

if not sufficiently dried, they will become musty and impart that flavor to the bread.

No receipts using potatoes with hops were seen in any books, though it is possible that such may be in use. In the laboratory experiments, hopped potato ferment gave apparently good results on a small scale; and there seems to be no reason why such a ferment should not be equally good on a large scale. Its advantage is obvious when we take into account what has been already said about potatoes. The germ *Bacillus mesentericus* (Fig. 6), mentioned in connection with ropy bread, was one of those upon which the hop extracts were tried, and it was shown that they had a great antiseptic power against it.

An addition of salt to the brew is often recommended; but it serves no really good purpose. It has a retarding effect upon the growth of the yeast and very little upon that of bacteria. It should not be added to the flour until the doughing stage. If hops are not obtainable, small quantities of salt, not exceeding $\frac{1}{4}$ of an ounce to the gallon, may be used and will act as a slight check to bacterial growth.

RECEIPTS FOR BREWS, OR FERMENTS.

It is not possible to give any one or even two or three receipts for brews or ferments which will be suitable under all conditions; but for home baking, the following are submitted as examples; and, with a good yeast, they will give excellent results:

No. 1.—1 lb. potatoes.
 $\frac{1}{2}$ oz. hops.
 1 gall. water.

No. 2.— $\frac{1}{2}$ lb. malt.
 $\frac{1}{2}$ oz. hops.
 1 gall. water.

The important point in making a good brew is to boil it before adding the yeast, in order to make it as sterile as possible; and when it is cooled to 75° or 80° F., add the yeast or a portion of the old brew. The vessel in which the ferment is kept should be of such shape that as large a surface as possible of the liquid will be exposed to the air; and the mixture, both before and after the yeast is added to it, should be frequently stirred in order to admit a plentiful supply of air, fresh air having a great effect in increasing the activity of the yeast. The vessel should be supplied with a lid, instead of the usual empty sack which does service as such; a stirrer should be kept in the vessel; and it should be kept for the purpose of stirring only. The stirring should never be done with the hands, as is frequently the case.

DIGESTIBILITY OF YEAST-FERMENTED BREAD.

An important point in bread-making is the effect of the process upon the digestibility of the product. There are ways of making the bread to rise other than by the use of yeast, the most common way being by the use of baking powder and water, or by baking soda and butter-milk or sour milk. These powders are composed of chemical substances,