







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
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9572
RECIPE WHICH HAS NOT BEEN TRIED AND
PROVED PRACTICALLY TO
BE CORRECT.

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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.

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.

“Our scientific men tell us that a grown man needs daily seven pounds of food, which would produce one-quarter pound of blood-building matter, one-sixth pound of fat, one-half pound of salt and six pounds of water, which can be produced from one pound of meat, two pounds of bread, and the balance of water.”

The best food is a mixture of animal and vegetable. If only one kind be adopted, as our vegetarians want us, it would not create a harmony, neither would it be economical or pleasant living.

For example, if only bread be consumed it would produce too much carbonate matter and not enough nitrogen, and if used in excess would well produce fat and liver disease.

If only meat be consumed it would produce too much nitrogen and not enough of carbonate matter, and would bring on an over stock of blood, hence gout and inflammations would be the result.

The above shows how useful such studies are, and should be of great importance to every person who has a regard for good health.

The kitchen should be the mother's laboratory, where only such materials are used as will create good and wholesome food, and if economy is exercised the poorest people can produce food that will give physical strength and health, and are only such, if consumed in a clean and frugal manner. Anything used in excess will produce misery and disease.

A drunken or gluttonous person is hardly ever fit for good physical or mental work, where frugality is a great factor for health, strength and elasticity of our body.

To be moderately frugal in eating and drinking is the true secret of health, a keen zest for a long life's pleasures and enjoyments, while gluttony and drunkenness will just as surely result in a diseased body and mind, rendering miserable the unhappy owner.

VARIETY IN FOOD.—Refinement is not shown in manners and dress only, but in the choice of food as well, and one need scarcely say that the kind and quality of food has a great effect on the characteristics of man or woman; an uncultured person will eat the same kind of food day after day, desiring nothing different, becoming daily duller and more careless of the finer parts of life; with him anything which produces strength is all sufficient, his brain needs but little to supply the waste, his muscles are far more important. But to one of more refined nature variety is essential to health of body and mind, the delicate frozen creams and custards, with fruit and cakes are as necessary as the more heavy food of meats and vegetables.

When we have taken great care in selecting a good variety of food necessary to maintain life, then we are only half supplied with what is necessary to exist. It is of greater importance to know what we are able to digest than what we are able to consume; to do

that properly a good supply of air, light, heat, sleep and electricity are necessary, and are as essential to life as food; they assimilate what we have consumed, and consequently supply what we have wasted through physical or mental exercise.

“OUR DAILY BREAD.”

From the different kinds of cereals, such as wheat, rye, barley, peas, Indian corn, buckwheat and beans, we gain our bread, and on account of their chemical composition we gain a nourishment almost equivalent to milk, and of its natural qualities we can eat it several times a day all through life without becoming adverse to it, therefore we call it “Our Daily Bread.”

The culture of wheat and other cereals have engaged the human family as far back as we have a history, and on account of its peculiar and well adapted qualities for stability, has been the beginning of business or commerce between man and man, and has resulted in speculations then as now-a-days.

In regard to consuming it, the stalk or straw it grows on supports its kernels until matured and ready to eat, as trees their fruit. It not being fit for consumption in its crude state has compelled all races of people to pound or grind it, and mix water to it to form a paste, and to bake it either in the hot rays of the sun, or on hot stones, or by the fire, which is yet a general practice among all uncul-

tured races of people. If we trace history we find that baking bread kept even steps with other cultures of arts, and people began, what they thought an improvement by bolting to make fine flour until they had fully separated the bran from the flour, as we have it this day.

Some of our vegetarians and chemists say that it never was an improvement, only waste. Dr. Liebig tells us in his letters on chemistry, "to separate the bran from the flour is a waste of food, and for the object of nourishment it is rather more harmful than useful." Also, Prof. S. Graham, a vegetarian of great prominence, observed that people in Eastern States that consume most fine flour are not as healthy and as strong as their brethren in the far West who consume cereals in a more crude state, and he thinks, poor teeth and blood and billious attacks are the result, hence unbolted or Graham bread is the best.

But the case is not so alarming. Now, our latest improvements in patent milling will give people sufficient blood-building matter, called albumen or gluten. To satisfy our vegetarians, it is a fact, a little bran left in the flour will help our digestive organs, and at the same time, we would not waste so much of the best parts of the grain, but our red spring wheat helps us, for it is small in size, but solid, and if grown in good soil has all necessary properties to make good, substantial bread.

If wheat is milled properly it will help baking considerable, but most bad bread is over-yeasted, and that robs the flour of its natural endowed nutty and violet flavor, and gets acidous and dark from bad treatment, and often is not baked enough, then only eaten when warm, is required to fill the bill of illhealth, then we have all these diseases that Prof. Graham tells about, how much pain is really suffered by not procuring wholesome bread. Most women set their sponge before going to bed, hardly ever pay any attention whether the night be cold or hot, and think very little about their sponge until morning, when they find it to be too far gone and in its third or last stage, when it would be far better they had no sponge at all for their stomach's sake, but it will be mixed up and eaten, and the natural results can be read on the consumer's faces.

In warm weather sponge should never be set in the evening, unless it be late, and flour be of good, strong quality, or set very cool; only under such conditions should such work be allowed.

If the wheat is grown in poor land, and should receive such unthoughtful treatment, then better people would not eat such bread at all; it is not fit to eat, even for animals. Too much solution in "feeble" flour is bad, consequently bad bread.

Well treated and sound baked bread is good, no matter what grade of flour is used, of course it will make bread

in proportion to quality of flour, but it will be wholesome nevertheless.

It cannot be denied that real fancy white flour is not as nourishing "and more so, when it has a blue cast," as a darker looking flour with a yellow cast; the cast has nothing to do with milling, that lays in the wheat, but if flour is taken from the whole grain, and not so closely bolted, which will give flour all the properties that can be reached, it will always produce good bread, and is easier digested, therefore do the Germans rather prefer rye bread, it has more gluten, and is generally baked thick-crust, which makes the most nourishing bread for the least money, and rye has a different effect on the human organism than wheat flour.

French, German and English chemists have been busy with one another for the last ten years to settle old disputes, what combination of cereals are best adapted to make the most nourishing and substantial bread. Experiments and counter experiments are tried with ferment and without, with salt and without, and different kinds of ferments, and they have all come to one conclusion so far, "that the whitest looking bread is not the richest in albumen, only starch or heat-giving matter, and that is often of poor quality," which should teach every person that strong nerve and blood is only found in good bread, and that we often give our animals the best part of the grain and keep the worst part for ourselves, just for the sake of eating white bread.

In the Warasdin mountains "Croatia" bread is baked from buckwheat and an admixture of chesnut meal and milk, which makes bread as dark as a stove-pipe, but the people are hardy and of excellent health. In the lower part of that country they eat bread made of a mixture of Indian corn and wheat, and some have a little bean meal with half sour and the balance of sweet milk, which also makes very strong and good bread.

In Hungary bread is made entirely of wheat flour, mixed with sweet milk, but flour for general use, the coarsest bran is taken out, which makes bread similar to the French army bread. In the western part of France, half wheat and half oatmeal is made up in bread, which is very good, but when a couple of days old gets crumby and short. In the Voge mountains in France they mix wheat, barley and bean meal together, and it makes very strong bread; is baked in very large loaves.

In Southern Germany, rye and wheat flour is generally used for bread, sometimes pea meal is added, which also makes good and substantial bread. In Northern Germany they take whole grain and bake it so hard that bread will keep for almost a year, which is called "Vompernickel," and still further North, loaves are almost omitted, and only small cakes are baked for immediate use.

Such is the making up of "Our Daily Bread," which is always good, if properly treated and cleanly made.

USEFUL INSTRUCTIONS.

With constant practical observations, by using good materials in a clean systematic way, and by adhering to a few well tried rules which are herewith appended, conformity to these will prevent many if not all mistakes in baking.

Use only good materials, if good work is required, and more particularly in using sugar and flour; sugar that is adulterated—(for proof see my test for adulterated sugar) cannot be used with success in baking cakes; it has confused the best of bakers, and has spoiled a great deal of work. It makes cake dough sticky, requires too much flour, and ends in making cakes tough and hard.

Butter should be fresh and well washed to extract the salt; when intended to be used for cakes, where chemicals are applied in summer, ice water should be used. Buttermilk is better than either sweet milk or water in cakes where molasses is used, provided your chemicals are dissolved in water.

Milk or water intended to be used for cakes, pies or tarts should always be iced in summer time, it makes better and easier work.

To bake good looking cakes, fresh eggs are required.

Eggs should not be kept where it is damp. Whites of eggs should be perfectly fresh, and in cool state when

required for meringues, macaroons, puffs, icing and for ornamenting cakes.

All chemicals should be kept in dry places and well corked.

Baking soda and ammonia should be well powdered and dissolved in water, when prepared for use. Baking Powder and cream of tartar should be sifted in flour and well mixed in the flour to prepare for use.

Spices should be strictly pure, kept in a dry place and well covered, and sifted in flour, when prepared for use.

Flavoring extracts and oils should be kept in colored bottles or wrapped in colored paper and kept in a dark place.

Lemon flavoring in baking—"lemon oil is best," and vanilla beans, simmered in water, is best for ice cream or custards.

The whiter and softer the flour, the better for pastry. It should always be sifted before using, and should never be kept near coal oil, onions or salt, nor in a damp place.

Salt should be of good quality when intended for bread, and should not be used in excess; it will check the activity of fermentation, and is neither healthy nor pleasant eating. Water should be soft for preparing yeast, it will keep better, and should not be too hot when used for bread dough, neither should it have boiled.

Cleanliness is the greatest factor in keeping yeast well, and should be strictly adhered to. Flour, water and yeast,

when put together for sponge or dough, should be of even temperature.

Dough of all kinds, and in all conditions, should not be exposed to the air.

Excessive use of yeast will make bread dark, crumby, sour and unfit to eat.

When sponge is old, the dough should be used without delay, and well baked.

Tin pans are not well adapted to set sponge in winter time, wooden bowls or troughs are better.

Ovens should be evenly heated, bread will evaporate better.

You should have everything ready before putting your hands in cake dough; never be in a hurry when baking cakes; keep company away, and mistakes will be few.

If doughnuts are not wanted very greasy sift one ounce of corn starch to one pound of flour.

After baking doughnuts, lard should be emptied into another vessel for cooling and to settle; let it stand thirty minutes, then replace it again in its proper vessel for further use.

These are the most needed practical rules to be observed, and are great factors in baking, and will be a benefit if strictly adhered to. Always get yourself well posted before practice, and mistakes will be avoided.

SHAPES AND FORMS.

