IF YOU VALUE GOOD HEALTH YOU WILL KEEP THIS BOOKLET AND STUDY ITS CONTENTS.

THE COMING FLOUR

BEST IN THE WORLD FOR HEALTH AND ECONOMY

MANUFACTURED ONLY BY
THE FRANKLIN MILLS COMPANY,
LOCKPORT, N.Y., U.S.A.

ROCHESTER F.B. CO., LITH., ROCHESTER, N.Y.
Franklin Entire Wheat Bread
is the representative of human food,
because wheat, of which it is made, embraces all
the elements of nutrition necessary to build up
and sustain every part of the system, keeping it
in good working condition and preserving it un-
impaired to ripe old age.
The Franklin Mill's Fine Flour

Entire Wheat Flour

Best in the world for health & economy

Superior to Graham Flour or Wheat Meal

Manufactured only by

The Franklin Mills Company

Lockport, N.Y., U.S.A.

The Originators and only makers of this grade of flour.

Copyrighted 1896.
I STORY has shown wheat to be the royal grain. That it was designed by the Creator as the food for man is not disputed.

The old Roman soldiers in the days of Julius Cæsar,—the type of the most vigorous manhood the world has ever seen—lived mainly on wheat.

It is a Fact Established

By modern chemistry, that the fifteen or more elements found in the human system, are also found—and in about the same proportion—in a matured wheat kernel.

Dr. Nichols, Editor of the "Boston Journal of Chemistry," Says:

"I entertain the profoundest respect for a grain of wheat, as it is a most marvelous combination of substances, admirably adapted for the building up and sustenance of the tissues of the human body."

For the First Time

In the preparation of wheat as food, justice is done to its wonderful food properties, by retaining them all in

The Franklin Mills Fine Flour of the Entire Wheat.
It is the Coming Flour.

Produced from the Entire Wheat kernel, except the woody, innutritious, indigestible outer skin or husk, which is not food.

It is wholly a new and distinctive product, differing from all other flours, be their names what they may.

It is Unlike White Flour,

Because white flour is robbed of the Gluten of the wheat, in order to make a white bread. Color is a Sentiment. There is no principle of physiology which bases qualities of food upon its whiteness. Flour deprived of Gluten of the wheat, under which general name we class the Phosphates and nutritive salts, has lost the greater part of its blood-making materials.

Dr. Gaillard Says:

"In the study of Cereal Foods it is only necessary to remember that the gluten of such foods is their nitrogenized element, the element on which depends their life-sustaining value, and that in the foolishly fashionable white flour this element is almost entirely removed; while the starch, the inferior element, is left behind, and constitutes almost entirely the bulk and inferior nutriment of such flours. To use White Flour from which the gluten has been removed, is almost criminal: that it is foolish and needless, needs no further demonstration."

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The Vital Elements of the Wheat Kernel,

Those which specially feed the nervous structure, brain, etc., are never white in color and will not make white flour under any circumstances.

Bread made from the Franklin Mills Fine Flour of the Entire Wheat is a Beautiful Light Golden Brown. It takes its color from the elements contained in the whole wheat from which it is made.

A distinguished physician of Massachusetts, in a lecture before the New Hampshire Medical Society, says:

"I became alarmed at the decay of my children's teeth—I queried dentists and others as to the cause, and settled down to the conclusion that there was something wrong in the bony elements of their food. Subsequently Dr. Nichols, editor of the "Boston Journal of Chemistry," brought to my notice some comparative chemical analyses of wheat and flour, showing the great deficiency of the latter in mineral ash. I was then using in my family a celebrated brand of white flour. I took this flour to one State Assayer, Prof. Sharples, of Boston, and had him analyze it. He reported a withdrawal of 75 per cent, of the mineral ash contained in the wheat." And Dr. Nichols further says, "I still think that, had I not had this analysis made and paid for it, I should not have been so thoroughly convinced as I now am, of the terrible impoverishment of (white) flour."
It is Time People Paused

In this devitalizing habit of eating impoverished white flour and began to intelligently consider and weigh the consequences it is slowly but steadily entailing, not only upon themselves but upon their children and their children's children. With such a natural and nourishing food as The Franklin Mills Fine Flour of the Entire Wheat

Within reach, it is a cruelty to feed children upon white flour, entailing upon them imperfect development and physical degeneration as well as disease. Baron Von Liebig

