

## SCHOOL FOR HOUSEWIVES

BY MARION HARLAND

## Making Bread and Rolls



Placing Loaf in Pan

SOME 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 jaunts of the butcher's or the green-grocer'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 fortunate, 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 heavy 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 housekeepers' 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 muffins, 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 housemother 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

and make it well?

The baker may be an excellent 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 with it.

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 household 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 gladdened by 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 cake.

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 pour in the milk, water and yeast mixture, stirring it in with a wooden spoon.

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.



The Ingredients Should be Mixed Carefully

and make it well?

The baker may be an excellent 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 with it.

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 household 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 gladdened by 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 cake.

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 pour in the milk, water and yeast mixture, stirring it in with a wooden spoon.

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.

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 of an hour.

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.

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.

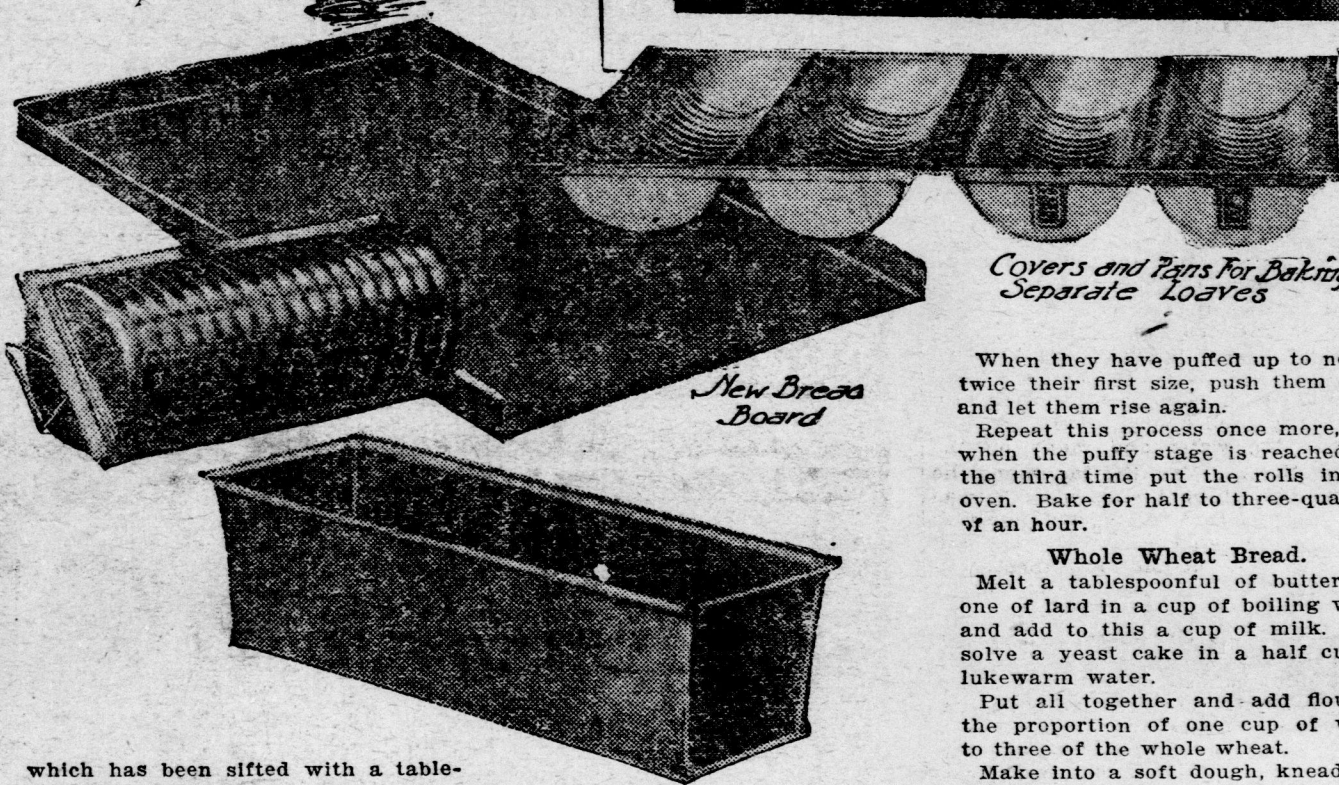
When they have puffed up to nearly twice their first size, push them down and let them rise again.

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 of an hour.

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.



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 of an hour.

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.

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.

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 of an hour.

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.

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 of an hour.

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.

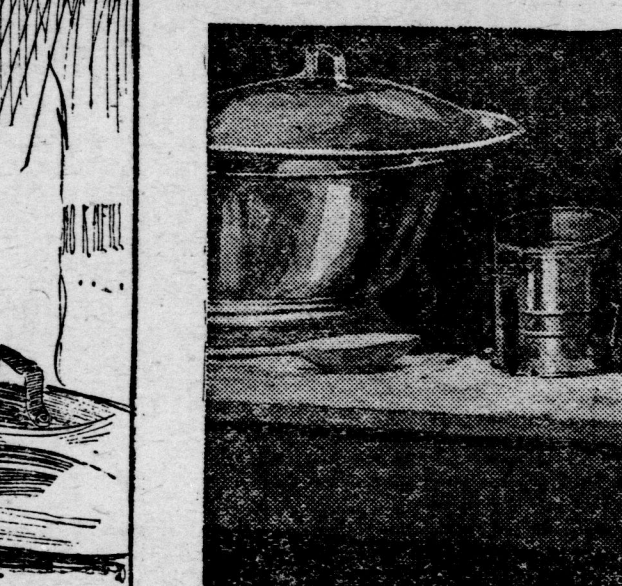
Make into a soft dough, knead this for ten minutes, let it rise to twice its first bulk and make it into rather small loaves. It should rise for an hour longer before baking.