Since time has fashioned constantly varying shapes and forms and names of cakes and bread, no person can tell what shape and form will be in the future, but in their present multifarious state which is only the products of improvement of the past. Semmels, Wecke, Bretzel, Kongleouph, Krullers and Kipfel are all of fermented dough, and are of German origin. They have an admixture of sugar, eggs, milk, butter and often currants, need therefore stronger, or more yeast is required; in most cases brewer's yeast or a sort of dry yeast is used similar to our patent compressed yeast; these cakes are generally small sized, like our rusks and buns, and serve the same purpose. Kipfel, one of the best breakfast cakes, is shaped in half moon form, in commemoration of a baker's apprentice boy, who saved the city of Vienna from explosion when undermined by the surrounding Turks, is therefore an exclusive Vienna production, and is consumed in great quantity.

Kaleshca is a Slavonic name for a large size fermented cake, with admixture of eggs, butter, and all sorts of domestic fruits, similar to our fruit cake, is extensively baked for Christmas holidays, and is ate as bread during that time, which lasts "a whole month," and is known in all lower Danubian countries.

Buns, rusks, scones and crackers, are of Scotch origin, and are all fermented. Cakes have also an admixture

of butter, sugar and sometimes currants, and are made in all conceivable shapes to create variety.

All heavy sugar cakes are of French origin, and are all raised with chemicals on account of their heavy admixtures of sugar, milk, butter, molasses, honey and almonds, and generally go by the names of drops, jumbles, nuts, snaps, jelly rolls, puffs, meringues and macaroons.

These are divided again in different kinds of shapes and flavors, merely to create a variety to suit the taste.

Biscuit is also a French cake, is generally baked to crisp, for the use of sick people.

What is called lady fingers here are also called biscuit in France.

Crackers are at present all made by machinery on account of their dry mixtures, and worked through an iron cylinder made like a clothes wringer, and cut as fast as the dough comes out, and baked very rapidly.

Only of late years has machinery been introduced in baker's work to replace the old laborious style of hand-work. In connection with crackers, bread rolls and biscuits are manufactured in quick and rapid style, and fermented processes are, in some cases, omitted and chemicals applied to save labor and time, but the main principles in ordinary baking have changed but little during the course of several generations.

Shapes used in baking bread depends largely on the taste of the baker, but small or narrow loaves are the best,

so the heat can easily penetrate them and causes good evaporation, which makes bread sweeter.

French and Vienna bread if properly baked is the best in the world, on account of being made into narrow loaves, and quickly baked. In Paris they make loaves six feet long and only four inches in diameter, and free from contact with each other in the oven, which gives chance for rapid evaporation, making the bread sweet and palatable, so in Vienna bread made for sale never weighs over one and a half pounds—the loaves are cut a half dozen times across on top before being put into the oven, to give room for expansion caused by evaporation and are baked in the same way as French loaves. Vienna loaves are sometimes formed into rings so as to give a better chance for evaporation.

In Germany large loaves are principally the rye or common wheat bread, which is fermented with leaven or sour dough left over from the previous baking, such dough receives a different treatment from fancy white bread: when the dough is finished water is thrown over it and worked in as hard as men can work it.

Dough troughs are generally made out of one piece of stone. I have seen one a hundred and fifty years old, and in good condition yet.

FLOUR.

Good flour will, in all cases, be the main factor in baking good bread. "Feeble" flour, for example, needs very brief treatment, which means the sponge and dough process should be of short duration, and should not suffer much solution—should be treated, what bakers call kindly—in other words, as soon as the sponge is beginning to fall, it should be turned into dough, and the same from dough into shapes or loaves, then, if baked in pans, should have full time to rise; bake well in moderate heat.

Sponge and dough should be made stiff, and can be a little more salted than strong flour.

"Feeble" flour produces less gummy matter during the dough process; is consequently not so rich in elasticity, has less flesh-forming matter, called fibrin; more heat-giving or starchy matter; therefore, it needs stiffer sponge and dough, because it does not absorb as much water; it makes white bread, however, if properly treated but it does not give us as much flesh food or albumen, it is only beauty. If an admixture of stronger flour is given, then it will improve. Bakers generally use it for Pastry or beauty, is very easily detected, when flour gains moisture, during fermenting processes, it is not inferior flour, because it is taken from the best of wheat, but from the centre of the grain, which gives it beauty and softness, hence "feeble."

Strong flour is just the reverse of "feeble" flour in looks and vigor, and is taken closer from the inner side of the bran or the wall of the same grain as "feeble" flour comes from the heart, and the other from closer to the hull, which makes strong flour.

Strong flour absorbs more water, which requires different treatment; dough and sponge is made softer, it will gain dryness during the fermenting process, and is therefore more profitable, has less heat but more flesh-forming matter, called albumen, is consequently more nourishing, is cheaper, if it does cost more, and is better adapted for bread, while "feeble" flour is better for pastry or beautifying strong flour, if taken from red spring wheat.

If extremes in quality of flour are taken, one from the white of winter wheat, and the other close to the hull of red spring wheat, and if both are mixed together, will generally make good bread, because what one extreme lacks, the other has in excess, and through such mixture harmony, beauty, strength and nutriment will be produced. The strongest grades of flour are made from spring wheat and are divided into three grades, "fancy," taken from the heart of the grain, "baker's," taken from close to the hull, and "straight," called patent is made from the whole grain. The "fancy" is generally used for pastry or family purposes, or fancy crackers, or Vienna rolls, or French split loaves, or English twist. "The baker's" is used by bakers, and mixed with some other grades, some times five differ-

ent kinds are put together to create a bouquet, and will, by mixing together, create good bread, and secure more safety from failure.

But these three grades will shade off again in different sub-grades too numerous to mention, and the same thing is found in flour made from winter wheat.

Inferior flour is different from "feeble" or strong flour. It is made from inferior wheat, grown on poor land in wet seasons, ill-matured by wet weather in ripening time, some times sprouted, the grain has lost its germ, has nothing left to ferment with, consequently has no vigor, or is often spoiled by neglect in sweating time, which brings the quality down, then after the miller gives it another kick and down it goes, like everything else that has a downward march.

Such is inferior flour, and needs, therefore, no treatment at all; it is already treated to death; such flour is generally used for common crackers, because the germ is often gone, can fight no more in the fermenting process, and chemicals are applied as the last resource.

Inferior flour has to be mixed very stiff, and common crackers need such material, because the flour is naturally sweeter, like malt, where sugar can only be extracted after it has germed, and dried again before it is used.

YEAST.

The following is an excellent recipe for making about two gallons of yeast :

Boil a half dozen good size, ripe potatoes ; when done, put in a small bag two ounces of good hops, let these boil about five minutes ; (that boiling longer is necessary is an exploded theory) then scald a handful of flour with this hop water, work it well to a paste ; then thin it out with balance of hop water, cool to milk warm ; put in two handful of Malt and a half pint of yeast, stir it well together and set it away where it can not be disturbed for twenty-four hours, where the temperature is even, after this strain and keep in cool place.

Bakers divide their yeast into two parts ; in the first part what is called stock yeast the potatoes are omitted, and in the second part the malt is omitted, and a couple handful of flour is added. Stock yeast is only used for yeasting. The second part is made every time baking is required, is called potato yeast and is ready for use in from eight to ten hours. Stock yeast is only made twice a week.

When yeast is perfectly done all watery part will come to the surface, pour some of it off, if strong yeast is desired, or if bread has a bitter taste from excessive use of hops. If yeast is impure or bitter from age, throw in a few large pieces of fresh burnt charcoal, it will absorb all impurities contracted by age, also, most of the

tanic acid from hops. To find out whether yeast is ready for use hold a burning match into the vessel of your yeast, if it goes out then yeast is not done yet, if it burns yeast is perfectly done and ready for use. Yeast should be uncovered when falling or in third stage to oxidize, air is very necessary for yeast.

Greasy or fatty substances are inimical to yeast, particularly soap, which should never be used for cleaning vessels in which yeast is kept. Washing, steaming and airing are only necessary.

PROCESS OF YEAST.

Yeast has to go through three stages, before it is ready for use. In the first stage it lays apparently quiet, which is not the case, however; it is in a dissolving state, it dissolves flour, malt, and potatoes into soluble starch, and takes a little over two hours to do this, when it begins the second stage it commences to rise and converts starch into sugar and dextrine, and will continue this until fully raised. As soon as yeast begins to fall, the third and last stage commences, and during this, the sugar and dextrine are converted into carbonic acid gas or alcohol.

Alcohol will work its way through sponge and dough until it comes in contact with heat of the oven or stove, then it begins to evaporate and leaves the flour in its

previous state, after its mission is over to make bread porous and palatable.

To make an illustration to show at the same time how yeast can be made without stock, and the process it undergoes, take a pint vial, put into it two ounces of powdered, pure sugar, a tablespoonful of malt and a little ginger, then fill the bottle one-half full of warm water ; stir it up, and set it any place where the temperature is regular and not below sixty degrees Fahrenheit ; let it remain undisturbed forty-eight hours ; then take it out and add flour to it sufficient to make a very thin paste, let it stand twenty-four hours longer and you have yeast to start with, and on the other hand the process of making can be observed through the glass vial.

Every little bubble that you see arise is an explosion of a new yeast cell, this goes on until the whole mass is worked through and finished in forty-eight hours, then when the flour is added the transformations begin ; boil yeast and stock it, and the new start is made.

SPONGE.

When flour, yeast and water are mixed, it is called sponge, and when this is to be made, be careful to have the three ingredients of the same temperature, and keep them so if possible. According to time allowed sponge to rise, have corresponding temperature, when

flour is not strong less time is to be allowed than if strong, good flour is used.

In good sponge lies the beginning of good bread, and if these rules are not adhered to, poor bread will be the result.

Sponge should consist of one-third of the flour intended for baking, unless the yeast is very strong when something less will do.

Sponge should always be well mixed, and nearly one-half as stiff as dough, if it has to stand a long time it should be well worked and not strongly yeasted, or it will make bread dark, crumby and acidous, and unfit to eat.

DOUGH.

Dough should be made according to the condition of the sponge, and the quality of the flour used. If flour is "strong," then make soft dough, if flour is "feeble" dough should be stiff; if very inferior flour is used, then make no sponge at all make dough at once from the yeast and very stiff, because flour made from inferior or sprouted wheat will run, and increase in moisture. Inferior flour is very sweet however.

Harmony of temperature should exist and dough should not be exposed to the air.

Strongly yeasted doughs should be well worked, also the dough of well-matured sponge.

Hence we see, moisture, temperature, time and measure are all important factors in producing good bread—and if these are not observed, the best material will fail to produce good bread.

WATER.

Water for stock yeast should be soft, on account of having less mineral matter, which is inimical to good yeast, therefore should be avoided when possible.

In potato yeast it does not make so much difference as it is not intended to be kept long. Hard or limestone water is very good for dough, however, more so if flour is of poor quality.

SALT.

