



Tested Foods

The Tribune Institute

Tested Tools



Where Old and New Methods Meet—Variety and Quality in Bread Stuffs

Cereals of Many Kinds Prepared in Many Ways to Meet All Conditions and Needs

By Anne Lewis Pierce,
Director Tribune Institute

THE musical Indian names that adorn many of our small New York and New England towns sound all right, but it takes a specialist to tell what they mean. "Watertown" means just what it says, for the Black River is there in its midst, furnishing thirty miles of water power in a 119-foot drop in the city limits on its way to Lake Ontario.

And there is the sixty-year-old mill of Farwell and Rhines, with its genuine French buhr millstones and waterwheels, where wheat is ground whole (nothing but its dirt being removed) for those who have faith in nature and like to do their own chewing! There is also the latest of milling machinery to produce every refinement of flour that our modern civilization may demand, including light bleaching for the whiteness of color that they say the women demand. The millers say the bakers demand it, and some people say the bleaching machinery people demand it, backed by the producers of soft, yellow flour, that the bleaching may enable them to complete with the harder naturally white flour.

This is an old controversy—no

A Thermostat Regulated Electric Warming Pad

A Waterless Hot Water Bottle Which Stays Warm Indefinitely and Varies Its Heat to Please You

AN ELECTRIC heating pad with three heats—low, medium and high—is the Whitney Vitopad, just added to the Institute's list of waterless hot-water bottles. Briefly, its most obtrusive good points are quick heating and heat control, light weight (eight ounces), muslin slip cover and nine feet of electrical cord, with push-button switch—all tending to make it a comfortable, adaptable and easy pad to use.

The soft, gray woolen pad is rectangular in shape. Its heating element inside is of woven hemp strands interspersed with the parallel white lines of the asbestos-covered heating wire. These threadlike wires are twisted in a fine spiral through the asbestos and so electrically connected that every other one across the surface of the pad belongs to one unit while the intervening ones make up another.

The three heats are obtained by connecting these two units in series for the low heat, using only one of them for medium, and putting the two in parallel for the high heat.

The Thermostat

At the opposite end from the cord with its three-heat push-button switch, is the thermostat. This maintains practically a constant temperature on the pad surface if covered, as when used under bed covers. If you are puzzled by the mysterious actions of this little device, a word of explanation from the Institute engineer's report may be helpful.

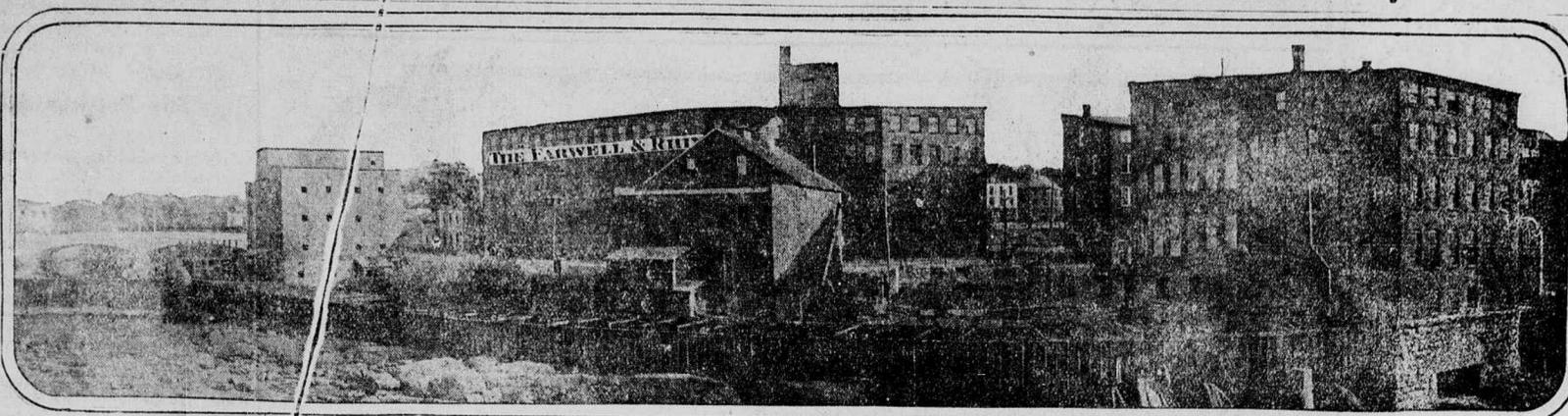
The thermostat, no longer than an ordinary pocket knife, is scribed to the face of the pad and cushioned with a soft material to make its presence unobtrusive. Whenever the temperature rises (though to warp its carefully protected expansive element, the electrical contact across both the heating units is broken and stays so until the temperature has fallen sufficiently to bring the contacts together again.

