

**THE HISTORY OF BREAD
FROM PRE-HISTORIC
TO MODERN TIMES**

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The History of Bread from Pre-Historic to Modern Times by John Ashton

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JOHN ASHTON

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THE HISTORY OF BREAD



EGYPTIANS THRESHING CORN BY HAND.



EGYPTIANS WINNOWING AND STORING CORN IN SACKS, AND A SCRIBE NOTING THE QUANTITIES

The History of Bread

From Pre-historic to Modern Times

BY

JOHN ASHTON



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PREFACE

IT seems extraordinary, but it is, nevertheless, a fact, that, up to this present time, there has not been written, in the English language, a History of *Bread*, although it is called 'the Staff of Life,' and really is a large staple of food.

There have been small *brochures* on the subject, and large volumes on the Chemistry of Bread, its making and baking ; and long controversies as to the merits of whole meal, and other kindred questions, but no History. It is to remedy this that I have written this book, in which I have endeavoured to trace Bread from Pre-historic to Modern Times.

JOHN ASHTON.



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