aking Dread Rolls



Placing Loaf in Pan

OME of the rest of you may be familiar with a doggerel rhyme I heard years ago, which ran something like this:

"Who has not eaten home-made bread, That heavy mixture of putty and lead?"

I don't know who was the author, or if the couplet stands alone or is part of a set of verses, but the quotation has risen to my lips many a time when I have sat down to a table where the so-called staff of life might have been compounded to suit the description of the verse.

Probably it is in part because there are so many families where good home-made bread is unknown that the baker flourishes in the land. I do not believe I ever heard of a baker who failed in business.

Whether it is in town where one can send around almost any corner secure of buying a loaf of bread, or in the country where the tours of the baker's cart are as regular as the launts of the butcher's or the greengrocer's wagon, everywhere that it is possible to buy it the people are subsisting on baker's bread.

As a matter of course, there are remote sections of the country where the baker does not penetrate,

and one must needs make bread. I had almost said they were fortuhate, and then the recollection of some of that home-made bread came to me, and I hesitate and wonder if, perhaps, it would not be wiser to qualify my statement.

Question of Health.

It is a question in my mind as to The comparative healthfulness of the neavy home-made product and the light, sawdusty, chemically raised bread supplied by many bakers.

In the long run, when the effect of either upon the digestion is reckoned up, I do not believe there would be much to choose between them in point of wholesomeness.

Never have I been able to understand the terrors that to some houseteepers' minds seem to hover around breadmaking. A woman would not hesitate to make a batch of pies, a series of elaborate desserts or rich cakes, or to give orders to her cook

to prepare them. In the same households where you never see a good bread roll or a slice of home-made bread you will be regaled with a variety of hot mussins, griddle cakes, biscuits and the like, made as a matter of course.

Why is it that bread alone is something the average mistress of servants dares not ask her cook to make and that the nousemother who cheerfully undertakes more troublesome tasks often shrinks from the work herself?

In the old days home-made bread was taken for granted, and yet those were the times when the yeast cake was unknown and the woman who made her own bread had to make the

yeast for it as well. Did she dread the task in those days, and if not, when did the fear of it come upon us? Why should not every household make its own bread



The baker may be an c cellent resource in an emergency, but he should not be the regular dependence of a family, least of all when there are children who need the bone-making elements which are so conspicuously absent from most bakers' bread.

We have before this spoken on this page of the bread-making machine and some of the constituency have reported their success

To the possessor of one of these utensils bread-making has ceased to have drawbacks, and I wish with all my heart it were possible to put one into every Lousehold in the land.

Even without these, however, it is possible to make good bread with so little labor that inexperienced housekeepers who have shrunk from the effort with terror would

stand amazed at its simplicity. It may seem out of place, when writing for the housekeeper of today, to give a recipe for bread.

But even the oldest cooks are usually glad of suggestions, and in any assemblage of housekeepers there are sure to be some who are seeking for a newer or simpler way to do the old things.

White Bread. Melt a tablespoonful of butter in a pint of boiling water, and before you take it from the fire pour in a pint

of milk. When the mixture is lukewarm stir into it a half cupful of warm water in which has been dissolved a yeast

Have ready two quarts of flour

which has been sifted with a tablespoonful of sugar and an even teaspoonful of salt. In this flour make a hole and nour in the milk, water and ten minutes lay brown paper on top yeast mixture, stirring it in with a of the loaves that the crust may not wooden spoon. form too quickly.

These proportions should make a soft dough. Work it with the hands for ten minutes, kneading hard.

Put the dough into your floured bread bowl, cover it and set it to rise. When the dough has reached twice its original bulk, work it with the hands for five minutes and form it into loaves.

Each loaf should be of a size which will about half fill the pan in which it is to be baked. Cover the loaves. Let them rise until half as large again as they were when they went in and bake them in a steady oven.

