

about 1½ quarts) to make a stiff batter. Beat thoroughly 20 minutes. A large jug or gallon crock is best. Let rise in a warm, protected place, well covered. In two or three hours it should be several times its first bulk. Have the white flour or any proportion of rye, graham, or oat flour warmed in the oven in a large dish pan. Put in sugar and salt and work in warmed (not melted) lard; also several large carefully mashed potatoes. Then pour yeast in centre with sufficient lukewarm water to form a stiff dough. Work thoroughly 20 minutes, till it no longer sticks to the hands, using flour often to free them from dough. Turn out, clean pan and grease bottom and sides thoroughly, put back dough, cover carefully so as not to touch the sponge, and let rise till double the bulk. Work down and put in pans about three-quarters full and let rise to double bulk again, and then bake about an hour in a rather slow oven.

RYE OR GRAHAM BREAD.

The above should make three loaves. If only one of rye or graham is wanted, take out in the morning one-third of the sponge, add 1 teaspoon salt, 1 tablespoon sugar, and enough of the flour (mixed if you like) to make it as thick as you can stir it. Pour into a greased baking pan, and, when well risen, bake in a moderate oven. It requires less heat than the white flour, and will be ready for baking before the white loaves will.

FISH.

Fish of all foods is the most valuable, as most kinds are very digestible, and a larger proportion of the bulk is actually absorbed as tissue and blood-building elements than in the case of almost any other food, and it is the very best substitute for meat, eggs or milk. Canned fish is equally valuable. The cheaper varieties of tinned salmon have the same value as the more expensive brands. Fresh fish should have eyes bright and prominent, flesh firm, and gills red. Frozen fish will keep as long as it is frozen, and should be thawed out gradually in cold water.