

Grains & Bread

Grains used for porridge or “mush” should have several hours’ cooking. But soft or liquid foods are less wholesome than dry foods, which require thorough mastication. Zwieback, or twice-baked bread, is one of the most easily digested and most palatable of foods. Let ordinary raised bread be cut in slices and dried in a warm oven till the last trace of moisture disappears. Then let it be browned slightly all the way through. In a dry place this bread can be kept much longer than ordinary bread, and, if reheated before using, it will be as fresh as when new. {MH 301.3}

Bread

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}

I went into the bakery, and there saw an error in the work. It was done with more regard for appearance than for the health of those who should partake of the food. I tasted of the bread,—it was sour; of the crackers,—they were sour; and this was the kind of food to be given to sick people. Sweet, nice bread could not be obtained. Fashion, with its unhealthful evils, was brought into the very institution for curing the sick. Bread should be prepared in the most natural way, and the greatest pains should be taken to make it good and sweet. Here is a field to exercise care and skill and faithfulness. **Sour bread injures the digestive organs, and makes a bad quality of blood.** There is the most positive necessity for reforms in cooking. With proper care, bread may as well be made sweet as to be left to become sour in rising. In order to be properly prepared for the stomach, bread should be

thoroughly baked, as well as perfectly sweet. Joseph Smith does not act from principle in his bread-making, and he is preparing it in a manner to produce disease, which results in great suffering. This need not be. It is an indulgence of pride, to gratify the desire for approbation. If there are any who cannot in their position of duty, firmly and conscientiously carry out reforms at the Sanitarium, they should be discharged, and others employed who will not follow in fashion's wake, but will, from conscientious motives, be willing to be singular. Bread is the staff of life; that which we eat is to be converted into blood, nerve, and muscle; and it is of the greatest consequence that bread be prepared in the most healthful manner. Until this object has been fully gained, there should be persevering efforts to bring about a reform. {PH100 91.2}

In many families we find dyspeptics, and frequently the reason of this is the poor bread. The mistress of the house decides that it must not be thrown away, and they eat it. Is this the way to dispose of poor bread? Will you put it into the stomach to be converted into blood? Has the stomach power to make sour bread sweet? heavy bread light? moldy bread fresh? {1T 682.2}

Religion may be brought into every phase of the home life. It may be brought into bread making. **Sour bread causes cholera, headache, and indigestion.** Religion will lead mothers to make bread of the very best quality. Some have educated the appetite to desire new bread and hot biscuits. They refuse to see the evil effects of these articles, because they

enjoy eating them. But this does not make it right to eat them. Bread should be thoroughly baked, inside and out. The health of the stomach demands that it be light and dry. Bread is the real staff of life, and therefore every cook should excel in making it. {Ms34-1899.6}

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. Those things which fret and derange the stomach will have a benumbing influence upon the finer feelings of the heart. {AUCR April 19, 1909, par. 2}

I have said to myself: I do not wonder at it. It is your manner of preparing food that makes it so unpalatable. To eat such food would certainly give one the dyspepsia. These poor cooks, and those who have to eat their food, will gravely tell you that the health reform does not agree with them. The stomach has not power to convert poor, heavy, sour bread into good; but this poor bread will convert a healthy stomach into a diseased one. Those who eat such food know that they are failing in strength. Is there not a cause? Some of these persons call themselves health reformers, but they are not. They do not know how to cook. They prepare cakes, potatoes, and graham bread, but there is the same round, with

scarcely a variation, and the system is not strengthened. They seem to think the time wasted which is devoted to obtaining a thorough experience in the preparation of healthful, palatable food. Some act as though that which they eat were lost, and anything they could toss into the stomach to fill it would do as well as food prepared with so much painstaking. It is important that we relish the food we eat. If we cannot do this, but eat mechanically, we fail to be nourished and built up as we would be if we could enjoy the food we take into the stomach. We are composed of what we eat. In order to make a good quality of blood, we must have the right kind of food, prepared in a right manner. {1T 681.3}

Many a wife and mother who has not had the right education and lacks skill in the cooking department is daily presenting her family with ill-prepared food which is steadily and surely destroying the digestive organs, making a poor quality of blood, and frequently bringing on acute attacks of inflammatory disease and causing premature death. Many have been brought to their death by eating heavy, sour bread. An instance was related to me of a hired girl who made a batch of sour, heavy bread. In order to get rid of it and conceal the matter, she threw it to a couple of very large hogs. Next morning the man of the house found his swine dead, and, upon examining the trough, found pieces of this heavy bread. He made inquiries, and the girl acknowledged what she had done. She had not a thought of the effect of such bread upon the swine. If heavy, sour bread will kill swine, which can devour

rattlesnakes and almost every detestable thing, what effect will it have upon that tender organ, the human stomach? {1T 683.2}

Poor cookery is slowly wearing away the life energies of thousands. **It is dangerous to health and life to eat at some tables the heavy, sour bread, and the other food prepared in keeping with it.** Testimonies for the Church 2:538 {RH August 14, 1894, Art. B, par. 5}

Is there not sin in placing upon the table such a variety at one meal? Often the desire to return to moral integrity is expressed. But this will never be until we return to simple, healthful foods, until we eat and drink to glorify God, not to gratify our perverted appetites. {Ms47-1896.34}

Died because of bad cooking; died because of sour bread; died of medication; died of an abused stomach—this might be written over the graves of many. This suicidal process is gradual. Nature bears the abuse as long as possible, but in the end she must succumb. The oil in the lamp of life is mixed with a variety of injurious substances, and the lamp refuses to burn longer. It is extinguished, not because God willed it, but because of the manifest disregard of nature's laws. {Ms47-1896.35}

Question. - In having the bread brown, so as to be beaten up for granola, is it better that the bread should be light bread, or that it be unleavened? {March 1, 1897 N/A, GCDB 189.8}

Answer. - **Unleavened bread is preferable. It ought not to contain any shortening in it, if you are going to make granola of it.** {March 1, 1897 N/A, GCDB 189.9}

Good brown bread and rolls, prepared in a simple manner yet with painstaking effort, will be healthful. Bread should never have the slightest taint of sourness. {March 1, 1897 N/A, GCDB 189.10}

Now there is a scientific reason why bread should never be sour. **When the bread is sour, there are germs in the bread, and the germs in the bread are ready to start up in the stomach when the bread is eaten.** Sour bread makes a sour stomach, and ultimately makes the man sour. {March 1, 1897 N/A, GCDB 189.11}

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Sourdough bread is made by the [fermentation](#) of [dough](#) using naturally occurring [lactobacilli](#) and [yeast](#). Sourdough [bread](#) has a more [sour taste](#) and better inherent keeping qualities than breads made with [baker's yeast](#), due to the [lactic acid](#) produced by the lactobacilli.