Covers and Pans For Baking Separate Loaves When they have puffed up to nearly

twice their first size push them down and let them rise again. Repeat this process once more, and when the puffy stage is reached for the third time put the rolls in the oven. Bake for half to three-quarters

Whole Wheat Bread. Melt a tablespoonful of butter and one of lard in a cup of boiling water and add to this a cup of milk. Dissolve a yeast cake in a half cup of

lukewarm water. Put all together and add flour in the proportion of one cup of white

to three of the whole wheat. Make into a soft dough, knead this for ten minutes, let it rise to twice its first bulk and make it into rather

small loaves. It should rise for an hour longer before baking. Whole Wheat Bread Without Yeast. Into one quart of sour milk stir a teaspoonful of soda dissolved in a little hot water, and one third of a cup of molasses. Beat all together well. Add to them enough whole wheat flour to make a dough as stiff as can be stirred and set this aside

it has risen to double its first size. Make it into loaves, put in the oven and bake steadily for one hour. sweetness and general excellence of Maruon Harland

I have the vanity to believe that the

dish was of my own invention, although

it was a young housewife who, several

years ago recommended lamb's liver to

me as more tender and far more econ-

Up to then, I had never tasted it.

Since our initial trial of it, we never

Here is the recipe of which "Martha"

Casserole of Lamb's Liver.

Lay the whole liver in cold water, slightly

salted, for half an hour to draw out the

buy calf's liver if we can get lamb's.

omical than that of the calf.

blood and make it firm.

this bread

spoke:

to rise for two or three hours, until

An Invaluable Aid to the Making of Good Bread.

Boston Brown Bread. Mix well two cups, each, of cornmeal and rye meal. Add a teaspoonful of baking soda dissolved in two tablespoonfuls of boiling water to

three cups of sour milk. Put with this a cupful of molasses and pour the mixture on the meal, to which should have been added a

teaspoonfui of salt. Beat hard. Pour into a well-greased brown-bread mould, with a tightly fitting top and set in a pot of boiling water. Keep this at a steady boilefor from four to five hours and then take the bread from the mould and set it in the oven for fifteen minutes, to dry the bread around the edges and brown the surface a little.

Some cooks add to this amount of dough a half cup of seeded raisins, dredged lightly with flour and stirred in just before the bread is put into the mould.

French Rolls.

Add a cupful of shortening (butte and lard), a teaspoonful of salt and a half cake of yeast dissolved in a half cup of warm water to three cupfuls of sweet milk.

Into these stir flour enough to make a stiff dough and let it rise over night. Add in the morning two eggs, well beaten, and let the dough rise once more, doubling its size.

With the hands form the dough into balls about the size of an egg, arrange these in buttered pans, cover, let them rise once more, and bake in a rather quick oven.

HOUSE MOTHERS' EXCHANGE THE

CONTRIBUTOR to whom we are A indebted for other good offices sends in a batch of what she calls "Household Hints." Each is timely and

In cooking potatoes it is useful to recollect that, after the water has been strained off, the pot should have three or four sharp jerks, to toss the potatoes up and down and backward and forward.

This has the effect of making them white and mealy. NO. 2.

Tea leaves are invaluable as a means of cleaning varnished paint. When enough have been laid aside for the work, they should be but into a basin of water and left to steep for half an hour.

The strained tea is used instead of water to clean varnished surfaces. The tannic to clean varnished surfaces. The tannic acid left in tea leaves, after all that is wholesome in them has been extracted, acts quickly upon grime and grease. NO. 3.

Put a few drops of ammonia into the water in which you mean to wash flower vases, especially if they are of the long-necked, spindling kind.

It is impossible to get your hand down to the bottom. After rinsing all the dirt the ammonia will bring up. put in chopped potato parings, as you would in washing cut-glass bottles, and leave the parings in overnight. overnight
They will loosen the dirt effectually.
Next day rinse with more ammonia water.
It is untidy to leave the sediment in the vase and it will tend to rot the stems of the next flowers placed in it, a thing of which few housewives think.

NO. 4. Stains upon a porcelain bath tub, a wash-stand or a sink are caused by abrading the surface while it is new.