Long ago predicted that this eating of excessive starch flour would result in disaster to the race. The truth of this is now plainly seen in many directions: in the changes of the types of disease, from strong to weak; in the almost universal lowering of nerve force, which never before in history was so general as at the present time; in the great prevalence of nervous diseases; in the sudden breaking down of persons apparently in the full tide of health and vigor. Well! it is hard work to fight the battle of life on only twenty-five per cent. of nerve food.
The Franklin Mills Fine Flour of the Entire Wheat is

Superior to Graham Flour or Wheat Meal in that it does not contain the coarse, irritating, indigestible woody outer husk of the Wheat kernel, or coarse flakes of bran which are of no food value.

It also differs from Graham Flour or Wheat Meal, in that it is easy of digestion, perfect in assimilation, and thoroughly nourishing to every part of the body. Graham Flour on account of the unavoidable presence of the coarse bran particles, is irritating to weak stomachs; acts as a cathartic, and passes food out of the stomach before it has time for digestion and assimilation.

The use of "Graham" flour for the relief of constipated habit is a false theory, and has been a prolific source of a vast amount of ailments classed under the head of "dyspepsia."

Bread made from The Franklin Mills Fine Flour of the Entire Wheat will remain moist for several days, while Graham Bread becomes dry and unpalatable.
The Franklin Mills Fine Flour
of the Entire Wheat

Is made from sound and well ripened Specially Selected Spring Wheat, as such Wheat only CONTAINS THE FULL COMPLEMENT OF BONE, MUSCLE, BRAIN AND NERVE FOOD.

It is Made by a New Process

Specially designed by us for its production, and without which its production is impossible.

By this process there is no injury to the grain, chemically or otherwise, leaving the constituents preserved in the flour, precisely in purity and proportion as stored in the wheat by nature.

This is the only flour in the world containing all the food elements in wheat reduced to an even fineness.

Every Pound of this Flour represents a Pound of Food Value. It is cheaper than beef; one dollar's worth of beef contains nutriment for 2½ days; one dollar's worth of this Flour contains nutriment for 19½ days.

When its True Value is Known all will use The Franklin Mills Fine Flour of the Entire Wheat as their Bread Food.
Facts Showing its Actual Food Value.

It is the cheapest flour ever known, as it will make more pounds of bread from the same weight of flour, and give more food value for the same money than any other flour in the world.

As has been shown, one has to buy four barrels of white flour to get as much mineral food as is contained in one barrel of the Franklin Mills Fine Flour of the Entire Wheat, and, to get the necessary amount of vital food, taxes his stomach to digest four times as much starch as nature intended it should. Thus it is evident a consumer of white flour necessarily pays four times as much money for actual bread food as does the consumer of Franklin Mills Fine Flour of the Entire Wheat.

Consumers of this Flour avoid excessive starch eating. Starch produces fat.

The excess of starch just mentioned renders more likely to occur those diseases that depend upon fatty degeneration of the vascular tissues. The sources of Bright's Disease, Diabetes, Apoplexy and of weakened and Ruptured Heart, lie in the excessive turning of the tissues to fat.
For Dyspepsia and Indigestion

It is an invaluable remedy—as proper diet is indispensable for relief. The even fineness of every particle of this flour prevents irritation and promotes digestion, as it is in the best form and condition for the gastric juice to act upon; while, because of its fullness as a Natural, Complete, Phosphatic Food,

It furnishes the power to digest by generously feeding the nerve centers which preside over that most important function. It is also for the above reasons a Natural and Complete Remedy For Constipation

—no matter of how long standing, and will promote healthy peristaltic action.

Mothers Who Nurse

Their Children will find the Franklin Mills Fine Flour of the Entire Wheat an invaluable food, increasing the quantity and improving the quality of the lacteal secretion. This deficiency of lacteal secretion is one great cause of infant mortality, and is one of the most fertile causes of anxiety to the careful physician.
For Infants and Children

It is a most valuable food, as has been proved by large experience of physicians who have paid special attention to this department of nutrition. It has been found, when properly prepared with milk,

Superior to All the Specially Prepared Package Foods,

And at a tithe of their cost. It will supply the child with just the material for real growth and sustenance, furnishing sound teeth, strong eyes, full development, and will build up a strong and vigorous constitution.

