



A Treatise on Bread and Bread-Making: And Bread-Making (American Antiquarian Cookbook Collection)

Sylvester Graham

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Graham's *Treatise on Bread and Bread-Making* includes a history of bread, discussion of various grains and which make the best breads, preparation of flour and other ingredients, the process of fermentation, how to prepare and bake bread dough, and discussion of bread varieties. The book describes Graham's preference for unadulterated flour that is free of chemical additives (used even in those early times to make bread whiter in color). He believed that firm bread made of coarsely ground whole-wheat flour was more nutritious and healthy. The treatise enthusiastically supports making bread in the home instead of buying commercial products, and the recipes were so popular that after publication, Graham was attacked by a mob of angry bakers in Boston.

This edition of *Treatise on Bread and Bread-Making* was reproduced by permission from the volume in the collection of the American Antiquarian Society, Worcester, Massachusetts. Founded in 1812 by Isaiah Thomas, a Revolutionary War patriot and successful printer and publisher, the Society is a research library documenting the life of Americans from the colonial era through 1876. The Society collects, preserves, and makes available as complete a record as possible of the printed materials from the early American experience. The cookbook collection includes approximately 1,100 volumes.

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Tony Hill:

Playing with family within a park, coming to see the ocean world or hanging out with buddies is thing that usually you may have done when you have spare time, and then why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love A Treatise on Bread and Bread-Making: And Bread-Making (American Antiquarian Cookbook Collection), it is possible to enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh can occur its mind hangout men. What? Still don't get it, oh come on its identified as reading friends.

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