

the soda in a cup of hot water; and bruise the lumps well, before you put them into the water, so that the whole be thoroughly dissolved; any bits that are left unmelted will make a distasteful spot in your cake; mix your dough very lightly, kneading it only just stiff enough to roll out into cakes about an inch in thickness: put them at once into a hot oven: the oven should be pretty hot, or your cakes will not be so light. This sort of bread is very convenient; it needs no shortening, nor any other seasoning than a little salt with the flour.

A teaspoonful of sal volatile in powder (that is the ammonia used as smelling salts), with two teaspoonfuls of cream of tartar, mixed very thoroughly with the flour, before it is wetted, will raise nice light plain buns, to be eaten hot.

I will also recommend "Durkée's Baking Powder": it is sold in all Canadian stores and drug-shops, at 7½d. the sealed packet, on which are printed directions for using it. This powder imparts no ill taste to the bread or cakes; producing a very light cake with no trouble.—Emigrants should provide an article of this kind among other sea-stores, as a convenient and wholesome substitute for raised bread, for the use of themselves and little ones.

The use of these acid and alkaline salts in fermenting flour food, has become very general of late years; they have the advantage of convenience in their labour, and are regarded by many persons as being more wholesome than bread raised with yeast, which has a tendency to turn sour, especially on the stomachs of young children and persons of weak digestion.

Owing to the superior dryness of the atmosphere in Canada, bread seldom turns mouldy, or takes a fermentation, after it has been kept many days, as is often the case in moist hot weather in the old country. During my long sojourn in Canada, I have never seen or tasted a piece of mouldy bread.

SALT-RISING.

This sort of barm is much used among the old Canadian and Yankee settlers. It has this advantage over other kinds of rising; it requires no addition of any other yeast to stimulate it into active fermentation. Those who are in the constant habit of using it, make excellent bread with it. I dislike the peculiar flavour it imparts, and if it is not really well managed, it is neither pleasant nor wholesome; but many persons prefer it to all other modes of fermenting bread, so I shall furnish the instructions for making it.

Take one teaspoonful of salt, one pint of warm water or new milk, rather more than blood-heat; thicken with as much flour as will make a batter the thickness of good cream; mix in a jug that will hold about a quart; set the jug in a pan or pot half filled with water, warm, but not too hot; cover your mixture close, and set it in a warm place near to the stove or fire: in about four hours bubbles will be-