Good salt should be used in baking, but not to excess, particularly where butter and sugar are used in fermented cakes. Too much salt in bread is not healthy, neither is it pleasant to the taste, it checks the activity of fermentation; more salt may be used in the summer season, when fermentation is sometimes too rapid anyway, than in winter when good fermentation is necessary.

HOPS.

Hops are generally believed to be a fermenting power, but this is a great mistake, they only keep yeast fresh, and in good state.

Hops should never be boiled long—the only purpose of boiling is to extract the bitter, which is the protector of yeast.

Hops are used more in summer, as there is more danger then of yeast souring.

A SUBSTITUTE FOR HOPS.—“White Balsam, commonly called Sweet-Scented Everlasting, grows about two feet high on poor hilly land, is well known by its silvery-looking leaves on the underside, and by its small clustered yellowish white flowers,” makes an excellent substitute for hops. It should be gathered at the beginning of September, and should be well aired and dried in the shade for winter use. People living in the country can safely dispose of hops and instead use this flower. “The leaves have strong medical properties, and are useful for dysentery and for weak lungs, made into a tea. If chewed is good for sore mouth, is also a remedy for flesh wounds.”

MALT.

Malt is used for its starch and sugar, and is, therefore, a carbonic acid or alcohol producer. It should be used in very moderate quantity in summer when more hops are required, and in greater quantity in winter when bread needs stronger yeast, and less hops are used.

POTATOES.

Potatoes and flour in yeast have the property of producing carbonic acid or alcohol, almost the same as malt, and it is gas in bread which makes it porous.

CHEMICALS.

By these are understood cakes that are raised with chemicals, such as bi-carbonate of soda or baking soda, baking powder, cream of tartar, saleratus and carbonate of ammonia. All of these are chemical salts, and will evaporate when they come in contact with oven heat and are not dangerous to human organism, as many people suppose.

These chemicals nearly all belong to the same family. The richer the cakes are in butter and sugar, the stronger chemicals have to be applied, but proportioned by exact weight, or else they will give cakes a rich appearance without possessing richness, as they harden as soon as they are ten hours old. All cakes manufactured for grocery stores are made in this way to keep them from reacting when packed in boxes for sale.

Bi-carbonate of soda, is soda of double strength and in a pure state, it is extensively used in the manufacture of baking powders. It is also a purifier in many ways.

A little used in cooking fruits such as cranberries, strawberries, and others that are of a heavy acidous nature will lose that tartish taste and will save sugar. A little in milk will keep it sweet longer. A little thrown in sour yeast will cause it to foam and thereby rid it of its impurities.

Carbonate of soda is the same as bi-carbonate, only half as strong.

Saleratus is the same in a crude state and not so pure. Baking soda is the same, only of more strength.

Baking powder is made of one-half bi-carbonate of soda and the other half of cream of tartar.

Carbonate of ammonia or hartshorn is a volatile salt which will evaporate one-third of its weight when exposed to the air, and will also all evaporate when it comes in contact with oven heat. When used, exact weight is required, and should be well dissolved in water.

Acetic acid or concentrated vinegar can be gained from frozen apple cider vinegar. When the vinegar is frozen remove the icy part, which is only water, acetic acid is found in solution in the remaining part, can be used for pickling or for medical purposes, or in icing for ornamenting cakes, will evaporate to some extent, which will reduce vinegar in great quantity when exposed to freezing in winter time.

SPICES AND EXTRACTS.

When spices or extracts of flavoring are used, care should be taken that they are pure, and not compounds of unknown barks, or of drugs of which the market is full.

In Germany and France if adulterations in spices are offered for sale and detected, the goods are confiscated and destroyed, and the seller heavily punished by law.

Extracts of Flavors, when impure are not flavors at all.

For lemon flavoring, the oil is the best ; for vanilla flavoring, the bean simmered in water should be used for ice creams and custards.

When spices of different kinds are used they should harmonize, and in all cases be sifted into the flour.

Measure and weight are to be given careful consideration in baking cakes, or else failures will result. The use of cups is not a correct nor practical method of measuring. Pints and pounds are the proper things, and many women have spoiled enough material in a single baking to buy herself a pair of scales or a pint measure. If confectioners and bakers would adopt such measurement a Babylonian confusion would be created, and no end to failures.

Where recipes are too large, divide into halves or thirds, and if small weights are necessary for weighing chemicals, use pennies ; three large pennies weigh an ounce ; for one-third, use one penny. Five, five cent pieces weigh one ounce ; for one-fifth, use one five cent piece. Ten small pennies weigh one ounce—so pennies can be used up to tens of ounces. One pint of water or milk weigh one pound ; ten eggs measure one pint.

GENERAL RULE FOR MIXING CAKES.

Rub sugar and butter or lard together, then add eggs ; the smaller the mixture, the less eggs at a time, to be poured in.

Dissolve all chemicals first in a little water, and when the time comes to use them, pour the milk over them, and add to the mixture after the eggs, then flavor, then add the flour; if spices are used, sift them into the flour; never rub sugar and butter too much when chemicals are used.

LAW AND ORDER.

While measure, time, temperature and weight are all essential to good baking, good judgment is also necessary. For instance, where flour is too feeble, it will make a soft dough in cakes the same as in bread. So flour should weigh strong. If on the other hand, it should be strong spring wheat flour, then it should be reduced in weight two ounces per pound. If sugar is supposed to be inferior, then four ounces per pound should be added. Impure sugar has a grey and greasy look; gets hard and crusty when exposed to air.

If molasses is inferior or dark, burn some alum on the stove, powder it and put it into the molasses, it will make cakes a grade brighter in color. Honey should be used with the comb.

Order should exist in all well regulated bake-rooms. When work is over, tools should be well cleaned and dried and put in their proper place, so if required in a hurry work will not be retarded, and valuable time lost in looking for them.

Cleanliness—the first and last of all things in baking—be strictly clean. No one will ever make a mark or a reputation for good work in the world of trade, unless they are clean and adhere to this as their greatest law in making up eatables for sale.

Have your pans for baking warmed before they are rubbed off before greasing. Cakes, bread and pies are worth only half price if not clean when offered for sale. Want of attention to this important matter has often caused a blush of shame on an employer's face through the neglect of his employees.

Clean men make clean work, and, therefore, command and deserve higher wages.

One ounce of corn starch is an equivalent to one egg in molasses mixtures, but the same amount of milk or water in measure must be used, to replace egg moisture.

If fruit cakes are wanted to keep any length of time, soak your fruit in liquor one day ahead, well covered in a strong jar.

If cake dough gets too sticky in summer time, use a little corn starch in your flour.

Rub the stems off the fruit for fruit cake, with flour. Washing fruit in water will take away the flavor.

The following cake recipes are all practically correct, or experimentally true, and if the preceding rules are observed and strictly adhered to, anybody with little knowledge of baking can in a short time, produce what these recipes call for. To avoid mistakes and for convenience sake, all ingredients are set down in routine, just as they are to be used, but always recognize the fact, that only "practice makes perfect" and "habit is second nature"; from work done we can only see who has gained excellence from such practice.

Baking cakes or bread should never be an accidental affair, as often remarked, I had good luck in baking cakes or bread to-day, there is no such thing as good or bad luck in baking, but there are such things as ignorance and non-observation of natural laws and their consequences on one hand, and mind and correct judgment on the other, which makes all the difference between good or bad luck, but it serves to cover up faults, however.

WHITE LADY CAKE.

2¼ lbs. Powd. Sugar.

1½ " Butter.

1 qt. White of Egg.

2¼ lbs. Flour.

Rose or vanilla flavor.

Rub sugar and butter to white foam. Beat white of eggs to foam.

Then add the egg to butter and sugar, mix well. Then flavor and add flour.

If the cake is wanted very light, add a little baking powder.

This mixture is best for wedding cake; can also be used for large citron or currant cake; is baked in moderate oven; have moulds well greased and papered.

GOLDEN CAKE.

2¼ lbs. Powd. Sugar.

1¼ " Butter.

2¼ " Flour.

1 qt. Eggs, half yellow.

Lemon or vanilla flavor.

This mixture is also for large cake and made the same way; can also be used for citron or raisin cakes; use Sultana raisins; add a little brandy or whisky; if lemon flavor is used, add a little nutmeg; bake in cool oven, and bake in square, large moulds; have them well greased and papered.

MARBLE CAKE.

18 ozs. Powd. Sugar.

10 " Butter.

1 pt. White of Eggs.

Lemon flavor.

Mix like White Lady Cake; before putting flour in, divide the mixture, and put $\frac{1}{4}$ lb. of grated chocolate in one part, then put 9 ozs. of flour in each part, then put it in thin layers in greased papered pans, and bake it like White Lady Cake.

FRUIT CAKE.

1 lb. Powd. Sugar.

1 " Butter.

14 Eggs.

1 lb. Flour.

Lemon, cinnamon and nutmeg flavor.

Mix this like pound cake; then add fruit.

1½ lbs. Sultan Raisins.

1¼ " Currants.

¼ " Citron Shell.

Have fruit well cleaned, and citron chopped fine; soak fruit well in brandy or good whiskey, in stone jar, one day before using.

POUND CAKE.

2¼ lbs. Powd. Sugar.

1¼ " Butter.

2¼ " Flour.

1 qt. Eggs.

1 gill Brandy.

Lemon or nutmeg flavor.

Rub sugar and butter well, near to a foam; beat eggs up well, then add them to sugar slowly; add brandy and flavor; then flour; if wanted very light add a little baking powder to flour—slow oven.

NEW YORK POUND CAKE.

2 lbs. Powd. Sugar.

1½ lbs. Butter.

1 pt. Eggs.

½ pt. Milk.

½ oz. Baking Powder.

½ " Cream Tartar.

2½ lbs. Flour.

Lemon and nutmeg flavors.

Mix like cup cake; bake in large moulds; bake in moderate oven.

COMMON POUND CAKES.

1 lb. Powd. Sugar.

1 " Butter.

1 doz. Eggs.

1 lb. Flour.

Lemon or vanilla flavor.

Work this mixture like other pound cake; bake in slow oven.

JELLY CAKE, NO. 1.

1 lb. Powd. Sugar.

$\frac{3}{4}$ lb. Butter.

$\frac{1}{2}$ oz. Ammonia.

1 pt. Milk.

8 Eggs, more yellow than white.

Lemon flavor.

$1\frac{1}{2}$ lbs. Flour.

Rub sugar and butter well; add eggs one by one; add milk, ammonia, and flavor, then flour.

Never mix until ready for use; spread it on round pans, well greased and a little flour dusted; bake in moderate oven.

This mixture can also be used for cocoanut or cream layer cake.

JELLY CAKE, NO. 2.

1½ lbs. Powd. Sugar.
 ¾ “ Butter.
 1 pt. Egg, half yellow.
 ¾ oz. Baking Powder.
 1 pt. Milk.
 2¼ lbs. Flour.
 Lemon flavor.