For the Brain Worker

It is unequaled as a food, being peculiarly rich in the phosphatic properties upon which the brain and the whole nervous structure, when actively engaged, make special demands, and without which the brain is incapable of its best work.

It is Food for the Muscular Worker,

As it is exceptionally rich in the nitrogenous and phosphatic elements necessary as the sustaining force in all labor.
It is the food for the weak, debilitated, the worn out and the nervous; for the sick and the well; for the young and the old.

The Bread is so Rich in Flavor,

Palatability, and nourishment, that only a few weeks' regular use of it suffices to make all other bread taste flat, insipid, and unsatisfying.

Place the Bread Before Your

Children Daily,

Their taste not being vitiated by habit, they will soon convince you that it is a Natural, Wholesome, and Healthy Food.

These are Not Idle Statements,

They are established facts, appreciated where known; to be further appreciated as the flour becomes better known by use.

CAUTION.— As a guarantee that you get the original and genuine Franklin Mills Fine Flour of the Entire Wheat please observe that the barrels and packages bear our label and trade mark. Notice facsimile of label on outside cover of this book.

If your dealer does not and will not keep these goods, send us his name with your order, and we will see that you are supplied. Do not be persuaded to accept substitutes.
The Structure of a Wheat Kernel,

As shown under the camera lucida of the microscope.

Fig. 1 represents a grain of wheat in its natural state, highly magnified. Notice the fibrous beard on the smaller end.

Fig. 2 represents a grain of wheat in part, also highly magnified, after it has been thoroughly prepared for reduction into Fine Flour of the Entire Wheat. Notice the husk and fibrous beard have been entirely removed.
Fig. 3 shows a transverse section of a grain of wheat magnified to eighteen diameters. On the extreme outside is shown the husk, consisting of three extremely thin layers, which adhere so closely and firmly to each other that they may be regarded as one skin; next a layer containing some oil and albumen, and next a layer of cells containing Gluten. And then the central mass of the grain, composed of cells which are filled with granules of starch, with a small portion of gluten forming the cell walls. This peculiar structure will be better understood by reference to fig. 4, which is a section much more highly magnified.

Fig. 4.

In Fig. 4 the layers, 1, 1, 2, 3, 4, 5 and 6 illustrate the relative position of the several layers of a grain of wheat and the division of its food properties. 1, 1, 2, 3 and 4 constitute what is commonly known and designated as the bran in the ordinary forms of milling. 1, 1 and 2 represent the outer husk to which is attached the fibrous beard, and is composed of silex (flint) and woody fibre, is innoxious and indigestible; therefore unfit for the human
stomach—it is acrid, absorbs moisture, is the source of mustiness and sourness in white and graham flours, and cracked and crushed wheats, promotes fermentation, and destroys the delicate flavor of any flour or wheat preparation that may contain it.

This husk is entirely removed in the manufacture of the Frankin Mills Fine Flour of the Entire Wheat, leaving the food elements which are in 3, 4, 5 and 6, to be reduced to an even fineness, thereby producing the most perfect food possible to make from wheat.

Fig. 5 will give in one illustration a more complete and comprehensive view of the structure of a grain of wheat, and the relative positions of the various parts comprising it.

Nos. 1, 2, 3 and 9 constitute the outer husk and fibrous beard, which are entirely removed from the berry before the food elements are reduced to Frankin Mills Fine Flour of the Entire Wheat.

Nos. 4, 5, 6 and 8 constitute that portion of the wheat wherein reside nearly all the mineral elements existing in wheat—those food properties so essential to build up and keep in repair the tissues of the body.

No. 7 represents the starch cells, and constitutes nearly seven-tenths of the entire berry. While starch contains those properties which, being burnt up in the system, produce the heat necessary for the performance of the other functions, yet it has no properties capable of building up the structure and tissues of the human system and repairing its vital wastes.

It will be understood from the above why the universal use of white flour is one of the most remarkable facts in the history of civilization—remarkable because it is the only impoverished food on the diet list. Overboiled
meats and vegetables are the only approach to impoverished food, and these the people are wise enough not to eat.