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 of an hour.



Covered Pan in Which to Set Dough to Rise



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 teaspoonful 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 boil for 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 (butter 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 overnight. 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.

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 to rise for two or three hours, until it has risen to double its first size.

Make it into loaves, put in the oven and bake steadily for one hour.

I can answer for the lightness, sweetness and general excellence of this bread.

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 of an hour.

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.

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.

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 of an hour.

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.

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 of an hour.



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 teaspoonful 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 boil for 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 (butter 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 overnight. 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.

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 to rise for two or three hours, until it has risen to double its first size.

Make it into loaves, put in the oven and bake steadily for one hour.

I can answer for the lightness, sweetness and general excellence of this bread.

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 of an hour.

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.

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.

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 of an hour.

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.

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 of an hour.

## THE HOUSEMOTHERS' EXCHANGE

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

NO. 1.  
In cooking potatoes it is useful to recollect that, after the water has been strained off, the potatoes should have three or four sharp jerks, as you would in washing cut-glass bottles, and leave the parings in overnight.

NO. 2.  
Ten leaves are invaluable as a means of cleaning varnished paint. When enough have been laid aside for the work, they should be put into a basin of water and left to steep for half an hour.

NO. 3.  
The strained tea is used instead of water 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. 4.  
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.

NO. 5.  
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.

NO. 6.  
They will loosen the dirt effectively. Next day rinse with more ammonia water. It is unduly 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. 7.  
Stains upon a porcelain bath tub, a washstand or a sink are caused by abrading the surface while it is new.

NO. 8.  
New porcelain is as smooth as window glass. If rubbed with sand soap, the surface becomes like ground glass from which no cleaning agent can take the stain. Porcelain should be cleaned with household ammonia from the first.

NO. 9.  
Glasses that have held milk should never be washed in warm water while traces of the milk still cling to the inside.

NO. 10.  
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 clogs the glass.

NO. 11.  
Taking Out Wine Stains  
Can you tell me what will take out cherry wine stains from a very light tan-

colored lanadowne dress without taking the ground color or leaving a ring outside of the spot?

Also, what will remove a cherry stain from a brown Panama skirt?

NO. 12.  
I should try a mixture of equal parts of alcohol and chloroform upon both garments.

NO. 13.  
To avoid the ring, put several thicknesses of blotting paper under the edges of carpets I have done away with them.

NO. 14.  
As a matter of course, constant vigilance is needed to keep them away, for they re-

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

NO. 15.  
I mark each sack with name of contents. Thus, any member of the family can find his or her own fannels. The bags are hung in the attic.

NO. 16.  
Mrs. H. L. M. (Dawagmac, Mich.)

NO. 17.  
If the dust be entirely beaten out of the woollens before they are packed away in your bags there would be no danger of moths.

NO. 18.  
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.

NO. 19.  
Moths detest cedar oil, camphor, tobacco and printer's ink.

NO. 20.  
"We" beat and sun woollens and furs, pin them up in newspapers, and then in unbleached muslin; lastly,

NO. 21.  
turn them away in closed boxes and drawers and never find a moth in articles thus protected.

NO. 22.  
"Martha's" Recipe

NO. 23.  
A friend was telling me the other day that she prefers lamb's liver to calf's, and she was certain she had 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.

NO. 24.  
Will you tell us what it was? My friend says you did not give the recipe in the story.

NO. 25.  
E. A. G. (Pittsburg, Pa.)

NO. 26.  
Your friend had evidently dipped into "The Distractions of Martha."

NO. 27.  
The heroine had many and sore trials in her housewifely career. She had conquered most of them when she meditated for a family dinner a casserole of lamb's liver.

NO. 28.  
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 economical than that of the calf.

NO. 29.  
Up to then, I had never tasted it. Since our initial trial of it, we never buy calf's liver if we can get lamb's.

NO. 30.  
Here is the recipe of which "Martha" spoke:

NO. 31.  
Casserole of Lamb's Liver.

NO. 32.  
Lay the whole liver in cold water, slightly salted, for half an hour to draw out the blood and make it firm.

NO. 33.  
Rinse it then, in cold fresh water and wipe dry. Fry six slices of fat salt pork in a pan until crisp.

NO. 34.  
Take them from the fat and put into this six slices of young onion. Strain out the onion when it is fried, and add a lump of butter as large as an egg to the fat left in the pan.

NO. 35.  
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 cupfuls of good stock thickened with browned flour; a dozen potato balls cut with a "sough" and parboiled for ten minutes, half a dozen baby onions, also parboiled, and a little chopped parsley, and a little salt.