

RECIPES

White Bread

Sponge Method

THE sponge dough method given herewith requires from five and a half to six hours. If followed closely, it will give excellent Bread having a delightful keep-fresh quality. Where a richer loaf is desired, milk may be substituted in whole or part for the water.

Dissolve the yeast and sugar in one quart of the lukewarm water, and add one and one-half quarts of sifted flour, or sufficient to make an ordinary sponge. Beat well. Cover and set aside to rise for about one and one-half hours in a warm place.

When well-risen add the pint of lukewarm water, shortening, the remainder of the flour, or enough to make a moderately firm dough, and the salt. Knead thoroughly; place in greased bowl. Cover and let rise from one and one-half to two hours.

When light, mould into loaves and place in well-greased baking pans, cover and let rise again for about one hour. When light, bake forty-five to sixty minutes, reducing the heat of oven after first ten minutes. This recipe makes four large loaves.

1 cake
FLEISCHMANN'S
YEAST

1½ quarts lukewarm
water

2 tablespoonfuls sugar

4½ quarts sifted flour

2 tablespoonfuls melted
shortening

1 tablespoonful salt



*Make Bread the basis of every meal.
It means food-bills cut one-third.*