Remember, the *Franklin Mills Fine Flour of the Entire Wheat* contains all the mineral properties of wheat, and is not an impoverished food, and besides is best adapted for digestion and assimilation because of its even fineness.
The foregoing illustrations render it easier for those unfamiliar with the subject to see and understand how sound, plump wheat may be taken, and a flour made from it which may look nice and white, and yet possess but feeble nutritive value in the most essential particulars; and, also, it will be just as easily seen why and how the same wheat may be taken, and be so treated in its preparation as to make of it the Franklin Mills Fine Flour of the Entire Wheat—a food product of the highest nutritive value known to the world.

The Testimony of Chemistry and Physiology.

In Johnson's "How Crops Grow," (Orange Judd & Co., N. Y. City,) will be found that in 1000 parts of substance:
Wheat has an ash of 17.7 parts.
White Flour has an ash of 4.1 parts—an impoverishment of about \( \frac{3}{4} \).
Wheat has 8.2 parts of phosphoric acid.
White Flour has 2.1 parts of phosphoric acid—an impoverishment of about \( \frac{3}{4} \).
Wheat has 0.6 parts lime and 0.6 parts soda.
White Flour has 0.1 parts lime and 0.1 parts soda—an impoverishment of 5-6 in lime and soda each.
Wheat has 1.5 parts sulphur—White Flour has no sulphur.
Wheat has 0.5 parts sulphuric acid—White Flour has no sulphuric acid.

"The significance of the nutritive salts in food is sufficiently well known to physiologists; it is known that without their co-operation the other constituents of food are incapable of affording nourishment. By simple washing of fresh or boiled meat with water, which extracts the nutritive salts, it would
become incapable of serving in the preservation of life; the nutritive salts of wheat are identical with the nutritive salts of meat, and one understands that what is true for meat is also true for bread, and that the nutritive value of flour is less in the same proportion as it contains less of the nutritive salts than the grain. The nutritive salts of meat and wheat are phosphates, and consist of compounds of phosphoric acid with potassa, lime, magnesia, and iron; the simple relations of the quantity of these substances contained in wheat and flour, as shown by chemical analysis, will be sufficient to make obvious the difference in nutritive value of the two, etc. These phosphates are indispensable to the nutrition of all higher organizations. They enter into and constitute a part of, not only the bones but every muscle, every nerve tissue; and in each secretory organ there seems to be a special accumulation, to be employed in the elaboration of the products which are secreted."

If you value good health, and that of those dependent upon you—especially your children—always buy your flour with the fullest possible knowledge of its value for what you want of it; i.e., FOOD. The real question is: which has the most and highest nutritive value, and will make the most pounds of the best bread—and not: which is the lowest in price, or whitest in color.

Consumers may, in purchasing, feel entire confidence that our brand upon their barrels and packages of "Fine Flour of the Entire Wheat" is a guarantee of their original contents.

We can be relied upon to make this flour only from the best wheat, and we will warrant every package of it to be first, last, and all the time exactly as herein represented.

The Franklin Mills Company.
OUR CUSTOMERS ADVERTISE US.

Read What They Say About the Flour:

The Franklin Mills Fine Flour of the Entire Wheat I am using in my family with great pleasure and benefit. I believe there is no food so impoverished and so unnatural as Common White Flour. Its common use is a great menace to public health. I believe it my duty to correct, as far as possible, the awful error which is practiced through ignorance of the nutritive value of foods. I write for some of your circulars for distribution among my patients. SIDNEY S. STOWELL, D. D. S., Pittsfield, Mass.

My only wonder is that everybody does not use this flour in preference to all others, when they know where to obtain it.

J. MARION SIMS, M. D. L.L. D., 268 Madison Ave., New York, N. Y.

There is no doubt but what the habitual use of your Fine Flour of the Entire Wheat would renovate the human constitution. With high respect, SUSAN A. EVERETT, M. D., 247 West 49th St., New York City.

I have had your "Entire Wheat Flour" in use in my own family, and have also introduced it into the families of many of my patients. I am greatly pleased with it. Please accept my thanks for your efforts in introducing to the public so pure and healthful an article of food.

J. H. SALISBURY, M. D., Cleveland, O.

It may take some little time to make your product known and understood, but if you keep on making the best article that can be made by your process, and treat your customers fairly, you ought to supply every family, school, and hospital in the land.

T. T. SEELYE, M. D., Cleveland Sanitarium.
Will never make white bread for myself or children when I can get your flour. I notice in a few days the difference in the nourishment received, when I eat bread made from white flour. 

