

MRS. TRAILL'S BREAD.

Wash and pare half a pail of potatoes, taking care to remove all dark specks ; throw them into a vessel of clean water as you pare them, as they are apt to acquire a brownish colour, which spoils the white and delicate appearance of the bread. Boil the potatoes till reduced to a pulp, bruising any lumps smooth with a wooden beetle or pounder : it will then have the consistency of thick gruel : when cool enough to bear your hand in it, stir in as much flour as will make the mixture the thickness of thick batter ; add a good handful of salt, and two cupfuls of your hop barm or any good rising that you may have. A deep, red earthen pot, or a wooden pail, will be a good vessel to contain your sponge. It is a wise precaution to stand your vessel in a pan, as it is apt to flow over. If set to rise over-night, it will be risen time enough to work up in the morning early : in summer we seldom make this potato-bread, on account of the potatoes then not being so fit for the purpose, for, while young, they will not boil down so smoothly ; but from the month of August till May, it may be made with great advantage. The quantity of sponge, above, will raise two large milk-dishes of flour, or about twenty pounds of flour. If you have a large kneading-trough, you can mix the whole at once, and knead it well and thoroughly ; but if your trough be too small for convenience, divide your sponge, and make two masses of dough, working it very stiff on your board, scoring the top with a knife, and cover it up by the fire with a clean cloth ; or you may make only half the quantity, using, of course, less potatoes and water. In about two hours, or may-be longer, you will have a light dough, like a honeycomb, to make into loaves. When baked, take your bread out of the pan, wet the crust of your loaves over with clean water or milk, and wrap them in a clean cloth, setting them up on one side against a shelf till cold. - This plan keeps the bread from becoming hard and dry. For lightness, sweetness and economy this is the best bread I know, resembling really-good baker's bread in texture and look. I cordially recommend it to the attention of the Canadian housewife.

INDIAN-MEAL BREAD.

Add six pounds of sifted Indian-meal to six pounds of wheaten flour ; one gallon of water, pour, boiling-hot, on the Indian-meal ; when cool enough to work with the hand, mix in the wheaten flour, and a cup of yeast, with a little salt ; knead the mass, and set it to rise near the fire. This bread has a fine yellow colour, and is best used pretty fresh, as the Indian-meal is of a drying quality.

ANOTHER BREAD WITH INDIAN-MEAL.

Take as much good flour as will fill a good-sized milk-dish ; add to the flour a quart of Indian-meal, and a tablespoonful of salt ; mix the meal and flour well together : make a hole in the midst, and pour