Use on Lamp Sockets

It may be used on a lamp socket (110 voltage), and, like most of the heater types of this character, is adaptable either to alternating or direct current. The heat distribution over the pad's surface is even at any of the three heats.

Its use at low temperature costs two-tenths of a cent an hour (at the ten-cent rate), slightly less per hour for medium heat and approximately the same amount per hour for high heat—a low sum indeed for the comfort that such a pad gives.

The Whitney Vitopad.
Made by the Whitney Company,
New York.



Where the Black River turns the mill wheels and has not fallen down on its jolts but once in

forty-five years. "Could electricity beat that?" asks Mr. Rhines proudly, patting the river on its back, so to speak, as it runs busily by.

The Elevator—Walk Up!

Then there is the elevator, 80 feet high, with its almost 80-foot bins, by the same token, holding 65,000 bushels of grain. It has ladder-like steps to the top and you let an electric bulb down into the depths to see just how things are progressing. Here the wheat is given a preliminary cleaning and the cars unloaded.

"You don't want to go up, do you?" asked Mr. Rhines. "Why not?" queried we. "Does one travel all night in a bucking train to see a mill and then sit down at its feet, so to speak, and go no farther?" So we mounted, and Sam Wiley, in charge, having just received ten carloads of grain, was as fussed as a new bride receiving the bridegroom's relatives for the first time, merely because there was a little clean screenings and such on the floor.

These men do keep house—when they get at it. You believe in encouraging them a lot!

Specialties in Flour and Equipment

Fine silk bolting cloths and silver chains; endless little boxes where the miller puts in a hand and draws out a sample and tells just what break and grade, etc., is coming through at that point; traveling brushes that clean the screens that clean the wheat. You wouldn't believe how dirty grain is. Mr. Rhines gets his direct from the farmers, and not through elevators, this to govern the blends himself. Eight different cleaning devices—separator, screens, two cockle searchers, two scourers, and a rolling screen before you begin to grind or separate. All up-to-date and worthy—but for us, give us the big upper and nether millstones and the grain as Nature grew it, ground between them!

But to come back to the cheering spectacle of the old stones and the wholesome products, such as the

A Brass Hook to Hold Tea Kettle on Faucet

Works on Any Faucet to Save Time and Trouble and Prevents Scratched Sinks and Burned Hands

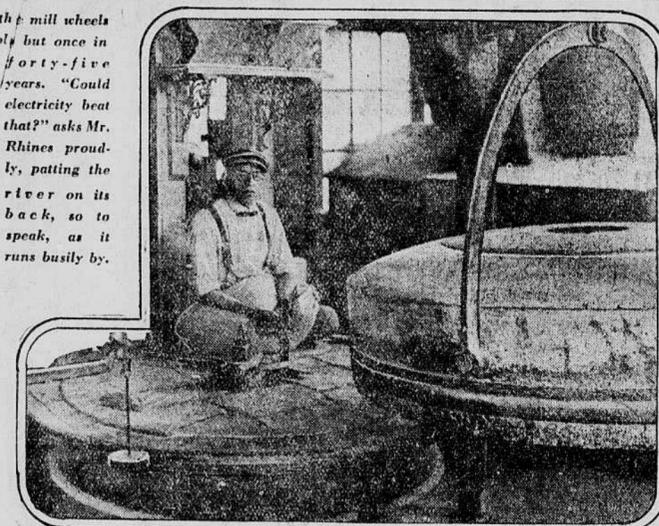
ENTER another recruit to the army of small household comforts and labor savers! Manufacturers are every day recognizing more and more that the "little things" count in kitchen labor. This young recruit is a simple brass wire, U-shaped hook, bent to fit over any faucet and to hold a tea kettle handle firmly while the filling progresses.

