

CHAPTER XII

Bread Mixtures, Including Yeast and Quick Breads

BREAD as the staff of life includes not only the dough leavened by the growth of the yeast plant, but all the various combinations of batters and doughs, leavened by chemical agents, as baking powder, soda and sour milk or molasses, or those in which air alone is the leavening agent.

Breads made from coarser flours, contain more of the mineral and vitamin content of the grain than those which are highly milled. There is also a difference in the effect of coarser wheat flours in its stimulating action on intestinal digestion which may be desirable in some persons and undesirable in others. This stimulating effect is due to the germ and the phosphorus rich bran as well as the fibrous particles from the grain coverings.

The use of milk in making any bread increases its food value by adding to the flour, food nutrients, minerals and vitamins.

Flour. There are two kinds of flour—bread flour and pastry flour, the former made from hard wheat and the latter from soft.

Hard wheat flour feels dry and crumbly to the touch and when pressed tightly in the hand it will not show the imprint of the fingers. Soft wheat flours are soft and velvety to the touch and hold their shape when pressed. Hard wheat flours are to be preferred for bread making.

Liquid. The liquid used in bread making may be water, whole milk, skim milk, whey, potato water or mixtures of these. When milk is used it should always be scalded, to prevent it from souring, and then cooled until lukewarm before mixing with the yeast. Milk makes the bread richer and more tender than water alone, and adds greatly to its nutritive value. Addition of potato or of potato water quickens the action of the yeast and helps to keep the bread moist longer.

Temperature. For growth the yeast plant requires warmth, air, moisture and food. For bread making a temperature of from 70° to 95° F. may be used, the ideal temperature for development of best flavor and other desirable qualities in bread being 82° F.

Baking Bread. The loaves of bread, when doubled in bulk by rising, should be put in a hot oven (450° F.) for ten minutes. Then reduce the heat of the oven by turning down the burner, or removing a lid from the top of the range over the oven. Continue this moderate heat (350° F.) until bread is done. If the oven is not hot enough, the bread will continue to rise after being placed in the oven and so run over. If too hot, a hard crust will form, or the dough will crack on the sides. Loaves should be brushed with fat about 15 minutes before taking from the oven. To test whether a loaf of bread is done, press on the side with finger. If it springs back into shape it is sufficiently baked. Another test is to tap on the bottom of the loaf and judge by the sound, which should be hollow.

How to Keep Bread. Bread becomes stale, not thru loss of moisture, but due to its being kept at a lowered temperature. If kept at a temperature about 122° F. bread will be very fresh after standing 48 hours. While there may be no practical method in the household of keeping bread at this temperature, a baker can prevent quantities of bread from becoming stale by putting it, when taken from the oven, into an inclosure whose walls will not transmit heat.

USES OF STALE BREAD

Stale bread can be freshened by cutting the loaf in slices and steaming over hot water until softened. In removing the cover of the steamer, care should be taken that water does not drip on the bread. Bread which is only slightly stale can be freshened by placing the loaf in a covered pan and heating in a moderate oven for 15 minutes, or until heated thru.

All pieces of bread should be saved and utilized. A very convenient way of keeping stale bread is to have three jars, one for large pieces, another for stale bread from which the crust has been removed, and a third for crusty pieces of

bread which has been dried in the oven, ground in a meat chopper and sifted.

The larger pieces can be utilized in—

1. Toast, as water toast, cream toast, and if the bread is not too dry, in making French toast and buttered toast.
2. Croutons, which can be served with soup.

The soft pieces of bread can be used in the preparation of—

1. Scalloped dishes, as corn, tomatoes, potatoes and apples. The bread may be soaked in the liquid used and serve as a thickening material, and small buttered cubes may be browned on top.
2. Dressings for meats and for vegetables, such as baked stuffed peppers, Spanish onions and egg plant.
3. Omelets in which the bread crumbs are soaked in an equal quantity of milk before adding the egg.
4. Puddings, such as bread pudding, Brown Betty, English plum pudding.
5. Griddle cakes, stale bread muffins, and steamed brown bread in which the bread crumbs are soaked in liquid and substituted for a part of the flour.
6. Brewis—A dish especially healthful for children, prepared by adding two-thirds as much white bread as brown bread to enough milk and water to cover, cooking until soft and then season.

