BREAD

AND BREAD-MAKING

Mrs S T Rorer

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Graham Bread *White Bread* *Whole Wheat Bread* *French Bread* *White Bread, Square Loaf* *Oatmeal Bread*

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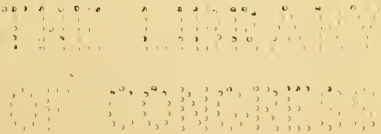
AND BREAD-MAKING

HOW TO MAKE MANY
VARIETIES EASILY AND
WITH THE BEST RESULTS

By MRS S T RORER

Director of Philadelphia Cooking School
and Author of Mrs Rorer's Cook Book
New Salads Canning and Preserving
and various other works on Cookery



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PREFACE

THE object of this work is two-fold: first, to give in a concise and easily managed form, a set of recipes, used in every household, every day; secondly, to point out "the reasons why" we have failures, even with perfect recipes; the flour, yeast and manipulations are of equal importance.

Every recipe in this little book, with well selected materials, has been tried by the author and many times by the pupils, with perfect results.

SARAH TYSON RORER

WHEAT

All the grains used for bread making belong to the order of *Glumiflorœ* and to the great family of grasses, *Gramineœ*. Wheat, occupying the most important place among them, has our first attention. In order to understand the conditions of flour and the science of bread making, we must first examine the structure of the wheat grain, which is the fruit of the wheat plant. It consists first of an outside layer of bran, the "epidermis" or "cuticle;" then an inner layer of bran, which differs from the "cuticle" in containing assimilable mineral matter and is called the "epicarp." Next comes the last of the great enveloping layers of

Structure of the Grain

the grain, composed of well rounded cells, inside of which is that portion of the grain richest in albuminoids. The great bulk of the centre of the grain is light in color, containing more starch granules and less glutin. While starch and glutin are found intimately associated throughout the entire grain, glutin is more abundant near the bran layers, and starch near the centre. The inner portion, the "endosperm," holds the "germ" or embryo, the life-spark of the grain; which, under suitable conditions, will develop into a living wheat plant. The remaining part of the "endosperm" holds the food upon which the plant lives until it is able to obtain nourishment from other sources.

Spring and Winter Wheat

In this country many varieties of wheat are grown, but for our purpose two kinds only need be considered: the hard spring and the soft winter wheats. The

first is sown in the spring and harvested during the late summer, while the winter wheat is sown in the fall, remains in the ground all winter, and is harvested about the same time as spring wheat. Jago gives a comparative analysis as follows :

	Winter Wheat	Spring Wheat
Fat	1.48	1.56
Starch	63.71	65.86
Cellulose	3.03	2.93
Sugar	2.57	2.24
Albumin, insoluble in alcohol { and other nitrogenous matter	10.70	7.19
Albumin, soluble in alcohol { and other nitrogenous matter	4.83	4 40
Moisture	12.08	14 08
Mineral matter	1.60	1.74

The Care of the Wheat Grain The care of the grain previous to milling has great influence over the starch granules. If the wheat is exposed to moisture or allowed to sprout, the starch granules become pitted or lined, and are more or less changed into dextrin. Flour made from such wheat produces a heavy, moist bread, which molds quickly and becomes damp and rather thread-like when a mass is pulled from the

centre of the loaf. These breads are liable to the common diseases of bread, even when great care and cleanliness is observed.

Milling

With our present process of milling we get a greater proportion of glutin from a given quantity of wheat than by the old-fashioned system. But to preserve the color of the flour, the outside layers of the grain containing the mineral matter are rejected. Thus it will be seen that while many white flours contain nearly as much glutin as whole wheat flour, they lack this one important constituent. We are also enabled to make a stronger flour from spring than from winter wheat,—one capable of taking up much more moisture, consequently making a greater volume of bread and of better strength. It seems, however, but a few years since that spring wheat flour was cheap and objectionable. It was difficult to mill, soft and sticky, and the glutin

had little or no power of holding water ; even pounding or kneading would not render it elastic. Bread made from the old spring wheat flour spread out down one's hands like soft rye. To give shape to the loaf deep pans were used. We observe in these days, however, directly the opposite : spring wheat yields most quickly to kneading and working, and may be made into loaves which easily retain their shape even without a support ; in fact, such loaves are frequently baked without pans on the floor of an ordinary baker's oven.

This modern method of milling also removes the germ, which still further decreases the mineral and fatty matter in the flour.

Analysis of Pure Sample of Germ given by Church

	In 100 Parts
Water	12.5
Albuminoids, diastase	35.7
Starch with some dextrin and maltose	31.2
Fat or oil	13.1
Cellulose	1.8
Mineral matter	5.7

"More than half this mineral matter was phosphoric acid." Oil and phosphoric acid are two very necessary dietetic constituents, and as the wheat itself contains less fat than is usually given for a perfect diet, discarding the germ is to be regretted, especially among people who use dry bread, or various syrups or sweets in the place of butter. The majority of us, however, wisely butter our bread. The thinner the bread and the thicker the butter, sometimes the better, especially for those people who are inclined to be anæmic, or those who wish to add to their fat. The butter thus spread on bread, which necessarily must be masticated, is much more digestible and more quickly assimilated than would be the same quantity of cream taken on soft foods or alone. To sum it all up, if we wish to make a very white flour, we must do so at the expense of several of the most important constituents of the wheat.

Comparative Analysis by Yeo of Fine and Whole Wheat Flour

	Fine Flour	Whole Wheat
Water	12 0	14.0
Proteids	9.3	14.9
Fat	0 8	1.6
Carbo-hydrates (starch, sugar, etc.,)	76.5	66.2
Fibre	0.7	1 6
Mineral matter	0.9	1.7

The albuminoids, also called proteids and nitrogenous foods, consist of albumin, glutin, casein and diastase. This latter substance being an *enzym* (an unorganized ferment), which has the power of changing or transforming starch into a sugar.

The albuminoids are flesh or muscle forming foods, building and repairing the tissues of the body, and assisting in the formation of the fluids. Under certain conditions, however, they may also contribute to the muscular and nervous energy, and in turn produce heat.

The carbo-hydrates, sugars and starches, also called the amyloids, with the fats would be non-nitro-

genous or carbonaceous foods, which are capable of yielding heat and force, without, however, entering into the structure of the tissues. In other words, they are not tissue builders. All the carbo-hydrates are converted into forms of sugar, before they are assimilable.

Selecting Flour

In selecting flour you should choose not only that which is rich in albuminoids, but see that the glutin is of first quality. To test, make a ball of dough from a half cup of flour and sufficient water to moisten; knead and work well; form into a biscuit; then quickly twist or break it into halves. If strong, it will break with a crack; and this is good flour. If soft, poor flour, it will sort of stretch apart, and break without a sound. If it is impossible to make a ball to test the flour, take a portion in the hand and press it firmly; if, when you open the hand, it falls apart, is rather "grainy" or granulated, and

does not pack, it is good bread, biscuit or muffin flour.

Color

Look next to the color; a rich creamy, yellow flour should be used for bread, rolls and biscuits of all kinds, a lighter tint for pastry. Avoid flours of a blue white or greyish tint; they are poor and cheap.

