

Five Roses Flour

[White Bread]

minutes or more until it will not stick to the hands. Then cover up tight and warm. At 5 o'clock in the morning it is ready to mix down. Then cover up again for 1 hour. Form into loaves and set to rise for 1 hour. Then bake 1 hour in moderately hot oven.

—Mrs. Andrew Henderson, Seaforth, Ont.

EASY RECIPE FOR BEGINNERS (Over Night)

Take a quart sealer. Put in 1 yeast cake, 2 tablespoons sugar and the water drained from the potatoes cooked at dinner-time (allowed to get lukewarm). Keep in a warm place to ferment. It will be ready for use in 5 or 6 hours. I then get about 5 lbs. or more of *Five Roses* flour and $\frac{1}{2}$ tablespoon salt. Mix thoroughly. Then pour off the liquid in the sealer into the middle of the flour with as much warm water as it will take (a pint or more) to mix into a dough so that it does not stick to the hands. Allow to rise overnight.

In the morning, mould into loaves. Allow to rise again an hour or more. Bake as usual. This is an easy recipe for beginners, and a good one when made with *Five Roses* flour.

Note—The sediment in the sealer can be used for any length of time. It is called "a starter." Put 2 tablespoons sugar and the lukewarm potato water, and add a yeast cake occasionally.

HOMESTEADER'S PRIZE BREAD

Put a cup of loose hops in a muslin bag and boil them in 3 quarts of water for a few minutes. Have ready 1 quart of hot mashed potatoes. Add 1 cup of *Five Roses* flour, $\frac{1}{2}$ cup sugar and 1 tablespoon salt. Over the latter mixture pour the boiling hop water. Add 2 cakes of yeast while it is warm and set in a warm place to rise.

Take 2 cups of mashed potatoes, 1 cup *Five Roses* flour, 1 cup hop yeast, and 1 cup warm water. Put in an 8 quart pail with a cover and mix well into a batter. Then add 4 more cups of warm water. Beat again to thoroughly incorporate the yeast with the mixture. Then add enough flour to make a stiff batter. Cover up and set in a warm place overnight.

In the morning, sift 2 quarts of *Five Roses* flour in bread dish and take the cold chill out of it. Put in a handful of salt. Pour in the sponge and stiffen with flour a little and get it on the bread board as soon as possible, thoroughly mixing in a little flour at a time until it does not stick to the hands or board, which will require the better part of an hour. Roll with the heel of the hand, turning the right hand side farthest away from you—this is the best mixing process. Mould into loaves, bake.—Thomas Orr, Beaver Creek, B.C.

WHEY BREAD (8 Large Loaves) HOP YEAST

Peel and grate 8 medium-sized potatoes, then add $\frac{1}{2}$ cup salt, $\frac{1}{2}$ cup sugar (granulated), 3 tablespoons *Five Roses* flour. Take 4 quarts water and 1 large handful of hops. Put on to boil, and boil just 8 minutes. Pour this over the potatoes, sugar, salt and flour. Stir up well. Let cool. Put 2 yeast cakes in $\frac{3}{4}$ cup warm water. Add to the hop liquid when cool enough. Put in a warm place to rise. Then put in sealers to use as needed.

Rule:

Take 4 quarts sweet milk and 2 of buttermilk. Put on stove to boil, but do not let it scorch. Take off, dip the whey from the curd and let cool.

Put the flour in the bread dish. Make a hole in the centre, put in a $\frac{1}{4}$ cup salt, the same of sugar, 2 cups hop yeast and 4 quarts whey. This quantity will make 8 large loaves. Stir all together with a spoon until very stiff, then knead into stiff, solid bread about 10 o'clock at night. I get better bread this way than if made in a sponge. Cover up well and warm. In the morning, it will be up nice and light. Knead down, but do not add any more flour. It should be stiff enough not to stick to your hands. Let rise again, then knead into pans. Let rise 1 hour, or until very light. Then bake 1 hour. Be sure and use *Five Roses* flour: you can't miss but have beautiful light, white bread; it won't get hard and dry out like potato