Thickening as in gravies. The crusts, which have been dried, ground and sifted, are useful for crumbing croquettes, fish, cutlets and other meats.

BREAD RECIPES

SOFT YEAST

4 medium sized potatoes	1 qt. boiling water
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. cold water
1 cake yeast	Hops if desired

Wash and pare potatoes. Cut into small pieces and put into boiling water. Cook until tender and rub the whole mixture thru the sieve. If less than a quart, add cold water to make up the quantity. Add sugar and when lukewarm, add the yeast cake previously soaked in the cold water. Allow to ferment 24 hours. Pour into sterile fruit jar and keep in a cool place. Use 1 c. of this liquid yeast instead of a yeast cake.

N. B. Hops may be added to boiling potatoes as they help to keep the yeast by preventing growth of bacteria.

VARIATIONS IN GRAHAM BREAD

Two cupfuls of raisins added while kneading the dough makes delicious raisin bread. Rolls may be made by dividing a part of the dough, when ready to be shaped for the pans, into pieces the size of an egg. Shape each piece into a smooth ball and place, not too closely together, in an oiled baking tin. Let rise until doubled in bulk. Bake in a moderately hot oven about 25 minutes.

SWEET ROLLS

1 cake yeast softened in $\frac{1}{4}$ c. lukewarm water	2 tbsp. melted butter 2 eggs
1 c. milk, scalded and cooled	About $3\frac{1}{2}$ c. flour
1 tsp. salt	Flavoring to taste
2 tbsp. sugar	

Soak the yeast in lukewarm water 20 minutes and add to the lukewarm milk, together with enough flour to make a smooth batter. Cover and let rise in warm place until light. To this sponge add the salt, sugar, butter, flavoring and well-beaten eggs, with enough more flour to make a soft dough. Knead well and set to rise again until doubled in bulk.

CINNAMON ROLLS

Take 4 c. bread dough when ready to shape for the pans. Roll into long sheet $\frac{1}{2}$ in. in thickness. Brush with melted butter, sprinkle with sugar and cinnamon. Roll as for jelly roll. Cut into pieces and set close together, cut side down, in a buttered pan. Let rise until fully trebled. Butter tops, sprinkle with sugar and cinnamon and bake in quick oven about 20 minutes.

For richer rolls cream together 2 tbsp. sugar, 2 tbsp. shortening, one egg, and add to bread dough when ready to knead down the first time, together with 1 c. raisins and enough flour to make a medium dough. Let rise, then shape as described above. Let rise in pans and bake.

VARIATIONS IN ROLLS

PARKER HOUSE ROLLS

Roll out dough for rolls, $\frac{1}{2}$ in. thick, and cut into shapes with a biscuit cutter 2 in. in diameter. With the back of a knife, crease a line thru the middle of each. Brush lightly with fat and fold over. Allow to rise three times their bulk and bake in a quick oven (425° F.). If rolls are brushed with milk before being placed in the oven, a better brown color is obtained.

SHAMROCK ROLLS

Shape small balls of dough and arrange three in each cup of the muffin pans. Allow to treble their bulk. Brush with melted butter or milk and bake in a quick oven (425° F.).

NUT ROLLS

Proceed as for cinnamon rolls, only when dough is rolled out, sprinkle with sugar, salt and chopped nuts. Roll as a jelly roll.

Slice in $\frac{1}{2}$ in. rounds. Place in baking pan and when risen three times their bulk, bake in quick oven (425° F.).

APPLE CRESCENT

Cook a cupful of diced apples in boiling water for 3 min.; drain. Pat the dough to make a strip half as wide as long with ends rounded. Spread with 3 tbsp. of softened butter. Sprinkle the apples thru the center and scatter over them $\frac{1}{8}$ c. of currants or seedless raisins. Dust with 2 tbsp. of sugar and grate a little nutmeg over all. Fold one side over the filling lengthwise and then bring the other side over, sealing the filling inside. Slide this roll onto a greased baking pan and shape into a half moon. Let rise for a half hour, then bake in moderate oven (350° F.). Ice or simply dust with confectioner's sugar.

BREAD STICKS

Roll bread dough to thickness of a half inch. Cut in $\frac{1}{2}$ in. strips of equal length (6 or 8 in.). Roll slightly to shape round. Place in greased pan, allow to treble their bulk and bake in a quick oven (425° F.).

Bread sticks may be served with soup, or be used to accompany salad course.

COFFEE CAKE

1 c. milk, scalded and cooled	2 c. flour
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cake yeast dissolved in $\frac{1}{4}$
2 tsp. sugar	c. lukewarm water

In the evening break yeast and soak 20 minutes in lukewarm water. To the lukewarm milk add the sugar, salt and softened yeast and mix with flour to medium sponge. Cover and let rise in warm place over night. In the morning add

$\frac{1}{2}$ c. milk, scalded and cooled	$\frac{1}{2}$ c. sugar
1 tsp. salt	2 eggs
$\frac{1}{4}$ c. butter	3 to 4 c. sifted flour

Mix sponge with the lukewarm milk, salt, butter and sugar creamed together, and well-beaten eggs. Add enough flour to make soft dough and knead. Let rise until fully doubled. If desired, knead down and let rise until doubled again. When light, turn onto floured molding board. Roll lightly to $\frac{1}{2}$ in. thickness. Place in buttered pans. Brush tops with melted butter, sprinkle with sugar and cinnamon. Let rise until doubled. Bake about 20 minutes.

ICING FOR COFFEE CAKES

Brush the cake while hot with an icing made of $\frac{3}{4}$ c. of confectioner's sugar rubbed smooth with 1 to 2 tbsp. of hot water. Strew $\frac{1}{4}$ c. of chopped nuts over all and return to the oven with the heat turned off until it becomes crinkly, but not brown. Remove to a rack and cool.

RYE BREAD—SPONGE METHOD

1 pt. lukewarm water 1 lb rye flour
1 cake yeast

In the evening break and soak yeast 20 minutes in the lukewarm water. Mix with rye flour to medium sponge. Beat until smooth. Cover. Let rise in a moderately warm place over night. In the morning add:

1 pt. lukewarm water 2 qts. wheat flour or $\frac{1}{2}$ quart
4 tsp. salt rye flour and $1\frac{1}{2}$ quarts wheat
2 tbsp. sugar flour
2 tbsp. shortening

Mix and knead until a smooth medium dough is formed. Let rise until double in bulk, then knead lightly and shape into 4 loaves. Let the loaves rise until double in bulk and then bake in a moderately hot oven (425° F.).

BRAN BREAD

1 pt. lukewarm water 1 qt. whole wheat flour
1 cake yeast

In the evening break and soak yeast 20 minutes in lukewarm water. Mix with flour to medium sponge. Cover. Let rise in moderately warm place over night. To the above add:

1 pt. lukewarm water or milk 4 tbsp. shortening
scalded and cooled 6 c. clean bran
4 tsp. salt About $1\frac{1}{2}$ qts. whole wheat flour
 $\frac{1}{2}$ c. molasses

Mix sponge with lukewarm water or milk, salt, molasses, shortening, bran and enough flour to make dough considerably softer than for white bread. Knead thoroly about 10 minutes. Cover. Let rise until doubled in bulk. Mold into 3 loaves. Cover and let rise in pans until about $\frac{3}{4}$ size of white loaves. Bake in moderately hot oven about 1 hour.

