

## AT LETTER

Wheaten or rye in combination with rye wheats  
or rye wheats, the former are especially if dry and  
the latter if moist, are the best for making  
a good flour. The best flour is made from  
wheat, rye, and barley, and is called "three  
wheats". It is made by mixing equal parts  
of each, and then passing it through a  
fine sieve. The flour is then dried in the sun  
and is ready for use.

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