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

THE

FRANKLIN MILLS FLOUR

BEST IN THE WORLD

FOR HEALTH AND ECONOMY

MANUFACTURED ONLY BY

THE FRANKLIN MILLS COMPANY,

LOCKPORT, N.Y., U.S.A.
Benj. Franklin
THE BEST FOOD FOR MAN SINCE THE GRINDING OF GRAIN

Bread from this flour baked fresh daily by CENTURY BAKERY.

FRANKLIN MILLS COMPANY
Lockport New York
U. S. A.

Nature's Wise Provision
WHEAT AS FOOD.

The mention of wheat in the Old Testament and its culture for food by the ancient Egyptians are proofs of its antiquity; and Chinese history records that it was introduced in China by the Emperor Shin-nung about 2700 B. C. Up to comparatively recent times, however, its cost made it a luxury enjoyed only by the wealthy classes.

To-day the annual product amounts to over two thousand millions of bushels, and it is used as food by all classes in every civilized part of the globe.

The reason for the consumption of such an immense amount of wheat may be readily understood when it is considered that wheat is the only product of the soil which contains all the elements that constitute the real basis of all vitalizing, strength giving food.

*Nature's Wise Provision.*
SIGNIFICANT FACTS.

Every motion of the body, every exertion of the muscles, even the contraction of the heart and the movement of respiration is attended by a waste of some portion of the tissues, and this loss must be replaced by a proper supply of food containing the corresponding elements.

Modern chemistry has shown that the matured wheat kernel contains all of the fifteen or more elements found in the human body, namely:

- Oxygen
- Hydrogen
- Nitrogen
- Phosphorus
- Carbon
- Calcium
- Sodium
- Potassium
- Magnesium
- Sulphur
- Chlorine
- Fluorine
- Silicon
- Iron

The proportions are almost identical, which proves wheat to be the ideal food for man, the natural rebuilders of the daily waste and wear of mental and physical forces. All civilized and enlightened peoples are wheat eaters.

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."

A Part Strengthens a Part.
WHAT GLUTEN IS.

The outer portion of the wheat including the germ, contains all the protein and mineral properties and constitutes twelve of the fifteen elements of the whole kernel, (see page 3). This is commonly known as the gluten.

Gluten contains twelve (or four-fifths) of the elements necessary to sustain life.

Gluten contains the phosphates or nutritive salts, without which nothing we eat affords any nourishment.

Gluten makes muscle, bone and teeth enamel.

Gluten makes red blood, brain and nerve tissues.

Gluten contains highly effective digestive agents; which would take the place of peptones and malt extracts.

Gluten contains an oil equal to the best olive oil.

Much of the gluten is lost in making white flour.

All the gluten of the wheat is retained in Franklin Flour.
UNDER THE GLASS.

"Cereal Foods under the Microscope" is the subject of a very able, interesting and instructive article by Prof. Ephraim Cutter, A. M., M. D., Harvard and Pennsylvania Universities, which appeared in the American Medical Weekly.

The object of this article was to place before physicians and the public an authentic and unprejudiced report on cereal foods and flours.

Prof. Cutter conducted an exhaustive microscopic examination of forty-four different products, including Patent Flour, New Process, Superfine, Cole Blast, Graham, Gluten, Wheat Meal, Franklin Flour, and several of the leading breakfast and infants' foods.

Dr. Cutter's researches revealed in some of these almost an entire absence of the nutritive properties and elements which constitute real food value. This deficiency was surprisingly noticeable in some of the best known flours and infants' foods.

Not What They Seem.
ROBBING NATURE.

The flour produced by the small mills a quarter of a century ago retained much more of the nutritive properties of the wheat than does the so-called improved and "patent" flour of to-day. Since the opening of the great wheat districts of the west, inventive genius has been taxed to its utmost to produce machinery which would make the whitest flour. By this modern process, only three of the fifteen essential elements are retained in right proportion—these are oxygen, hydrogen and carbon. Thus wheat is robbed of twelve of its most nutritive elements—those which contain the properties which make bone and muscle and brain—really the life-giving function of the grain.

Dr. Cutter of Harvard University, Says:

"To use white flour, from which the gluten has been removed is almost criminal."

Nutriment Sacrificed to Color.
FORTY THOUSAND DENTISTS

In a paper read before the New York State Dental Society, Dr. Stowell, a prominent Massachusetts dentist, said:

"The appalling fact that forty thousand dentists, including those who make instruments and supplies, are employed in the United States alone in repairing the human teeth is prima facie evidence that there is something radically wrong. There are people living who can remember the time when dentistry was almost unknown.