MRS. B. M. OSGOOD, Springvale, Me.

Please send by fast freight a half barrel of your Fine Flour of the Entire Wheat. We cannot do without it.

LUCIEN M. UNDERWOOD, Prof. of Biology, A. & M. College, Auburn, Ala.

I have used your Fine Flour of the Entire Wheat for several years in cases of diabetes. I have tried all the so-called Diabetic Flours, but find none of them so desirable as the Entire Wheat Flour of your make.


The longer we use your flour the better we like it. R. J. STORY, Rector, Nativity B. V. M. Church, Brockport, N. Y.

We have been using the Franklin Mills "Fine Flour of the Entire Wheat," and have found it superior to "Graham," and much better adapted to the wants of the system. The bread is light and sweet, and I can recommend it as superior to any flour we have ever used. S. N. BRAYTON, M. D., Buffalo, N. Y.

Decidedly the bread made from Franklin Mills Fine Flour of the Entire Wheat is the sweetest and richest bread I have ever tasted. I have made it from several receipts without failure. It is rich, of a nutty flavor, exceedingly nourishing, and in all respects satisfying. From the time we began its use white flour was banished from our table.

MRS. HESTER M. POOLE, Metuchen, N. J.
It is my opinion there is no such flour in the world as yours, and the Wheatlet is very palatable also. I could use a few of your booklets among my friends. I dislike to have people living on ordinary white flour when there is such an article as you produce to be had.

R. G. CHASE,
Pres't The Chase Nurseries, Geneva, N. Y.

I have made a test with this flour and the best St. Louis flour, and the result was eighty pounds more bread to the barrel in favor of the Franklin Mills Entire Wheat Flour. I am satisfied that none but the best wheat is used in its manufacture, and its great strength must make it an exceptionally valuable food.

JOHN BERRIE, Baker,
Vt. State Asylum, Brattleboro.

As an artificial food for infants the Franklin Mills Fine Flour of the Entire Wheat, made into a thin gruel, will agree with infants better than any one article of diet I have ever used. A. J. EVANS, M. D., Lockport, N. Y.

Your Entire Wheat Flour I have used in my family for some time, and am much pleased with it. I recommend it to my patients, for it contains the right elements (gluten) in proper proportions to make good teeth, muscle, and brains.

Very truly,

It more than meets our expectations; it makes the most delicious water bread (or gems) I ever tasted. All friends who have tasted it are of the same opinion. Shall use every effort to induce friends to use it, if kept up to its present standard of excellence. You perform a genuine service to humanity in its production.

A. S. HENT,
155 E. 76th St., N. Y. City.
ABRAHAM JACOBI, M. D., President of the New York State Medical Society, in his anniversary address, delivered February 8th, 1882, commenting on Dr. Cutter's report, says:

"His researches naturally refer mainly to the proportion of Gluten to Starch. I wish the brief article of his would be distributed in a hundred thousand copies, reprinted in every secular paper, read from every platform and pulpit in the land."

DR. ALFRED K. HILLS, editor of the New York Medical Times, commenting on Dr. Cutter's report, adds his testimony as follows:

"We have also found the 'Flour of the Entire Wheat' as ground by the Franklin Mills Co., Lockport, N. Y., a most valuable food for infants, as well as the best cereal food for adults. This flour of the Whole Wheat is the Nutrient par excellence, and should supplant the ordinary White Flour (which contains starch alone and is consequently imperfect as food) in our daily consumption."

We have been using Fine Flour of the Entire Wheat, manufactured by the Franklin Mills Co., Lockport, N. Y., for three months, and I do not hesitate in expressing the opinion that one barrel of it is actually worth more to my family than two barrels of ordinary flour. Bread made from it is perfectly irresistible, and aside from its richness and sweetness to the taste, we find it more nutritious and healthful than any other article of food. I am not subject to "ecstacies" over newly-discovered preparations for the table, but this is certainly a desideratum well worthy of commendation.

REV. A. B. WOODWORTH,
Newark, N. J.
I have given your Fine Flour of the Entire Wheat what I consider a fair trial, and feel satisfied that it is what I had long been trying to procure here; viz., a flour retaining all the pleasant flavor and nutritive qualities of the grain. It is of vital importance that those in health should endeavor to preserve their health and strength, and that those of weak digestion should obtain proper nourishment from the smallest possible amount of food. I therefore feel confident that the use of such flour as yours will be generally adopted as its qualities become known, and it is found to possess the qualities which are claimed for it.

