

stant supply of this most essential article of diet, that I shall give it a first place in the instructions that I am about to furnish to my female readers.

Many of the settlers' families for whom this little volume is intended, may have emigrated from large towns or cities, where the baker's shop supplies all the bread that is daily consumed by the inhabitants : or it may be placed in the hands of one, who from her position in life has been totally unacquainted with labour of any kind, and who may be glad to profit by the directions I am about to give. Even to the active, industrious wife, or daughter of the labourer, well skilled in the mystery of making bread, both brown and white, something new may be gleaned from these pages, for there is a great difference in the materials she will have to make use of, and in the managing of them.— First then I shall say something about the different modes of fermenting, or raising the bread, and give directions for making the various kinds of barm that are used in Canadian houses ; that in circumstances where one fails, another may be adopted. To those who reside in towns, and have no garden of their own in which hops can be cultivated, it is better, if they wish to make their own rising, to buy hops at the store, which can be got good at from 1s. 6d. to 2s 6d. per lb., varying in price as the previous season has been good or bad for the supply. Country people will often sell hops as low as 1s. or 1s. 3d., but they are not so good as those you buy at the stores, few persons knowing the right time to gather them. This should be done when the hop is full blown, and when the yellow dust, at the base of each of the fine thin leaves that make the blossom, is well formed, of a bright yellow colour, and a little glutinous to the touch. If the hop begins to lose its colour and fade, much of the fine bitter flavour is gone : it is over ripe.

Some persons prefer having recourse to brewer's yeast or distiller's yeast ; the latter is not so good or sure, and obtaining the former is uncertain, as the demand is often greater than the supply ; while if you make your own hop-rising, you are not subject to disappointment, unless you are careless and let your stock run out. For a penny or three half-pence you may obtain about half a pint of fresh beer-yeast at the brewer's.

#### CURING BREWER'S YEAST.

This yeast is very bitter, and those who do not relish the bitterness that it is apt to impart to the bread, should remedy the defect by pouring about half a pint or more of lukewarm water on the yeast, and letting it stand a few hours previous to using it : this draws a portion of the bitterness away. Pour off the water clear from the yeast, then stir the yeast up, adding a little warm water, and a table-spoonful of flour, mixing it well ; let it stand a short time, till it begins to rise in bubbles. A large cupful of this will raise you about