

Women's Features

# Brown Bread Vs. White Bread

By EDWIN X

For centuries the basic food for civilized man has always been some form of bread. It is also true today, not only because a few small pieces prove tasty when dropped "accidentally on purpose" in hot gravy before reaching the mouth, but rather because of its high nutritive power and cheap availability has earned the reputation of developing hard bone, firm flesh, and stabilizing the health of those who respect its qualities and use it wisely.

The integral mainstay of the Muslim diet is likewise bread. But in contrast to the nation's developed palate for white bread, Messenger Elijah Muhammad urges the Muslim to develop a taste for the brown, sweetish, home-baked whole wheat bread as their "staff of life."

He insists that it is almost impossible for so-called Negroes to convert their historical set-backs into future progress without the mental dexterity and physical stamina that selective eating and righteous living have proven to achieve and maintain.

"Bread made from the whole-wheat grain and germ has established its worth, but there is much to be desired in behalf of white bread," one might overhear the young food instructor of the M.G.T. and G.C.C. say to the class. (M.G.T. means "Muslim Girls Training" and G.C.C. stands for the "General Civilization Class" established for all female Muslims.)

**White Bread Not Of Nature**

"The unrefined grain of wheat from which white bread is made is brown—not white," the teacher would continue. "Nature has never produced a single grain of white wheat. By a process of elimination, white flour is produced from brown flour by much refining, sifting, and bleaching.

A hand raises and a young mother asks, "Is there an actual difference in the food value between white and brown bread?" "Yes there is, and the whole process is easily understood," assures her teacher. The original brown grain of wheat contains 12 mineral salts vital to health.

These salts are in the brown outer skin (the bran), the cells just underneath the skin, and in the wheat germ or seed. Calcium and phosphorus that build and help replace bone cells are two of these minerals.

"Iron, potassium, chlorine, flourine, sulphur, magnesium, and manganese that are so vital blood cells, body cells, and the delicate life process are the others.

Three-fourths of these minerals are eliminated when the brown skin, the cells just underneath the skin, and wheat germ are removed by grinding between heavy rollers. Only the white starchy cells and the gluten (which give the dough its elastic quality) in the inner core of the grain remains."

**The Bleaching Process**

"Do you mean that the white bread I have been eating all my life was made from flour with only starch and this uh-uh—Gluten!" The instructor obliged to assist the new Muslim sister in asking her question.

"You can get energy and some food value out of what is left. Protein, fat, and vitamin are in the starchy cells and gluten. But the flour has yet to be bleached. Bleaching chemicals and gases like chlorine, a form of peroxide (benzoyl peroxide) and nitrogen (tetroxide destroy the vitamin."

The bleached flour is then sifted and graded through fine bolting silks. And just as dough loses a portion of its nutritive properties each time it is moided, this extra handling has its toll on the food properties in the flour. What is left is the

white flour for white bread, pastries, crackers, macaroni, spaghetti, and noodles.

**Thrive On It**

It has been proven that chicken, guinea pigs, white mice, and monkeys thrive on unrefined wheat indefinitely. But chickens, guinea pigs, white mice, and monkeys fed on an exclusive diet of white bread perish in from five to seven weeks. Is there no wonder that white flour has to be enriched? Allah (God) has put into the grain the food value necessary for human health. It only asks to be let alone. This is why Muslim women are advised to bake brown bread for their families.

You may purchase whole wheat bread if the label states that vegetable shortening, not lard or animal fat, was used in its composition. And of course, you may use white flour for some of your "sweets" and crusts since pastries do not form the bulk of our diet.

**Reference to The F.O.I.**

Inside knowledge of food is not restricted to the women classes solely. The amplified voice of the male instructor booms through the loudspeakers to an attentive audience of the Fruit of Islam Class for male Mus-

lims.

"Millions of dollars are spent annually extolling the virtues of beautiful but anemic white bread products," the Muslim instructor says, "more interested in presenting to the class the financial aspects of the baking industry. Mountains of denatured biscuits, nutritionless cakes, and oodles of foodless noodles are swallowed annually by the consumer.

"But the public, far removed from the facts of nutrition, pays for their ignorance and disinterest by suffering from malnutrition, though their stomachs are full, and from increasing disease in the face of advancing medical science."

**Not Now-A-Days**

Each year the sale of food supplements, pep tonics, and tons of vitamin pills, are produced to fill the nutrition gap caused by eating food from which too much nutrition has been removed.

The Messenger, Elijah Muhammad, advises us which foods are healthful and to be selective as to its quality.

"Can they fool a Muslim?," the instructor asked broadcasting the question in general.

"Not now-a-days," echoed the unanimous reply. "I don't know about that," the instructor chuckled. "New profit-making tricks are invented every day. You'd just better keep up with the consumer news and guides for information on the products and even then be sure to use your own good judgment.