This is mixed like Jelly Cake, No. 1, only baking powder is sifted in flour; can also be used for cocoanut or cream cake.

For cream or cocanut cake beat white of egg to stiff foam, with enough sugar to sweeten it; spread it on instead of jelly, then sprinkle with prepared cocoanut.

WHITE MOUNTAIN CAKE.

1¾ lbs. Powdered Sugar.
 1 lb. Butter.
 1 pt. White of Eggs.
 1½ lbs. Flour, with 1 oz. Baking Powder.
 Lemon flavor.

Rub sugar and butter to white foam, beat eggs up to foam, add it slowly, flavor, then add flour with baking powder, spread it on jelly cake pans, bake in moderate oven, then beat five white of eggs with 6 ozs. of powdered sugar well, and put it between layers.

CHOCOLATE LAYER CAKE.

3¼ lbs. Sugar.

1½ “ Butter.

¾ “ Ground Almonds.

12 Yolks of Eggs.

18 White of Eggs.

¼ lb. Grated Chocolate.

½ oz. Baking Powder.

Mix sugar, butter, prepared almonds and chocolate together, then add yolk of egg, beat white of egg to foam and add it, then flour, with baking powder, bake in jelly cake moulds in moderate heat; custard to put between layers.

FELLING.

1 pt. Milk.

6 ozs. Sugar.

2 “ Chocolate.

3 Eggs.

2 ozs. Corn Starch.

Boil milk; mix sugar, chocolate and corn starch; when stiff enough, take it off and stir eggs in; when cool, spread between layers.

CUP CAKE.—No. 1.

1 $\frac{1}{4}$ lbs. Powd. Sugar.

$\frac{1}{2}$ " Butter.

1 pt. Eggs.

1 " Milk.

$\frac{1}{2}$ oz. Ammonia, or 1 oz. baking powder.

2 $\frac{1}{4}$ lbs. Flour.

Lemon flavor.

Mix this like jelly cake mixture; for small cakes use ammonia, and for large cake use baking powder; have moulds well greased and flour dusted; bake in moderate oven.

CUP CAKE.—No. 2.

1 lb. Sugar.

$\frac{3}{4}$ " Butter.

8 Eggs.

1 qt. Milk.

1 oz. Baking Powder.

Lemon flavor.

2 lbs. Flour.

Mix like Cup Cake, No. 1; this mixture is used for large cakes; have moulds greased and flour dusted.

COMMON CUP CAKES.

1 ½ lbs. Sugar.

¾ “ Butter.

8 Eggs.

1 qt. Milk.

2 ozs. Baking Powder.

Lemon flavor.

3 lbs. Flour.

Bake in small moulds in moderate heat.

SPONGE CAKE.

1 lb. Powd. Sugar.

1 “ Flour.

1 doz. Eggs.

Lemon flavor.

Beat sugar and eggs until it is stiff, flavor and add flour.

If lady-fingers are wanted, use one-third of more yellow.

Lady-fingers are spread on paper; with biscuit bag sift powdered sugar over; shake it off; bake in moderate oven; when baked wash paper on reverse side, take them off and stick two together.

WATER SPONGE CAKE.

1 lb. Sugar.

1 Cup Boiling Water.

5 Eggs.

$\frac{3}{4}$ lb. Flour.

Dissolve sugar in boiling water, beat eggs and during beating pour dissolved sugar in, keep beating, when up, flavor, then add flour ; bake in large moulds, in slow oven.

FRENCH CAKES.

2 lbs. Powd. Sugar.

$1\frac{1}{4}$ lbs. Butter.

8 Eggs, more yellow.

$\frac{3}{4}$ pt. Milk.

$\frac{1}{2}$ oz. Ammonia.

Vanilla flavor.

$3\frac{1}{2}$ lbs. Flour.

Rub sugar and butter well ; add eggs one by one ; add milk and ammonia, flavor ; then flour.

Roll dough out, and cut with plain cutter ; lay cakes on a board ; wash them, then throw them on granulated sugar ; bake in moderate oven.

This is one of the richest cut cakes, mix prepared cocoanut or macroon crumbs in granulated sugar.

CORN STARCH CAKE.

- 1 doz. Eggs.
- 1 lb. Sugar.
- 1 " Corn Starch.
- 2 ozs. Flour.
- Lemon flavor.

Beat like sponge cake, mix corn starch and flour together; bake in large moulds, in slow oven.

ROCK CAKES.

- 3 lbs. Powd. Sugar.
- 2 " Lard.
- 3 White of Eggs.
- 3 pts. Milk.
- 2 ozs. Ammonia.
- Lemon flavor.
- 6 lbs. Flour.

Rub sugar and lard to white foam; add eggs, then milk and ammonia, and flavor, then flour.

Roll out; rougher the tops with tin scraper; cut out with plain cutter; put raisin in center; bake in quick oven.

FREMONT CAKES.

3 lbs. Powd. Sugar.

$1\frac{3}{4}$ " Butter or Lard.

1 pt. Eggs.

2 pts. Milk.

2 ozs. Ammonia.

Lemon flavor.

6 lbs. Flour.

Rub Sugar and Butter well and eggs, then milk and ammonia ; flavor the flour. This is a cut cake and baked in moderate heat.

CRESCENT CAKE.

$1\frac{1}{4}$ lbs. Powd. Sugar.

$\frac{3}{4}$ " Butter.

1 doz. Eggs, more yellow.

$\frac{1}{4}$ oz. Baking Powder.

$1\frac{1}{4}$ lbs. Flour.

Lemon flavor.

Rub sugar and butter to foam ; beat eggs up well, then add them, then flavor ; sift baking powder in flour ; spread dough out in sheet on heavy greased and papered bread pan ; use moderate heat ; when baked. cut in two parts ; spread jelly on one part ; cover the other over, iced top, then cut half moons out with small plain cutter, dip cutter in water when cutting ; practice in flour how to cut, or cut in squares.

WASHINGTON CAKE.

1 lb. Powdered Sugar.

$\frac{1}{2}$ " Butter.

$\frac{1}{2}$ pt. Eggs.

$\frac{1}{2}$ " Milk.

$\frac{1}{3}$ oz. Armonia.

3 lbs. Flour.

Lemon flavor.

Mix on general rule ; cut with Star cutter ; wash, and throw on granulated sugar ; bake in moderate oven.

COCOANUT CAKES.

1 lb. Powd. Sugar.

10 Eggs, half yellow.

1 lb. Flour.

Lemon flavor.

Beat like sponge mixture ; drop out on paper like lady-fingers, only round shape ; put prepared cocanut with as much powd. sugar over them ; baked and taken off like lady-fingers.

DOMESTIC CAKES.

2 lbs. Sugar.

1 lb. Butter.

8 Eggs.

$\frac{1}{2}$ pt. Milk.

$\frac{1}{2}$ oz. Ammonia.

$4\frac{1}{2}$ lbs. Flour.

Cinnamon flavor.

Mix like Fremont Cake; cut out with star cutter; wash them; bake in moderate oven.

CHOCOLATE WASHINGTON CAKE.

1 lb. Powd. Sugar.

10 ozs. Butter.

$\frac{1}{2}$ pt. Eggs.

$\frac{1}{2}$ " Milk.

$\frac{1}{3}$ oz. ammonia.

$1\frac{3}{4}$ lb. Flour.

$\frac{1}{4}$ " Chocolate.

Mix like other cut cakes, only mix chocolate in flour; wash them, and throw them on granulated sugar; bake in moderate heat.

CAKE TARTS.

1 lb. Sugar.
 10 ozs. Butter.
 4 Eggs.
 $\frac{3}{4}$ pt. Milk.
 $\frac{2}{3}$ ozs. Ammonia.
 2 lbs. Flour.
 Lemon flavor.

Mix on general rule; cut with small plain cutter; when on pans press out in center; wash with egg; put a drop of jelly in the center; bake in a very hot oven; when baked put a few ic'ng drops around the jelly drop.

PARIS CHOCOLATE DROPS.

$\frac{1}{2}$ lb. Sugar.
 $\frac{1}{2}$ " Butter.
 $\frac{3}{4}$ " Currants.
 $\frac{1}{4}$ " Chocolate.
 $\frac{1}{4}$ oz. Ammonia.
 $\frac{1}{2}$ lb. Flour.

Mix like pound cake; bake in small moulds, in slow oven; when baked, use Chocolate icing.

LONDON DROPS.

$\frac{1}{2}$ lb. Sugar.

$\frac{1}{4}$ " Butter.

7 Yolks of Eggs.

1 pt. Milk.

1 oz. Ammonia.

12 ozs. Corn Starch.

2 lbs. Flour.

Lemon flavor.

Mix after general rule ; bake in small moulds, in moderate heat.

LEMON DROPS.

$\frac{3}{4}$ lb. Sugar.

$\frac{1}{2}$ " Lard.

1 pt. New Orleans Molasses.

1 " Water.

1 oz. Baking Soda.

$2\frac{1}{2}$ lbs. Flour.

Lemon flavor or lemon rind.

Mix like Drop Cake, and drop in small scolloped moulds, greased and dusted ; bake in moderate heat.

COCOANUT DROPS.

1¾ lbs. Powd. Sugar.

1¼ “ Butter.

8 Eggs.

¼ lb. Prepared Cocoanut.

1 “ Flour

¼ oz. Baking Powder.

Orange flavor—water.

Mix like Half-moon mixture; drop them out on greased and dusted pans; bake in moderate oven.

PLAIN COOKIES.

2 lbs. Powd. Sugar.

1 oz. Ammonia.

1 pt. Milk.

1 lb. Butter.

4 “ Flour.

Lemon flavor.

Rub flour and butter until granulated; dissolve sugar in milk and ammonia, and flavor; and add, like making pie crust; don't work it much; roll out, and cut with plain cutter; put raisins in center of cake; bake in moderate oven.

PLAIN CHOCOLATE COOKIE.

1 lb. Powd. Sugar.

½ " Butter.

½ pt. Milk.

½ oz. Ammonia.

2 lbs. Flour.

¼ lb. Grated Chocolate.

Dissolve sugar and ammonia in milk ; rub flour and butter together like pie crust ; before putting milk in mix in chocolate ; cut with Star Cutter, and iced on top ; bake in moderate heat.

COMMON SUGAR CAKES.

3 lbs. Powd. Sugar.

1½ lbs. Lard.

3 White of Eggs.

3 pts. Water or Milk.

6 lbs. Flour.

Lemon flavor.

Mix like Rock Cakes ; use what cutter you please ; it is generally used for Christmas toys ; bake slow.

ANIS CAKES.

2 lbs. Powd. Sugar.

25 Eggs.

$\frac{1}{4}$ lb. Anis Seed.

5 lbs. Flour.

Stir eggs and sugar in wooden bowl ; add anis seed ; a pinch of ammonia ; dough must be stiff and dry.

Roll out, lay on figure mould ; press it in well ; turn out and cut cakes off the size of figures ; set on greased pan ; set them in air to crust on top ; then bake in very cool oven.

JUMBLES.

2 lbs. Powd. Sugar.

$1\frac{1}{4}$ " Butter.

1 pt Eggs, more yellow.

1 " Milk.

1 oz. Ammonia.

Lemon flavor.

$3\frac{1}{2}$ lbs. Flour.

Mix like Drop Cake mixture ; squeeze them out on greased and dusted pans, with jumble horn ; bake same heat as Drop Cakes.

JUMBLES No. 2.

1 lb. Sugar.

10 ozs. Butter.

6 Eggs.

$\frac{1}{2}$ pt. Milk.

1 oz. Ammonia.

Lemon flavor.

2 lbs. flour.

Mix after general rule, and lay them out like other jumbles.

FRENCH JUMBLES.

1 lb. Sugar.

1 " Butter.

$\frac{1}{2}$ pt. Eggs.

1 lb. Flour.

Lemon flavor.

Mix like Pound Cake, and lay them on pans, as other jumbles.

CURRANT JUMBLES.

2 lbs. Powd. Sugar.

1¼ lbs. Butter.

½ pt. Eggs.

1 pt. Milk.

1 lb Currants, chopped.

½ oz. Ammonia.

Lemon flavor.

4 lbs. Flour.

Mix like any other cut cake dough; roll out and cut with ring cutter; wash them and bake in moderate oven.

COCOANUT JUMBLES.

1 lb. Powd. Sugar.

¾ " Butter.

1 doz. Eggs, more yellow.

½ pt. Milk.

½ oz. Ammonia.

Lemon flavor.

1¾ Flour.

6 ozs. Prepared Cocoanut.

Mix like other jumble dough, only mix cocoanut in flour.

ANGEL'S FOOD, PROPER.

1 pt. White of eggs.

$\frac{3}{4}$ lb. Sugar.

$\frac{1}{2}$ " Corn Starch.

$\frac{1}{2}$ Teaspoonful Cream Tartar.

Rose flavor.

The white of eggs is beaten to a stiff froth ; dust in, during beating, two ounces of sugar. The sugar, corn starch and cream of tartar is all sifted together ; then flavor and bake very slow in well greased papered pans.

ANGEL'S FOOD.

1 qt. White of Eggs.

$1\frac{3}{4}$ lbs. Powd. Sugar.

$1\frac{1}{4}$ " Flour.

$\frac{1}{2}$ oz. Cream Tartar.

Flavor with Orange flower water.

Beat eggs with one-third of the sugar as stiff as for cream puffs.

Mix balance of sugar in flour and cream of tartar and sift in together ; then add it.

Bake in square moulds, well greased and papered bake in very cool oven.

BOSTON CREAM PUFFS.

1 pt. Water.
 ½ lb. Lard.
 13 Eggs.
 ¾ lbs. Flour.
 A pinch of Ammonia.

Custard for above.

2½ pts. Milk.
 ¾ lbs. Powd. Sugar.
 5 ozs. Corn Starch.
 5 Eggs.
 Lemon or vanilla flavor.

Boil water and lard until lard is all melted ; then stir in flour very fast ; when well mixed take it off the fire and keep stirring until well worked ; then let cool in wooden bowl ; then work eggs in slow ; then add ammonia ; when well rubed in, drop them on well greased and slightly dusted pans ; wash them ; then bake in moderate oven ; when baked, cut cake open on the side and blow steam out ; then they are ready for filling ; boil milk ; mix sugar and corn starch together ; then stir it in milk ; let boil until thick ; take it off the fire ; then stir eggs in ; flavor it ; when cool, fill in cakes a small tablespoonful.

COCOANUT MACAROONS.

2½ lbs. Prepared Cocoanut.

1¼ “ Powd. Sugar.

2 White of Eggs.

Put these three articles together in a copper kettle and mix it well ; then put it over a slow fire, and keep stirring ; when it boils, keep from burning ; when stiff enough take it off ; when cool, add enough white of eggs to make it as stiff as other macaroon dough, and work them out on papered pans, and bake them the same way as other macaroons.

JELLY FINGERS.

1 lb Powd. Sugar.

14 Eggs, half yellow.

1 lb. Flour.

Beat like sponge cake ; spread out on papered pan ; bake in moderate oven ; spread jelly on one-half ; cover the other half over ; ice with water icing ; then cut finger out with knife, size of Lady-finger.

MERINGUES.

1 pt. White of Eggs.

2 lbs. Powd. Sugar.

Orange Flower Water.

Beat the same as for puffs, full stiff; use half a pound of sugar during beating; squeeze out with jumble horn, on watered and papered board of hard wood; bake in cool oven; when baked, slide them off on paper, and stick two together to form an egg; put them on pan again; put in oven to dry.

CREAM PUFFS.

1 pt. White of Eggs.

2 lbs. Powd. Sugar.

Beat the same like meringues; squeeze through jumble horn, on greased and dusted pan; bake in very cool oven.

COMMUNION BREAD.

6 oz. Powd. Sugar.

$\frac{1}{2}$ lb. Butter.

3 Whites of Egg.

$\frac{1}{2}$ pt. Milk.

$\frac{1}{3}$ oz. Ammonia.

Lemon flavor.

Mix like other cut cake mixture; roll out thin in a sheet; put on pan; mark out in half inch strips; bake in moderate oven; bake it well.

GINGERBREAD.

1 qt. Molasses.

$\frac{1}{2}$ " Water or Buttermilk.

1 oz. Baking Soda.

$\frac{1}{2}$ lb. Lard.

Flour and ginger flavor.

Roll out and spread it on large pans; make dough as soft as possible, and bake in moderate oven.

GINGER POUND CAKE.

1 lb. Sugar.

1 " Butter or Lard.

1 qt. N. O. Molasses.

1 " Water, or Butter Milk.

4 Eggs.

4 lbs. Flour.

2 oz. Baking Soda.

Cinnamon and nutmeg flavor.

Rub sugar and butter; add eggs; then molasses; then baking soda; have spices sifted in flour.

Bake in large, square pans, well greased and flour dusted; bake in slow oven.

GINGER SNAPS.

1 $\frac{3}{4}$ lbs. Sugar.

$\frac{1}{2}$ lb. Lard.

1 qt. New Orleans Molasses.

$\frac{1}{2}$ pt. Eggs.

$\frac{1}{2}$ " Water.

1 oz. Baking Soda.

$\frac{1}{4}$ lb. Ginger.

4 $\frac{1}{2}$ " Flour.

Rub sugar and lard, then add eggs, then molasses, then water and soda, ginger sifted in flour; roll out in long strips; cut in hickory-nut size; put in sieve, and dust; roll them round, then lay them out on pans; flatten them out; bake in slow oven.

GINGER NUTS.

1 lb. Sugar, "Brown."

1 " Lard.

3 pts. New Orleans Molasses.

$\frac{1}{2}$ pt. Water.

1 oz. Baking Soda.

$\frac{1}{4}$ " Ginger; Flour.

Mix and work them out like Ginger Snaps; don't flatten them out, and make stiffer dough; bake in slow oven.

CITRON CAKES.

- 1 lb. Sugar.
 $\frac{1}{4}$ " Lard.
 1 pt. New Orleans Molasses.
 1 lb. Honey.
 1 oz. Baking Soda.
 6 Eggs.
 $3\frac{1}{2}$ lbs. Flour.
 $\frac{1}{4}$ lb. Citron, chopped fine.
 1 oz. Nutmeg and Cinnamon.

Mix this dough five or six hours before baking; roll out in sheet; rule and make out cake on pan, 3×2 inches in size; bake in very slow oven; when baked boil one and one-half pounds of sugar to string; stir a little cool, then brush it on when white; cut them out as marked out before.

FROSTED CREAM.

- 1 qt. New Orleans Molasses.
 $\frac{3}{4}$ " Lard.
 2 ozs. Baking Soda.
 $\frac{1}{2}$ pt. Water.
 Flour, Cinnamon and Allspice.

Mix and work out this cake; finish it like Citron Cakes, bake in moderate oven.

HONEY JUMBLES.

- 1 lb. Sugar.
 ½ “ Butter.
 1 “ Honey.
 1 pt. New Orleans Molasses.
 ½ “ Eggs.
 1 oz. Baking Soda.
 ⅓ “ Ammonia.
 3½ lbs. Flour.
 1 oz Cinnamon.
 A little Nutmeg.

Mix like Ginger Snaps; lay them out with jumble horn like other jumbles on greased and dusted pans; bake in moderate heat.

ROUGH AND READY, No. 1.

- ½ lb. Sugar.
 6 ozs. Lard.
 1 pt. New Orleans Molasses.
 ½ “ Water.
 1 oz. Baking Soda.
 2¾ lbs. Flour.
 Allspice and Clove.

Mix like any other cake; roll out and cut, with oblong cutter; wash them, and throw them on granulated sugar; bake in slow oven.

ROUGH AND READY—No. 2.

- 2 lbs. Brown Sugar.
 1 lb. Lard.
 1½ pt. New Orleans Molasses.
 8 Eggs.
 2 oz. Baking Soda.
 1 pt. Water.
 ½ lb. Cake Flour.

Cinnamon and allspice ; mix after general rule, and use enough of flour to make dough ; roll out, cut in round shape, wash and throw them on granulated sugar, when on pans put a raisin in center ; bake in slow oven.

FRENCH MACAROONS.

- 2½ lbs. Blanched Almonds.
 1½ pt. White of Eggs.
 4½ lbs. Powd. Sugar.

Rub almonds up with eggs until used up in stone mortar ; add sugar ; mix it up well ; then drop out size of hickory nut on papered pan ; bake in cool oven.

CHOCOLATE MACAROONS.

- 1¼ lbs. Blanched almonds.
 1 pt. White of Eggs.
 2½ lbs. Powd. Sugar.
 ½ lb. Grated Chocolate.

Made like French Macaroons, only mix chocolate in sugar ; bake in cool oven.

TAYLOR CAKES, No. 1.

$\frac{3}{4}$ lb. Sugar
 $\frac{3}{4}$ " Lard.
 1 pt. New Orleans Molasses.
 1 " Water.
 8 Eggs.
 2 ozs. Baking Soda.
 $2\frac{1}{2}$ lbs. Flour.
 Cinnamon and Allspice.

Mix and drop them out like Drop Cake recipe, only bake in cooler oven; have pans greased and flour dusted.

TAYLOR CAKE—No. 2.

$\frac{3}{4}$ lbs. Brown Sugar.
 6 ozs. Lard.
 1 qt. Molasses.
 1 pt. Water.
 1 oz. Soda.
 $3\frac{1}{2}$ lbs. Flour.

Allspice and cloves; mix like Taylor Cake No. 1; bake in moderate heat.

CITRON SNAPS.

1 lb. Powd. Sugar.