New porcelain is as smooth as window glass. If rubbed with sand soaps, the sur-face becomes like ground glass; from which no cleansing agent can take the stain. Porcelain should be cleaned with house-hold ammonia from the first.

Glasses that have held milk should never be washed in warm water while traces of the milk still cling to the inside. If the glass be first rinsed in cold water it may then be safely washed in hot. If dipped in hot as soon as they are emptied, the milk is coagulated and clouds the glass.

V. A. C. (Chicago).

Taking Out Wine Stains Can you tell me what will take out Also, what will remove a cherry stain from a brown panama skirt?

L. O. (Buffalo, N. Y.).

I should try a mixture of equal parts of alcohol and chloroform upon both garments. To avoid the ring, put several

thicknesses of blotting paper under the stuff while sponging it.

Moth Protective I noticed in the Exchange a while ago that some one asked for a moth preventive. A few years ago I was tormented out of my wits by moths. I find that by putting away fiannels and woolens in flour paper sacks and using insect powder under the edges of carpets I have done away with them.

As a matter of course, constant vigilance is needed to keep them away, for they re-

SUNDAY

BREAKFAST.

LUNCHEON.

Fresh salmon in aspic jelly, lettuce and French dressing, thin graham bread and butter, sliced peaches, tea.

DINNER.

Macaroni soup, fricasseed chicken, sweet botato puff, creamed spinach, boiled rice, ream peach pie, coffee.

MONDAY

BREAKFAST.

Fruit, cereal, scrambled eggs, rice muf-ins, tea, coffee. LUNCHEON.

DINNER.

Giblet soup (from fricasseed chicken), rish stew, lima beans, mashed potatoes, aked pears with cream, coffee.

TUESDAY

BREAKFAST

Fruit, cereal, savory kidneys, blackberry shortcake, tea, coffee.

FAMILY

turn each year and deposit their eggs. I have used the paper sacks for years for this purpose, and have no trouble with them.

I mark each sack with name of contents. Thus, any member of the family can find his or her own fiannels. The bags are hung in the attic.

Mrs. H. L. M. (Dawagniac, Mich.).

If the dust be entirely beaten out of the woolens before they are packed away in your bags there would be no danger of moths.

The difficulty of doing this, and the possibility that moth eggs are in the dust make imperative the need of some pungent preservative, so called. Moths detest cedar oil, camphor, tobacco and printer's ink.

"We" beat and sun woolens and furs, pin them up in newspapers, and then in unbleached muslin; lastly,

LUNCHEON.

DINNER.

Lima bean soup, roast lamb, boiled corn, scalloped squash, hominy pudding, apple souffle, coffee.

WEDNESDAY

BREAKFAST

Fruit, cereal, bacon, with cream sauce; hot rolls, tea, coffee,

LUNCHEON

Cold lamb, sliced; tomato and cucumbersalad, nut sandwiches, blackberries and

DINNER.

THURSDAY

LUNCHEON.

ed oalnest, cold and moul

fondu, baked potatoes, toasted, lettuce, crackers and cheese, tea.

cakes, quick biscuit, tea. coffee.

pack them away in closed boxes and drawers and never find a moth in articles thus protected.

After they have been in for about

If they are not brown enough when

nearly done, uncover them and leave

them thus for ten minutes, or until

the desired shade of brown is at-

Bread Rolls.

When kneading the bread a second

time, before making it into loaves,

take out as much bread as would suf-

fice for one loaf. Into this work a

couple of tablespoonfuls of butter,

and after kneading the dough for

about ten minutes form it into rolls

and set them to rise in the pan.

New Breas

Board

"Martha's" Recipe

A friend was teiling me the other day that she prefers lamb's liver to calf's, and she was certain she has read something in a story of yours, "the distractions" of somebody or other, of some way of cooking lamb's liver and making it taste like anything but a cheap dish.

Will you tell us what it was? My friend says you did not give the recipe in the story.

E. A. G. (Pittsburg, Pa.).

Your friend had evidently dipped into "The Distractions of Martha." The heroine had many and sore trials in her housewifely career. She had conquered most of them when she meditat-

ed for a family dinner a casserole of lamb's liver.

