

How to Have Good Bread

To Have Good Bread the Following Rules Must be Observed

Use the best flour, it is the cheapest in the end.

Always sift flour or meal for bread twice.

Part milk and part water is preferable for mixing raised bread. If milk is used, scald it first and let it cool to blood heat before using. In winter the water or milk used in mixing should be lukewarm, and if the flour be kept in a cold place, warm it before using. In summer the water need not be warmed, but the milk should be scalded and cooled.

To make biscuits crisp use water instead of milk for mixing and double the quantity of shortening.

Bread should be kneaded until perfectly smooth, and so elastic that an indentation made with the finger will instantly fill up again.

Bread should be double its bulk at the first rising in four hours, and in one hour at the second rising.

A new baking pan should always be burned blue in the oven before it is used for bread.

Bread should be kept in large tin boxes, or earthen jars which should be scalded frequently, then dried in the sun.

Famous Cooking School Recipe for Baking Powder.

Any Woman Using This Recipe Can Make a Better Baking Powder Than She Can Buy and It Will Be Absolutely Pure.

One pound of pure cream of tartar, one-half pound of cooking soda, one-half pound of corn starch. Mix together and sift seven times through a hair sieve.

This more than fills two one-pound cans and makes a pure baking powder that is absolutely reliable.

Never-Failing Potato Yeast.

Boil three good sized potatoes. When well done mash fine and add enough water to make one quart. When lukewarm, add one tablespoonful sugar and one tablespoonful flour mixed together. Then add one-half of a yeast cake mashed fine. Set away in a covered vessel and when the potato rises to the top it is ready for use and will keep for weeks in a cool place.

White Raised Bread.

Sift two quarts of flour into a mixing bowl. Rub into the flour two tablespoonfuls of butter or lard until it is fine, like meal; add one scant tablespoonful of salt, and one tablespoonful of sugar. Draw the flour to the edges of the bowl leaving a hole in the middle with about two inches of flour covering the bottom of the bowl.

Dissolve thoroughly one cake of compressed yeast in a teacupful of lukewarm water, and pour the liquid into the hole in the flour, stir in the flour from the edges, adding sufficient lukewarm water, or milk and water mixed, to knead well. Knead for half an hour, then cover to exclude all air, and set to rise. When it is well risen, knead again for ten minutes, divide into loaves and put in well-greased pans. Cover, and let it rise again to the top of the pans. Bake in a moderately hot oven nearly one hour.

**VINOL Builds up the
Weak and Run-down and
Creates Strength.**