

# **A PRACTICAL GUIDE FOR THE CAKE AND BREAD BAKER**

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A Practical Guide for the Cake and Bread Baker by C. W. Schlumpf

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**C. W. SCHLUMPF**

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BREAD BAKER**



# A PRACTICAL GUIDE

— FOR THE —

## CAKE BREAD BAKER,

— BY —

C. W. SCHLUMPF.

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THIS BOOK IS THE RESULT OF TWENTY-FIVE YEARS  
EXPERIENCE IN THE BAKERY. IT CONTAINS NO  
RECIPE WHICH HAS NOT BEEN TRIED AND  
PROVED PRACTICALLY TO  
BE CORRECT.

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BEST & COMPANY,  
PRINTERS,  
PITTSBURGH, PA., 1884.

## PREFACE.

In presenting this little volume to the public the Author does not seek to set himself up as a teacher *par excellence* of the arts and mysteries of the kitchen and bakery. His only purpose is to give in a plain straightforward manner such hints and instruction as will materially aid and assist those whom duty may call, or inclination prompt to the preparation of "Creature comforts" either for the general public or those of the household.

To prevent any misconception of the author's meaning in setting forth the ingredients used in the various recipes, his constant aim has been to secure brevity and conciseness, thereby preventing mistakes, loss of time and material if not serious disappointment.

Conscious of the rectitude of his intentions and with a practical experience of more than a quarter of a century in the workshop, where he has put to actual test all the recipes contained in this little volume he feels justified in sending it forth upon the uncertain sea of public opinion in the hope that it will at least have an equal chance with its more pretentious competitors whose chief claim lies in handsome binding and abundance of theory.

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# Bread & Cake Baker's Guide.

## PRACTICAL LIVING.

The main cause of bad baking and cooking lies in the failure to recognize the fact that baking and cooking is an art, and like all other arts must be acquired by study.

Most women possess the elements necessary to attain excellence in baking and cooking—patience, a nice sense of taste, and a sort of intuitive judgment in selecting materials, and as they also have a controlling influence over their households, every mother should study the physical as well as mental welfare of those intrusted to her care—this she can accomplish in a very great degree by care in selecting and preparing food for the family table.

Only good and seasonable material should be used in baking, and cooking, and particular attention should be given to that food which will give most vigor, strength and elasticity to the body.

The need for good substantial food is seen in the fact that the human body is composed of organic substances which are continually changing by waste and renewal during life.



Loss must be counterbalanced by gain in an adequate manner. Loss of organic matter is twofold, by respiration and perspiration.

Every part of the body is in a constant state of change, the food we eat, and the air we breathe are converted into the natural ingredients which make up our tissues. While on the one hand we are thus constantly supplying ourselves with materials for repair and growth; on the other there is steadily going on within us a process of waste.

A combination of carbonate, water and oxygen enables us to breathe, and at the same time will purify the blood.

Carbonate is the fuel of the body, is burned up by oxygen from the air, and by such process all surplus of carbonate matter is wasted by breathing, and the blood derives its heat and pure state.

All nitrogen derived from animal and vegetable fat is partly consumed by breathing, does not combine readily with oxygen, will not burn, and what is not consumed in breathing goes into the blood and is called the blood builder, which is the renewer of our physical organism. The process of breathing is not entirely limited to the lungs, but takes place to a certain extent through the skin.

The process of perspiration goes on without our aid or will and is affected by variations in temperature, by exercise and by various nervous conditions. The vast number of sweat tubes in the human body said to reach

the enormous sum of seven millions, serve not only to regulate the temperature of the body, but also furnish an outlet to the products of the waste of the system and thereby aid the kidneys, which are liable to become disordered when anything interferes with the action of the skin.

"Sanctorius tells us that almost five-eighths of what we consume goes to waste in such manner."

Food may be divided into two classes—that which warms us, and the other that forms us. Articles of food, that are rich in carbonate matter, such as animal and vegetable fat, are called the fat-builders, such as starch, gum, sugar and milk. They keep up the heat of our body, and make building matter either blood or muscle. Such vegetable and animal fat, as is not wasted by breathing, serves as a fat-builder of the body. Therefore articles rich in nitrogen and poor in carbonate are good blood-builders, such as fibrin of animal and vegetable matter, called Albumen, and are found in coffee, tea, cocoa, fibre of chicken meat and flour. Articles which have sufficient blood-building matter are milk, eggs, graham flour, cereals, coffee, tea, chocolate, mushrooms, fat meat and green vegetables.

Such articles as have predominating blood-building matter are lean meat, cheese, oysters and snails.

With the help of proper knowledge, in baking and cooking, such combination of articles can be used as will

produce good nourishment and harmony in our organism, which is the real art in preparing food.

Different climates and seasons require different food ; also, age, temper and condition of life are to be considered. Cool climates and seasons require stronger food. The air is more impregnated with oxygen, which makes breathing faster and more complete, hence there is more waste, consequently they will have to be replaced and food is better digested.

In warmer climates and seasons, when breathing is not so fast, and perspiration freer, fruit, vegetables, frozen creams and custards are better relished.

Different ages and conditions in life need different modes of living, as long as the body is in a growing state, food should be richer in substance, because there is more and faster renewing required, and that has to be supplied in accordance. Where in a more mature age, when waste is not so fast, it needs only normal renewing.

In very old age, where more waste takes place, very easily digested food is required and of normal richness.

Also, different callings in life require different diet.

People that are engaged in hard out-door work require a more nutritive quality of food, prepared in more substantial manner, than those that are engaged in mental or in-door work; they breath faster, waste more and digest faster.