Pastry Flour

Genuine pastry flour is a pale yellowish white, fine and starchy, easily retaining the form of the hand upon pressure. This may be purchased at the ordinary grocery stores under the name of "pastry flour." It is sold in cartons or small bags; rarely ever in bulk. In small communities, where "genuine pastry" is unobtainable, a soft winter wheat flour may be used in its place; but never a bread flour. In making fine pastry, cakes and such light mixtures as cream puffs, pop overs or German puffs, the best results are obtained from real pastry flour.

Whole Wheat Flour

In some milling processes, where Whole Wheat Flour is made, not only the outer coat of the grain is removed, but the germ also, which latter is mixed with a certain amount of middling or farina and sold as breakfast food. Whole wheat flour is of a dark brown color, rather coarse, and should be free from bran; in other words, the outside coat of bran is peeled off, and the remaining portion of the grain ground into flour. This flour contains all the albuminoids and the nutritive mineral matter. While the bran which is peeled off may contain some mineral matter, its greater portion is woody fibre or cellulose, which is indigestible; consequently it is unfit for food, and should not be taken by persons who have a weak digestion, or whose intestines are easily irritated. Bread made from whole wheat flour might be called a perfect diet for the adult; and is far better for children

than white bread. To nursing mothers, it is a necessity, as it supplies the alkaline phosphates which contribute to the formation of the required salts in the body. It contains also the necessary elements for the building of the bone and teeth structure. Bread made from this flour should be used by those who are inclined to be anæmic, especially children inclined to ricketts, and those whose teeth are decaying; and, as we have said, this bread will supply phosphates to the milk far better than any ordinary white bread.

Graham Flour

Most Graham Flour sold in our markets is composed of a little white flour and a goodly quantity of bran mixed with a certain proportion of "shorts," "middlings," or fine farina, whichever you choose to call them, as they all mean one and the same thing. These bran particles are indestructible, and so irritate the intestines that all mate-

rials are hurried through without time for digestion or absorption. Consequently this bread is not to be recommended in any great quantity to any class of people.

Different Amounts of Liquids

In purchasing different flours in open market, I find that one sort of fine flour will require four quarts of flour to each quart of liquid to make a good dough; of another sort, lightly blended winter and spring wheat flour, three quarts of flour; while of a third, containing a large proportion of spring wheat well milled and in good condition, two quarts only will be required.

For the above reasons, a professional baker, in giving a recipe for bread, always gives the measure of liquid, allowing flour to make a batter or dough as required; no certain quantity of flour can be stated, as in damp years or wet climates, a rather damp grain is produced, which makes a sticky flour; and of such it will require a greater quan-

tity to make a dough of definite consistency. A good dry blended flour makes a perfect, light loaf, one that will keep for many days without becoming clammy or moldy.

Any housewife can, by very little practice, learn to determine quickly the quality of flour, so that she need not be at a loss to select that which will give her bread of a uniform quality.

Liquids

The liquids used in bread making may be water, milk, half milk and half water, or whey. It is never necessary, with our present patent flours, to use potatoes or potato water; in fact, it is rather objectionable, and frequently unwholesome. If milk is used, it must be scalded, not boiled, and allowed to cool to about blood temperature (98° Fahr.) before adding the yeast. Water may be used lukewarm, or it may be boiled and cooled.

The French use water in preference to milk, or milk and water.

Salt

Salt acts as a guard keeper, holding, as it were, the action of the yeast. Bread sponged over night is not so liable to "sour" if salt is added; salt is entirely unnecessary, however, if the bread is to be made quickly in the morning.

Sugar

Sugar will increase the rapidity of fermentation, but spoils the flavor of the bread.

Albumin

Albumin, in the form of white of egg, as it is usually added in making rusk or tea biscuits, especially in connection with the shortening used, retards the action of the yeast, and a much longer time must therefore be allowed for the raising of biscuits, cinnamon bun, and articles of this kind, than for ordinary bread or biscuits.

YEAST

In this country we have at present the German compressed yeasts, which are sold in almost every city and town. They are as a rule well made and easily used. Being compressed, they contain much more yeast in a small space than ordinary home-made yeasts, consequently, enable the housewife to make bread in a third or a quarter of the time. Yeast is a plant belonging to the fungi; it grows by budding; during the process of growth, when mixed with materials containing albumin and sugar, or substances easily converted or broken down into sugar, it produces "fermentation." The flour may be called the soil in which the plant feeds and grows; and if it is allowed to remain too long at one temperature and in one condition, like all other living things it becomes exhausted, and the yeast plant is killed by its own excretions. We

then have sour, offensive bread. Housewives must be taught to take the dough when it is at its height, when it has doubled its bulk and is very light. The dough must not stand until it falls ; if it has even the slightest semblance of weakness, it has passed beyond its best stage. If at any time when the dough is just at its height, the housewife has not time to give it attention, a handful of flour may be added, the dough thoroughly beaten ; it may then stand thirty to forty minutes longer without injury. It is always better to make the sponge or dough in the morning, as the kitchen is more uniform in temperature, and the housewife can more readily watch it. The sun certainly must have some good influence over the bread ; so, from a healthful standpoint alone, I should say, always make the bread early in the morning rather than at night.

The yeast plant is a very elementary structure, is one of the sim-

plest known plants. It is quite difficult to decide whether or not these simple forms are animal or vegetable, as they almost wander over the border lines of both. One of the great differences is, however, that plants are able to derive sustenance from inorganic compounds. They can take their carbon from carbon dioxide, and they can draw their nitrogen from ammonia, while animals can in no way use carbon or nitrogen for the building of their tissues, unless these elements are presented to them in the form of organic compounds. In Nature's great school of economy, plants live and develop on materials excreted by animals. Animals, in turn, must subsist either on these vegetable substances, breaking them down, or on the bodies of other animals which have been built up from the vegetable world. Yeast, then, being able to derive its nutriment from inorganic bodies, is placed at once in the

vegetable kingdom; and is, like all plants, capable of building up complex compounds from simple ones. During the growth of a plant, there is a continual absorption of heat. Now, yeast, in this particular, presents directly the opposite; for, during the entire process of fermentation, the temperature of the liquid rises. For this reason we are taught not to place the bread in too warm a place, or it will "sour" quickly.

The name applied to the genus of the yeast fungi is *saccharomyces;* so called because they receive their greatest nourishment from the saccharine solutions, and convert the sugar present into alcohol. Compressed cakes as we buy them are in a resting stage. To give a kindergarten simile, I might compare the ordinary German yeast cake, which must be used fresh to be good, to the plants taken from the yard in the fall and hung in the cellar during the winter. They remain in a dormant condition, but are capable

of again growing when planted into suitable soil. The yeast in the cake is quiet, as it were, but is capable of growing the moment it is mixed with the ordinary sponge. Like all plants, it is killed by extreme heat, and its growth is retarded by extreme cold. It grows best and quickest at temperatures between 75° and 85° (Fahr.). Bread is sweet and good when the temperature is even from beginning to end. Yeast has no effect upon pure glutin flour. I doubt, however, if a pure glutin flour could be used if it were made. There must be a slight percentage of starch. I have found by repeated experiments that, if the dough is thoroughly washed, thereby removing all elements except the glutin, the yeast plant is incapable of producing fermentation ; of course, during this washing, all the other substances capable of being converted into sugar have been washed out. Such doughs remain quiet until putrefaction shows itself.