The hook is held securely around the faucet by a long, brass screw turned through the bent wire of the holder at the back. The U-hook holds the kettle handle so that the utensil is held above the bottom of the sink. Result: No scratched enamel or wet kettle bottom to rust the stove top. In the case of the sinks, in which a kettle maddeningly stands just out of the range of the faucet's stream, the kettle holder is especially appreciated.

With this hook over the faucet there is no chance to scald your hands when a kettle, which has some boiling water in it, is to be refilled.

Its price is in the "few-pennies" class, and since it is easily adjusted, any woman could have one on each kitchen faucet.

The Faucet Kettle Holder.
Made by Charles E. Ellis, Newark, N. J.



Fifty years old are these millstones and an old stone loses its "wrinkles"—they smooth out—instead of getting deeper. Then a master miller has to sit and "peck" them in again, as Mr. Coulson was doing when we were at the mill. It may be a week's job, this getting the corrugations just right for future grinding.

gluten and graham flours, that are the interesting specialties of this mill. The time was when gluten flour was of moment only to the unfortunate diabetic, who must dodge all starch and sugar and who

finds speedily that nature has been prodigal of both and that food without breadstuffs is rather like a building without mortar—your food "rattles round" some way and comforts you not at all.

Gluten Bread Is the "Meaty" Bread for Health and Liteness

AND nowadays the woman who has "nerves" if she gains a pound of flesh, and has worse ones if she goes hungry, turns to gluten bread to help solve her dilemma, for it is the starch that fattens, and gluten flour is wheat with the protein (gluten) layers next the bran washed out and much of the starch left behind. It naturally makes pretty solid bread (there are good recipes, however), and to the poor soul who for any reason is trying to cut down on the starches it is a boon.

Even for diabetics some starch is allowed. It depends on your individual condition. So a flour with 20 per cent gluten and one with 40 per cent is made. The latter, when analyzed in the Institute laboratory, had 45 per cent gluten and 41 per cent of starch (the standard allows 44 per cent starch and 40.7 per cent of gluten), so the product is above requirements considerably.

When you reflect that a regular flour has about 75 per cent of starch and only 13 per cent of protein you can see that gluten biscuits or wafers, preferably the latter, will give you a non-fattening, highly nutritious food, whoever you are or whatever your condition. Baking-powder biscuits were very edible, using a level teaspoonful more baking powder than the box recipe recommends. But the wafers made with evaporated milk undiluted, instead of cream, were very palatable. It would be no hardship at all to have them on the diet list, whether you need them or not.

Here is a thought for all women who are bound to be slender, regardless of age and condition of servitude. For dull eyes, no natural color and no "pep" are a handicap to the slenderest maiden, and that is what sacrificing your health to unnatural dieting means. Gluten bread is a meaty bread, with four times the protein and one-half the starch of other breads, so a wafer or two with no butter, served with salad, solves the bread problem and retains "fashion's silhouette" with no injury to health.

The gluten flour is only finished

where Farwell and Rhines sat fifty years ago (not together—it's a small-ish rocker), in the office window opposite the mill, really put confidence back of the analyses. It is all so simple and sincere and old timey.

The Miller and the Mill

We have had occasion before to remark on the enthusiasm of the millers for their job, their oneness with their machinery and their joy in the mysterious windings of the grain through cleaners, over rolls and bolting cloths and through the jiggling sifters that make jazz look stately. All mean something curiously intimate and important to the real miller. "Yes," said Mr. Moline, the Swedish miller in charge, "my wife says I am a fairly good sort

when the mill runs well, but if it doesn't—"

And then we leaned our elbows on the window sill and looked down at the Black River, where it rushed alongside of the mill, intent on its flour making, not merely splashing by to get to the lake, and talked about the heart affairs of the mill.

"Why not the good old simple whole grain, the bran of the wheat and its minerals, the germ of the corn with its fat, out of a simple mill, and not all these jazz separators?" we asked. "Are they better, these fine, white, delicate variations of flour?"

"No," said he, "no better. 'Its style and looks.'"

"Isn't that a serious economic error when so important and basic a food as bread is concerned?" we queried.

"Maybe," said he, "but its human nature. A woman could wear a calico dress and get along all right, but she will have silks and new fashions."

