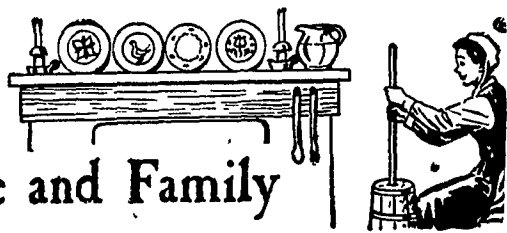


# For the Farm Wife and Family



## The Staff Of Life

By Mrs. Richard C. Spence

What do you know about breads? We are led to believe that the "staff-of-life" may be one of our most misunderstood food products. Here are some suggestions ranging from ways to keep bread fresh to methods

1) It is not advisable to place a damp towel over tea sandwiches, to keep them fresh when made up hours ahead of serving time, because moisture spurs the growth of bacteria. Refrigeration is a better way of holding the made-up sandwiches — slows bacterial growth but does not stop it. For best results, sandwiches if wrapped with moisture-vapor-proof material can be refrigerated for several hours prior to serving.

2) The best way for slicing bread extra thin to make dainty tea sandwiches is to wrap the bread in moisture-vapor-proof material and refrigerate until very cold or freeze. Then slice. You may purchase a spec-

ial gadget that holds a slice of bread firm as you do the job.

3) Here are ways to heat bakery rolls, soft-crusted dinner or sweet rolls — Heat'em in a hurry atop the range. Put two tablespoons water in the bottom of a large skillet. Insert a trivet or wire rack, placing the rolls on it. For soft-crusted dinner rolls. Cover the skillet and place over low heat for eight minutes, or until rolls are hot. For frosted sweet rolls. Do NOT cover the skillet. Place rolls on rack or trivet, then place skillet over medium heat for five minutes, or until rolls are hot. The skillet method is the only satisfactory way of heating sweet rolls without

melting the frosting. Rolls can always be heated in a 300 degree oven in 15 to 20 minutes. Moisten the inside of a paper bag used to hold rolls. If plastic wrapped, remove wrap before placing in bag.

4) To keep toast hot, arrange toast slices on a rack and place in a warm oven until served. Hot toast should never be stacked — unless you want to watch it wither. Toast may be lightly wrapped in a napkin before serving. The cloth will absorb the steam from the toast and keep it crisp.

5) Toasting does not change the caloric value of bread. It has the same caloric value as untoasted bread — 60 calories per one-half inch slice.

6) Bread does not have to be completely defrosted to be used for toast. Just place pre-sliced bread in toaster, or defrost bread enough to slice and drop into toaster.

7) Do not be misled by low-calorie breads. The basic ingredients of bread, flour, sugar, salt, and small amount of fat cannot be varied greatly if a palatable product is made. The average slice of bread is 1/2 inch thick and contains approximately 63 calories. The average slice of most low-calorie breads is less than 1/2 inch thick. Naturally, the slice will contain fewer calories. The

bulk of the calories of bread comes from flour and the amount of flour in bread cannot be varied.

### HOME BAKED BREADS

The essential ingredients are few — flour, liquid, yeast, salt and sugar, and they combine to make breads that contain a valuable quantity of vitamins, minerals, useful proteins.

FLOUR is the chief ingredient. Wheat is the only grain with proteins which produce gluten; this gives bread dough its elasticity and strength. Gluten stretches to form a mesh-like framework which holds tiny gas bubbles formed by yeast.

LIQUID is essential for formation of gluten in the flour. Either water, fresh milk, dry or evaporated milk can be used. Water gives bread a hard crust, open texture and a wheaty flavor similar to the French breads. Milk produces bread that is more tender, nutritious and flavorful; it keeps better and toasts more quickly.

YEAST makes dough rise and gives bread its porous structure. It is a tiny living organism that utilizes sugar for its growth and produces tiny leavening gas bubbles. There are two types of yeast on the mar-

ket — dry and compressed. Active dry yeast will stay fresh for several months stored on your shelf. