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meal is used the moisture retaining qualities of the loaf may be improved by scalding these ingredients at a temperature of 150 degrees Fahrenheit and allowing two hours for cooling. Most of the wheat flour substitutes retain the moisture in the loaf longer than will the wheat flour and yield an increased amount of bread on account of their higher absorption of water, thus reducing the amount of yeast and shortening necessary. The following are a few of the recipes recommended to bakers. They will be useful also in private households when substitutes are to be mixed with wheat flour for bread.

Corn Flour Bread

2½ pounds standard flour; ½ pound corn flour; 1 tablespoon brown sugar; 2 tablespoon salt; ½ oz. yeast; 1 tablespoon fat; 3 cups of water.
This should produce 4½ pounds of bread.

Barley Flour Bread

5-2-3 cups wheat flour; 1-1-3 cups barley flour; 2 cups milk and water; 1 cake of compressed yeast; 2 tablespoons sugar; 2 tablespoons fat; 2 teaspoons salt.

This should make two loaves.

Rice Yeast Bread

8 cups standard flour; 7 cups boiled rice; ½ cup milk and water; ¼ cup warm water (for yeast); ½ cake compressed yeast; 4 teaspoons sugar; 4 teaspoons fat; 1½ teaspoons salt.

When ready for the pans will look like a stiff drop batter. The quantities mentioned make two loaves.

Recipes

Fish Loaf Recipe

Two pounds solid fish, two eggs, separated, one and three-fourths cupful soft bread-crumbs, one and one-fourth cupful milk, a grating of lemon-rind or a few drops of vinegar, one and one-fourth teaspoonful salt, one-half teaspoonful onion-juice, one-fourth teaspoonful pepper, one tablespoonful any good cooking fat, liquefied. Lay bits of bay-leaf on the fish, steam it and, when cool, remove the skin and bones and flake the fish into bits. In the meantime cook together the bread-crumbs to a paste, add this to the fish with the egg yolks and the remaining ingredients, fold in the egg white, beaten stiff, and pack into a well-oiled brick-shaped tin, the bottom being lined with paper. Stand in a pan of hot water and bake about fifty minutes. Let stand a while before unmolding. Either serve hot with bread sauce, creole, or egg sauce, or serve cold with salad-dressing or sauce tartare. If necessary to make an emergency dish, this same foundation recipe may be used, baking for half the time in timbale molds or custard-cups instead of in the tin. They may be unmolded and served with buttered peas.

If You Live Inland

No longer is the woman who lives

inland unable to introduce fish into her menu; the delicious and hygienically packed varieties of canned fish bring it to her door.

The following recipe may be used in making cream of salmon, fish flake, oyster, crab, or lobster soup. Combine one cupful of the fish, minced, with a cupful and a half of cold water, three-fourths teaspoonful of salt, one-eighth teaspoonful of pepper and a teaspoonful of onion-juice or less if desired. Simmer for ten minutes, then add a quart of milk, and thicken the mixture when the boiling-point is reached, with two and a half tablespoonfuls each of butter, or any desired cooking fat, and flour rubbed together. Press through a pure sieve and serve with croutons or hot toast sticks. If desired, the soup need not be strained. In this case its takes on the character of a bisque, and a few drops of Worcestershire sauce is a good addition. To make a fish chowder in the same general way, slice or dice a cupful and a half of potatoes and cook in two cupfuls of water till they are half tender; then add the fish and seasonings as described above and finish the soup as directed. If a thin chowder is liked, omit half of the flour in thickening.

Few housewives appreciate the possibilities of canned fish in salad making. Turn it out of the can immediately on opening and allow it to stand exposed to a draft of air for at least a half hour if possible, to freshen it. In making the salad, use shrimps, salmon, fish flakes, crab meat, lobster, or tuna fish and either a boiled or mayonnaise dressing; allow one-third as much finely diced celery, shredded cabbage, or drained cucumber as there is fish.

Smoked and salted fish may be used in many ways, both by itself and in combination with other things. The curing process makes it an aid to digestion and as it stimulates the gastric juices it deserves a well defined place as an appetizer, and at breakfast, luncheon, or supper where light muscle-making foods are required. In this list belongs finnan-haddie, blotters, salt mackerel, codfish, smoked salmon and halibut, herring, and as an occasional treat, or an appetizer, sturgeon.

Finnan-haddie and blotters are two of the most inexpensive of the proteid foods and may be served in simple ways, as well as adjuncts to more expensive foods. Finnan-haddie may be combined with hard-cooked eggs in a well-seasoned cream sauce to make a delicious luncheon dish, at much less cost than if eggs were used. Smoked salmon, halibut, and finnan-haddie may be creamed and served about a mot: d of buttered rice, mashed potato, or buttered hominy. Either one of the three may be further combined with peas, cooked celery, or fried green peppers.

It is a mistake to over-freshen salt and smoked fish. Scalding is usually sufficient for cod and even this is sometimes not necessary; rinsing with boiling water is usually sufficient for the other varieties, with the exception of salt mackerel, which should be soaked for several hours before using.

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