

gin to rise on the surface, and in about two more the yeast will begin to rise in a fine soft creamy head. The nice point in making salt-rising bread, is to know when the yeast is risen enough : after a certain time it goes down, and will not raise the bread, or turns it sour.— Experience will guide you after one or two trials. But we will suppose the yeast is risen nearly to the brim of the jug ; then take as much flour, say four quarts, as will make you two loaves, or one good bake-kettle loaf : make a hole in the flour, add a little salt, and pour your barm in ; mingle it thoroughly, and knead your dough smoothly and well with your hands, as you would make up any other loaf : let your bake-can be well greased before putting your loaf in : cover it with the lid. In baking in the bake-kettle, do not fill it much more than half full, that your dough may have room to swell ; many a good loaf is spoiled by being crowded into too small a space. Set the pan with your loaf at a moderate distance from the fire, covered up : when it rises, which you see by its occupying a larger space, and cracking on the top, you may advance it nearer the fire, turning the bake-kettle round gradually from time to time, till every side has felt the influence of the heat. When within two inches of the top, put a scattering of coals (live wood-embers) below the kettle and on the lid ; or heat the lid on the fire, but not too hot at first, and then add live coals. You must keep your kettle turned gradually, that the sides may brown, and do not put too many hot coals below at once. You will soon learn the art of baking a shanty-loaf : a little attention and care is the main thing. When the crust is hard and bears pressure without sinking in, the bread is done.

Many a beautiful loaf I have eaten, baked before a wood fire in a bake-kettle. The bush-settlers seldom can afford to buy cooking-stoves during the first few years, unless they are better off than the labouring class usually are when they come to Canada.

B R E A D .

Having given you a chapter on the different modes of making yeast, for the raising of your bread, collected from the best sources, I shall now proceed to the making and baking of the bread. I can hardly furnish a more excellent receipt for good bread, than that which is used in my own house ; which indeed I can recommend to all housekeepers, as fine in quality and appearance, while at the same time it is decidedly economical. It can be made purely white ; or brown, by the addition of two or three hardfuis of coarse bran.

Should the quantity here mentioned prove too large in proportion to the number of the family, a little experience will enable the person who attends to the making of the bread, to reduce it one-half or one-third.