"SALT RISING" OR EMPTYINGS

This sponge or leavening is made by fermenting flour and water or milk without the addition of ordinary yeast. The true conditions of this fermentation are not exactly known. Judging from the odor produced, bacteria play an important part in the "fermentation." Then, too, the wild yeast plants of the air find this an exceedingly good resting place, and grow with great rapidity. It has been observed by one writer that the yeast plants found in this dough do not reproduce by budding. Whether or not this bread is wholesome, is an open question. We know this, that in a perfectly clean room (and by this we mean a room surgically clean, one free as nearly as possible from all germ contaminations) it is almost impossible to make good "emptyings." Carry the basin from this room to one where the floor is covered with carpet, especially if the

carpet has not been carefully cleaned or shaken recently, and almost immediately you will have a pitcher full of foaming "emptyings." We fully realize that many persons have eaten bread made after this method for years, and are, perhaps, in fairly good health. The question is, then, what would they have been if, instead, they had always used good bread? The effect of heat upon bread greatly influences its digestibility. "Salt rising" bread will not bake as easily or quickly as that made with yeast. The crust is always light, soft and the crumb moist; seeming to hold much more water than other breads.

This sponge, made from the wild yeast floating in the air, and unwholesome yeasts used in bread making, are the frequent causes of indigestion. This bread then should be used but sparingly, if at all.

BREAD

After the selection of the flour, the yeast and the liquid, there remains still the manipulation, to make a perfect loaf.

Mixing or Kneading

First comes the mixing, sponging or kneading of the bread. Each little grain of flour must be surrounded by a volume of water to hydrate the starch, to dissolve the sugar and albumin, and to moisten the glutin, which causes them to adhere and form a dough. We cannot use water alone in sufficient quantity to effect this ; it must be supplemented by kneading, which is really the most important part of bread making. In most households, the hands are used for this purpose ; but, where large quantities of bread are to be made, a bread kneader or dough machine is an absolute necessity. These can be purchased in all sizes, from one making six loaves to one with capacity for one hundred.

When the dough becomes elastic

and loses its stickiness, it has been kneaded sufficiently long and is ready for its first standing. The excellence of the bread depends upon the thoroughness of this kneading; it controls the air cells in the bread, and its capacity for expansion. Bread that is simply stirred and poured into a pan, even when light, is not visibly larger in bulk than when first poured in; while the ordinary well kneaded bread is capable of expanding from two to three times its original bulk.

Mechanics of Kneading

Stir in sufficient flour to make a dough that may be turned onto a board sprinkled with flour; then flour the hands. Draw the dough farthest from you over into the centre several times, and then turn the whole mass half around. Draw it again from the opposite side toward the centre; and press it down either with the fingers or the ball of the hand, then half turn again, and repeat this, with a sort of

rocking motion, until the dough has been thoroughly and evenly kneaded. This will take at least fifteen minutes. At first, you must add flour, just a little at a time; but after the dough has lost its stickiness, knead it on a dry board. When it ceases to stick on pressure, the kneading may be discontinued.

Molding

After the dough has had its first standing, turn out carefully onto the board; cut off sufficient to make one loaf. Roll it out under the hand until smooth and well shaped for the pan in which it is to be baked, and into which place it at once. Stand it back in the same warm place (75° Fahr.) until it has doubled its bulk, covering it with a light cloth.

Baking

The baking of the bread is of the greatest importance, as the yeast plant must, during the process, be thoroughly killed; otherwise, it is

capable of setting up fermentation in the stomach, destroying the digestion of other starchy foods already in the stomach. Yeast is destroyed at the temperature of 212°Fahr. While the heat of the oven may be 300°Fahr., it must be remembered that bread contains a large amount of water, and water at sea level boils at 212°Fahr. If the oven is too hot and the loaves large, the crust surrounding will prevent the heat from penetrating to the centre of the loaf. Thus one frequently finds upon plunging the thermometer into a hot loaf that it will not register over 180° to 200°Fahr; consequently the yeast germs may not be killed; such bread is very unwholesome. Dry yeast, of course, is able to stand a much higher temperature than yeast suffused with water; so that the yeast plant in bread is much more easily killed than it would be in a dry yeast cake. The outside of the loaf, or crust, is much more easily digested than the inner portion or crumb. During

the process of baking, the starch has been converted into dextrin, which is the first step in the digestion of starches after the cooking or rupturing of the "cells." For this reason we give toast, pulled bread or zwieback to invalids.

These may be called partly digested breads.

There are several ways of testing the oven without a thermometer. The old-fashioned baker's method was to throw flour on the floor of the oven; if it browned quickly, say in three minutes, without taking fire, the oven was sufficiently heated. The ordinary cook may hold her hand in the oven while she slowly counts twenty; or you may use a thermometer and put the bread in when it registers 280° Fahr., or with an indicator, when the hand registers 8. Bread in the shallow French bread pans must be baked in a quick oven (360° Fahr.) thirty minutes, and should brown at once; while when baked in square

loaves, it should be placed in an oven of slower heat (280° Fahr.) and remain there at least ten minutes before it browns. When the oven is too hot, a large loaf will become crusted, and the crust will form a non-conductor which will prevent the heat from penetrating; hence a loaf burned on the outside is frequently unbaked in the centre. When the bread is done, it should immediately be removed from the pans and tipped up, so that the air may circulate freely around each loaf. Do not cover the bread, even with a light cloth, as in this way the moisture is held, destroying the crispness of the crust and making the crumb rather heavy. Bread keeps best when gradually cooled and then placed in a clean, light, cool closet. Do not "*air*" your bread boxes after they have been scrubbed and scalded; dry and close them. Dust frequently carries germs of mold, which grow on and contaminate the bread.

DISEASES OF BREAD

In our grandmother's day, when floors were not carpeted and walls were white-washed, not papered, diseases of bread as well as diseases of fruits and vegetables, were by far more rare than they are to-day. Our modern civilization renders it more necessary to be very particular about the care of our food. The abnormal conditions are very frequently due to the impurities which exist in the flour, in the bread-pans, on the board, and in the coverings used for the bread. Mildew produced by fungus growth is one of the common diseases of bread, when wrapped in ordinary linen or cotton cloths. The cloth becomes quickly contaminated, imparting a sour, unpleasant flavor to the bread. There can be but little doubt that such bread is unwholesome and should not be eaten.

There are many diseases that are due to fungoid growths directly on

the bread, such as the common molds. These may be produced by lack of care; they grow quickly on bread that has not been thoroughly baked, or that has been put into a box before it was thoroughly cooled; on bread that has been allowed to cool in a room where sweeping has been done during the cooling, or where people have passed in and out from barnyards or stables; it may also be produced by resting the bread to cool on a table that has not been thoroughly cleansed or dusted. Moldy bread, even if toasted or cooked, will produce disarrangements of the stomach, and consequently should not be used. There is another class of breads which we call musty; they are scarcely moldy, but they smell sour, are unappetizing and will, if eaten, produce undesirable effects in the stomach. All these conditions are favored by dampness and darkness. For this reason I have told you to keep your bread or your zwieback

in a light place; in fact, bread should never be kept in the cellar. It will mold in a few days, and be rendered unfit for food; while, if kept in a dry, light place, it will keep in good condition from seven to eight days.