Now we wonder. It's been handy putting it on the women. They started that fashion in the garden of Eden, and it never has gone out. "White flour has its place for pastry and fine rolls, and it keeps better, naturally, with less richness, but we pay a big price for variety, refinement and less nourishment. The women have had lots of co-operation from the men in this demand for super-white bread. And we are swinging back to normalcy; the whole grains are coming into their own."

"Glad of it. Can't worry me that way," the miller chuckled. "That's what we have the stones for, and the hardest, most nutritious wheat can go onto the stone; the softer is more difficult to grind fine. But its all in the 'miller's finger' as to when the right texture is reached."

Whole Wheat and Corn

The K. C. whole wheat is made from hard spring wheat and can be more finely ground. It is extra high in protein (nearly 15 per cent) and just a trifle low in minerals (1.58 per cent), because it is fine and partly bolted; but it is practically whole wheat. The graham flour, on the other hand, is coarser ground and has more bran (1.70 per cent), but less protein (though it is good average, about 12 per cent), due to the fact that it is made from a softer winter wheat, chosen for its grinding properties.

Whether you have it coarse or fine, the point is to get the germ

Headmiller August A. Moline, at the wheel that controls the turbine that drives the millstones—his hands are on the wheel but his mind is with the water and the hidden streams of grain that are running through the mill—hidden from the eye but all moving, at the miller's will, through various channels to the flour bin.

Look for This Sign at the Coming Electrical Show



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An uncommon cook book of handy cards—just what Institute readers have demanded for five years—will be available.

"400 Recipes and Food Facts" is its name, and it covers tested foods and cooking technique as well as the cream of the Institute's five-year search for unusual but practical recipes, all in a

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It costs a dollar, signed, sealed and delivered. Available for the first time at the opening of the Electrical Show next Saturday, October 7, to October 14, from 11 in the morning to 11 at night.

Gluten and Graham Flours and Whole Corn Meal Are Products You Should Know

they tasted good and you didn't lie awake with insomnia or toothache or indigestion after eating them. "Yes," he retrospected, on his way down stairs, "it's twenty-four hours a day if the mill wants you."

"Never heard of a millers' union, did you, any more than you did of a mothers' union? God bless us, that's what's the matter with them; they 'mother their mill,' it's a part of them! When mothers and millers begin this eight-hour day talk the world will shut up shop, we fancy." The wise miller smiled on us and said we had "the right idea about flour," and so we went away to see the Thousand Islands, feeling that we were among the bluest and it was indeed the end of a perfect day!

For a Stiff Spine and a Good Bite—Drink Milk

Children of Three to Fourteen Years Need a Quart of Milk Each Day; See That They Get It

A MOST interesting paper by Dr. H. C. Sherman and Miss Edith Hawley, of Columbia University, appeared in "The Journal of Home Economics" for September. The sum and substance of it is that children of three to fourteen years of age need one gram of lime a day, and they do not seem to get it unless they get a quart of milk—no matter what else they may eat.

Giving them a pint of milk and more vegetables, even carrots and spinach, the best mineral supplies, did not answer. Important as these vegetables are in providing the iron and phosphorus, they do not furnish so well the lime supply for bone and tooth formation. When vegetables are substituted for half the milk the storage of lime in the body falls about one-half.

A quart of milk a day for children up to fourteen years of age is a good investment, whatever other food you may buy. And it costs 18 cents for grade A and 15 cents for grade B. Not much of an investment when it draws interest in a sound framework and good teeth for a lifetime.

Try These October Morn Rosette Waffles

This recipe evolved in the Institute laboratory made waffles crisp and deliciously flavored:

Mix as you would any batter. Bring the fat, using a small saucepan, to 380 degrees F. and heat the rosette waffle iron in it. Dip the iron into the batter rather quickly (if too slow a surplus will stick and the dainty outline of waffle be lost), not letting it come to the top of the iron. Plunge at once into the hot fat and fry until a light brown color is obtained. Sprinkle the waffles with powdered sugar and serve hot.

ALL FOODS AND APPLIANCES ADVERTISED ON THIS PAGE HAVE BEEN TESTED AND APPROVED BY THE TRIBUNE INSTITUTE.

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