

Graham or Whole-Wheat Bread

THIS recipe gives Bread of an excellent flavor and richness, which may well be served occasionally to give variety to the diet.* Both Graham and entire wheat are highly valuable in the dietary since they stimulate the process of digestion and give the digestive tract needed exercise.

Dissolve yeast and sugar, or molasses, in lukewarm liquid. Add shortening, then flour gradually, or enough to make a dough that can be handled, and the salt. Knead thoroughly, or "throw and roll" as shown on page 16, being sure to keep dough soft. Cover and set aside in a warm place to rise for about two hours.

When double in bulk, turn out on kneading board, mould into loaves, and place in well-greased pans, cover and set to rise again—about one hour, or until light. Bake one hour, in a slower oven than for white Bread.

This recipe makes two loaves.

- 1 cake
FLEISCHMANN'S
YEAST
- 1 cup milk, scalded and
cooled
- 4 tablespoonfuls light
brown sugar or
molasses
- 1 cup lukewarm water
- 2 tablespoonfuls melted
shortening
- 4 cups Graham flour
- 1 cup sifted white flour
- 1 teaspoonful salt



The big food value—BREAD.