

WHITE BREAD (Over-night)

- 1 cup mashed potatoes.
- 1 tablespoon lard or butter.
- 1 teaspoon sugar.
- 1 yeast cake or 1 cup yeast.
- 1 1/2 teaspoons salt.
- 1 pint potato water.
- 1 1/2 to 2 quarts *Purity Flour*.

Mix mashed potatoes while hot with the lard, sugar, salt and the pint of lukewarm water in which potatoes were boiled. Add the yeast and enough flour to make a stiff batter. Beat well for 5 minutes, then set it to rise in a warm place, well covered. Set this about three in the afternoon (in winter); in the evening gradually mix in the remainder of the flour. Beat well till too stiff to beat longer, then knead till smooth and elastic. Keep the dough well covered and warm all night. In the morning mould into loaves and put into buttered pans, let rise and bake.

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**BREAD FOR
YOUR
GROWING
CHILDREN**



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