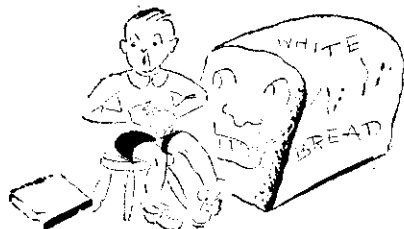


STANDARDS FOR BREAD

(Written for "The Listener" by DR. MURIEL BELL,
Nutritionist to the Health Department)

IT is very satisfactory to know that a number of anomalies which formerly existed with regard to bread have been rectified by a very representative committee appointed by the Standards Institute. The anomalies were in respect to the weights of bread and types of loaf. The new regulations have served not only to protect the consumer but also to effect a saving in manpower by a reduction in the varieties and shapes of loaves.

The new regulations relate to the sale of white, brown, wholemeal, germ, and special breads. Any customer who orders a 2lb. loaf 24 hours or 48 hours in advance is entitled to get full 2lb. weight. Those who do not take this trouble may find that all that is left is a loaf weighing 28oz. (or 14 oz. for the split half). When a customer asks for a 100% wholemeal loaf, he is



entitled to get it. If he merely asks for wholemeal, the baker is permitted to sell him a loaf containing not more than 10% white flour and not less than 90% of wholemeal flour. The concession of 10% white flour facilitates the running of the bakehouse; since 90% of the bread demanded is white bread, it is easier to use the one lot of leaven for both wholemeal and white bread, and the 10% of white flour allows the baker to use white flour for making the sponge. From the nutritional point of view, this 10% white flour does not make very much difference.

The person who asks for brown bread is entitled to be given a loaf which contains not less than 60% of wholemeal flour. Wheat germ bread must contain not less than 5 parts of wheat germ per cent by weight.

No Colouring Matter

Formerly, one frequently heard people say that "brown bread was only white bread coloured with black-jack or caramelised sugar"; they cannot say that now, for it is no longer permissible to add colouring matter to bread.

All of the above loaves must weigh 2lb. except the split loaf, which may weigh 28oz.; and it is an offence to bake the loaves to any other weights than these.

Six shapes of loaf are allowed in any one district. It is essential to bake two shapes—the raised pan and the sandwich loaf; also the long tin loaf and the split loaf are obligatory in any district. Two other shapes of loaf, as approved, bring the total choice up to six shapes.

Prior to the regulations introduced by the Standards Institute, an enormous variety of fancy loaves, ranging in weight from 10oz. to 16oz. for the small size and from 20oz. to 32oz. for the large size,

were on sale. The term "special loaf" has now replaced the term "fancy loaf" for this class of bread. Special brands must be baked in loaves weighing either 1lb. or 1½lb. Here are a few examples: rye bread must be all rye; rye-wheat bread must contain 75% rye flour; milk bread must include 6% of milk solids. Vienna bread must conform to one formula and must weigh 11oz. or 1½lb.



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