Whole wheat bread, in summer especially, if the wheat grain itself has not been in good condition previous to the milling, will produce in the bread small red patches. The centre of the loaf will be sodden and gummy, and will develop a sort of stringy condition; it is said by one writer that this condition comes from a micro-organism which has the power of producing a butyric acid; it is brought about without doubt by lack of care, both as to yeast and bread or as to flour. The germ usually exists in the yeast; and I am almost prepared to think that home-made yeast, in this generation, is absolutely unfit for use, unless made by an expert. Changing yeast will frequently stop these

stringy conditions. Scrupulous cleanliness alone will remove all danger. For instance, a bread cloth is used to cover over the bread this week. It seems perfectly clean, is folded up, put into the dresser drawer and brought out next week. In the meantime it has accumulated the micro-organisms necessary for the production of bread diseases. The bread is thus contaminated and the germs are not destroyed by the baking, as the cloth is used after the baking. Bread pans should be scalded previous to the making of the sponge. The board upon which the dough is turned should be thoroughly cleaned before using. The baking pans are of less account, as they come in more direct contact with extreme heat.

There is still another disease which is to-day quite puzzling to the housewife. This forms in the centre of the bread; the mass becomes brownish, sticky, stringy and

has a very peculiar odor. It is produced by bacteria, which flourish most rapidly in an alkaline medium. This bread should not be used as food, as it irritates the intestines and frequently produces diarrhœa. Indigestion may be brought on by eating bread having any one of these diseases.

To Keep Bread

After the bread has cooled put it, without wrapping, in a perfectly clean tin box ; or it may be slipped into clean unbleached muslin bags and hung in a dry closet. These bags must be washed and scalded after each using. Bread is much better if it is allowed to dry out and then re-moistened, as it were, at serving time. The long French loaf may become perfectly hard, but if put in the oven ten minutes before meal time will be crisp, tender and delicate without being heavy. Do not keep bread in stone or wood in a damp cellar.

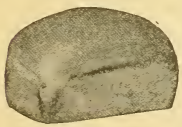
RECIPES

Home Made Yeast

Grate four good sized potatoes into one quart of boiling water. Boil five minutes, stirring constantly. When cool, add a half cup of sugar, two tablespoonfuls of salt and a half cup of yeast or one compressed yeast cake dissolved in a half cup of cool water. Put a saucer over the jar, place it in a warm place, 68° Fahr., and stir down the mixture each time it comes to the top until the fermentation stops. Bottle, cork and keep in a cold place.

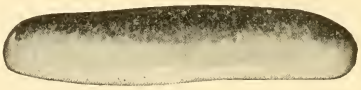
Nineteenth Century Bread

Scald one pint of milk (180° Fahr.), being careful not to allow it to boil; add one pint of water. When this mixture is lukewarm, add one cake of compressed yeast dissolved in four tablespoonfuls of cool water, a level teaspoonful of



Square Pan

salt, and sufficient whole wheat flour (about one quart) to make a stiff batter. Beat continuously for five minutes ; cover and stand in a warm place ; in winter, three hours, in summer two and a half hours will



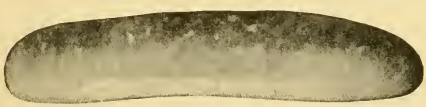
French Pan

be sufficient. Then stir in slowly sufficient flour to make a dough. Turn this out on the baking board ; knead continuously until you have a soft, elastic loaf. Divide into four; mold each portion into a loaf ; put into greased pans ; cover, and stand in a warm place one hour, or until it has doubled its bulk, and feels very light when you pick it up in the hand. Brush the top with water, and bake in a moderately quick oven three-quarters of an hour. Turn from the pans ; rest the loaf so that the air will pass around it ; and allow it to cool. Keep in a clean tin box. If home made yeast is used add a

half cupful, make the same, but allow the sponge to stand over night.

White Bread

Scald a pint of milk as before ; add one pint of water, a level teaspoonful of salt, and one compressed yeast cake dissolved ; then add a quart of flour. Beat for five minutes ; then continue adding flour until you have a dough sufficiently thick for kneading. Knead thoroughly until it is soft and elastic. The grain will be finer and the dough whiter if you pound it for at least five minutes with a good strong potato masher ;



or you may lift it in your hand and throw it on the board. Put it into a bowl or pan ; cover it and stand it in a warm place, 75° Fahr., for three hours. Divide into four loaves, and put each into a greased pan. Cover and stand aside for one hour ;

if in a square pan, bake in a moderately quick oven three-quarters of an hour ; if in a long French pan, in a quick oven thirty minutes.

Bread Sticks

Bread sticks may be made either from the nineteenth century or white bread dough. Roll a portion of the dough out in the hands, making it the size of a lead pencil. Cut it the length of the bread stick pan, and put each one in its own compartment. Let them stand thirty minutes ; brush with water, and bake in a quick oven fifteen minutes.

Old Maids

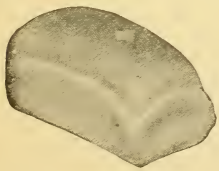
When your plain bread dough is light and ready for molding, pull off quite large bits and shape them into round biscuits at least six inches in diameter and about a half inch thick. Flour your bread

cloth ; put them down ; cover, and let them stand until very light, about one hour ; then bake them slowly on the griddle. They may be turned two or three times while baking.

Another way of baking old maids is to make them into smaller biscuits, and place them to rest in large crumpet or muffin rings. They may then be baked in the rings. When eating, pull them apart ; do not cut them.

Graham Bread

To make one loaf of graham bread, take one pint of white sponge; stir in sufficient graham flour to make a batter that is difficult to stir but not sufficiently stiff to knead ; add a tablespoonful of molasses. Pour into a greased square pan ; let it stand one hour, and bake in a moderate oven three-quarters of an hour.



Corn Meal Loaf Bread

Put a pint of milk or water over the fire to boil. When boiling, stir in two-thirds of a measuring cupful of granulated corn meal; cook just as you would mush. Take it from the fire, and add one pint of scalded milk; add a level teaspoonful of salt. When it is lukewarm,

add one small compressed yeast cake dissolved in four tablespoonfuls of cool water; add a pint of white flour; beat thoroughly; cover, and stand in a warm place three hours. Now add sufficient white bread flour to make a dough. Take it out on the board, and knead it thoroughly and carefully until it loses its stickiness, and becomes elastic. Make it at once into two loaves; place each in a greased square bread pan; cover and stand in a warm place one and a half hours, or until very light. Brush with water, and bake in a moderately

quick oven three-quarters of an hour.

Oat Meal Bread

Oat meal bread is made in precisely the same manner as corn meal bread, substituting a cup of rolled oats for the quantity of corn meal.

