

HOME BAKING WITH SUBSTITUTES.

A large quantity of wheat could be saved if the housewives of Canada would not use less than 20 per cent, which is one pound of substitute to every four pounds of standard flour, when making bread, cake or pastry. The Food Board restricts substitutes chiefly to rye, corn, oat and barley flours. The baker is restricted to the same flours and is under a close supervision, having to report weekly the quantity of flour and substitutes used in the manufacture of his products.

During the war the British Government does not allow the making of home-made bread. It would be a patriotic move by Canadian women, who live in the cities at least, to follow voluntarily the British ruling. Bakeries are in most cases to-day pictures of cleanliness, and with the up-to-date method of bread-making produce a loaf that is nutritious, palatable and digestible. The larger volume of business done by the baker, the less is his overhead expenses, and the cheaper the bread to the consumer.

Now it is almost impossible to get the necessary temperature in the home to produce a loaf, in which the volume of expansion compares with the manufactured article. The housewife who makes her own bread usually is to be congratulated on the very sweet and delicious article she produces, but by not getting the necessary temperature for correct fermentation, her loaf is considerably smaller in size, although of the same weight as the manufactured loaf. Though the loaf, however, being smaller in size, conservation of wheat is not being aided. If one slice of bread could be saved by every family each day throughout Canada, 36,000,000 pounds of bread could be saved each year. Yet the home-made loaf is two or three slices smaller than the manufactured loaf.

Housewives claim that the home-made loaf is more satisfying, and if they only could get the volume, would be just as economical. To attain that end, with the compulsory use of the substitute flours the best method is sponge dough.

The Standard flour should be set as a dough just before retiring for the night and the sponge dough mixed first thing in the morning by adding the substitute flour, salt, shortening and a small portion of brown sugar and the balance of the water. Allow the dough to stand for an hour and a half to rise; then pan, allowing the dough to rise again for 35 to 45 minutes before placing in oven to bake.

The temperature is the most important part, for if too hot, the dough loses the necessary spring to give it the rise in the oven, and if too cold gets chilled and will not rise at all. The correct temperature is as follows:—The sponge should be mixed at a temperature of 76 per cent Fahr. and allowed to stand where the temperature is 80 per cent so that the natural fermentation takes place, the amount of yeast used as in the following formula being sufficient.

When the sponge dough is made the temperature, when mixed, should be as near 80° as possible, and when panned the temperature of the room, to get the necessary rise, around 90°. The oven should be hot when the bread is baked. The science required to produce the correct kind of bread can only be obtained by study and the art by practice. Canadian women should give this matter the most careful consideration when the vital necessity of saving wheat is paramount to-day.

The average amount of water used is three parts water to 5 parts flour and substitutes (or 60%).

The formula, if carefully followed out with the correct temperature in the preparation, should produce a loaf good in texture, volume and expansion.

SPONGE.

Standard Flour	2 lbs. 8 ozs.
Yeast (compressed) 2 cakes	1 oz.
Water, average 10 lbs. to 1 gal.	

Temp. when mixed about 76° Fahr.

DOUGH.

Standard flour	8 oz.
Substitute	12 oz.
Salt	1 oz.
Sugar, one teaspoon level.	
Water	12 oz.

Temp. when mixed about 80° Fahr.

The sponge being set overnight is allowed to stand for ten hours and the dough is then mixed. The 12 oz. of water, in which the salt, sugar and shortening has been dissolved is added to the sponge and mixed when the balance of the flour and substitutes are added, completing the dough. Allow the dough to rise for one and a half hours then put into the pans. Care should be taken at this stage to have the correct temperature around 90°, the dough being covered to prevent a skin crust forming, allowing from 45 to 50 minutes to rise. Place in a hot oven and bake for 35 to 45 minutes according to the size of the loaf. This should produce 5½ pounds of bread when baked.