

any hard crust formed on top during cooking) and add to it the sugar and salt. When lukewarm add the dissolved yeast cake and beat thoroughly. Add the Graham flour and then sufficient white flour to mould as in white bread. Set away to rise until double in bulk. Cut down and let rise again until double in bulk. Cut and shape loaves and put into pans. Let rise until double in bulk and bake same as white bread.

If using left over cereal to make this bread use 4 cups of thick cooked cereal for two loaves.

Hints for the use of new grades of flour

1. Use a little more yeast.
2. Give the bread a cooler fermentation or in other words do not keep it quite as warm during the process of rising.
3. Let it rise to double in bulk the first time.
4. Cut, shape into loaves and put in pans before it is quite double in bulk the second time.
5. Allow it to rise until fully double in bulk in pan and bake in a hot oven.

White Bread (Royal Yeast)

(SPONGE AND DOUGH METHOD)

1½ cups flour	1 cup riced potatoes (2 medium sized potatoes)
1 tblsp. shortening	3 cups water
2 tblsp. sugar	1 dried yeast cake (Royal or Magic)
1 tsp. salt	½ cup of lukewarm water (86° F.)

1. **Sponge** :— Dissolve dried yeast in ½ cup of lukewarm water (86° F.) to which has been added ½ tsp. of sugar. Place flour, remainder of sugar, salt, shortening and riced potatoes in a large bowl. Pour over all the ingredients the remainder of the water when boiling, and beat the whole mixture until smooth. When lukewarm beat into it the dissolved yeast and set away to rise in a warm place or at ordinary room temperature 70° F., until light and foamy. This will take from 7 to 9 hours.

2. **Dough** :— When the sponge is risen, measure it into the mixing pan and add to it sufficient lukewarm (86° F.) water for the required amount of bread (allowing 1½ cups liquid for each loaf of bread) and the necessary amount of salt (allowing 1 tsp. for each loaf). Stir flour into this mixture, until too stiff to use the spoon, then mix in more with the hands until the dough no longer sticks to the fingers. Turn out on the kneading board and knead until smooth and elastic adding a little more flour if it should stick to the board. As soon as it ceases to stick to the fingers or the kneading board cease to add more flour. Set away to rise until double in bulk in the slightly greased mixing bowl, covering closely to keep the surface of the dough from drying out and to keep the dough warm. If necessary warm the pan and cover.

When double in bulk cut mass of dough well with sharp knife to get rid of the large air bubbles, knead for five minutes and set away to rise the second time until double in bulk.

Cut the dough and shape into loaves that will half fill the bread tins, using no flour on the kneading board. Set away to rise in a warm place until fully double in bulk again. If necessary cover the bread with clean towels to keep the surface from drying out.

Bake in a hot oven (425° to 450° F.) for the first 15 minutes. Lower the heat to moderate or 350° to 380° F. and finish baking.

Time for baking — One hour.