

Plain Bread Making

S. J. Waite

"POOH! Anybody can make bread," I fancy I hear one of you say.

That may be true, but what kind of bread—good, bad or indifferent? That makes all the difference in the world. The truth is, there is nothing in the whole range of cooking that is so uneven in its results as bread. That is the experience of the majority of cooks, amateur and professional. I was talking on this subject once with a very capable woman, who always had the most delicious and toothsome bread.

"You never seem to make a mistake, Mary, or to have bad luck with your baking," I said.

"There's no need of either, Madame," was Mary's reply. "I am just a jack of all trades. When I make bread I put my mind to it, and see to it that it is right." "And not every body can make good bread, no matter how hard they try. There's Nellie, now—Nellie was her assistant, whom she was teaching to cook—" "It's no use to try to teach her; she never can do it; she's too heavy-handed; she'll never make a cake. I was telling her that this morning."

At first I didn't quite see what Mary meant. I found out by watching. The girl moved clumsily; she touched things as though her hand was of iron; she clutched rather than held whatever was in her grasp; there was no lightness, no alertness to any of the motions. She was just "heavy"; that described her better than any other word would have done. I have seen a few people like her since, and I have found out in every case that they were not good cooks; no matter how conscientiously they tried, they could not succeed. It was the hopeless heaviness of their movements.

ABOUT THE YEAST

Before we begin mixing the bread I have a word to say to you about the yeast for making the dough rise.

In these days the yeast most generally used is the convenient compressed yeast, but when Bettie had her lessons in bread-making she had first of all to learn to make yeast, as housekeepers then depended almost wholly upon homemade yeast.

And even now, if one lives at quite a distance from town, and the grocer doesn't come regularly for orders, it is most convenient to have one's yeast jug to go to when there is bread to be made. I know housekeepers who never let themselves get out of this necessary article, generally using the last cupful with which to start a new supply.

It is no difficult matter, this of yeast making, as you will soon discover. The dread of undertaking it is far more than the real task of doing it, as is true in so many things. You will need the following ingredients in the given proportions:

HOW TO MAKE YEAST

One large potato, one tablespoonful of hops, loose, one pint of boiling water, one heaping tablespoonful of flour, one heaping teaspoonful of sugar, one heaping teaspoonful of salt, one-quarter of a teaspoonful of ginger, one-half a yeast cake dissolved in half a cupful of lukewarm water or half a cupful of yeast. Wash the potato well, pare it, and put it at once

into cold water. If you neglect to do this the potato will discolor and spoil the appearance of the yeast; so remember it, won't you?

Steep the hops in the boiling water. Mix the flour, sugar, ginger and salt in a large bowl, then grate the potato into this flour mixture; let the hop water boil for one minute, then strain it over the potato and flour, and mix it as quickly as possible. It should thicken like starch with no cooking, but if it fails to do this put it over the fire for a few minutes. If it is too thick add a little more boiling water until it is the consistency of cream; set it aside to cool, and when it is

to turn sour when the cooked potato is used, just as any cooked vegetables spoil more quickly than uncooked ones. It is certainly more trying, both to fingers and patience, to grate the raw potato than to mash the cooked one, but the result will be better.

(Continued next week)

Training Your Young

This boy, Ralph Young, of Lincoln Co., is only nine years old, and very small for that age. He broke this coil



so that it is perfectly gentle, and will carry both Ralph and his little sister, Flossie.

The Lunch Basket

I always put up the school lunches in a basket with a handle for the little ones to carry, or in a flat tin box that the boys can strap to their books. I have on hand a supply of oiled paper in which to wrap sandwiches, cake, etc. Some of the sandwich fillings I use are cream cheese, any cold meat, egg omelet, or some sweet filling. For the latter I chop figs or dates very fine and add a few drops of lemon juice. The lunch basket should always contain fruit of some sort—an apple, orange or banana, or, lacking these, some raisins or prunes. I soak the latter in water over night, dry them off, and then roll them in sugar. Occasionally I put in a bit of plain cake or a little jelly or marmalade in a glass provided with a screw cover.—Mrs. J. A. Lane, Brant Co., Ont.