BUCKWHEAT CAKES

2 qts. warm water 1 tbsp. salt
1 cake yeast dissolved in 1c. $\frac{1}{2}$ tsp. soda dissolved in $\frac{1}{4}$ c.
warm water warm water

Buckwheat flour—enough to
make thick batter

At night take 2 qts. warm water and 1 cake yeast dissolved in 1 c. warm water, add enough buckwheat flour to make thick batter, add 1 tbsp. of salt, beat all together thoroly. In the morning add $\frac{1}{2}$ tsp. of soda dissolved in $\frac{1}{4}$ c. of warm water. Add cold water to thin batter to suit. If very brown cakes are desired, add 2 tbsp of molasses.

DOUGHNUTS—DOUGH METHOD

1 cake yeast 1 c. sugar
1 c. lukewarm water $\frac{3}{4}$ tsp. salt
1 c. lukewarm milk 2 eggs
 $\frac{1}{2}$ c. butter or substitute $\frac{1}{2}$ tsp. ground nutmeg
Flour, about 2 qts.

In the evening break and soak yeast in lukewarm water. Scald milk and cool until lukewarm. Cream together butter, sugar and salt. Add well-beaten eggs, spice or other flavoring, and cooled milk. Blend with this the soaked yeast. Work in flour enough to make medium soft dough. Knead until smooth. Cover and let rise over night in moderately warm place, about 78° F.

In the morning turn dough onto floured board, roll lightly until $\frac{1}{2}$ in. thick, cut into shape, and let rise until doubled in size. Fry in deep, hot fat. Test fat with square of dry bread. This should become golden brown in exactly 1 minute.

TOAST

Cut bread $\frac{1}{2}$ or $\frac{3}{4}$ inch thick. Toast to a golden brown over bright coals, or on an electric toaster, or in the broiler of a gas oven. Turn often to prevent warping. Toast should be dried thru, not just brown on the surface.

CINNAMON TOAST

Toast the slices of bread as usual, butter them while hot, and then spread over the buttered surface a mixture of 1 part of cinnamon to 4 of sugar, and place the slices in the oven or under a gas flame until the butter sizzles up thru the sugar. Another way to make it is to toast only one side of the bread, then butter the other side rather thickly and dust the sugar and cinnamon mixture over the buttered surface, smoothing it into the butter with pressure of the knife-blade. Then set the slices, buttered side up, in the oven or under the gas flame, until the butter first boils up and later turns a pretty brown.

FRENCH TOAST

2 eggs
1 c. milk

Slices of bread
1 tsp. salt

Beat eggs slightly and add milk and salt. Dip the bread into this mixture and saute a golden brown in beef drippings or butter.

MILK OR CREAM TOAST

Cover toast with hot milk or cream to which 1 tbsp. of butter has been added.

CROUTONS

Cut bread $\frac{1}{4}$ to $\frac{1}{2}$ in. thick, according to size of cube you wish for croutons. Remove crusts and cut bread in strips the same width as thickness and then again in cubes. Bread may or may not be lightly buttered before cutting. Spread in a baking pan and brown in oven or under broiler. Stir frequently to brown evenly.

SANDWICHES

Bread for sandwiches should be at least 24 hours old, as it slices more evenly. The slices should be cut very thin

for teas, or those served with salads. A little thicker slice may be cut for those sandwiches which are to be carried in lunches or are to be served as the main dish of the meal. Sandwiches may be cut in fancy shapes with a cooky cutter. Crusts are always removed from the thin, dainty sandwiches served for tea. For others, the crust may or may not be removed. Butter for sandwiches should always be creamed before spreading it on the bread.

All filling should be either very hot or very cold. Chopped fillings present a daintier appearance if diced by hand than if run thru a food chopper. A good-sized cutting board with a long-bladed, sharp knife shortens the process of dicing, as the knife blade covers a large surface if directed by both hands.

Cream, prepared mustard, mayonnaise or cooked salad dressing may be used to form the chopped ingredients into a paste in order to spread easily. Sandwiches ought to present a trim, dainty appearance after being cut into suitable shape.

