

WHY SHOULD I BOTHER TO GRIND MY OWN WHEAT FLOUR?

1. Because the fresh whole wheat flour has such a wonderful flavor in bread, cake, pancakes, etc.
2. Because the loss of flavor of commercial flour products is due to the loss of essential vitamins and organic minerals, without which (unknown to me) my health will be undermined until it may be too late to repair the damage.
3. Because I find it impossible to buy bread that has not been doctored up with chemicals to
. hydroscopically hold water so that the bread feels fresh no matter how old it really is. Such chemicals are a violation of the Federal Pure Food & Drug Law – but since declaration of illegality, such bread is not shipped over state lines and the Federal authorities have no jurisdiction within a state.
. act as mold poisons. Sliced bread will mold in warm weather unless doctored with sodium or calcium propionate. If it is poison to mold cells, it must be poison to you. At any rate, it destroys the flavor of good bread. As long as people insist on sliced bread, they will have to put up with this mold poison unless a non-poisonous mold retarder can be found.
4. Because I do not want bleached flour. Commercial flour is bleached to
. keep out weevils. Unbleached flour in warm climates must be dispensed from cold storage. Bugs know good food and soon get into it.
. whiten flour so that it is impossible to tell whether it was made from ripe, dry wheat (which would produce a rich cream-colored flour) or from moldy damp wheat harvested in rainy weather (which would be sold for hog feed because of its dirty gray color if left unbleached). Bleach is an economic necessity to the flour milling industry. It permits the production of top grade flour (white as snow) from almost any kind of wheat. Every wheat grower knows how difficult it is to produce wheat that rates as No. 1 and commands top price. I am told that No. 1 wheat is in demand because it is needed to blend with low grade wheats that otherwise would be too poor to make flour. I never heard of any No. 1 flour.

You can see that if whole wheat flour was made from No. 1 wheat, dispensed from cold storage and made into unsliced bread without softening chemicals that stop waste from stale bread . . . a loaf of GOOD bread might cost 40 cents or more – IF YOU COULD GET IT!

The answer with a LEE Household Flour Mill I can make my own No. 1 flour as I need it – efficiently and economically. A LEE FLOUR MILL ONCE USED IS NEVER ABANDONED!

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