Golden Loaf of South Carolina

Boil three good sized white potatoes until tender; drain, dry and press them through a colander or vegetable press. This should measure a half pint. Scald one pint of milk; add to it two tablespoonfuls of butter, and pour gradually into the potato. If you now can press this through a fine sieve, so much the better for the loaf. Add a tablespoonful of sugar, and when the mixture is lukewarm add six well beaten eggs and one compressed yeast cake dissolved in four tablespoonfuls of water. Now add sufficient flour to make a batter; beat continuously for five minutes;

then add more flour until you have a soft dough, which take out on the board and work carefully until it is light and elastic. Put into a bowl; cover and stand in a warm place until it has doubled its bulk, about three and a half hours. Then divide it into halves; mold each half very lightly; put into greased pans; cover, and when light again (in about one hour) bake in a moderate oven for three-quarters of an hour.

Rye Bread

Scald a half pint of milk (180° Fahr.) and add a half pint of water; when lukewarm, add half a cake of compressed yeast, dissolved in two tablespoonfuls of cool water; add a half teaspoonful of salt, and then stir in sufficient rye flour to make a batter. Beat thoroughly; cover and stand aside for three hours. Then add sufficient rye flour to make a dough stiff enough to knead. Knead thoroughly; pound it, if you can, for five minutes. Shape

it at once into loaves ; put into greased pans. Stand aside for one hour, or an hour and a half, until very light ; brush with water ; and bake in a moderately quick oven for one hour. Handle much the same as whole wheat.

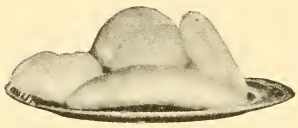
Swedish Bread

Scald one pint of Indian meal with one pint of boiling water. Cover and cool slowly. Add a quart of warm water, a saltspoon of salt, one cake of compressed yeast ; dissolved in a quarter cup of warm water. Now stir in rye meal until you have a dough. Knead well, using graham flour on the board. Break off a bit, about a pint ; roll it out into a thin sheet, the size of a dinner plate. Place it on a cloth cover for one hour and bake in a moderately quick oven (300° Fahr.) for forty minutes.

SMALL BREADS

Vienna Rolls

Scald one pint of milk (180° Fahr.) ; take it from the fire, and add two ounces (two rounding tablespoonfuls) of butter. When lukewarm, add one yeast cake dissolved in four tablespoonfuls of cool water, a half teaspoonful of salt and sufficient flour to make as soft a dough as you can conveniently knead. Knead for ten minutes. This, like the bread, will be finer if pounded a portion of the time. Put the dough back into the bowl, and when it has doubled its bulk (about three and a half hours) turn it carefully on the board. Pinch off a little piece ; make it into a round biscuit ; stand it in a greased pan, and so continue until the pan is filled. Allow plenty of room for swelling so the rolls may not touch



each other. Cover and stand aside one and a half hours. They should now be very light. With a sharp knife, cut each biscuit across the top both ways; brush them with white of egg and water beaten together; run into a quick oven, and bake twenty minutes. If you wish them highly glazed, when they are done, brush them again with water and white of egg, and run them back for a few minutes into the oven.

Pocket Book Rolls

Rub two tablespoonfuls (two ounces) of butter into one quart and a pint of good bread flour. Make a well in the centre. Have a pint of milk scalded and lukewarm; add to it one small yeast cake dissolved in four tablespoonfuls of cool water; add a half teaspoonful of salt; mix this together, and pour it into the well in the centre of the flour. Do not stir; toss a little flour all over the top from the sides of the bowl; cover, and stand

aside for three hours; then stir in all the flour; knead and work the dough for fifteen minutes until it becomes soft and elastic. Then pound with a potato masher for five minutes; roll out in a sheet half an inch thick; cut with a round cutter. With the handle of a knife press down through the centre of each little round making a depression. Brush one side lightly with butter; fold the other over, pocket book fashion; place them in a greased pan far enough apart not to touch. Cover; stand in a warm place for one hour, or until very light. Brush the tops with milk, and bake in a quick oven fifteen minutes.

French Potato Rolls

Pare two good sized potatoes; cover them with boiling water; boil five minutes. Drain off this water, and throw it away. Now cover with one pint of boiling water; boil until the potatoes are

soft and mealy. Drain, saving the water. Mash the potatoes and add to them one pint of scalded milk; beat until smooth. Now add the water in which they were boiled. Add a level teaspoonful of salt, and, when the mixture is lukewarm, one cake of compressed yeast dissolved in four tablespoonfuls of water; add a pint and a half of good bread flour; beat thoroughly; cover and stand in a warm place for two hours. Now add sufficient flour to make a soft dough; knead as lightly as possible until the mixture loses its stickiness. Put this back into a bowl; and, when it has doubled its bulk (one and a half to two hours), pinch off by tablespoonfuls; make into tiny little rolls. Put into a greased French roll pan; cover, and when very light, run into a quick oven for fifteen minutes. The dough must be as soft as possible without being sticky.

French Rolls

Scald one and a half pints of milk; when it is lukewarm, add one yeast cake dissolved in two tablespoonfuls of warm water; stir in sufficient flour to make a good batter; beat thoroughly; cover and stand in a warm place until very light (about two hours); now add another half pint of milk that has been scalded and is lukewarm and a teaspoonful of salt. Rub two tablespoonfuls of butter into a pint of flour, and stir this in; then go on adding flour until you have a dough stiff enough to knead. Knead and pound for at least fifteen minutes. Put it back into the bowl; cover, and when it has doubled its bulk (about two and a half to three hours) roll it out carefully into long narrow strips. Have each roll as thick as your two fingers and four inches long. Place them in a pan so that they will not touch each other. Cover the pan, and when they are very light, bake

them in a quick oven about fifteen minutes. Pans can be purchased that are just the size and shape of the rolls.

Crumpets

Scald one pint of milk ; add three tablespoonfuls of butter ; when lukewarm, add one cake of compressed yeast dissolved in four tablespoonfuls of water ; add a half teaspoonful of salt. Now add sufficient flour to make a batter that will drop from a spoon (about two and a half cups). Beat thoroughly, cover and stand aside for two hours. Heat the griddle slightly ; grease crumpet rings, and place them on top. Put two tablespoonfuls of batter in each ring ; bake slowly on one side then turn them rings and all ; as soon as they are sufficiently baked remove the rings ; push the crumpets on one side of the griddle so that you may again fill the other side. Bake slowly for ten minutes ; and they are ready to serve. Pull apart ; do not cut.

English Muffins

English muffins are made after this same recipe. The rings used are smaller, and they are filled at least half full with batter, and are not turned during the baking, but are placed in a baking pan, and cooked in the oven.

German Horns

Scald one pint of milk; add to it three tablespoonfuls of butter, a tablespoonful of sugar and when the milk is lukewarm add one compressed yeast cake dissolved in four tablespoonfuls of cold water. Now stir in sufficient flour (a little over a pint) to make a dough that you can take out on the board and knead until it loses its stickiness, adding flour, of course, as you need. This dough must be fine grained and light, and will require at least fifteen minutes continuous kneading. Put it back into the bowl; cover, and stand in a warm place for three

hours. Turn the dough out lightly onto a board; roll it out in a sheet a half inch thick; cut it into crescent shaped biscuits; place them in greased shallow baking pans where they cannot possibly touch each other; cover and stand in a warm place for thirty minutes. They must be very light. Run them into a quick oven. While they are baking, beat together a tablespoonful of sugar, one of white of egg and one of milk. Have ready chopped fine at least three dozen blanched almonds. When the rolls have been in the oven ten minutes, take them out; brush each one quickly with the egg mixture, and dust them thickly with the chopped almonds. The almonds must be sprinkled over the moment the roll is brushed, as the heat of the roll will quickly dry the glazing and then the almonds will not stick. Now put them back into the oven for five minutes, and the rolls will be golden brown. These are the nicest of all rolls to serve without

butter with salad or cold meats for evening collations.