After sandwiches are made, they may be kept in good condition by covering with a dry cloth and then the whole covered with a wet one. Sandwiches to be carried any distance need to be wrapped in waxed paper individually.

Fillings for Sandwiches

Meats: Thin slices of roast or boiled meat of any kind may be placed between slices of bread. Chopped meats may be mixed to a pasty consistency with cream, salad dressings, French mustard or horseradish before spreading thinly on the bread. Chopped pickles may also be added.

Nuts: Chopped nuts may be mixed with thin cream or salad dressings. Chopped nuts and raisins or dates, moistened with lemon juice, make a good filling.

Cheese: Any soft cheese or hard cheese grated and seasoned with cream, salt, pepper and a little chopped pimento.

Egg: Sliced egg; egg chopped and seasoned; chopped egg and water cress.

Lettuce: Leaves of lettuce spread with a little salad dressing.

Tomato: Sliced tomato, spread with salad dressing, may be used with a lettuce leaf.

Combination Vegetable: Chopped vegetables may be added to salad dressing for a filling.

Dried Fruits: Make an excellent filling. May be put thru a

meat chopper and seasoned with lemon juice and made moist enough to spread with a few tablespoons of hot water.

Olives: May be sliced or chopped for a filling.

Sandwiches with meat, fish, cheese and vegetable fillings may serve as a complete meal for lunch. Such sandwiches are a well balanced meal in themselves.

These may be cut either diagonally or in strips to facilitate ease in handling, and to be more attractive in appearance.

Mixed Chicken Sandwich: Allow 1 c. of mixed chicken to $\frac{1}{2}$ c. of white sauce. Heat well together and season. Pour over toast and garnish with chopped parsley.

Roast Beef Sandwich: Arrange two slices of bread on a platter. On each lay a medium slice of roast beef. Cover with gravy and garnish with parsley.

Roast Pork Sandwich: Substitute pork for beef in above and garnish with slices of pickled crabapple.

Tongue and Horseradish Sandwich: Use proportion of 1 c. of tongue with 2 tbsp. each of ham and corned beef. Chop tongue very fine and add chopped ham and beef. Mix with 1 tbsp. grated horseradish and Thousand Island dressing to make a thick paste. Place filling on bread and cut diagonally across. Leave the crusts on.

Chicken Salad Sandwich: Chop chicken meat ($\frac{3}{4}$ dark to $\frac{1}{4}$ light) and mix with equal amounts of chopped celery. To each cupful of chicken allow 1 tbsp. of capers and 1 tbsp. of lemon juice. Season well and add enough mayonnaise to spread easily. Butter slices of bread, cover with lettuce leaf. Place a liberal amount of chicken mixture between and cut in three rectangular portions, after removing crusts. Garnish with olives and pimento.

Egg Sandwich: Slice a cold, hard-cooked egg. Place on well-buttered slice of bread, spread with salad dressing and cover with another well-buttered slice. Serve on lettuce leaves after removing crust and cutting thru center.

Egg and Pimento Sandwich: Chop hard-cooked eggs, add salt, pepper and $\frac{1}{3}$ as much chopped pimento. Mix well with mayonnaise and spread on slices of buttered bread. Remove crust and cut down center. Garnish with slices of stuffed olives.

Salmon Sandwich: Remove bones and skin from 1 can of salmon. Drain and mince. To salmon add $\frac{1}{2}$ c. of capers and 1 tbsp. lemon juice. Add enough mayonnaise to spread smoothly on thin slices of bread. Remove crust, cut down center and garnish with slices of lemon and parsley.

Vegetable Salad Sandwich: Chop equal parts of celery, tomato and cucumber with $\frac{1}{2}$ as much each of pimentos, onions and green pepper. Mix thoroly and drain to remove excess juice. Add enough mayonnaise dressing to spread well. Place fill-

ing on well-buttered bread. Remove crusts and cut into squares.

New England Sandwich: Butter 2 slices of graham bread. Spread one with minced ham and the other with baked beans. Combine, cut in three strips and serve in form of H with garnish of pickle.

