

From  $\frac{1}{2}$  to equal measures of other cereal flours may be added to the wheat flour. Mashed potatoes, boiled rice or left-over cereal mush may be used to good advantage in this way.

#### FLAVORS

Salt is used in bread making to give flavor, usually allowing  $\frac{1}{2}$  teaspoon salt to a cup of liquid, or for 1 loaf.

Sugar, syrup or molasses is added to give flavor and hasten the rising, allowing 1 or 2 tablespoons to each cup of liquid. Fat, such as butter, lard, oleomargarine, nut-margarine, suet, cottonseed oil, peanut oil, or corn oil, is added to the loaf to make the loaf richer and more tender, allowing 1 tablespoon to each cup of liquid.

#### YEAST

Compressed, dry or liquid yeast is used to make bread light. In any form there is a collection of yeast plants massed together in a way that they will keep for some time. The strength of yeast depends upon the care with which it is made and preserved. Liquid yeasts are apt to be full of bacteria which will cause bread to sour. Every yeast cake contains millions of tiny yeast plants.

Air, warmth, moisture and a nitrogenous soil are necessary for their growth. All these conditions are provided when they are mixed with flour and liquid.

Heat will kill the yeast plants, while cold checks their growth, therefore in bread making the yeast mixture should never come in contact with anything hot until baking time, or be exposed to cold unless it is desirable to stop the rising for awhile. The amount of yeast used depends on the length of time desired for the process.

One yeast cake to a quart of liquid, or for 4 loaves of bread, is used if bread is started in the morning. One yeast cake to 2 quarts of liquid or 8 loaves of bread, is used if allowed to rise overnight.

Because of the high price of yeast, it may be a good plan to make liquid yeast when yeast mixtures are prepared regularly at home.

#### RECIPE FOR LIQUID YEAST

Four medium-sized potatoes, pared and boiled in 1 quart water. Mash the potatoes and add 2 teaspoons salt, 3 tablespoons sugar and the water in which the potatoes were boiled. Cool and add 1 dry yeast cake or 1 compressed yeast cake which has been mixed with  $\frac{1}{2}$  cup lukewarm water. Pour into a stone or glass jar, cover and let stand in a warm place 3 hours or more. Each time mixture reaches top of jar, stir down; do this until it stops working. Cover and put in a cool place. Use  $\frac{1}{2}$  cup liquid yeast in place of 1 yeast cake. Continue to use until there is but  $\frac{1}{2}$  cup left, then prepare according to above recipe, using  $\frac{1}{2}$  cup in place of 1 yeast cake in starting the new batch.

#### GENERAL DIRECTIONS FOR BREAD MAKING

First: Scald the liquids, add the salt, sugar and fat; cool.

Second: Mix the yeast with  $\frac{1}{2}$  cup lukewarm liquid, using yeast according