence of poor cooking. Sweet, nice, healthful bread is seldom seen upon their tables. Yellow, saleratus biscuits and heavy, clammy bread are breaking down the digestive organs of tens of thousands. {CD 343.3}

[C.T.B.H. 49] (1890) C.H. 117

568. Some do not feel that it is a religious duty to prepare food properly; hence they do not try to learn how. They let the bread sour before baking, and the saleratus added to remedy the cook's carelessness, makes it totally unfit for the human stomach. {CD 343.4}

(1870) 2T 537

569. We see salow complexions, and groaning dyspeptics wherever we go. When we sit at the tables, and eat the food cooked in the same manner as it has been for months, and perhaps years, I wonder that these persons are alive. Bread and biscuit are yellow with saleratus. This resort to saleratus was to save a little care; in consequence of forgetfulness, the bread is often allowed to sour before baking, and to remedy the evil a large portion of saleratus is added, which only makes it totally unfit for the human stomach. Saleratus in any form should not be introduced into the stomach; for the effect is fearful. It eats the coatings of the stomach, causes inflammation, and frequently poisons the entire system. Some plead, "I cannot make good bread or gems unless I use soda or saleratus." You surely can if you become a scholar and will learn. Is not the health of your family of sufficient value to inspire you with ambition to learn how to cook and how to eat? {CD 343.5}

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Skill is required to make good light bread. **Cakes and scones are often yellow with saleratus. They are thus rendered totally unfit for food. Saleratus in any form should not be introduced into the stomach, for the effects are bad. It eats the coatings of the stomach, causes inflammation, and frequently poisons the entire system.** But some plead, "I cannot make good bread or gems unless I use **soda** or **saleratus**." You surely can if you become a student and will learn. Is not the health of your family of sufficient value to inspire you with ambition to learn how to cook, and how to eat? {AUCR April 19, 1909, par. 4}

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Let our institutions guard against employing those who are not skilful in the preparation of food. To prepare dishes that will recommend health reform requires tact and knowledge. There are some who are called good cooks who only understand how to prepare meat and vegetables and the general round of diet used in the world. But we need cooks who are educated in hygienic methods, so that they can prepare dishes that will be both palatable and wholesome. There is a great dearth of cooks of this character, and **I know that many of our most precious able men have died because of improper diet.** There was placed upon their tables hot **saleratus** biscuits and dishes of a similar character. {Lt19-1892.21}

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The great difficulty is that many think that they can save money by using cheaper materials. **They use saleratus** and other harmful materials and continue to send out their products as foods exactly like the Battle Creek Sanitarium health foods, when, in fact, their foods are adulterated and inferior in quality. {Ms92-1902.48}

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In the health food and restaurant work, there is great need of a return to the first principles of health reform. The health reform is just what the name indicates it to be. It is not a term to be used merely to exalt certain restaurants by representing them to be what they are not in truth. There is too great a mixture of foods provided for those who patronize our restaurants. Soda and saleratus, rich gravies and desserts are used far too freely. We have certainly departed from the simplicity of diet. {Ms150-1905.5}

The subject of how to preserve health is one of great importance. When this subject is taken up in the fear of God, human beings living in this degenerate age will prove by actual experience that it is best for physical health and for spiritual advancement to observe simplicity in diet. {Ms123-1901.10}

The question of how to preserve the health is one of primary importance. When we study this question in the fear of God, we shall learn that it is best, for both our physical health and our spiritual advancement, to observe simplicity in diet. Let us patiently study this question. We need knowledge and judgment in order to move wisely in this matter. Nature's laws are not to be resisted, but obeyed. {RH February 24, 1910, par. 3}

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