DINNER.

Lamb broth (made from trimmings), braised breast of veal, browned potatoes, baked tomatoes, creamed onions, baked ap-

FRIDAY

BREAKFAST.

Fruit, cereal, pan fish, hashed potatoes, toast, tea, coffee.

LUNCHEON.

Hamburg steak, baked sweet potatoes, rye biscuit, stewed apples, tea.

DINNER.

Onion soup, baked bluefish, potato loaves, sliced cucumbers, string beans, watermelon, poffee.

SATURDAY

Cracked wheat and sliced bananas, with ream; bacon, fried mush, biscuit, tea,

Fish au gratin (left over), string bean alad (left-over), whole wheat musins, jam,

LUNCHEON.

DINNER.

BREAKFAST

Rinse it then, in cold fresh water and wipe dry. Fry six slices of fat salt pork in a pan until crisp.

Take them from the fat and put into this

six slices of young onion. Strain out the cnion when it is fried, and add a lump of butter as large as an egg to the fat left butter as large as an egg to the fat left in the pan.

When it is hissing hot lay in the liver and brown slightly on both sides. Have the casserole ready heated; turn the contents of the pan into it; add two cupfus of good stock thickened with browned flour, a dozen potato balls cut with a "gouge" and parboiled for ten minutes, half a dozen baby omions, also parboiled, and a little chopped parsley.

Cover the casserole closely; set it in a steady oven and cook for two hours without opening. The fire should not be too hot, or the liver may burn to the sides of the casserole. Send to the table covered. MEALS FOR A WEEK

You have here a cheap and an excel-

lent dish for a family dinner. You may add a touch of elegance by substituting button mushrooms (champignons) for the potato-balls. Even then, it is not an expensive viand.

A Bit of Creole Cookery

Have you room for a bit of Creole cookery I picked up in Cuba last winter? It may seem queer to some persons, but I assure you it is most savory. We have become very fond of it; also for an Italian dish, for which I inclose a formula. We got that in the country back of Genoa while abroad a year ago.

I know you are most catholic in your gastronomic ideas, as well as in your theology. So I venture to contribute both recipes.

CUBAN DISH.

into cold water. Leave them there half an hour; take them out and dry by laying them upon one cloth, covering with another, and patting the upper. Have ready in a deep saucepan a dozen fine tomatoes peeled

and sliced thin. Heat slowly while you fry the onions in Heat slowly while you fry the onions in butter to a light brown. When the tomatoes are hot and soft, season with salt, a little sugar and a teaspoonful (even) of sweet pepper, or paprika.

Add now four young okra pods sliced thin. Bring to a boil, add the fried onions and cook fast fifteen minutes. Line a platter with slices of toast, well buttered, and peur the "oila" over them. Set in the oven for three minutes to soak the toast and serve.

MY GENOA "FIND."

Stew a dozen tomatoes soft, season with sugar, cayenne and salt to taste. Now rub through a colander and return to the fire. In a deep fryingpan heat three great spoonfuls of butter; break into it rapidly six eggs, stirring all the time.

As soon as they are fairly broken and mixed, pour in the tomatoes, Cook for two minutes, stirring all the time, and add as quickly three tablespoonfuls of Parmesan cheese. Turn out, and eat with brownbread. It was a country Lenten dish in Italy, and we ate it with the black bread of the

country.
You will hardly credit how good it is when made just right.
VIATRIX (Harrisburg, Pa.). I can, and I do credit the tale of its deliciousness.

While I may not have been so much of a globe-trotter as to borrow your. signature, I have yet eaten bread and divers odd national dishes that went with bread of assorted complexions in

four continents. Some of the aforesaid oddities we have engrafted upon our American bill-offare, and to the decided advantage of the latter.

I ate your Lenten dish not a week ago in my daughter's home. She cooked it, or something so near akin to it that I recognized your recipe as soon as 1 read it.

She cooked the savory mess, I say, in a chafing dish and lo! it was very good! We thank you for bringing it to the notice of the Exchange