Dr. Stowell maintains that "preparations of finely ground and bolted white flour, pies, cakes, cookies, softened in tea, and other foolish and useless conglomerations with white flour as a basis are responsible for the alarming deterioration of the human teeth.”

Tooth enamel contains ninety-five per cent. of phosphate of lime, and bone sixty-two per cent.

In the preparation of one barrel of white flour, there is wasted over forty pounds of phosphate of lime which should have been retained to strengthen the bones and build up the framework of the body.

G. B. Harriman, D. D. S., M. D.,
Boston, Says:

I recommend the Franklin Flour to my patients for it contains the right elements (Gluten) in proper proportions to make good teeth, muscle and brains.

An Irredeemable Sacrifice.
THE DIFFERENCE IN WHEAT.

In the manufacture of Franklin Flour only the highest grade of thoroughly matured spring wheat is used, because this is richest in gluten and phosphates, the properties on which depends the value of wheat as food. Winter wheat is deficient in these essential elements. It contains a larger proportion of starch and makes a weaker and whiter flour, and hence weaker and whiter men and women. For this reason winter wheat is considered best for pastry flour and inferior for bread flour. Genuine Graham Flour is made of winter wheat, because the outer bran (which is ground right into Graham) is lighter in color and not so tough as the bran of spring wheat; but color and quality are to-day not so much considered as price and quantity.

"Graham" flour is frequently sold for less than the price of the same weight of low grade wheat. It is really nothing more than a mixture of bran and cheap flour—yet even this inferior cheapened product really contains more nutriment than much of the so-called high grade white flour.

Consider Its Food Value.
GRAHAM FLOUR.

Graham Flour, even as designed by Prof. Graham, is not really a wholesome product as it contains much that should never enter the stomach, and much which, though good in itself, has not been so milled as to be properly assimilated. The wheat is ground with the woody outer husk (page 12) and its fibrous dusty brush entire. Besides being unclean this outer husk and fibrous brush contain no nutriment, and bread made from such flour is, to a sensitive stomach, very irritating and indigestible.

The use of Graham Flour for the relief of constipation is a mistake. A temporary laxative effect is produced, but only because the alimentary canal is irritated by the coarse particles of bran and of the outer husk referred to above; and its continued use may create a worse condition.

In the Franklin Flour by a special process the wheat is thoroughly cleaned and stripped of this worthless outer husk and the remainder ground perfectly fine.
FRANKLIN FLOUR.

The Flour of the Entire Wheat, as manufactured by the Franklin Mills process retains "All that's good in wheat"—all of its wonderful nourishing and sustaining properties and nothing more, for the first time since the grinding of grain.

It is the entire wheat kernel reduced to a perfect and even fineness, all but the woody outer husk, which is irritating and indigestible. This is thrown away; it is not fit for food any more than the husk on an ear of corn or the skin on a banana.

Dr. Gaillard, Editor of the American Medical Weekly, New York, 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."

All That's Good in Wheat.

10
The fifteen elements contained in a wheat kernel, and mentioned on page 3 are subdivided into four groups thus:

**Protein**—(Gluten).
Nitrogen, hydrogen, oxygen, carbon, sulphur, phosphorus—indispensable constituents in their various combinations of every living human tissue. Makes muscle, tendons and fat. Feeds and sustains the brain and nerves. Protein may take the place of fats and carbohydrates in yielding heat and muscular energy, though at the expense of the tissue; but neither fats nor carbohydrates can take the place of protein.

**Fats.**
Hydrogen, oxygen, carbon, serve to maintain bodily heat and create muscular energy, and are also stored as a reserve force to preserve the tissue.

**Carbohydrates.**
Hydrogen, oxygen, carbon, (sugar, dextrine and starch), make fat and supply heat, create muscular energy—but not muscle.

**Mineral Matter**—(Phosphates).
Potassium, sodium, calcium, magnesium, sulphur, silica, chlorine, florine, phosphorus, iron. Supplies nourishing properties to all foods. Makes bone, teeth enamel, brain and nerve tissue, and the red blood which imparts to the skin the glow of health.

It will be noticed that fats and carbohydrates (hydrogen, oxygen and carbon) constitute about eight-tenths of the bulk of white flour which is very deficient in the protein and mineral matter which constitute the twelve other elements and the chief value of wheat as food. (page 15).

Franklin Flour preserves them all in just the proper proportions.
A KERNEL OF WHEAT.

The following illustrations show the construction of a kernel of wheat, the different layers and tissues and the relative position of those properties which constitute its chief nutritive value.

Fig. 1 shows a kernel of wheat highly magnified with the layers peeled and turned back.

