

gruel. Pour into your rising-jar or pan, and mix in, as smoothly as you can, flour enough to make a thick batter; have your hops boiling, as in the former receipts, stir the strained liquor into your potato and flour batter, add a large spoonful of sugar, and mix all smoothly; when cooled down, add a couple of large spoonfuls of rising, to work it. After it has worked, it is strained into a bottle, and set by for use.

A large cupful will raise about ten pounds of flour. Some persons give the preference to this potato-barm, but either of the recipes is good for fermenting bread.

SUGAR-YEAST.

Boil two handfuls of hops in a gallon of water for an hour; strain off and add two table-spoons of salt; mix in one pound of flour and two pounds of soft sugar; stir all together when milk warm; add two spoonfuls of good yeast; let it rise for two days, then bottle and cork lightly, and put in a cool cellar: a large cupful will raise about ten pounds of flour, or more.

This recipe I have not tested myself, but I am told it is good, and has the advantage of fermenting itself, without the addition of other barm to set it to work.

LEAVEN CAKES.

Boil three ounces of hops in three gallons of water, till reduced to a quart: while boiling-hot strain the liquor into one quart of rye-meal, stirring it well. Let it cool: add a cupful of good yeast: when it has begun to work well, stir in as much Indian-meal as will thicken the mass to a stiff dough; knead it upon a board well, roll it into cakes about an inch in thickness, and let them dry on a clean board in the sun, for two or three days: do not leave them out after sunset. Two inches square of this yeast-cake dissolved in warm water, and thickened with a table-spoonful of flour, will raise one or two good-sized loaves. If hung up in bags in a dry room, this leaven will keep good for many months.

The above is from an American receipt-book, and I have been told it is a good receipt.

ANOTHER AMERICAN-YEAST.

Boil very soft and mash four large potatoes; mash them very fine; pour over them one pint of boiling water; when only warm, stir in two large spoons of flour, two of molasses, a tea-spoonful of salt, and a cup of good yeast. This must be used fresh: the above will raise a baking of bread for a family. Set in a sponge over night.

BUTTER-MILK CAKES.

You may raise nice light cakes, to be eaten hot with butter, by putting into a quart of buttermilk as much soda or salaratus as will make it effervesce or foam up like new yeast. It is better to dissolve