



**Bread the Vital Food: Illustrated With Plates on
Copper From Authentic Sources, Including a
Glossary of Bread Terms, Also a Selected List of
General ... References to Bread (Classic Reprint)**

Claudia Quigley Murphy

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Excerpt from Bread the Vital Food: Illustrated With Plates on Copper From Authentic Sources, Including a Glossary of Bread Terms, Also a Selected List of General and Historical References to Bread

So to quote Dr. Alonzo Taylor, of the University of Pennsylvania, "Bread is our cheapest food, for it gives us one-third more caloric value at one-tenth the cost."

From a dietetic point of view the use of more bread in the diet is of value - it gives most calories at least cost.

From an economic point of view it is imperative, for we can cut grocery bills by using an abundance of bread. There is no other way through which such instant result can be had.

More, there is the agricultural side to be included in our study of bread, for the prosperity of our farms is largely based on the active consumption of the bread stuffs produced. Through using bread more freely, we utilize our supply of wheat and other grains; we create a more active home market, which instantly gives our great agricultural interests ready funds for next year's crops.

There is no question confronting us in our national life more imperative than the creation of a demand for more bread in our diet-for the utilization of our bread stuffs is our bulwark against economic, industrial, agricultural and social if not national disaster.

Relative and Economic Value.

The following comparison indicates the relative economic value of other foods with bread. Using the prevailing price in your own locality, you may complete the following table, which will tell the story more accurately than selected price data which are subject to change.

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