

NEW ENGLAND BROWN BREAD.

1½ cups stale bread.	1½ cups rye meal.
3¼ cups cold water.	1½ cups corn meal.
¾ cup molasses.	1½ cups graham flour.
1½ teaspoons salt.	3 teaspoons soda.

Soak bread in two cups of water. Rub through a collander, add molasses, dry ingredients mixed and sifted and remaining water. Stir until well mixed, fill buttered one-pound baking-powder tins two-thirds full, cover and steam two hours.

HEALTH BREAD.

3 cups bran.	¾ cup molasses.
1½ cups graham flour.	1 teaspoon baking powder.
1 cup white flour.	2 cups milk.

Sift together the dry ingredients. Beat in the milk and molasses, pour into greased pans, and let stand in the pans for about one-half hour before baking. Bake about one and one-quarter hours in a slow oven.

BRAN BREAD.

2 cups bran.	1 cup sour milk.
2 cups white flour.	1 teaspoon soda.
1 cup brown sugar.	1 teaspoon salt.

Sift the salt and soda with the white flour. Add the bran and sift again. Add sugar and beat in sour milk. Bake in greased pans.

POTATO BREAD.

3 pounds potatoes.	3 tablespoons sugar.
1 cup lukewarm water.	2 cakes compressed or dry yeast,
5 to 6 cups whole wheat flour.	softened in ½ cup luke-
1½ tablespoons salt.	warm water.

Boil the potatoes in their skins until very soft. Pour off the water, and peel and mash the potatoes while they are still hot. When the potatoes are lukewarm add the dissolved yeast cake, then the other cupfuls of water and the salt and sugar. Mix into this one scant cupful of flour, and allow the sponge to rise for about two hours. Add the remainder of the flour and knead thoroughly until the dough is smooth and elastic. Let rise until nearly double in volume, then knead and shape into loaves. Let these rise to double their volume and bake.

RICE BREAD.

¾ cup lukewarm milk and water.	1 tablespoon butter, lard or drip-
¾ cup uncooked rice.	ping (if desired).
2 teaspoons salt.	1 cake compressed or dry yeast.
1 tablespoon sugar.	6 to 8 cups whole wheat flour.

Cook rice until tender in boiling water to which one teaspoonful of salt has been added. Put the sugar, salt and fat (if used) into the mixing bowl and pour over them a half cupful of the liquid. Add the yeast cake softened, in one-quarter