

Health and Home.

Many Uses for Whole Wheat Flour.

One of the foundation principles of good bread must be good yeast. Without it, only failure can follow, no matter how good the flour. Good yeast and good flour, then, are entirely essential to the making of good bread, whether of whole wheat flour or white flour. Many very good brands of dry yeast are to be had in the market, and we make use of them. But we have learned to make and have adopted for use, a foam yeast of home make that we have found unsurpassed for bread-making. Our white bread and biscuits have taken on additional whiteness and lightness and our whole wheat bread never fails.

For a small family of three or four people, take five large potatoes, pare and boil them in three quarts of water. In a deep jar place a full pint of white flour, a tablespoon of salt and two tablespoons of dark sugar. When the potatoes are thoroughly cooked, pour the potato water over the flour, stirring rapidly as you pour, that the batter thus made may be smooth. Add to this flour batter the potatoes after they have passed through a colander. When the mixture has cooled until it is just warm, add a cake of yeast that has been soaked well in a few spoonfuls of warm water. Stir thoroughly and set the jar where its contents will keep warm. In a few hours its contents will be a foam.

Whole Wheat loaves.—For two large basin-sized loaves and a pan of biscuits, take a cupful (a pint tin cup) of yeast and two of warm water, adding a teaspoonful of sugar. Stir into a batter of the usual consistency of bread sponge, and put into a warm place to get light. As soon as it has thoroughly lightened or foamed, mix into a loaf and again place it to rise. A thorough kneading should be given when the sponge is mixed into a loaf. When the loaf has become very light, mold down lightly into loaves, and when the dough rebounds elastically from the imprint of the finger, it is ready for the oven. The loaves should bake in an hour. When baked rub the crust over with sweet butter, and stand the loaves on edge to cool. Do not cover them, but leave them to cool in the open air of the kitchen or pantry. The room will be filled with a delightful odor.

The yeast mentioned should make three bakings. If the bread does not seem as rapid in rising as it should, and if not sufficiently light, try using the same measure of the soft yeast as of water. The yeast should be fresh made at least once a week. The fresher the yeast the better the bread, though yeast a week old makes beautiful loaves, if it has been kept in a cool place. Start the bread sponge before breakfast and the loaves should be baked by half past ten at least. This quick process insures sweet and palatable, light bread. In mixing the dough be sure that the loaf is firm, not sticky. It should be stiff enough to cleave to the board when moulding. Do not "set" the bread over night. Bake in a moderate oven, being very careful that the heat is not so great as to crust the loaf over for the first twenty minutes or half hour. This time, with a moderate heat, is required for loaf expansion. Bread quickly browned over is bread practically ruined.—Christian Work.

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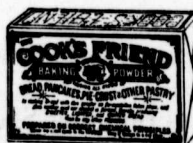
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