

a long course of experimenting we had sweet, nutritious graham bread, which it was no gastronomic penance for either John or myself to eat. Indeed, our breakfast-table is seldom without it, either in the form of "gems" or raised biscuit.

For this I sift the meal to lighten it, but use the bran, mixing it thoroughly with the flour. I know a housekeeper who gives the bran to the horses! The object of buying *graham* flour, with this purpose in view, is not obvious. I have found no one who sifts it, if intending to use the bran, but it certainly is much better sifted and mixed together again.

#### GRAHAM BREAD.

One quart of the meal, as prepared above, a half-cupful good of yeast, and a little salt. Mix with little more than a pint of warm water. In winter, milk or part milk may be used. In the morning add flour, but not enough to allow it to be kneaded. If biscuits are required, take a piece of the dough, flouring it and the hands, and work it lightly into little round biscuits. Fill a pan, crowding the biscuit a little. Leave it an hour in a warm place. Bake in a hot oven. If a loaf is preferred, pour into a pan after the flour has been added and thoroughly stirred in. Raise an hour before baking. I have seen it suggested somewhere that the bran, fermenting sooner than the flour, and before the sponge is raised enough, is the cause of the usual sourness of this bread; that adding the bran when the sponge was nearly or quite light enough, would obviate this. I would like to know if any one has any *practical* knowledge of this method. My own judgment is that the molasses, considered essential, causes the acidity, and I do not use it.

#### GEMS.

To make this simple but nutritious and palatable form of bread, one requires a cluster of little iron patty-pans, with which some readers are familiar, but more are not. They are found now, I think, in all large places, and if not, can be readily cast at any foundry. The pan at hand, make a thick batter of graham meal, a little salt and warm water, giving it a thorough stirring and beating. The consistency of the batter is not so important an item as that the gem-pan should be heated just right when the batter is put in. It should not scorch, but it should *sizzle*. Heap the pans, as the gems will be lighter and less crusty. Bake in a hot oven. When they will slip out of the pan they are done. They are quite as nice warmed in the oven when a day or two old as when just baked. They can be made with milk and one egg to about a quart of the flour, but they have

not the pure wheaten flavor of the water gems.

If the following directions are closely observed, the housewife will have brown bread unequalled, save by the famous "Boston brown bread," and not surpassed by that.

#### BROWN BREAD.

Prepare the meal like the graham; sift, but turn back the bran and use it.

Two and a half cups of Indian meal, one and a half of rye—both measured after being sifted—half-cup of molasses, one cup thick sour milk, two cups sweet milk, one teaspoonful of soda. A cup of sweet milk and two teaspoonfuls of cream-tartar can be used instead of the sour milk, with equal success. Pour this batter into a three-pint pail, or any vessel of about that size which can be covered tightly. Place it in a kettle containing boiling water enough to come half-way up the sides of the pail. Cover the kettle and keep it boiling three hours and a half. Set the bread in the oven fifteen minutes, to dry off. Water must be kept boiling with which to fill up the kettle as it boils away. It must be watched closely, but when it is done the cook will be well repaid for her trouble. Cut the slices round the loaf, and if you have a healthy stomach, eat the bread while it is warm.

As a finale, I will give a recipe for the most delicious achievement I have yet found in the way of bread. This must be made in the morning.

#### PARKER-HOUSE ROLLS.

One quart of flour. Make a *well* in the centre, heaping the flour high as possible about it. Pour in a half-cup of yeast. Warm a half pint of milk, with a tablespoonful of white sugar, and lump of butter half the size of an egg, and a little salt. Stir it in gently with the yeast, preventing it, if possible from running over the flour. Place it in a warm room, but not a very warm place. At noon, mix it and knead thoroughly. Possibly a little more flour may be required. Let this sponge rise until an hour before you desire to bake the rolls. Work it over again; roll it out half an inch thick; cut it into strips about four inches wide and perhaps six long. With the hands, roll the two short sides towards one another until the two rolls meet; pinch up the ends into the usual form of rolls; rub melted butter over the top, to give them a rich brown when baked. Place them in the baking-pan so they will not touch. Allow them to stand an hour, then bake in a quick oven.

None of the above recipes are theoretical only; I have tested them thoroughly, and she who may use them as a guide will surely have a variety of nice, healthful bread.—*Hearth and Home.*