

Bread Making

Use the best flour, it is cheapest in the end. Sift flour for bread twice. Part milk and part water is preferable for mixing. If milk is used, scald it first, and let it cool to blood heat before using. In winter, the water or milk used in mixing raised bread should be lukewarm, and if the flour be kept in a cold place warm it before using. In summer the water need not be warmed, but the milk should be scalded and cooled. Always set bread or biscuit to rise in a fairly warm place, well covered to exclude air.

WHITE RAISED BREAD.

Sift two quarts of flour into a mixing bowl. Rub into the flour two tablespoonfuls of butter or lard until it is fine, like meal; add one tablespoonful of salt and one tablespoonful of sugar. Draw the flour to the edges of the bowl leaving a hole in the middle with about two inches of flour covering the bottom of the bowl.

Dissolve thoroughly one cake of compressed yeast in a teacupful of lukewarm water, and pour the liquid into the hole in the flour, stir in the flour from the edges, adding sufficient lukewarm water or milk and water mixed, to knead well. Knead for half an hour, then cover to exclude all air, and set to rise. When it is well risen, knead again for ten minutes, divide into loaves and put in well greased pans. Cover, and let it rise again to the top of the pans. Bake in a moderately hot oven nearly an hour.

Rev. George W. Ruland, of Keene, N.H., says:—"I have used your cod liver preparation VINOL as a tonic, and I do not believe there is any other medicine that can equal it. It built me up and strengthened me when run-down and overworked. Vinol has done for me more than was claimed for it."

QUAKER OATS BREAD.

One cup Quaker Oats, $\frac{1}{2}$ tablespoonful salt, one tablespoonful lard, $\frac{1}{2}$ cup molasses.

Pour two cups boiling water on to the oats and let stand one hour. Then add $\frac{1}{2}$ of a yeastcake dissolved in $\frac{1}{4}$ cup of warm water. Add the molasses and lard and $4\frac{1}{2}$ or 5 cups of bread flour, mix stiff, let it rise over night. In the morning knead well and make into loaves. Let it rise again and bake in a moderately hot oven.

TEA BISCUIT.

Into 1 pint sifted flour rub 1 tablespoonful of butter, 1 tablespoonful of lard and a little salt. Dissolve 1 compressed yeast cake in a pint of lukewarm water and make a moderately stiff dough. Set in a warm place to rise. In about an hour they should be risen, then make into biscuits, set to rise again, and bake in a quick oven. When done brush over the tops with milk.

Old People value Vinol, because it enriches the blood and creates strength as nothing else seems to.