No. 1 represents the outer husk, a tough layer with the fibrous beard attached (see page 9). This is silex (flint) and woody fibre, and is indigestible and unfit for food. This is entirely removed in making the Franklin Flour.

The next layer (2) is the true bran which contains gluten, phosphates and other valuable nutritious elements. The next layers (3, 4 and 5) are rich in gluten and nutritive salts, and constitute that portion of the wheat wherein reside all the mineral elements, the properties so essential to build up and sustain the nerves and tissues of the body.

Its Marvelous Construction.
ILLUSTRATED FACTS.

The remainder (6), constituting nearly seven tenths of the entire kernel, consists of starch and albuminoids, from which is made the white flour of Commerce which is so impoverished and deficient in the very elements most essential to sustain life.

If we make a transverse section midway of a kernel (Fig. 2) and apply iodine to the cut surface of one-half (A), it will take a purple color, iodide of starch, distinctly showing the outlines of the gluten, the most nutritious portion of the wheat berry. If we apply ammonia-sulphate of copper to the one-half, (B), the starch of the centre will not be changed, but the gluten will be colored green by the formation of the phosphate of copper.

Franklin Flour contains all the gluten, mineral and nutritive properties, ground to a perfect fineness, for the first time since the grinding of grain.

Seeing is Believing.
We quote from Bulletin No. 74, issued by the Alabama Agricultural Experiment Station for the benefit of the people of that state. The author is Prof. Lucien M. Underwood, now of Columbia College, New York, who calls Franklin Flour the ideal flour. His tests were made without our knowledge. He says:

"In order to verify the results of microscopic examination and experience, samples of the flour of the entire wheat, manufactured by the Franklin Mills Company of Lockport, New York, together with samples of the best grades of white flour offered for sale in Alabama, were submitted to Prof. B. B. Ross, State Chemist of Alabama, with the following results:

The following barrel of flour (196 pounds) in actual weights; we use the average of the best two samples of white flour for this comparison:

Franklin vs. White Flour.
It will be noted that in the flour of the entire wheat are far more proteids (gluten), fats and phosphates than in the best white flour, while the carbohydrates (mainly starch) remain very nearly the same." (This valuable bulletin has been reprinted by the Franklin Mills Company and will be sent to any address on request.)

**Scientific Authority.**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>FRANKLIN FLOUR.</th>
<th>BEST WHITE FLOUR.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>12.47 pounds.</td>
<td>21.36 pounds.</td>
</tr>
<tr>
<td>Fats.</td>
<td>2.96 &quot;</td>
<td>1.64 &quot;</td>
</tr>
<tr>
<td>Protein</td>
<td>27.81 &quot;</td>
<td>18.68 &quot;</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>150.98 &quot;</td>
<td>153.61 &quot;</td>
</tr>
<tr>
<td>Ash.</td>
<td>1.78* &quot;</td>
<td>0.71† &quot;</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td><strong>196.00 pounds.</strong></td>
<td><strong>196.00 pounds.</strong></td>
</tr>
</tbody>
</table>

*Of this 0.98 pounds is phosphoric acid. †Of this 0.45 is phosphoric acid.
HEALTH AND ECONOMY.

Aside from its palatability and actual nutritive value, Franklin Flour is the most economical food product in the world.

A barrel of Franklin Flour will make from fifty to eighty pounds more bread than will the same quantity of the best white flour, and it will contain from one-quarter to one-half more nutriment and go almost twice as far. (See pages 14-15). The reason is plain enough. Franklin Flour contains about 50 per cent. more protein, and from 60 to 100 per cent. more fats and phosphates, about the same of carbohydrates, but 40 per cent. less water than white flour.

Franklin bread is a rich golden brown, light, spongy and delicious in flavor—and there is a pound of health in every loaf.

Prof. Lucien M. Underwood, Columbia College, New York, Says:

Having personally used bread made from this flour for the past fourteen years, I am prepared to say that I cannot find its equal in nutrition or flavor.

Important Considerations.
MODERN ATHLETES.

Proficiency in any branch of athletics is acquired by a systematic and sensible course of living and training. The aspirants for honors in rowing, baseball, football, wrestling, fencing, boxing, running, tennis, etc., must have strong constitutions and robust health. These form the basis and training does the rest. But what is this system of training?

First—Attention to the diet. Only plain and wholesome food is used. Fresh, lean meats; bread made from flour of the entire wheat—white bread never; potatoes and other vegetables sparingly; no pastry.

Second—Plenty of sleep; eight or nine hours each night.

Third—Regular exercise which develops the strength and muscles needed in feats to be undertaken.