6 oz. Butter.

6 Eggs.

$\frac{1}{4}$ oz. Ammonia.

2 lbs. Flour.

$\frac{1}{2}$ pt. Water.

Mix like any other cut cake ; lay them out in hickory-nut size ; put a piece of citron on top of each ; bake in moderate oven.

CINNAMON SNAPS.

$1\frac{1}{4}$ lb. Sugar.

6 ozs. Lard.

1 pt. New Orleans Molasses.

4 Eggs.

$\frac{1}{4}$ pt. Water.

$\frac{1}{4}$ oz. Baking Soda.

4 " Cinnamon.

$2\frac{3}{4}$ lbs. Flour.

Made up like Ginger Snaps, and baked the same.

BRANDY SNAPS.

$\frac{3}{4}$ lb. Sugar.
 $\frac{3}{4}$ " Butter or Lard.
 1 qt. N. O. Moulasses.
 1 gill Brandy.
 $\frac{1}{2}$ oz. Baking Soda.
 $\frac{1}{2}$ pt. Water.
 Cinnamon Flour.

Mix like any other cake ; put in enough flour to make stiff dough ; roll out in long strips and cut with knife ; laid out and flattened ; bake in moderate oven.

HONEY SNAPS.

1 lb. Brown Sugar.
 6 ozs. Lard.
 1 lb. Honey.
 1 pt. New Orleans Molasses.
 6 Eggs.
 $\frac{1}{2}$ pt. Water.
 1 oz. Soda.
 4 lbs. Flour.
 Cinnamon and Nutmeg.

Make like Ginger Snaps ; bake in moderate oven.

SCOTCH CAKE—No. 1.

1½ lbs. Brown Sugar.

1 lb. Lard.

½ pt. Eggs.

½ “ Water.

¾ ozs. Baking Powder.

2½ lbs. Flour.

Cinnamon flavor; roll out thin, and bake in cool oven.

SCOTCH CAKES—No. 2.

1½ lbs. Brown Sugar.

1 lb. Lard.

½ pt. Water.

¾ ozs. Soda.

2½ lbs Flour.

Cinnamon flavor.

Roll out thin; cut plain; bake in cool oven.

CRULLERS—No. 1.

¾ lbs. Sugar.

6 ozs. Butter.

1½ pt. Milk.

4 Eggs.

⅓ oz. Ammonia.

⅓ “ Cream Tartar.

Lemon flavor.

3 lbs. Flour.

Roll out and cut like Ring Doughnuts, and bake in lard.

CRULLERS—No. 2.

1 lb. Sugar.
 6 ozs. Butter.
 1 pt. Milk.
 4 Eggs.
 $\frac{3}{4}$ ozs. Ammonia.
 3 lbs. Flour.
 2 ozs. Corn Starch.
 Lemon flavor.
 Make like Ring Doughnuts.

GOOD RING DOUGHNUTS.

1½ lbs. Sugar.
 $\frac{3}{4}$ “ Butter.
 7 Eggs.
 3 pts. Milk.
 $\frac{1}{2}$ oz. Ammonia.
 $\frac{1}{2}$ “ Cream Tartar.
 Lemon flavor.
 6 lbs. Flour.
 2 ozs. Corn Starch.
 Roll out, and cut with ring cutter, and bake in lard,
 turn them three times.

COMMON RING DOUGHNUTS.

3 lbs. Sugar.

2 " Butter or Lard.

18 Eggs.

1 gal. Milk.

6 oz Baking Powder Flour.

Flour enough for regular dough.

Roll out and cut as other doughnuts, and enough flour to make dough stiff enough to roll out.

TART PASTE.

1 lb. Fresh Butter.

1 " Flour.

Rub flour with one-fourth pound of butter, like mixing pie crust, then beat one yolk of egg with little brandy, and add enough ice water to make a stiff dough, roll out in square shape half inch thick, lay on balance of butter in center, lap the dough over in book shape then roll out easy, then repeat lapping once more, lay it away for one-half hour, then lap it over again several times, cut out tarts to suit taste, make thick egg and milk washing and brush them over with these, bake in hot oven, have butter not too soft or too hard, use ice water in summer, also lay dough away in cool place.

DROP CAKES.

- 3 lbs. Powd. Sugar.
 2 " Butter or Lard.
 1½ pt. Eggs.
 3 pts. Milk.
 2 ozs. Ammonia.
 5 lbs. Flour.
 Lemon flavor.

Rub sugar and butter well, and eggs, then milk and ammonia ; flavor, and flour. These cakes are baked after any other cut cake ; dropped on greased and dusted pans ; baked slow first until they are near up, then hotter.

PIE DOUGH.

- 1 lb. Flour.
 One-half lb. Lard or Butter or both.
 Water.

Rub flour and butter well, if only lard is used put in a little salt, then add enough water to make dough to suit.

CUSTARD FOR LEMON PIE.

- 2 Lemons.
 1 lb. Sugar.
 ¼ " Corn Starch.
 2 Eggs.
 1 qt. Water.

Mix sugar and corn starch ; add eggs ; then grate lemon rind in also juice ; work it into paste ; then mix water in ; this custard is for covered pies, and should be baked slowly.

KOUGLEOUPH.

3 lbs. Bread Sponge.

1¼ “ Butter.

1¼ “ Sugar.

1 qt. Milk

1 lb. Sultana Raisins.

½ Nutmeg.

Yolks of 6 Eggs.

Mix butter and sugar in milk and work it to sponge ; flavor ; use enough flour to make a very soft dough ; then fill in moulds ; earthen moulds are the best ; let them fully rise ; bake in slow oven.

SODA BISCUIT—No. 1.

1 lb. Flour.

¼ “ Butter.

¾ pt. Milk.

1½ oz. Baking Powder.

Rub flour and butter well ; have baking powder sifted in flour ; then add milk, and mix lightly ; roll out in thick sheet, and cut with plain cutter ; set on pan one-half inch a part, and bake in hot oven.

SODA BISCUITS—No. 2.

3 lbs. Flour.

One-half pound Butter.

3 ozs. Baking Powder.

Milk.

Rub flour, butter and baking powder, then add enough milk to make dough stiff enough to roll out; set them a half inch apart; wash them on top; bake in quick oven.

SUGAR BISCUITS.

1 lb. Flour.

$\frac{1}{4}$ " Butter.

$\frac{1}{4}$ " Sugar.

4 Yellow of Eggs.

$\frac{1}{2}$ pt. Milk.

2 ozs. Baking Powder.

Rub sugar, flour, butter and baking powder well; beat egg and milk together before put in; mix very lightly. Roll out near one inch thick, and cut with small plain cutter; wash with egg on top; bake in hot oven.

BUTTER BISCUITS.

2 lbs. Flour.

One-half pound Butter.

4 ozs. Baking Powder.

4 Yellow Eggs.

1 pt. Milk.

Mix like other Biscuits ; wash them on top ; bake in quick oven to brown color.

INDIAN POUND CAKE.

1 pt. Milk.

1 " Butter Milk.

$\frac{1}{2}$ " Eggs.

$\frac{1}{2}$ oz. Baking Soda.

Corn Meal.

A pinch of Salt.

Beat eggs ; add milk, with baking soda dissolved in, then butter milk and salt, then mix in enough corn meal to make stiff batter ; bake in square pans, well greased, flour dusted, in hot oven or stove.

TO DETECT ADULTERATED SUGAR, take half a tumbler of water, put in five cents worth of Muriate of Baryta, stir it up, then add your sugar ; if the water turn cloudy, the sugar is not pure ; if it keeps clear, then it is cane sugar—otherwise, glucose.

TO PREPARE COCOANUT.

Shell and scrape the nut grate, then paper a hard wood board and spread cocoanut on; put in cool oven five minutes, take them out, and mix while warm four ounces of powder sugar, and little baking soda, then put on board again and give good airing for couple of days, if real dry and hard then put in tin can for further use.

ICING.

4 White of Eggs.

1 lb. Powd. Sugar.

2 Drops Tartaric Acid.

Lemon juice, or Acetic Acid.

Stir sugar in eggs; work it with wooden paddles; add acid or lemon juice; if too stiff, add a little water; if too soft, add more sugar; make your cake round and smooth first; give one coat then dry; then another with softer icing; thin out with water; use a strip of smooth-edged paper to round it off.

TO BLANCH ALMONDS, put them in a bucket; pour boiling water over them; give one minute's time; then strain and cool them off with cool water; then squeeze the almonds through your fingers.

BISCUIT BAGS are made of common muslin, in cornet form, with opening left at the bottom; insert a tube.

BAKING POWDER.

1 lb. Tartaric Acid.

1½ lbs. Bi-Carbonate of Soda.

1½ " Starch.

Warm the chemicals slightly; then mix them, and pack it away to avoid exposure of air, sometimes a little alum is added; never mix in a cold or damp place.

Ice Cream and Water Ices.

GOOD ICE CREAM.

1¼ lbs. Sugar.

4 Eggs.

1 gal. Cream.

Vanilla flavor.

Beat sugar and eggs up, and flavor, then cream; have vanilla bean simmered in water, then strain before putting in sugar and eggs, then strain the whole in freezer.

FOR CHOCOLATE.—Grate one-quarter pound of chocolate; work it in after freezing; if vanilla flavor is used besides, it makes it better.

FOR STRAWBERRY.—Put half the sugar over the fruit for one hour, then squeeze into the cream and use one-quarter pound sugar more.

RASPBERRY is made the same as strawberry.

BISK.—Grind half a pound macaroons up like granulated sugar, then work it in when cream is frozen; always use vanilla flavor for Bisk or extract of lemon, if so desired.

PEACH.—Peel one dozen good size and well matured peaches; cut them up fine; put fruit in freezer when the cream begins to get stiff.

BANANAS.—Peel half a dozen bananas, and prepare the same as peaches.

COMMON ICE CREAM.

1½ lbs. Sugar.

6 Eggs.

¼ lb. Corn Starch.

½ gal. Cream.

¾ " Fresh Milk.

Vanilla flavor.

Boil milk, then add corn starch ; when near cool, beat eggs and sugar together and add it, then flavor and cream, stir it up well, then strain the whole in freezer.

ICE MILK.

1½ lb. Sugar.

8 Eggs.

½ lb. Corn Starch.

Vanilla flavor.

1 gal. Fresh Milk.

Prepared like common ice cream. In making ice cream it should be frozen steady ; poorer the materials, faster it should be made in freezing, and when no double action freezer is used, should be paddled smooth after freezing.

WATER ICES—ORANGE.

6 Oranges.

2 Lemons.

1 lb. Sugar.

1 qt. Water.

2 White of Eggs.

Grate the rind of oranges, put the water over, let stand for one hour or more, then put in all juice from oranges and lemons, strain it and add sugar.

Beat egg up to foam, then stir in the whole mass ; strain the whole again through a fine strainer.

