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Letter, Jane Grey Swisshelm to H. C. Burbank [March 31, 1882]

Jane Grey Swisshelm

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Jane Grey Swisshelm to Mrs. H. C. Burbank March 31 [1882]

[Mitchell Papers -- A.L.S.]

Chicago 448 Hubbard St. March 31.

My Dear Niece

We are troubled about your being sick again & as I want to say that, if it is neuralgia of the stomach you will never get over it until you quit eating fresh bread & underdone bread & cake of all kinds & descriptions. The bread for which you expressed preference here was such as you should never taste, soft & spongy-stuff you can take between your finger & thumb & roll into pellets smoothe [sic] as putty. Your bread should always be what you call double baked, i.e. baked until it cannot be reduced to paste. The nations of northern Europe bake all the water out of their bread; & France nearly all. We are the only people on Earth who eat dough, & with us dough is a steady diet, dough hot & dough cold -- dough sweet & dough minus shugar [sic], dough with raisins in it, & dough with the raisins left out, bread dough biscuit dough pound cake dough, sponge-cake dough, white cake dough marble cake dough. With forty other varieties of dough besides doughnuts always certain to deserve their name. We live on dough dote on dough, die of dough & raise no end of dough men & women. Now, your stomach never can be healthy until you stop eating dough. Henry will never be well until he stops eating dough. Have your bread baked, no[t] burned, not cooked to a very dark brown, but made into small loaves & baked through & through until when you break off a bit of the crust & press your finger on the soft part you cannot leave a dent, it being like a sponge & resuming its form when the pressure is removed.

You will probably disregard my warning & if you do you need not hope for health.

I send the enclosed to you because I do not know Stephen's address. He wrote to Zo & did not give it. You may read the letter if you like. Zo is busy making over that brown-green silk you gave her; & it is a lovely color. Earnest comes home tomorrow & goes on Monday morning, do not know if we can move before May. She joins in love to Henry & you. Was'nt he good about your visit.

Aunt Jane.