To-day many women as well as men are devoted to some form of athletics and are confining themselves to a plain healthful diet; the result is seen in their bright eyes, clear healthy complexions and strong graceful figures.

Bread made from Franklin Flour of the entire wheat is commended by athletes and their trainers as being a most important strength and muscle making part of their diet.
A REMARKABLE EDITORIAL.

The following comprehensive article appeared in the *American Agriculturist*, September 17th, 1898. For such a splendid, conservative old paper to go out of its way to editorially endorse a food product is very unusual.

White flour is poor food—mostly starch! The best part of the wheat is the phosphates and gluten in the shorts and bran extracted by modern milling processes. Bad teeth, nervousness and general ill-health, so common among old and young, are partly due to the prevalence of white bread in our American households. It is a mistake that costs this people dear in both money and health. The housewife is not satisfied unless her bread is as white as snow, through ignorance of the fact that the whiter it is the less its nutritive value. This fashion has been fostered by the coarseness and bran-like character of the so-called Graham Flour, some of which is only a by-product from the manufacture of white flour. But where the whole grain, after being properly cleansed, is ground together in mills designed for this special purpose, we get a product that is incomparably better than the old-style Graham Flour, is more palatable than the best white bread, is attractive in appearance in loaf or slice, and for actual nutriment is worth far more than the best white flour. One of the pioneers in making whole wheat flour was the Franklin Mills, Lockport, N. Y., whose flour to-day stands at the head. My own family has used no other flour for years, and would not think of going back to white or Graham. I believe that it is doing a favor to our readers to call their attention to Franklin Flour, for once a family gets into the habit of using this whole wheat flour they will bless the editor for thus directing them to it.

Becomes a Habit.
Opinions Worth Considering.

A few specimens from the thousands of letters received from physicians and laymen all over the country.

Dr. Sims Wonders that Everybody does not Use It.

My 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 Marion Ave., New York.

It would make a Wonderful Change.

There is no doubt that the habitual use of your flour would renovate the human constitution. With high respect,

Susan A. Everett, M. D.,
247 West 49th St., New York.

Extends his Thanks for its Introduction.

I have had your "Franklin 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.

The right Elements to make Good Teeth.

Your Franklin 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,

G. B. Harriman, D.D.S., M.D., Boston.
Dr. Cutter in concluding his investigation (see p. 5) says in reference to Franklin Flour:

"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 makes a light, spongy bread. It is also a reliable infants' food.

Dr. Abraham Jacobi, President of New York State Medical Society, commenting on Dr. Cutter's report, says:

"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 New York Medical Times, commenting on Dr. Cutter's report, says:

"We have also found the Franklin Flour the most valuable food for infants as well as the best cereal food for adults. It is the nutrient par excellence, and should supplant white flour in our daily consumption."

In all scientific investigations and analytical comparisons by food experts, chemists and physicians, Franklin Flour has stood at the very forefront.
Read what he Says about
"Forty Thousand Dentists."

The Franklin Flour 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. (See page 7.)


Quality
Never Changes.

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, you ought to supply every family, school and hospital in the land.

T. T. SEELYE, M.D., Cleveland Sanitarium.

Adapted for Constipation and
Impoverished Nervous System.

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.

Worth more than Two
Barrels of White Flour.

We have been using Franklin Flour of the Entire Wheat 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 to the taste, we find it more nutritious and healthful than any other article of food.

REV. A. B. WOODWORTH, Newark, N. J.
In cases of Diabetes
It is a Safe Food.

I have used your Franklin Flour 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.

H. K. OLMSTED, M. D., Jackson, Mich.

No other Flour
Compares with It.

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.

Eighty pounds more Bread
To the Barrel.

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. Its great strength must make it an exceptionally valuable food.

JOHN BERRIE, Vt. State Asylum, Brattleboro.

Germans are Reminded
Of their Fatherland.

I consider your flour most 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.
Alice B. Stockham, M. D.

Author of "Tokology," "Karezza," etc., etc., writing on "constipation" says: "Wheatlet and flour of the Entire Wheat are very useful in establishing a correct habit. In these are preserved the nitrates that feed muscular tissues and the mineral product that nourishes and sustains the nervous system. Of constipation these foods are the natural preventive, as they give the ganglionic nerve centers nutriment, and hence enable them to preside over the functions of digestion. Entire Wheat Flour, Franklin Mills Co., Lockport, N. Y., fulfills these conditions, and is one of the noblest additions to the foods of the world."

Better for Babies
Than Prepared Foods.