Nuns' Puffs

Scald a half pint of milk ; add one rounding tablespoonful of butter ; when lukewarm, add two eggs well beaten, and one cake of compressed yeast, dissolved in four tablespoonfuls of lukewarm water. Now stir in gradually sufficient flour (about one and a half cups) to make a stiff batter, or rather a soft dough, one that can be worked up with a spoon, not with the hands. Dip out or cut off spoonfuls of this ; drop into greased gem pans ; cover and stand in a warm place for one hour. Bake in a quick oven thirty minutes. They must be very light before going into the oven.

Unleavened Bread

Unleavened bread is bread made without fermentation ; in other words, no means is taken, save the ordinary kneading and beating to aërate the dough. Mix the

Pop Overs *Pulled Bread* *Milk Biscuits* *Bread Sticks* *French Rolls*

flour with sufficient water to make a dough that is rather stiff; then knead or work it to the proper consistency. In many places, especially in the South where Maryland biscuits are used once or twice a day, a machine called a "brake," composed of two rolls, is used for this purpose. It flattens the dough into a long strip; then it is folded over, rolled out again, and folded again. This may now be made into biscuits, and baked in a moderate oven, and you would then have Maryland biscuits; or it may be rolled out into very thin sheets, cut into square crackers, pricked with a fork, baked in a moderate oven, producing what are called Virginia biscuits or water crackers; or, if worked with a sort of spiked machine, cutting as well as kneading the dough, then made into round, very thin cakes and quickly baked, you would have an ordinary matza or Passover bread. The southern breads are usually shortened.

Whole wheat flour may be made into whole wheat crackers by following this same method. The dough should be rolled very thin and cut into small square crackers, and baked in a moderate oven. If the dough is baked in a quick oven it will puff up, be much lighter, but will not keep so long.

Egg Crackers

Sift one quart of flour. Beat the yolks of three eggs, and add to them about three-quarters of a pint of thick sweet cream ; knead and beat until smooth. Roll out into a very thin sheet ; cut into round crackers ; prick, and bake in a quick oven. Serve warm.

Salt Rising Bread

Stir two tablespoonfuls of corn meal into a half pint of water that has been scalded and slightly cooled (to about 130° Fahr.); add half a teaspoonful of salt ; mix thoroughly. This should be made in a pitcher.

Cover the pitcher with a saucer, stand in a bowl, surround it with warm water at the temperature of 160° Fahr. Keep this in a warm place either over night or for five or six hours. If you make it early in the morning, say six o'clock, it will be ready to use by eleven. Then scald one quart of milk ; stand it aside until lukewarm ; add a teaspoonful of salt and sufficient flour to make a batter that will drop from the spoon. Beat thoroughly ; turn in the salt rising ; beat continuously for three minutes ; then cover, and stand in a pan of warm water about two hours ; then add sufficient flour to make a dough ; knead thoroughly, and continuously until smooth and elastic. Divide into four loaves ; mold, and place each in a square greased pan ; cover again with a towel ; stand in a very warm place, and when light, bake in an oven at 300° Fahr., for one hour.

This must be kept very much warmer than yeast bread.

THE SECOND COOKING OF BREAD

Zwieback

Zwieback may be made from plain bread, or bread that has been slightly sweetened. The bread must be made in small loaves, and thoroughly baked. When one day old, cut it into slices a half inch thick; place these slices in large baking pans that have been lined with soft brown paper; put them into a mild oven until thoroughly dry; then increase the heat until they are a golden brown to the very centre. To keep them, put into perfectly clean bags, and hang in a dry, light closet.

Toast

Dry toast may be made in precisely the same way as zwieback, but must be served warm. Do not butter the toast however while it is hot; wait until it has slightly cooled;

otherwise, the oily butter will render the bread less digestible.

Water Toast

Slightly dry the bread in the oven ; then toast it quickly over a clear fire ; dip each piece quickly in boiling water ; dish on a heated plate ; spread lightly with butter, and send to the table.

Milk Toast

This may be made from slices of bread, or may be made from ordinary pulled bread, manipulating it the same as for water toast, covering it, however, with milk that has been heated (not to boiling point) and very slightly salted.

Cream Toast

Cut the bread into slices a half inch thick ; dry them, and then quickly brown. Put them into a heated dish. Have ready to each two slices from a square loaf, a half pint of milk in a double boiler ;

add a teaspoonful of corn starch moistened in a little cold milk ; add this to the hot milk, and cook until smooth ; take this from the fire ; allow it to cool a little ; add a tablespoonful of butter, and pour quickly over the bread. Serve at once.

Pulled Bread

Whittle the outside crust from a long loaf of well baked bread ; then with two forks pull the bread apart

down the centre of the loaf. Divide these halves again into quarters ; then cut into eighths. Place these ragged strips in a baking pan that has been lined with brown paper ; then in the oven ; allow them to dry to the very centre. Then close the door, and make them a golden brown. Each piece must be crisp to the very centre, or it is not sufficiently done.

SWEET BREAD CAKES

Coffee Cakes

Dissolve one small compressed yeast cake in four tablespoonfuls of warm water; then stir in sufficient flour to make a biscuit; knead this biscuit into a little loaf; with a sharp knife, cut it across and almost through, both ways. Drop this, with the cut side up, into a good sized pitcher of warm water. The biscuit will go directly to the bottom; but, in a few moments, the yeast plant will begin to grow, making the dough lighter, and it will come to the surface, at which time it is ready to use. This will take thirty minutes. Put one pound of pastry flour into a bowl; make a well in the centre; into this well put four ounces of butter, a tablespoonful of sugar, two tablespoonfuls of milk, five eggs beaten without separating until very light. Lift the biscuit on a skimmer or in your hand and drop it into this mass.

Now, with your two fingers and thumb, work the whole until perfectly smooth, taking in gradually the flour. This will make a soft, delicate dough ; manipulate it thoroughly in the bowl ; it should not be sufficiently dry to knead on a board. Cover it, and stand in a warm place over night. Turn it out onto the board next morning ; cut off about two tablespoonfuls and roll this out under your hand into a long roll about as thick as your finger and a half yard long. Make it a little thinner in the centre ; fold the two ends together, and roll under your hand until it is thoroughly twisted and has a rope-like or twisted appearance. Put the two ends together ; place them in a pan where they will not touch each other ; cover and stand in a warm place until very light. Bake in a quick oven fifteen minutes. The dough may be made into rolls the same as bread sticks, and baked in bread stick pans ; or it may be

made into a shorter roll, folded in the centre ; then twisted like a rope, and put into a bread stick pan. When they are baked, pour over a small quantity of melted sugar or fondant. The melted sugar is made by adding a tablespoonful of hot water to a half pound of powdered sugar ; stand this over the fire until it becomes moist and sufficiently liquid to pour. These cakes are exceedingly good dipped in chocolate icing.

