

## A CHAPTER ON BREAD-MAKING.

Mr. Moor,—*Dear Sir*: As your valuable paper has contained some articles on making bread, I thought I would send you a recipe, which, if followed, will make as good bread as I want. But first let me tell your good readers how to make the *right* kind of yeast. This is the way my wife has followed for a good many years, and at present makes quite a "commercial operation" of it by supplying the destitute.

First she takes a *two* quart pan full of hops to about *three* quarts of water, and boils them, until the strength of the hops is fairly extracted; then strains out the water and adds sufficient flour to make a thick batter; then sets it by to cool. When nearly cold, add a sufficient quantity of yeast, (about 3 yeast cakes, if on hand, or soft yeast will do)—then set it by for the night; in the morning this will be light. You then take Indian meal and make a large dish-kettle full of what we call "hasty pudding," and when this is *nearly* cool, put the yeast as prepared into it, and stir it well. Set it by until this fomented well, then stir in meal until it becomes thick enough to roll out like "short-cake dough," about  $\frac{3}{4}$  of an inch thick; then with a biscuit cutter you cut them out and spread on a smooth board, and dry them *in the shade*, turning them over occasionally. When fairly dry, put into a bag, and hang them up for use. I have known this kind of yeast perfectly good when six months old, and my wife has the credit of "beating the beater" in making good bread.

And now for the bread making. For a batch of three loaves, take about ten common sized potatoes; peel (or pare) them, cut them into slices, and boil them well; pour off the water, and then mash them fine with a fork. Then with cold water and flour you make a batter; this will cool it sufficient to add the yeast, (which should be one of the above cakes, broke up fine, and dissolved in a little cold water.) When it is well stirred together, set it by over night; in the morning, take your flour and sift it, (this gets out all lumps) and then pour in your batter, (*if light enough*), and then knead up your dough, being careful to work the flour in slow, (it will be the better for that.) Make up your loaves, and place them in pans for baking; in a short time they will be light enough for the oven. The weather has a little to do with it; if cold, then keep it in a warm place.

Bread got up after the above rule, in my house, has called out the praises of a great many as the best bread they ever saw, and many have been instructed accordingly.

Wife says, I ought to add—put in enough salt into the potatoes to make them palatable, and this will salt the bread sufficiently.

Yours,

E. H.

—*Rural New Yorker*.

## THE LADY'S HORSE,

A late number of Mr. Skinner's "Plough, Loom, and Anvil," contains an instructive article on that noble animal, the Horse, from which we make the

following extract, for the benefit of our lady readers:—

The lady's horse is, after all, the most difficult to obtain, because he ought to approach very near to perfection. His paces, mouth, and temper should each be proportioned to the power and capability of his rider; and he should be proof against alarm, from either noises or sights, which otherwise might cause him to run away. This description of horse should likewise be well-bred, as in that case his action will be easier and his appearance and carriage more in character with the generally elegant appearance of his rider. His pace should be the canter; the trot causes an ungraceful movement in the person of a woman, to enable her to rise bitted horse is more safe, because his haunches are more under him in that pace than they can be in the trot. A good, bold walk, however, with the head in proper place, is essential to a horse that has to carry a woman; and his action should be very true, that is, he should not "dish," or throw his legs outward, as the term is, in any of his paces, or he will cover the lower garments of his rider with mud, when the roads are wet and dirty. To provide against the latter inconvenience, however, all horses intended for this purpose should not be much under fifteen hands and a half in height, which size corresponds with the lengthened drapery of a lady's riding costume. As a preventive against accidents, ladies' horses, however well broken and bitted, should not be too highly fed; and, if at all above themselves, should be ridden by a careful servant, with good use of his hands, before ladies mount them. It is however, an acknowledged fact, that horses go more quietly under women than they do under men, which is accounted for by the lightness of their hand, and the backward position of the body in the saddle. We have, in fact, known several instances of horses being very hard pullers with men, standing up in their stirrups, and, consequently, inclining their bodies forward, but going perfectly temperate and at their ease under women.

AN ARAB GAME.—The Arabs are far more amiable, far more jovial and open-hearted. They have their coffee-houses every night, and their religious festivities periodically; they play all sorts of complicated games, resembling draughts and chess, and find means ingeniously to vary their sports. If they compromise their dignity, they succeed in whiling away their leisure time far more successfully than the pride-stuffed Levantine. One of their amusements—called the game of plaff—is worth mentioning, especially as it is not only indulged in by the vulgar, but formed the chief delight of the venerable Moharrem Bey himself. Two men, often with respectable grey beards, sit on a carpet at a little distance one from the other. All East-erns are usually dry smokers; but on this occasion they manage to foment a plentiful supply of saliva, and the game simply consists in a series of attempts on the part of the two opponents to spit on the tips of each other's noses. At first, this cleanly interchange of saliva goes on slowly and deliberately.—Socrates