**Brown vs. White**

"I've heard it said that white bread is easier to digest than brown whole wheat. Is this true?" asked the standing young man.

"This is the argument offered to defend the removal of food value from flour in rendering it white," answered the teacher. The theory is offered that the re-

(Continued on Page 27)



Dr. Rachelle Rice Burton is a United Nations Correspondent, news editor, and prominent New Rochelle civic leader and world traveler. New Rochelle so-called Negro leaders are involved in a fight to integrate the schools of their area. A veteran civic worker says the white "liberals" have really embarrassed them with intent to maintain white-only schools in the Empire State of New York.

## KITCHEN IS OUR MEDICINE CABINET

By ALICE 3X

Is there a cure for arthritis, cancer, highblood pressure, etc.?

Which one of these gives you the most trouble?

You probably have all three and some others that you are not aware of.

What is the CAUSE? There can be only one answer: POOR DIET.

Mr. Elijah Muhammad teaches us that the kitchen is our medicine cabinet.

Here we have two menus. The

Muslim menu has vitamins A, B1, B2, C, D, Niacin, Phosphorus, Calcium. The typical so-called Negro menu has only two vitamins A and B2. The rest of the meal has no food value.

NEGRO MENU	MUSLIM DIET
Baked Ham	Bean Soup
Collard Greens	Baked Lamb
Candied Sweet	Turnip Greens
String Beans	Carrots
Hots Rolls	Tossed Salad
& Butter	Ripe Olives
Pickles	Pickles - Cheese
Stuffed Olives	Milk or Coffee
Nuts	Whole Wheat
Apple Cider	Bread
Wine or Coffee	Carrot Pie
	Assorted Fresh Fruit

## Should Women Wear Pants or Dresses?

By WILMA ANN

Go visit a supermarket on any Saturday in most places in North America. Stand at the check out line and look at the feet of the patrons. What do you see in great numbers? Flat shoes . . . now, moving your eye level up, stovepipe pants, sheepskin lined jackets and bobbed hair-dos. Holding a child by one hand and a cigarette by the other. Not even a pocketbook in sight. What matter of contradiction is this! Is Father doing the shopping? No . . . that's Mother.

She'll remain that way all day Saturday and in some instances many days of the week. Wearing the clothes and acquiring the actions of a man.

At other times like attending church on Sunday and other social events she will wear feminine dress but with masculine actions.

**ASSUMES MASCULINE STANCE**

It is difficult to stand, walk and sit like a woman while wearing men's clothing. Every free moment the modern free woman gets she takes on this masculine dress and little does she realize masculine role. Is this easy modern living? Or easy modern murder of womanhood.

Everyone agrees that a tom boy is a person who wears boy's clothing and plays a little rough. What do you call a woman who wears men's clothing and acts a little rough? A tom boy will grow out of it, so they say. What hope can we hold out for a woman

with three children of her own? **ALL ADMIRE GRACEFUL WOMEN**

By contrasts, study the grace of a flowing full gown. Everyone is all admiration for a graceful woman; a feminine dainty woman in soft fabrics. Turn the two pictures over in your mind. Which one would a man admire more, act more chivalrous toward and attentive to?

How would you as a woman, regard a man who put on a dress now and then? How do you think he regards a woman who dresses in pants occasionally?

A woman's desire is a real masculine man. A man wants a

feminine woman . . . Who wears the pants in your family???

## HOUSEHOLD HINTS

It is not always possible for every woman to have a gleaming, stainless steel kitchen, but you don't have to have one to keep it clean.

The market is full of soap and scouring powder to aid the homemaker.

Remember, grandma used ashes and sand to clean and scrub her kitchen, and you could eat off of the floor.

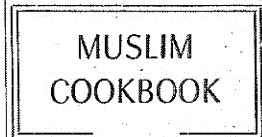
You can't always paint your kitchen every year, so when you do, choose a restful, cheerful, color, to put you in the cooking mood.

Curtains should be changed once a month. Two sets of curtains can be made for 59c a yard, totaling \$5.90, perhaps less.

Now we are ready to cook on a stove that has been thoroughly cleaned . . . (to be continued next issue)

We were taught to eat the wrong food during slavery. Mr. Muhammad is here today appealing to the wives and mothers to provide better food for your families, to cure them of ill health.

Read in your bible about the HOG and other unclean meats. (The 9th chapter of Leviticus.)



**CELERY WITH LAMB**

- Small bunch of celery
- 1 large onion
- 1 lemon
- 2 lbs. lamb meat
- 1 clove of garlic
- Salt and pepper.
- Cut lamb in the usual cubes and brown with onion. Cover water and cook with low flame until nearly done. Cut celery in small cubes and add to meat. Pound garlic, squeeze juice of lemon, mix with seasoning, add to meat and allow to simmer for a half hour or until done. Serve with rice.

**We Must Make Jobs For Ourselves!**