C. A. HENDERSON,
British Consulate, Boston.

For my own part I consider your flour healthful, nutritious, and more economical than any other flour in the American market. There are many Germans whom I attend that like it better than any other flour, being something like a flour they use in Germany.

DR. D. F. MORENZY,
Boody, Ill.

In several years use of your Fine Flour of the Entire Wheat in our Sanitarium we have found it uniformly excellent, admirably adapted to the diet of persons suffering from constipation and impoverished nervous system.

DR. S. E. STRONG.
The Sanitarium, Saratoga Springs, N. Y.

Have recommended and prevailed upon many hotel and boarding-house keepers to use your flour, for the simple reason that I find it indispensable to my health. Before retiring from business seven years ago, I sold quantities of it, much to my customers' satisfaction.

GEO. H. ADAMS,  
Kennebunk Beach, Me.
It is a pleasure to speak a right royal good word for your unwasted Fine Flour of the Entire Wheat. It makes a light, sweet, wholesome bread, that represents the entire nutritive qualities of that noblest of all the cereals—Wheat. The neutralized elements are as perfectly preserved as the glucose and starch, rendering it most healthful for all dyspeptics. It has been used by my patrons for the nourishment of infants, with complete success. I believe its popular use will do much to promote the health and strength of the community, particularly of clerks, students, and muscular laborers.

SIMEON TUCKER CLARK, A. M., M. D.,
Lockport, N. Y.

As we have given this “Fine Flour of the Entire Wheat” a thorough trial, and are now using it, we unqualifiedly place it at the head of all flours we have ever used. It is light, sweet and toothsome, and we all give it the preference over any other bread we have ever eaten.—Boston Journal of Commerce.

The Franklin Mills Co., Lockport, N. Y., are offering to the public a new flour, and we have chosen both to use it in our institution and to advise our patrons to use the flour from these mills. We believe this “Fine Flour of the Entire Wheat” will take its place as the first in the market, and as such we recommend it.—Laws of Health.

We are forced to the belief that neither superfine white flour, nor what is commonly termed Graham Flour is a representative food; but in the “Fine Flour of the Entire Wheat” we really have a representative food, a general demand for which must arise as a knowledge of its value spreads among the people.—Prof. W. N. Ferris.
We have taken pains to thoroughly test this flour and are using it at the sanitarium with the most satisfactory results. Its merits are all that is claimed by the manufacturers.—Good Health.


The object of the paper is to place before physicians and the public in their true light, as revealed by microscopic and scientific investigation the real value of the many cereal foods which are advertised and offered for sale, and recommended as specially adapted for the promotion of health and prolongation of life.

In order to make the subject clear and comprehensive to the reader, the author made a careful microscopic examination of forty-four different brands of cereal foods, including Patent, New Process, Superfine and Entire Wheat Flour, Wheat Meal, Graham, Cold Blast, Gluten Flour, and several of the leading advertised infant foods.

Chief among the 44 products examined by Dr. Cutter is mentioned:

Franklin Mills Fine Flour of the Entire Wheat, Manufactured only at Lockport, N. Y., with the following comment: "The field is filled with gluten cells. Repeated examinations prove this to be the best flour examined. So long as the makers maintain such a proportion of gluten cells they confer a blessing on mankind. It produces a light, spongy bread. It is a reliable infants' food.
DIRECTIONS

For Using the Franklin Mills Fine Flour of the Entire Wheat.

ALWAYS SIFT YOUR FLOUR; this frees it from lumps, and makes it work light and evenly in the dough. It is a good plan to warm flour before mixing the dough in cold weather.

NOTE.—The dough must be worked as soft as can be handled. In no case mix a stiff dough.

You can use any recipe requiring white flour, and vary it according to your own ideas, using less Fine Flour of the Entire Wheat for the same quantity of water.

Franklin Raised Bread.—To make two large loaves or four small loaves: Take two quarts of flour, thoroughly sifted, add two teaspoonsful of salt, four teaspoonsful of sugar, one-half of a compressed yeast cake dissolved in tepid water, stir into the flour sufficient milk or water to make a soft dough: (This flour makes a rich bread with water alone.) Knead to a soft dough, cover and rise over night. In the morning mould into loaves, put into pans and let rise again. BAKE SLOWLY and for a little longer time than you have been accustomed to bake white bread.

