

1 cake

FLEISCHMANN'S
YEAST

1 cup of milk, scalded
and cooled

2 cups lukewarm water

5 cups rye flour

1½ cups sifted white
flour

1 tablespoonful melted
shortening

1 tablespoonful salt

Rye Bread

American

RYE Bread is particularly rich in protein—that most valuable body-building element. Its zest and piquant flavor make it a welcome change, served “just so” or made into sandwiches with a variety of fillings.

Dissolve yeast in lukewarm liquid, add two and one-half cups rye flour, or enough to make sponge. Beat well. Cover and set aside in a warm place, free from draught to rise about two hours.

When light, add white flour, shortening, rest of rye flour, or enough to make a soft dough, and the salt. Turn on a board and knead, or pound it five minutes. Place in greased bowl, cover and let rise until double in bulk—about two hours.

Turn on board and shape into long loaves. Place in shallow pans, cover and let rise again until light—about one hour. Brush with white of egg and water, to glaze. With sharp knife cut lightly three strokes diagonally across top, and place in oven. Bake in slower oven than for white Bread. One tablespoonful Caraway seed may be used if desired. This recipe makes two loaves.

NOTE:—By adding one-half cup of sour dough, left from previous baking, an acid flavor is obtained, which is considered by many a great improvement. This should be added to the sponge.

*The food that puts pep into
the game—BREAD.*

