

Household Suggestions

Bread

In making whole wheat bread the best results are obtained from a sponge at first. A sponge is a thick batter, not a dough. We knead a dough or beat and mix a batter. All bread dries quickly if too much flour is used, but whole wheat bread is also tasteless if made up too stiff. In fact, I get the best results by using a paddle or bread mixer, without kneading it at all. Heat one pint of milk until quite hot, but not boiling; add one pint of cold water, half a teaspoonful of salt, and one compressed yeast cake moistened in half a cupful of warm water. Stir in a quart of whole wheat flour, and beat for five minutes. Cover and stand in a warm place for three hours. Then add sufficient whole wheat flour to make a soft dough. Work it well with a spoon and pour it into three square greased bread-pans. Cover and stand in a warm place until very light—about one hour—and bake in a moderate oven, 300 deg. Fahrenheit, for three-quarters of an hour. Turn the bread at once from the pan and cool without covering.

The dry yeasts take a much longer time for growth. Set the sponge at night, and finish the bread in the morning.

White bread is best when made first into a dough. Heat the milk, add the

beat the cake for three minutes; then beat the whites of the eggs; fold them into the batter carefully, and turn the cake into the pan or pans and put at once into the oven. Make sure that you understand the oven; do not open the door nor move the cakes for at least ten minutes; peep into the oven to make sure that they are baking nicely, and close the door quietly. If the oven is too hot the cakes brown before they are light, and the result is that when you cool the oven down they crack in the centre. Butter cakes must be baked slowly, while sponge cakes, lady-fingers and such cakes should always be baked quickly.

Fruit Bun

You require 4 pounds dough from the baker, 2 pounds each currants and raisins, 1 pound each pounded sugar and butter, $\frac{1}{4}$ pound each blanched almonds and orange peel, 1 ounce each cinnamon and ginger, $\frac{1}{2}$ ounce Jamaica pepper, and 1 nutmeg, grated. Mix the butter into the dough with the hands, and take away 1 pound of the dough, and roll it out with a little flour. Cut off as much as will form the top crust of the bun and with the other part of the pound line a greased baking tin. Clean and prepare the fruit, and mix with the sugar and spices. Work all into the



How's the omelet going, cook?" A Canadian officer talking to the cook, who is in his cookhouse of three walls, in a badly shelled village; always wears a white apron and uses his wife's rolling pin which he brought from Canada.

water, salt and yeast the same as for whole wheat bread. Then add white flour slowly, beating all the while, until you have a stiff dough. Take this on a board and knead it until it becomes soft and elastic and free from stickiness. Put the dough in a bowl, cover and stand in a warm place for three hours. Then mould it quickly into loaves; place each in a greased bread-pan, cover again, and when very light—in about one hour—bake in a moderately quick oven, 330 deg. Fahrenheit, for three-quarters of an hour. When using home-made or dry yeast allow the first dough to stand overnight.

For bread and rolls use a good patent spring wheat, while for cakes and pastry use a soft, starchy "pastry flour."

To Make a Cake

If the cake is to be a butter cake arrange the oven so that it will be in good condition but rather moderate. Cakes without butter require quick ovens, with the exception of angel's food and sunshine cake. First read the recipe and collect all the ingredients; measure the sugar; measure and sift the flour; add baking-powder and sift it again; separate the eggs; get the pans; grease them or line them with paper. Beat the butter to a cream; add the sugar gradually and beat until light; add the yolks of the eggs and beat again, and if the recipe calls for water or milk add it slowly and alternately with the flour. When you have used the last of both

remaining dough. Fill the lined tin neatly; put on the dough crust, and with a fork prick over the surface. Bake in a steady oven for 3 or 4 hours. After the top is browned, brush it over with beaten egg or milk, to glaze it.

To Broil a Steak on a Gas Stove

Personally I like gas broiling, underneath the oven of the ordinary gas stove, where the steak is not pressed between a small hinged wire broiler. Scrape the outside of the steak—that which has come in contact with handling; trim off the long, tough end, and put it aside for another dish, and remove a portion of the suet in the fold of the steak. Heat the broiler smoking hot, throw on the steak and put it as near the fire as possible; brown it quickly on the upper side; turn it; stick the fork near the bone in turning; broil quickly on this side; turn it again and place it down six or seven inches below the burners, where it will cook slowly for five minutes, on one side; then turn, and cook it for five minutes on the other side. It should be rare from side to side, but not raw, nor purple, in the middle.

This recipe answers for a steak one inch in thickness: a steak one inch and a half thick will take fifteen minutes; a two-inch steak, twenty-five minutes. For the ordinary family the steak should be at least one inch in thickness. A thin steak allows the escape of the juices, and this makes even a good steak tough, dry and tasteless.



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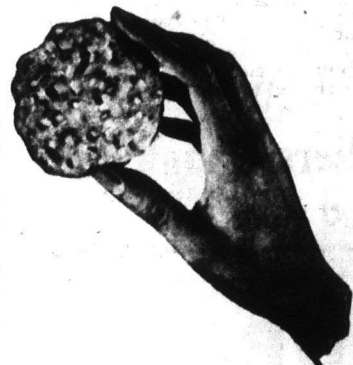
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Recipe for Quaker Sweetbits
A Cookie Confection

1 cup Sugar, 1 tablespoon Butter, 2 Eggs, $2\frac{1}{2}$ cups Quaker Oats, 2 teaspoons Baking Powder, 1 teaspoon Vanilla.

Cream butter and sugar. Add yolks of eggs. Add Quaker Oats, to which baking powder has been added, and add vanilla.

Beat whites of eggs stiff and add last. Drop on buttered tins with teaspoon, but very few on each tin, as they spread. Bake in slow oven. Makes about 65 cookies.



The Quaker Oats Company

Peterborough, Canada

(1897)

Saskatoon, Canada