A Modern Way.—One pint water, one pint milk, one-half teaspoonful salt, one tablespoonful sugar, one tablespoonful butter, one-half fresh compressed yeast cake. Stir in enough flour to make a fairly stiff batter, then stir thoroughly; let rise three hours; knead lightly; mould into two loaves, let rise again, and bake about one and a quarter to one and a half hours in a moderate oven.
Many people prefer the following recipe for Franklin Bread:

Take one quart tepid water, one dry yeast cake dissolved, two tablespoonsful sugar, two tablespoonsful melted butter, small teaspoonful salt. Stir in five pints sifted flour and let stand over night. Next morning stir thoroughly, put into pans, let rise and bake in two loaves. Never knead the dough by this recipe; always stir it thoroughly with a spoon.

NOTE.—Care should always be taken to have the temperature of the oven just right before you put the bread in.

Franklin Tea Rolls.—In the morning take three pints of flour, rub into it two teaspoonsful of butter. Then add one teaspoonful of salt, two tablespoonsful of sugar, about one-half of a compressed yeast cake, dissolved in water or milk, slightly warmed, using sufficient to knead a soft dough. Cover and let rise until light and spongy. Then roll out about three-fourths of an inch thick and cut round and spread each one with melted butter and fold. Then lay them close in a tin and let rise again.

Franklin Griddle Cakes.—Three cups flour, one teaspoonful sugar, half teaspoonful salt, one egg, two teaspoonsful baking powder, mix with milk or milk and water. Have griddle hot.

Franklin Buckwheat Cakes.—Mix one-half buckwheat flour with one-half the Franklin Mills Fine Flour of the Entire Wheat and they are improved one hundred per cent. The cakes are light, tender, palatable, more healthful and do not produce the injurious, heating and irritating effect which always results from the continued use of all Buckwheat.
Franklin Gems.—One pint sweet milk, one quart flour, one tablespoonful melted shortening, one tablespoonful sugar, three teaspoonful baking powder, salt. Grease the pans and heat very hot. Then put in dough and bake for twenty minutes. If you bake more than you want for a single meal, steam the remainder for the next, as they are delicious treated in this way.

Franklin Muffins.—Sift flour twice. Beat together one egg, one teaspoonful salt, one tablespoonful of sugar, add one quart of milk, and one-half pint of water. Beat while sifting in the flour, and make to the consistency of drawn butter. Have iron roll pans hot and bake in a hot oven. The above fills two roll pans.

Franklin Bread for Dyspeptics.—Take stale bread, slice it, and pour into a deep dish, cover tightly, and warm in an oven. The latent moisture contained in the gluten will soften the bread, improve its flavor and render it easy of digestion.

Any dyspeptic can eat this bread without suffering from indigestion.

Gruel from this Flour is preferable to that made with white flour, and often when the stomach is so weak as to refuse all other food, this has been retained. Make as follows:

To ONE QUART BOILING WATER add one teaspoonful salt and slowly thicken with The Franklin Mills Fine Flour of the Entire Wheat. Boil slowly until well cooked. Strain before serving.

As an Infants’ Food it has no Superior.

—For an infant from one to six months old, take one pint water to one tablespoonful of flour, a little salt; this makes a gruel thin enough to be taken through a nipple. Sterilized or condensed milk can be used with this,
using the gruel instead of water to dilute the milk. For a child of six months or more, take equal parts of milk and water, a little salt, and flour enough to make a gruel thick enough to be eaten with a spoon.

**BEWARE** of the unscrupulous dealer, who for the sake of a larger profit will send you Flour in plain barrels or sacks, claiming it to be "Franklin Mills Fine Flour of the Entire Wheat," or as good, or better, etc. If you are satisfied with the flour sold under our Trade-Mark (see outside cover) insist that the packages containing the flour delivered you bear our label.