German Cinnamon Bun

Scald a half pint of milk ; while hot, add two ounces of butter, two tablespoonfuls of sugar. When lukewarm, add half of a compressed yeast cake dissolved in two tablespoonfuls of warm water, and three eggs well beaten without separating. Now add sufficient flour (about two cups) to make a good dough ; the dough must be elastic but soft. Knead and manipulate it, either with your hand or a spoon, keeping

it in the bowl. Cover, and stand in a warm place until it has doubled its bulk (about four hours). Turn this out lightly onto a board; roll it into a sheet; spread the sheet with butter; then cover it thoroughly with sugar. For this quantity at least one cup must be used. Then dust it lightly with cinnamon, and sprinkle over a few clean, dry currants. Roll up into a long roll; cut into biscuits one and a half inches long, and place endwise in small round pans that have been thoroughly greased. Cover these, and stand in a warm place for at least one and a half hours; then bake in a moderate oven for one hour. The quantity given may be baked in three small round tin pans, and will turn out as one cake; pull these apart with a fork.

Common Dutch Cake

Rub two tablespoonfuls of butter into one pound of pastry flour; mix a teaspoonful of allspice and a

quarter of a pound of granulated sugar, and, if you like, a teaspoonful of caraway seed; add them to the flour and butter, and mix thoroughly. Scald a half pint of milk. When lukewarm, add half of a compressed yeast cake dissolved in four tablespoonfuls of cool water. Turn this into the flour; mix, adding a half pound of cleaned currants. Knead thoroughly, having the dough soft but elastic. Grease thoroughly a turk's head or a round cake mold, line with buttered or oiled paper, allowing it to come up a little above the top of the pan. Put in the dough; stand it in a warm place; cover, and when it has doubled its bulk (about two hours) bake in a moderate oven one hour.

QUICK BREADS WITH BAKING POWDER

Baking Powder Loaf

Add three rounding teaspoonfuls of baking powder to two quarts of flour, either white or whole wheat. Sift three times; add a level teaspoonful of salt; mix thoroughly. If white bread, add sufficient water to just moisten; knead quickly into two loaves; put into greased pans; brush the top with milk, and bake in a moderate oven one hour. If you use whole wheat flour, dissolve a tablespoonful of molasses in the water before you begin to mix; and finish as for white bread.

Milk Biscuit

Rub one rounding tablespoonful (one ounce) of butter into one quart of bread flour; add two rounding teaspoonfuls of baking powder, a level teaspoonful of salt, and mix thoroughly. Now see that your

oven is very hot. Grease a shallow pan ; get your rolling pin and cutter and your small pastry brush ; add slowly sufficient milk to make a dough that is moist but not wet, about a cup and a quarter. Turn the dough onto a floured board ; knead very quickly; roll out into a sheet a half inch thick ; cut into small biscuits ; stand them in a pan where they will not touch each other ; brush the tops with milk and bake in a quick oven twenty minutes. These biscuits should expand three times their original bulk, be brown top and bottom, and thoroughly baked at the sides, but of light color.

Whole Wheat Milk Biscuits

These may be made after the same recipe.

Rye Milk Biscuits

These, also, may be made after the same general plan, using more

or less moisture, according to the quality and kind of the flour.

Whole Wheat Gems

Grease iron gem pans, and put them into a very hot oven. Put one pint of ice water into a bowl, and stir in hastily, beating rapidly, a half pint of whole wheat flour. Pour this into the hot gem pans, and bake in a quick oven fifteen to twenty minutes.

Breakfast Muffins

Separate two eggs; beat the yolks for a moment; add a half pint of milk, then one and a half cups of white bread flour and beat thoroughly; add a tablespoonful of melted butter, a half teaspoonful of salt, a rounding teaspoonful of baking powder. Beat for about two minutes. Stir in carefully the well beaten whites of the eggs. Pour this mixture into twelve greased gem pans, and bake in a moderately quick oven twenty minutes.

Corn Muffins

Corn muffins are made exactly the same as plain breakfast muffins, using one cup of corn meal and a half cup of flour.

Rice Muffins

To make rice muffins, add to the breakfast muffin mixture, just before adding the baking powder, one cup of cold boiled rice ; beat thoroughly.

Oat Meal Gems

To make oat meal gems, add a cup of left over oat meal porridge in the place of the rice.

Fruit Gems

Separate two eggs ; add to the yolks a half pint of milk ; mix, and add a half cup of chopped dates, or figs, or raisins. Now add one cup of whole wheat flour, a half cup of white flour ; or you may add a half cup of graham flour, or use a cup and a half of whole wheat flour ; beat thoroughly ; add one rounding

teaspoonful of baking powder, and then fold in the well beaten whites of the eggs. Bake in twelve greased gem pans in a moderately quick oven twenty minutes. Rye meal may be used in the place of whole wheat flour, or you may use it half and half.

Plain Corn Bread

Separate two eggs ; add to the yolks a tablespoonful of butter melted and a half pint of milk ; then one cup of white corn meal, and a half cup of white bread flour ; beat thoroughly ; add a rounding teaspoonful of baking powder, and fold in the well beaten whites of two eggs. Pour into a greased shallow pan, and bake in a moderately quick oven thirty minutes. Cut into squares, and serve hot.

Buttermilk Bread

Put one pint of yellow corn meal into a bowl ; pour in a half pint of

boiling water; this must just moisten, not wet, the meal; add two rounding tablespoonfuls of shortening. Dissolve an even teaspoonful of soda in two tablespoonfuls of warm water, and add it to a cup and a half of thick sour milk or buttermilk; stir this into the corn meal, and pour at once into a shallow pan. Bake in a quick oven a half hour.

Sally Lunn

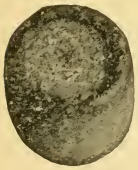
Scald one pint of milk; add to it two tablespoonfuls of butter; when lukewarm, add one compressed yeast cake dissolved in four tablespoonfuls of cold water. Stir in, beating all the while, three half pint cupfuls of flour. Cover, and stand aside for three hours; separate and beat four eggs, add the yolks, then the whites, and stand again for one hour; then pour carefully into greased layer cake pans, and bake in a moderately quick oven fifteen to twenty minutes.

The quantity given should make six layers. In pouring it out be careful not to break the air bubbles in the dough, pour it as gently as possible. If these cakes are wanted for breakfast they may be mixed at night, using one-half the quantity of the yeast ; then, the first thing in the morning, add the eggs. They may stand for an hour and then be baked. If needed for lunch, they may be made in the morning. When done, take from the pan, butter lightly one layer ; place another layer on top, butter lightly ; and another layer. To serve, cut down as you would layer cake or pie, or pour the mixture into a Turk's head and bake in a more moderate oven for three-quarters of an hour. Cut as you would sponge cake, using a heated sharp steel knife. Baked in gem pans this makes the very lightest sort of luncheon muffins. In small pans, of course, a more thorough baking is insured.

STEAMED BREADS

Oat Meal Brown Bread

Mix one pint of Pettijohn's Breakfast Food, one pint of Quaker Oats, a half pint of granulated yellow corn meal and a half pint of whole wheat; add a teaspoonful of salt. Dissolve a teaspoonful of baking soda in two tablespoonfuls of warm water, add it to a half pint of New Orleans molasses, stir and add it to a pint of thick sour milk; mix with the dry ingredients; turn into a brown bread mold, and boil or steam continuously for four hours. Very good.



Boston Brown Bread

Mix a half pint of Yankee rye with a half pint of granulated corn meal and the same quantity of whole wheat flour. Measure a level teaspoonful of bicarbonate of soda, dissolve it in a tablespoonful

of warm water; add it to a cup of New Orleans molasses; mix, and add to one pint of thick sour milk or buttermilk. Add a teaspoonful of salt; pour this into the dry ingredients; mix thoroughly; turn into a greased brown bread mold; tie down the cover. Place in a steamer, or in a kettle and partly surround the mold with boiling water, and boil continuously for four hours. If you are without a mold, a five pound baking powder tin may be used, or an ordinary long ten cent milk kettle; or you may use an ordinary round pudding mold, one having a funnel or standard in the centre.

QUICK BREADS WITH EGGS

Mush Bread

Put one pint of milk in a double boiler; stir in slowly a half pint of corn meal; cook until you have a smooth mush (about five minutes); take from the fire; add the yolks of four eggs slightly beaten; then fold in carefully the well beaten whites. Turn this into a baking dish, and bake in a moderately quick oven twenty to twenty-five minutes. Serve at once. This must be served in the dish in which it is baked, and be helped with a spoon.

Dodgers

Put into a bowl one pint of southern corn meal, and into the centre of this a rounding tablespoonful of shortening; pour over sufficient boiling water to just moisten; it must not be very wet. Cover, and let it stand until cool. Beat one egg without separating until light; add four tablespoonfuls of milk. Stir

this into the meal. The meal must now be sufficiently thick to drop from a spoon, not pour. Drop it by spoonfuls, into a greased pan. Bake in a moderately quick oven a half hour. It must be sufficiently thick to retain the shape of the spoon, as it is dropped into the pan.

German Puffs

Beat four eggs without separating until well mixed, add a half pint of milk and pour gradually into a half pint of pastry flour ; mix well and strain through a sieve back into the first bowl. Have iron gem pans well heated, fill half full with this thin batter and bake in a moderately quick oven, for forty minutes. Pop Overs are made in precisely the same way, using two instead of four eggs. These may be used as breakfast muffins, or served with a sauce as dessert.

INDEX

List of Household Books

Published by Arnold & Company

Mrs. Rorer's Cook Book

A Manual of Home Economies. By Mrs. S. T. Rorer, Principal of the Philadelphia Cooking School, author of Canning and Preserving, Hot Weather Dishes, etc. 12mo, nearly 600 pages, with portrait of the author and elaborate index; water-proof and grease-proof covers, $1.75.

> This is an eminently practical book. It embodies the experience and study of the author in all the years that she has been teaching and lecturing so successfully before the public. The book has become as famous as the author. It is a standard of excellence, in that it is full of the brightest things in cookery; the recipes are absolutely reliable, and the general instructions to housekeepers of the most helpful and necessary character.

Canning and Preserving

By Mrs. S. T. Rorer, author of Mrs. Rorer's Cook Book, Hot Weather Dishes, etc. 12mo., with index, cloth covers, 75 cents; paper covers, 40 cents.

In this volume Mrs. Rorer discusses at greater length than is allowed in the limits of her work on cooking in general, the canning and preserving of fruits and vegetables, with the kindred subjects of marmalades, butters, fruit jellies and syrups, drying and pickling. As in her Cook Book, the recipes are clearly and simply given, while an exhaustive index affords easy reference to every subject.

"A useful little volume for the preserving season. Mrs. Rorer's exhaustive information on the subjects of preserves, pickles, jellies, syrups, and canned goods generally, is here placed at the service of the public in a cheap and convenient form."—*Philadelphia Inquirer*.

Hot Weather Dishes

By Mrs. S. T. Rorer, author of Mrs. Rorer's Cook Book, Canning and Preserving, etc. 12mo., with index, cloth covers, 75 cents; paper covers, 40 cents.

Its name tells the whole story. It is the only book of the kind. Hot weather seems to suspend the inventive faculty of even the best housekeepers, and at a season when the appetite needs every help and encouragement this book will be found of the greatest use. Full of suggestions for tempting and dainty dishes, with recipes for presenting the substantials in palatable forms. Contains a complete index to all the recipes.

"A seasonable and appetizing book, entitled Hot Weather Dishes, by Mrs. Rorer, has just been issued. It contains table recipes for summer use. Salads, vegetables, dishes of hot, or previously prepared meats, piquant sauces, fruit omelets and summer desserts are particularly attractive."—*Philadelphia Ledger.*

Made-Over Dishes

How to transform the left overs into palatable and wholesome dishes. With many new and valuable recipes. By Mrs. S. T. Rorer, author of Mrs. Rorer's Cook Book, New Salads, etc. Long 16mo., index; cloth, 50 cents.

We quote from the author's introduction:

"Economical marketing does not mean the purchase of inferior articles at a cheap price, but of a small quantity of the best materials found in the market; these materials to be wisely and economically used. Small quantity and no waste, just enough and not a piece too much, is a good rule to remember. In roasts and steaks, however, there will be, in spite of careful buying, bits left over, that if economically used, may be converted into palatable, sightly and wholesome dishes for the next day's lunch or supper.

"Never purchase the so-called tender meat for stews, Hamburg steaks or soups; nor should you purchase a round or shoulder steak for broiling, nor an old chicken for roasting. Select a fowl for a fricassee, a chicken for roasting, and a so-called spring chicken for broiling. Each has its own individual price and place."

Cakes, Cake Decorations and Desserts

A Manual for Housewives. Simple and up to date. By CHARLES H. KING. 12mo., illustrated by engravings of numerous decorated pieces, with a silhouette chart for the guidance of the learner; bound in cloth, stamped, $1.50.

MRS. RORER says of this book:

> "It has every virtue necessary for a home manual, is simple, plain and economical. The plates, so well described, will enable even an inexperienced person after a few trials to ice and decorate a cake, equal to an expert. Mr. King has covered the entire field of cake-baking, cake-decorating, sugar-boiling and sugar-spinning, with recipes for fine candies. The book contains twenty-one plates and many patterns. I know of no other book which covers this field, and advise those doing fancy work to secure its help."

Household Accounts

A simple method of recording the daily expenses of the family. Printed and ruled in excellent form, and bound in manilla boards, 25 cents.

This is perhaps the best book of the kind ever introduced. With it there is an end to disputes with the butcher or groceryman on settling day. The book contains ruled pages, systematically and simply divided into spaces in which are kept the purchases for each day of milk, butter, eggs, meat, groceries, vegetables, etc. The daily expenses total up for the months, and the months for the year. There are other forms for recording expenses of help, light, heat and general household expenditures in table and bed linens, china and kitchen utensils, etc.

MRS. RORER says it is what every housekeeper ought to have. It is not only a satisfactory method of knowing the cost of maintaining the household, but it leads to a better economy in expenditure.