Club-House Sandwich: Remove crust from 2 thick slices of toast and, after buttering slightly, cover with mayonnaise dressing. Place lettuce leaf on each and cover with mayonnaise. On one slice place two pieces of crisply fried bacon and on the other cold sliced chicken. Combine sandwich and butter top of it. Cut diagonally and garnish with pickle and pimento or stuffed olive.

Sardine Club Sandwich: Prepare as a Club-house Sandwich, substituting sardines for chicken. Garnish with lemon, olives and pimento, cutting diagonally.

Southern Club Sandwich: Butter two slices of graham bread. Cover with lettuce which has been spread with mayonnaise. Arrange crisply fried bacon on one slice and cover with the other. Remove crust and cut diagonally across. Garnish with olives and strips of pimento.

Colonial Club Sandwich: Butter three pieces of toast. Spread two of them with mayonnaise and cover with thinly sliced cold chicken. Combine these and butter top side. Brown finely diced salt pork and spread on top side. Lay slice of tomato on next and finally third piece of toast. Remove crust and one inch from corners cut diagonally across and arrange with outside edges together. Cover with mayonnaise dressing and sprinkle with finely chopped celery. Garnish with strips of pimento.

QUICK BREADS

Quick breads are made in various consistencies, as that of a batter which will pour as for waffles or griddle cakes; a drop batter, which is thick enough to drop from the tip of a spoon, and soft dough, which must be handled lightly.

In using sour milk or buttermilk for the liquid in quick breads, only enough soda to neutralize the acid should be used, for if more than that is added, it is left unchanged and gives a bitter taste. One-half teaspoon of soda will neutralize one cupful of thick sour milk or one cupful of the dark molasses. This amount will leaven one cup of flour, so if the recipe calls for 2 cups of flour, the additional cup will need 2 level teaspoons of baking powder. For whole wheat, rye and bran muffins, $2\frac{1}{2}$ teaspoons of baking powder are necessary for each cup.

GRIDDLE CAKES

2½ c. flour	3 tsp. baking powder
2 c. milk	1 tbsp. melted fat
1 tbsp. sugar	1 egg
1 tsp. salt	

Sift together dry ingredients. Add milk and beaten eggs and melted fat. Beat all together until smooth. Fry on griddle heated to 350° F. For sour milk griddle cakes, substitute a like quantity of sour milk for the sweet milk and 1 tsp. soda for the baking powder. 1 c. graham flour or cornmeal may be substituted for 1 c. white flour.

WAFFLES

2 c. pastry flour	2 eggs
1¼ c. milk	4 tsp. baking powder
6 tbsp. melted fat	¼ tsp. salt

Sift together dry ingredients. Add milk, beaten egg yolks and fat. Fold in stiffly beaten egg whites. Bake on hot waffle iron.

POPOVERS

2 c. flour	2 tsp. melted fat
2 c. milk	½ tsp. salt
	4 eggs

Beat eggs slightly. Sift flour and salt and add alternately with milk. Add melted fat. Beat with egg-beater until smooth. Fill hot greased muffin pans two-thirds full. Bake 30 minutes at 450° F. and 15 minutes at 350° F.

PLAIN MUFFINS

2 c. flour	1 egg
1 c. milk	4 tsp. baking powder
2 tbsp. sugar	½ tsp. salt
2-3 tbsp. melted fat	

Sift together dry ingredients. Add gradually milk, beaten egg and fat. Bake in hot greased muffin pans for 25 minutes at 400° F.

BRAN MUFFINS

1½ c. flour	3-4 tbsp. melted fat
¾ c. bran	1 egg
1 c. milk	½ tsp. salt
4 tbsp. molasses	5 tsp. baking powder

Mix together dry ingredients. Add molasses, milk, beaten egg and melted fat. Bake in hot greased muffin pans for 25 minutes at 400° F.

