

## BREADS.

**Bread heads the list of food for man.**

Good yeast and good flour are indispensable in making good bread. Yeast should be kept in sealed jars. Bread should be kept in covered tin box or stone jar.

### YEAST.

#### SELECTED.

Pare 4 good sized potatoes and let them lie in cold water 30 minutes; put 1 quart of water in sauce pan; grate potatoes quickly and stir them into the boiling water; stir over fire five minutes, then take from fire; add  $\frac{1}{2}$  cup sugar and 2 table-spoons salt; turn into stone jar or bowl and let stand until luke warm, then add 1 cup good yeast; cover and ferment 3 or 4 hours, stir it down every time it comes to top of vessel; then put into jar or big bottle, so that it may be covered tightly, and stand in a place where it will keep very cold, but not freeze. Will keep 2 weeks. Save a cup of the yeast for the next time.

#### SELECTED.

Whole wheat and entire wheat flour is one and the same thing, and is put upon the market under both names as well as under special brands, it should closely resemble ordinary bread flour in texture and feeling—a little rubbed between the fingers should feel very granular, and when compressed in the palm will not retain the imprint of the fingers. In color it should be from a deep cream to pale coffee tint, the exact shade varying according to the mill in which it was prepared. When wet it is many shades darker.

### BREAD.

#### ISABELLA BUTLER.

Dissolve 2 Fleishman's yeast cakes in 1 quart warm water add enough flour to make a thin batter. Set to rise over night. In the morning add a pint warm milk, 1 tablespoon butter, 1 of white sugar, 2 of salt, 1 beaten egg and sift in flour enough to make it thick enough to handle. Knead for half an hour. Let it rise again, knead lightly and put into pans. In about half an hour it will be ready for the oven.