Our new Cook Book has several reliable and valuable hints and helps to assist in the housekeeping. Have you one of these Cook Books?

The Sewing Room

Patterns 10 each. Order by number and size. If for children give the age for adults, give bust measure for waists and waist for skirts. Address all orders to the Pattern Department.

THIRTEEN GORED SKIRT 418

The many gored skirt is the favorite one. This one is varied by plaits at the front and by trimming of buttons, and simulated buttonholes, but it is snug fitting at the upper portion and it flares only sufficiently for comfort at the lower. The skirt is made in 13 gores and the front and the side gores are so arranged as to form

inverted plaits at the front with one single plait at each side thereof.

Material required for medium size is 10½ yds 24, or 27, 5½ yds 44 or 48 in wide. The pattern is cut in sizes for 22, 24, 26, 28, and 30 in waist and will be mailed on receipt of ten cents.



INFANT'S LONG COAT 518

Just such a long protective coat as this one is needed for every little tot. This model really provides two as it can be made with or without the cape, and it is adapted to hemstitch cloth, to silk, to broadcloth, to every material that is used for infants' coats.

Material required 4½ yds 21 or 24, 2½ 44 or 2½ yds 48 in wide with 8½ yds of binding, 5 yds of edging to trim as illustrated. The pattern is cut in one size only and will be mailed on receipt of ten cents.



PATTERN FOR LONG SOCKS

Warm and protective covering for the ankles and legs is a requisite for cold weather comfort and is in special demand by the younger contingent. These leg-ings are simple yet shapely and smart, and can be made from cloth, velvet, twelve or any similar material and can be cut off at the knees or extended above them as liked.

The leg-ings are made in three pieces, the inside portion and the front and back of the outside and are buttoned into place.

Material required for medium size (8 years) is ¾ yd any width. The pattern is cut in sizes of 4, 6, and 12 yrs of age and will be mailed on receipt of ten cents.

FANCY TUCKED BLOUSE 518

The latest blouses are made with just such long, pretty sleeves as these and this model can be utilized both for the separate waist or for net, thin silk, lingerie material and the like and for the entire gown.

The waist is made with a fitted lining, which can be used or omitted as liked, and consists of the front and the back with the shaped yoke.

Material required for medium size is 4½ yds 21, or 24, 3 yds 21, or 2½ yds 44 in wide, including and 3½ yds of edging.

The pattern is cut in sizes for a 22, 24, 26, 28, and 30 in bust and will be mailed on receipt of ten cents.

Position of hands in kneading the dough

lukewarm and the yeast. Put it in a warm place to rise until it is frothy and light, beating it down every half hour. When it is risen sufficiently, put it in a jar or a glass bottle, cork it and keep it cool. Don't fill the receptacle; you'll be likely to have an explosion if you do, and find your yeast anywhere but where you put it. Remember, the jar not over two-thirds full, to allow for fermentation.

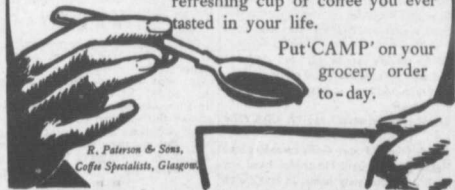
When you have to take some yeast out do not take the jar into a warm place, but pour it out where it is kept, and be sure that the cork is replaced at once. You will notice that the potato is not cooked, but is grated raw. Now many of the rules that are in use call for boiled potatoes. I do not suppose that the yeast itself is any better made with the uncooked potatoes, but it keeps better. It is more likely

How to prepare

'CAMP' COFFEE

A teaspoonful of 'CAMP', sugar, milk, boiling water—that's all! Result—the most fragrant, delicious, refreshing cup of coffee you ever tasted in your life.

Put 'CAMP' on your grocery order to-day.



R. Patterson & Sons,
Coffee Specialists, Glasgow.

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