

or put them close together in a bread pan. Let rise to double their bulk; when baked, cover with syrup and cinnamon.

## SYRUP

1 cup syrup

 $\frac{1}{2}$  teaspoon cinnamon $\frac{1}{2}$  cup boiling water

## BREAD THAT REQUIRES NO KNEADING

In making bread that requires no kneading general rules for mixing given for kneaded bread should be followed, and the mixture beaten thoroughly instead of kneaded. It should be beaten the second time to distribute the gas bubbles evenly, and to make a fine-grained loaf. Well-greased pans should be half filled with the mixture.

The mixture should rise in the pan until double its bulk and no more, and then be baked in a hot oven at least 45 minutes or until brown on all sides, and until a hollow sound can be produced when the loaf is tapped with the finger.

When baked, loaves should be placed so that air can circulate freely around them until cooled. They should be put away unwrapped in a tin box or stone jar.

## BRAN BREAD

2 cups boiling water or	$\frac{1}{2}$ yeast cake mixed with	$\frac{1}{2}$ cup sugar or $\frac{1}{2}$ cup
1 cup scalded milk	2 tablespoons water	molasses or syrup
and 1 cup boiling	if mixed overnight,	$1\frac{1}{2}$ cups white flour
water	or 1 yeast cake	$3\frac{1}{2}$ cups bran
2 tablespoons fat	mixed with $\frac{1}{2}$ cup	1 teaspoon salt
	lukewarm water, if	
	mixed in the morn-	
	ing.	

Follow directions for beaten bread.

## HEALTH BREAD

2 cups warm (not hot)	4 tablespoons syrup	1 cup dates, stoned and
left-over cereal	$1\frac{1}{2}$ teaspoons salt	cut in pieces (may
mush, such as oat-	2 tablespoons fat	be omitted)
meal, cornmeal,	$\frac{1}{2}$ yeast cake mixed with	Flour to make a dough
barley or steamed	$\frac{1}{2}$ cup lukewarm water	stiff enough to knead
rice		

Follow directions for beaten bread.