**THIS FLOUR** is sold by leading grocers and flour dealers in original packages, as put up at the mill:

- Full Barrels, (wood) - 196 lbs.
- Half " " - 98 "
- One-Quarter Barrel, (cloth or paper sack) - 49 "
- One-Eighth Barrel, (cloth or paper sack) - 24½ "
- One-Sixteenth Barrel, (cloth or paper sack) - 12½ "
- One-Thirty-Second Barrel (box) 6⅛ "

**MANUFACTURED ONLY BY**

**The Franklin Mills Company,**

**LOCKPORT, N. Y., U. S. A.**
IF YOU VALUE GOOD HEALTH YOU WILL KEEP THIS BOOKLET AND STUDY ITS CONTENTS.
The Choicest Selected Wheat, rich in gluten, is first thoroughly cleaned, all the outer husk of the grain removed, and then by our own peculiar process which preserves all the food properties. It is slowly granulated to a suitable fineness. It has none of the coarse, gritty taste of Cracked or Rolled Wheat.
DELICATE,  
DELICIOUS,  
NOURISHING.  

Wheatlet does not irritate weak stomachs, is easily digested, and adapted for those suffering from Dyspepsia, Indigestion or Constipation, and yet, Wheatlet is

HEARTY  
ENOUGH FOR  
A STRONG MAN.

THE HIGHEST AUTHORITY.

After a thorough test in my own family, I can hold up my hand and say on my soul that Wheatlet is the Best Cereal Food in the World! and I feed my five children on it.

E. C. HAZARD,  
President Food Manufacturers’ Ass’n,  
New York.
DIRECTIONS FOR USING WHEATLET.

For Breakfast—Use water or equal parts of milk and water. Salt to taste. Have it boiling, foaming, scalding hot, then stir slowly and sprinkle into it from the hand sufficient WHEATLET to make a thin pudding. Care must be taken not to have it lumpy or too thick and to keep it boiling all the time. If kept boiling it will be thoroughly cooked in 20 minutes. Serve with milk, cream, or butter and sugar.

Wheatlet must be scalded when it first goes into the water, to prevent it from being raw, pasty, and unpalatable. The starch granules do not absorb warm water—they merely become wet with it as would sand—but boiling, foaming, scalding hot water will burst the starch granules, after which they cook quickly and thoroughly.

For Supper or Dessert—Pour into moulds and serve cold.

Griddle Cakes.—One cup cold WHEATLET MUSH, one cup Franklin Mills Entire Wheat Flour, one egg, half a teaspoonful of salt, one teaspoonful baking powder. Mix with sweet milk to a thin batter, and fry on a hot griddle.

Muffins.—Two cups WHEATLET mush, two cups Franklin Mills Entire Wheat Flour, two eggs, one cup sweet milk, one tablespoonful butter, one tablespoonful sugar, two teaspoonsful baking powder, salt. Bake in hot muffin pans in quick oven 20 to 30 minutes.

Wheatlet Pudding.—Take cooked WHEATLET, add milk enough to make a thin pudding, add two or more eggs, currants and raisins to suit, salt and flavor. Bake in a moderate oven.
Wheatlet Cake.—Superior to Johnny cake. One and one-half cups of dry WHEATLET, one cup sweet milk, two eggs, one tablespoonful sugar, two tablespoonsful butter, two teaspoonsful baking powder, pinch of salt. Bake thirty minutes in a quick oven.

Fried Wheatlet.—Mold and slice, dip into egg and fry same as corn meal mush.

Delicious for Frying Tomatoes, Oysters, Fish, Etc. Use the same as bread crumbs or cracker meal.

The various forms in which WHEATLET can be prepared for table use will naturally suggest themselves to every skilled housewife or cook, only care and judgment being required to produce a most delicate and delicious dish.

The Best Food for Children, containing just the elements essential for the proper nutrition of the bones, muscle, and nerves, and the building up of a vigorous constitution.

Children are losing teeth early from lack of proper food. Growing children should be fed WHEATLET every day, with fresh cream; they will enjoy it for breakfast.

Wheatlet Is Absolutely the Best Cereal Food. It is not steam cooked, therefore retains the rich, nut-like flavor of wheat in its natural condition.

It is an Economical Food, and when served as a breakfast mush, costs less than one cent for each person.

CAUTION.—There are many preparations of wheat with similar names. There is only one WHEATLET.

Put up in two-pound packages, (see cut of box on cover), and bearing the name of the manufacturers.

The Franklin Mills Company,
LOCKPORT, N. Y., U. S. A.