Fruits must be of good size, or increase numbers if small in size, and well matured.

LEMON ICE.

6 Lemons.

3 Oranges.

1 qt. Water.

$\frac{1}{2}$ lb. Sugar.

2 White of Eggs.

Made like Orange ice.

PINE APPLE.

1 Pine Apple.

1 $\frac{1}{4}$ lbs Sugar.

1 qt Water.

3 White of Eggs.

Peel pine apple, slice it, sprinkle half the sugar over and let stand for three hours or more, then squeeze it out, add balance of sugar and water, beat white of an egg to foam, then stir the whole mass in, then strain it in freezer, use good size and well matured fruit

STRAWBERRY.

1 qt Strawberries.

1 lb Sugar.

1 qt Water.

3 White of Eggs.

Mix sugar and strawberries, let them stand for one hour, then work the rest like pine apple.

GENERAL THEORY IN BREAD BAKING.

There are some people who bake bread without fermentation, but in more civilized countries ferment is a necessary factor to produce good bread. But to gain a better knowledge for baking, we must have a good understanding of the chemical composition or constituents of that cereal which we intend to turn into bread. Wheat is composed of animal, vegetable and mineral matter, and they again are composed of different ingredients; but they all harmonize in such a manner as to make bread a food sufficient to maintain life, provided we gain all the nutritious matter that wheat contains.

The animal part is about sixteen per cent., (nitrogen, including about two per cent. of protein), it is the binding part, or gum; it makes elasticity, and is necessary to bind the starchy part; it makes food for the blood and flesh forming, and is mostly found close to the hull of the grain, and in greater proportion in spring wheat than in winter wheat.

The vegetable part is about sixty-five per cent., is starch (carbonate), including about two per cent. of sugar, which is generated by milling, it makes heat-giving matter, and is mostly found in the centre of the grain.

The remaining part is phosphoric kali, salt, water, wood fiber and oxygen, and they too are found close to the bran, they are building matter for bone and blood.

The first thing we do in baking is to prepare yeast, that is put a certain amount of flour under a chemical process, to gain a gas to make bread porous, and by such process it converts flour into starch, then into dextrine, then into sugar, and at last into carbonate gas. When done we increase that process by setting sponge, which gives the first chance to observe what kind of flour we use, if we are unable to judge by feeling it. If it absorbs much moisture it is strong, and should be mixed soft in dough, also more time given to overcome its elasticity, because it has more animal matter, "gluten," which produces gum; and some of it has to be converted into sugar, to produce more gas to break its tough nature, and by giving full time, makes bread white. But if it does not absorb much moisture, stiffer dough is required. It has more starch or vegetable matter, "carbonate," and less "gluten;" it produces less gum, and what it has must be saved to combine the starch, consequently it needs less time and more salt, which is spice in bread. Salt checks it when too active in summer. It can be more exposed to air. It holds moisture better, also in baking it needs more time to evaporate its heavy volume of water. When strong gets dryer, has more gas, gets more spongy, and less moisture, need less time to bake, and if properly treated makes a more wholesome bread.

A SKETCH OF ANCIENT AND MODERN BREAD BAKING.

It is hard to place a certain data where or when the first bread was baked, but one fact is certain, that bread-baking did not take place until proper social intercourse in the human family was established, and, no doubt, the stomach helped greatly in shaping things in the world's affairs, in ancient times as now-a-days, and preparation of food received more attention in an approved style when people began to entertain one another in a patriarchial manner, "hence society."

Roasting grain is an acknowledged fact was the first manner of preparing grain food, and is yet practiced among some uncultured Asiatic races for traveling purposes. Then grain was pounded on flat stones, and after a while mortars came in use, and still are in use.

Mush was the next thing, as Pliny tells us, that all ancient Greeks and Romans ate mush for a long time before they began to bake it.

Sifting and baking flour, we find first in the Bible, Gene. xvii : 6, when the old Nomad Chief, Abraham, told his wife, Sarah, to prepare some cakes made from fine flour; again in Gene. xxi : 14, we find him supplying poor Hagar and her child with some bread, before he told her to make room for a more legitimate heir; again in Gene. xl : 2, we find Pharaoh angry, which brought his

baker to jail, which was a bad beginning for the first baker.

In Exodus xi : 5, we find Pharaoh having another spell, and had his slave millers killed, which was also a bad beginning for millers; later again in Exodus xii : 34, we find the first leaven, which was neglected, however, as silverware business seemed to be a more important matter, but the bread was ate afterwards by the name of "Mazsas," or Unleavened Bread, which is yet made to celebrate the crossing of the Red Sea.

In Homer's "Odessey," we find that bread was consumed in great quantities during the Trojan war, and supposed to have been invented by Mylas, the son of the first Lacedemonien King; also, in Homer's "Iliad," we find the Grecian soldiers sacrificing a sow, the enemy of corn, to please the Goddess Ceres. She, also, should have invented bread-baking.

The old historian, Aelus, tells us that the great tyrant King, Mitylene, should have been a great friend to bakers, and kept about forty in his household. Theorio was the most gifted one, and had, therefore, many privileges, "and all bakers were free men."

Athenaus another historian tells of seventy-five different kinds of cakes that were baked in Athens at this time, but that early art was lost in the down fall of that country.

Pliny's National History says the Romans ate their grain in mush until the Macedonian war took place, when bread makers, called "pistores" were brought to Rome, and carried their mortars with them to mash grain and bake it, and enjoyed therefore many privileges as prisoners of war. Strabo says in the war against King Perseus of Macedonia, mills built on ships were found in that country which the Romans took home after the war, but were unable to put them in operation and were not of any use until the war against Mithridates about eighty-eight years B. C., when Balisar was brought to Rome, he reconstructed them, but they were not used for some reason or cause until the siege of Rome by the Goths took place.

Pliny says further that Rome had many public bakeries in the 580 years after Rome was built, or 173 years B. C., and they had organized guilds and enjoyed many other rights, but lost them "if their children would not follow their parents trade."

The first baker in Rome was a slave and for his talented baking was made a free man, "for baking as good bread as they had in Athens," which city in those days was far ahead of Rome in all works of art. He was a great favorite among the nobles of Rome for inventing a great variety of cakes for heathen feasts, for Adonay feast, he made Anis cakes for Saturns feast, a ring with a cross

in it like a bretzel called Saturnias, for Sun's feast he made ring cakes made of honey, also tarts and many other things.

But while the Romans made steady improvements in baking and enjoyed the luxury of advanced baking, the Teutons and their gallic cousins ate their cereals in raw and roasted state, but after a while when Caesar came to stretch his Roman eagles over Celtae and Galli, as the Romans call it, to conquer and make Roman subjects, he also brought laws and arts, baking bread was the first that took well, and Teutons were in a short time better bakers than the Romans, who afterward invited them to Rome, because Romans had no time those days to bake their own bread, neither had they time to work at anything else, and yet there was so much need of Artisans, who could do good work, the Romans were willing to pay well, because wherever their eagles stretched their wings there was a new source of revenue, and all the Romans did those days was to spend money, suppers often cost millions, and took regiments of cooks and bakers to prepare them, which gave the Germans a good chance to improve their trade and condition. They made good use of it, they organized guilds all over Italy to control the whole business of baking and cooking. This state of affairs lasted until the Gauls appeared before the walls of Rome, and after a short siege became master of that lustful city, but these new rulers soon began to

take hold of every branch of business which gave their German cousins a chance to migrate to where they came from because things were not handled with gloves those days, "might was right," but when the Germans came back home they found things greatly changed, their own trade was heavily taxed and encumbered with all sorts of laws, every bakeoven had to pay a tax, and bakers were only allowed to bake certain cakes or bread on certain days of the week, which made their trade not a very lucrative one, and if any one broke these laws or regulations he was heavily punished, and if brought before the bar of justice a second time, was put in a sort of an iron basket or cage and sunk in deep water where death became often a welcome saviour, and any who survived through a course of such rude baptism was even afterwards regarded as a criminal or outcast. These laws lasted from the fourteenth to the nineteenth century. In the national museum of Muenchen, such iron baskets among other implements of torture can yet be seen.

After Rome lost its Gallic master, and they again ruled themselves, it gave their former bakers again a chance to try their luck with Rome, to improve their condition in life, and the Romans received them with open arms because they had greatly degenerated in their idle times during the French rule which gave the Germans a good chance to install themselves again in their former organization called guilds, and gained them a citizenship of

Rome, which cost a great deal of money, but gave them many rights.

But while they enjoyed good times again in Rome, their craft fellows were still sorely oppressed in Germany, which lasted until Emperor Joseph's time. He was a friend to his fellow man, and also was a keen observer of things coming under his eyes which soon gave him a chance to do away with some old obnoxious laws which were neither good for himself or his subjects, he used to go to every bakeshop and try their goods to ascertain who could bake the best bread in Vienna. This soon made a change among bakers, they began to do better work, and at the same time Hungarian milling improved considerably, which gave old Joseph still more pleasure in eating good "Muerbe Kipfel," which was his favorite bread for breakfast, and the better the bread the more privileges the bakers received, which was in forming guilds or *zuenfte*, and every person had a right to build a bake-oven, and bake in it what pleased him, provided he understood his business and could make a "meisterstueck" "masterpiece," to prove he was competent to handle flour, as old Joseph had a good opinion of economy like old Fritz of Prussia who later quarrelled a great deal with old Joseph's daughter Marie Theresa.

When she became possessor of her father's crown, and at the same time the Vienna bakers found out what

sort of a woman she was, they began to call her all sorts of names, and wished she had gone to a nunnery where she might have been of more use, because things began to shape themselves again as her father found it. Every old law that her father repealed, that used to oppress or extort money from the working class was brought out again, which made things rough for bakers. She compelled them to sell bread cheaper than they could replace it again, and were forced to bake a certain amount every day, until bankruptcy stared in every baker's face. When a baker could not buy more flour, he was told to go to her commissary and work up grain that she had laid up for war purposes.

Often the wheat she furnished was spoiled from age or bad storage, but good bread had to be produced or the laws were enforced, which made things very hard for bakers. White bread was a luxury, and the storming of a bakeshop became a daily occurrence. Such drudgery lasted until the invasion of Napoleon took place, which shook the old dust up among the crowned donkies of Eastern Europe, which was very hard on all, but that electric storm was necessary to give tone again to a sound beginning of brighter days, like Cæsar of old, wherever he went he left some of his republican codes; he put a new face on everything, and every person believed the last judgment day was at hand; but the storm soon cleared and gave the old corsair a homestead on

St. Helena, which gave the people a chance again to mend their clothes and repair other damages, and when that was done, it seemed it was a good storm anyhow, only there were less people in Europe to eat bread.