Our little Howard has grown from a mere skeleton to a plump and rosy child. Franklin Flour did it after well nigh everything else failed. Before making gruel we boiled the flour wrapped tightly in a linen sack. The inner part, though dry, is thus thoroughly cooked. Henry N. Yates, Chemist, Niagara Falls, N. Y.

As an artificial food for infants the Franklin Flour 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.

Infants Grow
Strong on It.

It makes a light, sweet, wholesome bread, that is most healthful for all. It has been used by my patrons for the nourishment of infants, with complete success.

Simeon Tucker Clark, A. M., M. D.,
Lockport, N. Y.
A Few Reliable Recipes.

The following recipes have been tested and may be relied on to produce uniformly good results. Your favorite old recipes for bread and biscuits, and some pies, cakes, cookies, etc., requiring white flour can be used just the same with Franklin Flour. It takes a little less flour usually and the product will be a little darker in color—but it is a tempting, appetizing color—and the flavor will be a great improvement on what was fine before. Doughnuts, gingerbread and cakes in which molasses is used as sweetening, made with Franklin Flour are perfectly irresistible.

Always Sift Your Flour.

This frees it from lumps, and makes it work light and even 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.

Franklin Bread, No. 1.
Raised Bread.

To make two large loaves or four small loaves: Take two quarts of Franklin 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 let 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.
Franklin Bread, No. 2
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 Franklin 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.

Franklin Bread, No. 3.
Another Way.

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 Franklin 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—Always have the temperature of the oven just right before you put the bread in.

Franklin Bread, No. 4.
Special for Dyspeptics.

Take stale bread, slice it, and place in 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.

Franklin Aerated Bread.

Two cups flour, one cup sweetmilk, two tablespoonsful Rumford baking powder, two tablespoonsful sugar, one-quarter teaspoonful soda, a little salt. Sift baking powder and soda with the flour and mix with the milk, steam 2½ hours, rub a little butter over top of the loaf and bake one-half hour.
Franklin Tea Rolls.

In the morning take three pints of Franklin Flour, rub into it two teaspoonsful of butter. Then add one teaspoonful of salt, two table-spoonsful 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 Gems.

One pint sweet milk, one quart Franklin Flour, one tablespoonful melted shortening, one tablespoonful sugar, three teaspoonsful Rumford 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.

Good results cannot be obtained even with a good flour if a poor baking powder is used, and, therefore, we recommend Rumford Baking Powder as a thoroughly reliable, wholesome powder, and especially adapted for use with our flour. Manufactured by the Rumford Chemical Works, Providence, R. I.
Franklin Griddle Cakes.

Three cups Franklin flour, one teaspoonful sugar, half teaspoonful salt, one egg, two teaspoonful Rumford 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 results from the continued use of all buckwheat.

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.

Superior Infants’ Food.

For an infant from one to six months old, take one pint water to one tablespoonful of Franklin 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. Equally good for older children fed from cup with spoon.
WHEATLET

THE BEST CEREAL FOOD IN THE WORLD
WHY IT EXCELS.  

WHEATLET is made of the same quality of wheat used in Franklin Flour. It goes through the same cleaning process. The woody outer husk and fibrous brush are removed in the same way, and only the naked kernel remains—(see page 12) which is slowly granulated to a suitable fineness.

Many breakfast foods are sterilized or otherwise treated with artificial heat which materially changes the flavor. WHEATLET is not steam cooked and therefore retains the rich nut-like flavor of the wheat in its natural condition.

It is very delicate in flavor and perfectly delicious, in whatever way prepared. One does not tire of WHEATLET as one usually does of other cereal foods.

WHEATLET is peculiarly adapted for growing children, as it contains in a
greater degree than any other products, just the elements essential for the proper nutrition and building up of the muscles, nerves, bones and teeth enamel. You know bone consists of 60% phosphate of lime, and teeth enamel 95%. WHEATLET is rich in phosphates.

It is every mother's duty to her little ones to do her utmost to insure them good teeth—their health as well as appearance depends upon it.

WHEATLET with fresh cream or milk once a day will do much to contribute to this end, besides making the children strong and healthy. WHEATLET is a splendid food for dyspeptics, and those suffering from the ills that follow. It is an ideal food for the strong, the weak, for mothers and their babies.

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, Pres. Food Manufacturers' Ass'n, New York.
RECIPES FOR USING WHEATLET.

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 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.

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 Rumford 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 Rumford 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 moderate oven.

WHEATLET CAKE.

Superior to Johnny cake. One and one-half cups of dry Wheatlet, one cup sweet milk, two eggs, one teaspoonful sugar, two tablespoonfuls butter, two teaspoonfuls Rumford baking powder, pinch of salt. Bake 30 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.

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

SOLD BY LEADING GROCERS.