

Richard Phillips

## THE STAFF OF LIFE

Concocted or Discovered?

What is happening to that member of the American stronghold - the loaf of homemade bread?

After three decades of cooperative inactivity in this field, the American housewife of today is hunting up grandmother's recipes for cracked wheat, rye and white bread, fleshy buttermilk rolls, spicy cinnamon buns and perhaps a new recipe for a sage loaf. More and more the kitchens of America are emanating the steamy smells of crusty goodness - of yeasty rolls and 'rises' polky breads. More and more the American housewife is getting aside a day of the week to 'eat' bread. A day of preferably low humidity when the shelling of walnuts, washing and flouring rasins, opening, cutting up and crushing cardamon seeds is in order.

What has brought about this new interest in bread making? <sup>Psychologists</sup> <sup>might</sup> say that the trend toward breadmaking is significant as it embodies the desire for a return in spirit to the days before atomic insecurity. That by performing the duties of our forebears in the home a new sense of security has been found. Also, it has been pointed out by some ethnologists, that this

is just as satisfying a way of spending one's time as playing Canasta, and that furthermore, you can't lose in breaking bread, because even the very least successful bread makes very delicious toast. Critics however doubt that with ~~the urban group~~ <sup>the afternoon bridge players</sup> it will ever begin to hold its own with the afternoon bridge club. However, a recent news item from Portland, Oregon, says that the women of the exclusive Dunthorpe section of that city are not only baking their own bread, but are holding regular baking contests among themselves.

~~Baking contests among such a group is significant in~~  
~~and the old saying "Only the poor eat store bread" is~~  
coming into its own. One connotation of this might be  
~~that there is a new set of values in regard to bread;~~  
<sup>is taking over</sup>

store bread made by disinterested hands from an economically scientific formula; store bread that is bought and paid for by the cheapest coin of exchange, money; store bread that is produced chiefly to retain a semblance of freshness as long as a piece of it remains in the bread box. (Today these facts are recognized.) Also recognized is that ~~store~~ homemade bread can be made with the same enriched flours with the added vitamins, that it is made by loving, unhurried human hands, made with thought and care for those family

members and friends who will eat it.

There is a greater benefit in homemade bread than the visible health values that may be derived; nothing is so conducive to reflection on the state of the family as the brisk monotony of the hands performing measured kneading movements. As unkind thoughts are said to sour the bread and coarsen the grain, the family breadmaker attempts to knead only the most felicitious thoughts and remembered acts into the dough. (Due to the combination <sup>2</sup> of this ~~statement~~ <sup>with</sup> ~~correct~~ loving <sup>3</sup> frame of mind, the above average weather conditions and a full <sup>2</sup> stomach, the bread makers day is a satisfying one. Both from a mental and a physical standpoint. This attitude of goodwill on the part of the breadmaker carries over to each family member and thereby improves family relations.

Bread has long been known as symbolic of the most essential element to physical well-being and as a spiritual element as evidenced in the use of bread in the communion service. The perfect blending of these two was found some seventy years ago in a small Blue Ridge Mountain ~~community~~ <sup>AKASOHI</sup> where the preacher's wife, Jeruthie, <sup>community</sup> who made the communion bread, was a most pious and good woman. As the preacher in the church gave the communion bread instead of saying the usual words "This is my body etc", his words were "Take this bread - for the nourishment of your body - it is baked by Jeruthie, my wife, - it will do your whole souls good." The bread was good as the woman was good and the influence of its goodness was

was spread throughout the community as the symbol of  
divine goodness in man.

The following are three exceptional  
recipes for homemade bread:

XXXXX

XXXXX

XXXXX

A-

A readable and interesting article. Can you get the  
recipies? We might try to rewrite and do something with this.

Some points: What psychologists "say" seems so far-fetched  
to me that I would leave it out unless you have an actual  
quotation of some psychologist, whom you can then mention by  
name. You could paragraph more effectively. some  
jargons: the urban group. . .

These facts are recognized is suspect. Could you quote  
an authority or put down some evidence?