

# Five Roses Flour

## [White Bread]

### YEAST

Boil 8 large potatoes, mash in water boiled in, and when still boiling pour this over 4 tablespoons *Five Roses* flour. Then add 4 tablespoons each of salt and granulated sugar. To this add 1 quart of boiling and 4 quarts of cold water. Dissolve 2 yeast cakes of Royal Yeast in lukewarm water, and mix with the above. Let this mixture remain in a warm place for 18 hours. Then remove to a cool place and keep until required.

### BREAD

1 quart of yeast for every 2 loaves. Set on stove and stir with hand till about blood-heat. Add 1 tablespoon each of salt, brown sugar and butter. Mix into a soft dough (having previously warmed the flour). Let rise for 30 minutes, then knead. When light enough again, mould into loaves. Put in a pan and allow to rise. Bake in moderate oven.

—Mrs. J. L. Forrest, Naseby, Sask.

### QUICK BREAD

(Without Yeast)

1 quart *Five Roses* flour  
1 teaspoon (heaping) cream of tartar  
1 teaspoon (level) baking soda  
 $\frac{1}{2}$  teaspoon table salt  
 $\frac{1}{2}$  teacup shortening.

Work the above into a smooth dough with nearly 1 pint of milk or water.

Let stand for 10 minutes. Then mould into loaves. Put in tins and let rise for 10 minutes. Bake in brisk oven.

### MILK BREAD

1 cake compressed yeast  
1 quart milk (scalded, then cooled)  
3 quarts *Five Roses* flour (sifted)  
2 tablespoons sugar  
2 tablespoons lard or melted butter  
1 tablespoon salt.

#### Rule:

Dissolve the yeast and sugar in lukewarm liquid. Add  $1\frac{1}{2}$  quarts sifted *Five Roses*. Beat until smooth. Cover and set to rise in a warm place about  $1\frac{1}{2}$  hours.

When light, add lard, or butter the rest of the flour and the salt. Knead until smooth and elastic. Place in well-greased bowl. Cover and let rise again until double in bulk (about 2 hours).

Mould into loaves, place in well-greased bread pans, filling half full. Cover and let rise again until double in bulk (about 1 hour). Bake 40 to 50 minutes.

## FIRST PRIZE AT COUNTY FAIR

(Makes 8 Loaves)

### YEAST

1 cup *Five Roses* flour scalded with potato water at noon, and add 3 mashed potatoes. When cold, add  $1\frac{1}{2}$  cakes of Royal Yeast previously soaked in  $\frac{1}{2}$  cup water, and set to rise in a warm place until bedtime.

### BREAD

Strain the above through a sieve into a bread pan, and add 2 tablespoons salt,  $\frac{1}{2}$  cup sugar, 4 quarts lukewarm water and enough *Five Roses* flour to make a stiff batter. Beat smoothly with spoon, and set to rise overnight in a warm place. In the morning, add enough flour to make stiff enough to knead on board. Set to rise again until light. Then mould into loaves, and let rise until light and up to top of pan. Bake 1 hour in steady oven.

—Mary Hammond, Essex, Ont.

## POTATO YEAST BREAD

### FIRST PRIZE FALL FAIR

*I took 1st prize for my bread at the Fall Fair this year, also for plain biscuits.*

At noon when getting dinner, pour the potato water over 2 tablespoons of *Five Roses* flour, 1 tablespoon salt, 1 tablespoon sugar. Add 2 boiled potatoes mashed and 1 dipper boiling water. Put this aside until it cools. Then I add 1 yeast cake which has been soaked for 20 minutes in a cup of lukewarm water, and stir well for 2 minutes. Then I cover it and set aside in a moderately warm place until 10 o'clock at night.

Put into bread tray 3 sifters *Five Roses* flour and pour the first mixture into it. Then work in all the flour for 20



Not Bleached - Not Blended