The bright sun of prosperity soon made things look lively again ; people breathed freer, the crowned drones made wiser faces again, and learned the lesson " that they are no Gods," neither were the people so many cows, but all were of one common family, with a perfect right to eat as much bread as they pleased provided they worked or paid for it, and made bakers busy again because all others were busy, new vigor and strength animated the bakers to resume again with a better will and spirit to improve mentally and otherwise, and when the Vienna bakers came to the Paris exhibition in 1867, to show what they could do in the line of their trade every person was satisfied except the Paris bakers, because the Vienna bakers received the medal for being the best bakers in the world and the French the Second best, but all promised emphatically that they would still keep on improving which turned out to be true, when nine years later, they came to Philadelphia and showed General U. S. Grant that they were the " same old boys " still, which pleased the old General, as he smoked faster, which showed he was satisfied with both the Germans and their gallic cousins.

But while the Germans do the best work in small fermented cakes, and spend all their forces in that direction,

the French do not remain idle, but keep improving in bake-ovens and dough kneading machines, and in fermenting processes to economize in producing the most bread from wheat, also in fuel and labor to emancipate themselves from the hardest work in the bake-shop, they realize the fact that they are human as well as all others, and claim to be recognized as such. They let the Germans have all the fun in getting more consumptive from long hours work, the French tell them every day that there never was in any climate under the sun any slavery that deformed humanity more than a German baker-shop, but time is the best panacea to cure all the ills.

In ordinary baking in France leaven or sour dough ferment is used which was adopted by law as the safest ferment for the human organism, which was so proclaimed by the faculty of Medecine in Paris, over a hundred years ago, but that is considered now a days an exploded theory. Some localities suit sour ferment better than others, where in others again sweet ferment is better; it all depends on the water which is a great factor in baking, which makes bakers adopt such ferment as will suit the water and flour they use, limestone water is always good for dough, moreso where poor flour is worked up, and if none is handy, it should be procured by slacking lime, and when the water gets clear on top it can be used say one-half necessary for mixing dough, and is greatly applied where sour ferment is used.

Near Seville, Spain, they bake a small fermented cake which has a great reputation for its fine flavor, which is attributed to the water they use for baking.

In Naples they also bake bread similar to that in Spain, as a traveler remarked going through that country: "Their bread is as beautiful as their sky," while the bread in Germany is as dark as their clouds, but I have observed that people's tastes often times run ahead of their prudence. Some localities can produce an article through favorable circumstances that gives such localities a reputation that could not be produced by the same people elsewhere.

In Westfallen they bake Pompernickel that cannot be produced as good anywhere else. Hungarians also bake such good wheat bread that strangers at first cannot eat enough of it; it has a fine flavor, and the people there know how to preserve it, which is the true secret in baking good bread anywhere.

Their neighbors "Croatsians" would not touch it, they want Indian corn, "Kukuruza" they call it, and they want Kukuruza all the time, and in every shape, they roast it when green as we here boil it, and their own brethern a little further west in the Warasdin Mountains will not touch corn, they eat buckwheat in bread if it does look dark, also millet "hirsca" or Moharca in Hungarian in soup, as we use rice or barley. These

mountains are full of large size chestnuts on which they live for nearly six months in the year. They eat them boiled with milk for supper and think there is nothing better in the world; they also make meal from chestnuts to mix in bread. Potatoes are hardly known, where in Germany and Ireland they make up one-half their daily bread.

In Scotland's olden times only oatmeal and barley cakes called "scons" were known, now the Scotch are taking to wheat bread, eating more every day, as late as 1804, Glasgow had no bakeshop, now every little town has her baker, and Scotland is known now as the land of cakes, which no doubt comes from scones baking which are made up in small size.

In England, 750 A. D., Pipins time, white bread was only used for communion bread, and who ever wanted to eat it outside of that, had to go to the Bishop and get it by paying so much tax on it. Later in the middle ages as Sir Edward Cook tells us no servant was allowed to eat white bread, but only a mixture of rye and oatmeal bread.

Later again, 1626, Charles I. thought barley bread was good enough for common people, but the English people began to raise more wheat every year, and now every person can eat such bread as they have money to buy.

London has now a little over 2000 bakeshops, and

would have had more if their laws did not interfere with the trade.

The Slavs and Czechs when they migrated to Bohemia brought the knowledge of bread baking along, which was only carried on by the mother of the house, and bread baking was considered as a holy affair, and the first that was baked was dedicated to their house-god or idol as an offering.

The Anglo-Saxons and the Polish races had the same superstition in sacrificing the first bread baked to their house-goddess called "Matergabia," the giving mother.

The Swedes and Russians eat altogether rye and barley cakes or bread, where in the southern part of Russia all wheat is eaten, and it is one of the best wheat fields in the world.

ORNAMENTING CAKES.

To have a proper idea how such work is done you should see the operation by a skilled hand. Then it depends on a cool and steady hand, as well as a good, artistic taste and practice, to do it successfully.

To the inexperienced a few words of advice are necessary:

Have your icing white and stiff by adding a few drops of acetic acid or lemon juice, then trim the cake smooth and round on top, then if the side is to be iced, lay the cake with the top side down and ice it, then turn the cake over and cover the tube hole with a piece of cake or cracker, then spread it over the top with a broad plated or pallet knife, when nearly smooth take a strip of stiff letter paper, long enough to reach across the cake, hold it tightly with the edge on the icing, then run it over the cake if you do not succeed in making it smooth, repeat until satisfactory, then dry in oven, not too fast or it will blister, when hard, make icing softer by adding a little water for the second coating and for a third if required—when dry commence the ornamenting by placing a center piece if so desired, then place some tragacanth leaves around it, these can be bought with the center piece; then use one of my designs as a pattern to ornament around the center; then put the rim on.

For all the different kinds of designing, icing tubes are inserted in a paper cornet, made of good letter paper, cut diagonal, to get a long triangular shape; then twist a cornet to a sharp point, and if a tube is used, cut the point off enough to insert a tube, if no tubes are used, the point has to be cut to shape wanted, then fill the cornet with icing, turn the top ends over and press your thumb over it to keep it from oozing out, and force the icing through the point end, the rim is put on at last in the same manner, according to artistic taste; no designs for ornamenting rims given here.

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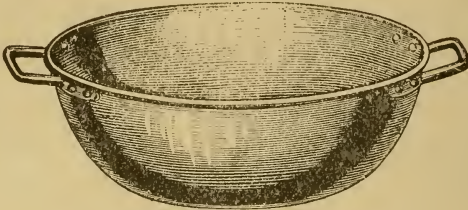
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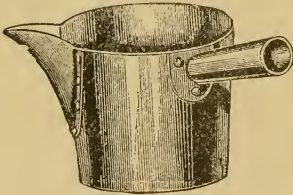


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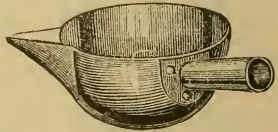


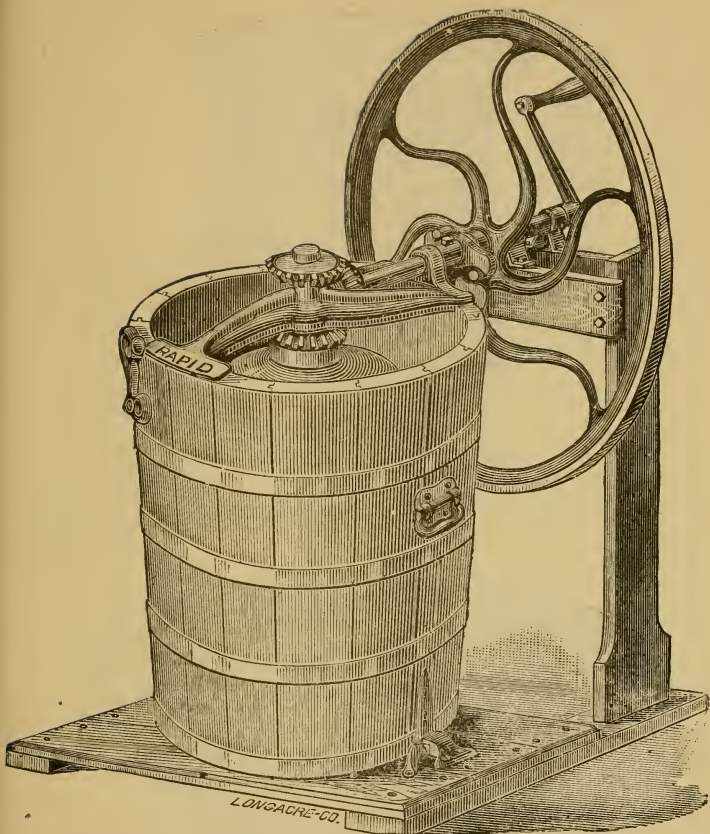
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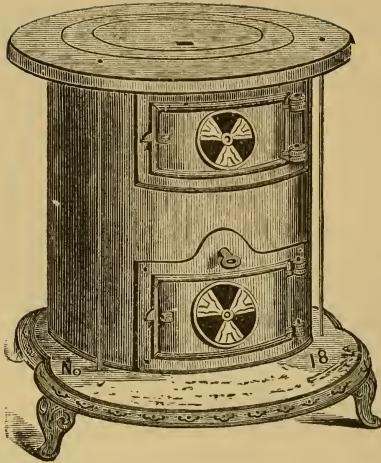


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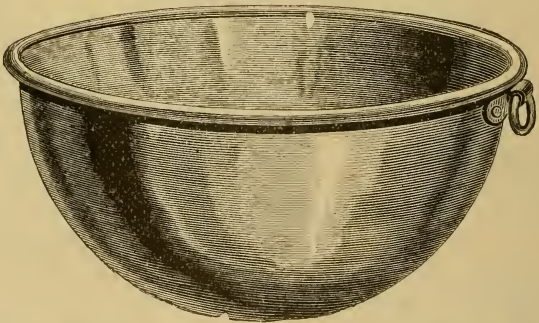
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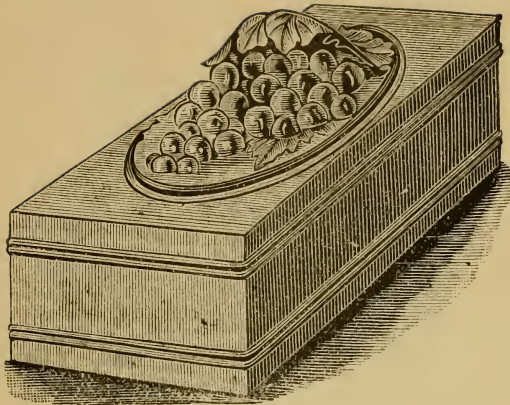
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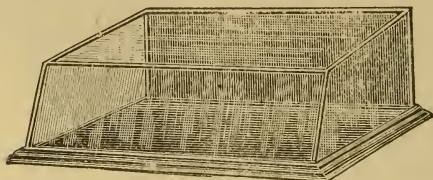
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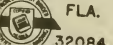
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