CEREAL MUFFINS

2 c. flour	1 egg
1 c. milk	5 tsp. baking powder
2 tbsp. sugar	1 tsp. salt
2-4 tbsp. melted fat	1 c. cooked cereal

Make same as plain muffins, mixing cereal with half of milk and adding to other ingredients.

FRUIT MUFFINS

2 c. flour	4 tsp. baking powder
2-4 tbsp. sugar	½ tsp. salt
2-3 tbsp. melted fat	½-1 c. nuts or fruit
1 egg	

Make same as plain muffins, adding chopped nuts or chopped fruit. Dredge the fruit with 2 tbsp. of the flour. Raisins, chopped dates, figs, apples, cooked prunes or apricots or blueberries may be used.

WHOLE WHEAT MUFFINS

1 c. flour	3-4 tbsp. melted fat
1 c. whole wheat flour	1 egg
1 c. milk	5 tsp. baking powder
2 tbsp. sugar	1 tsp. salt

Make same as plain muffins. The sugar may be increased to 4 tbsp. if desired. Brown sugar may be used. 1 c. rye meal may be substituted for the whole wheat flour.

QUICK WHOLE WHEAT RAISIN OR DATE BREAD

2½ c. whole wheat flour	¾ c. sugar
1½ c. bread flour	1 egg
5 tsp. baking powder	1 c. seeded raisins or stoned dates
2 c. milk	
1 tsp. salt	

Measure and sift together the whole wheat flour, bread flour, baking powder, salt and sugar. Beat egg well and add milk. Combine with the flour mixture while beating constantly. Last add 1 c. of seeded raisins or dates, dusted with flour. Pour into one large greased pan or two small ones and bake at 375° F. for about one hour. Nuts may be substituted for the raisins, if desired.

STANDARD BISCUITS

2 c. flour	2 tbsp. shortening
4 tsp. baking powder	¾ c. milk
1 tsp. salt	

Sift together flour, baking powder and salt. Add shortening and mix in thoroly with a fork or the tips of the fingers. Add liquid slowly to make a soft dough. Roll or put on floured board to ½ in. thickness. Cut with biscuit cutter first dipped in flour. Place on floured or greased tin and bake in hot oven (450° F.) for about 10 minutes. Biscuit dough ought to be as soft as can be handled.

BEATEN BISCUITS

4 c. flour	½ tsp. salt
2 tbsp. shortening	2 c. milk

Sift together the flour and salt and work in the shortening with the tips of the fingers. Mix to a stiff dough with the liquid.

Knead until soft and pliable, then pound or beat with a rolling pin until elastic and soft to the touch. Fold the dough over and over on itself, as this helps to incorporate the air and so makes them lighter. Roll out on a floured board $\frac{1}{2}$ in. thick, cut into small biscuits. Prick the tops of each with a fork and bake in a moderate oven (350° F.).

CORN STICKS

1 c. cornmeal	1 tsp. salt
1 c. flour	$\frac{2}{3}$ c. cream milk

Sift the dry ingredients, add cream and enough milk (about $\frac{1}{3}$ c.) to make a stiff dough. Chill thoroly, then divide into 20 equal parts and roll with the hand until 5 or 6 inches long. Bake in greased bread stick pans in a hot oven (400° F.).

CORNBREAD

2 c. cornmeal	2 eggs
2 c. sour milk	1 tsp. soda
2 tbsp. melted fat	$1\frac{1}{2}$ tsp. salt

Make same as plain muffins. Pour into hot greased baking pan or muffin pans and bake at 400° F. for 20-25 minutes. Sweet milk may be substituted for the sour milk, omitting the soda and using 4 tsp. of baking powder. 1 c. flour may be used in place of 1 c. cornmeal.

HOE CAKE

1 pt. sifted cornmeal	1 tsp. salt
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Mix meal and salt. Add enough scalding water to make a mush. Allow to cook until it can be handled, then put it in a hot, greased griddle and pat it out until your cake is one inch thick. Invert a pan over it, lower the gas and cook one hour. Fifteen minutes before it is done, remove the cover and turn the cake over. Do not replace the cover.

BOSTON BROWN BREAD

1 c. cornmeal	1 tsp. salt
1 c. rye meal	$\frac{3}{4}$ c. molasses
1 c. graham flour	2 c. sour milk or
1 tsp. soda	$1\frac{3}{4}$ c. sweet milk
4 tsp. baking powder	

Mix and sift dry ingredients. If sweet milk is used, reduce the soda to $\frac{1}{4}$ tsp. or omit if the molasses does not have a strong flavor. Add molasses and milk. Mix thoroly and steam three hours in oiled covered baking powder or coffee cans. The covers of the cans may be removed and bread allowed to dry off in the oven.

A cup of raisins or prunes, cut in small pieces, or dried currants may be added to the batter for variation. This batter may also be baked in a moderate oven, in which case, the bread is improved by adding a tablespoon of melted fat to the batter.

SPOON BREAD

1 pt. buttermilk	2 eggs
1 tsp. soda	1 tsp. salt
1 tbsp. lard	Meal to mix

Beat the eggs slightly. Dissolve the soda in the buttermilk and mix with the eggs; add the salt and melted lard. Sift in enough meal—about a pint—to make a stiff batter. Pour into a greased pudding dish and bake in a moderate oven. Send to table in the same dish and serve with a spoon. Eat hot with plenty of butter.

CRUSTS AND CASES FOR MEAT PIES AND CREAMED MEATS

ORDINARY CRUST

1 pt. pastry flour	4 tsp. baking powder
1 tsp. salt	$\frac{3}{4}$ c. milk
$\frac{1}{2}$ c. shortening	

Mix, as when making baking powder biscuits, into a soft dough. Part butter and part lard may be used or a combination of chicken fat and vegetable shortening. Roll a half inch thick, a little thinner at the sides, and use this for the top, omitting an undercrust. Cut a deep cross in the center and turn corners back for the steam to escape.

BATTER CRUST

2 c. pastry flour	1 tsp. salt
2 tsp. baking powder	2 tbsp. shortening
1 egg, well beaten	1 c. milk

Cut the shortening into the dry ingredients, first sifted together. Add the egg and milk and mix to a smooth batter, spread over the pie and bake to a light brown.

POTATO CRUST

1 c. mashed potato	1 tbsp. butter
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. flour
$\frac{1}{8}$ tsp. white pepper	1 tsp. baking powder

Combine the salt and pepper with the potatoes as they are being mashed, together with a little milk to make the creamy consistency, and the butter. Sift the baking powder with the flour and add. Mix thoroly and roll out lightly. Cut holes in the crust so that steam may escape.

N. B. Any of the above crusts may be used for meat or chicken pie.

Variations: Cream puff cases may be used for creamed veal or chicken. Timbale cases and bread boxes are also used.

SWEDISH TIMBALE CASES

Beat the yolks of 2 eggs, add $\frac{1}{2}$ c. of milk and stir, little by little, into $\frac{3}{4}$ c. of flour, sifted with $\frac{1}{2}$ tsp. of salt. Set aside for at least an hour before using. Dip a timbale iron into hot

fat, let stand two or three minutes, then drain and dip into the batter (held in a small cup) to within half an inch of the top of the iron; return at once to the fat and hold there until the batter is crisp and lightly colored.

CREAM PUFF CASES

1 c. water	6 eggs
$\frac{1}{2}$ c. lard and butter	$1\frac{1}{2}$ tsp. ammonium carbonate
$1\frac{1}{2}$ c. flour	$\frac{1}{4}$ c. milk

Bring water, lard and butter to a good boil. Add flour while boiling and stir well until mass comes loose from kettle readily. Withdraw from fire and add milk. Stir in eggs two at a time and when cold add ammonium carbonate. Drop on pans dusted with flour and bake in good heat.

Open these shells by making a tiny slit and add creamed meat to the shell, being careful not to break the shell clear open. These same cases may be filled with whipped cream or cream filling for desserts.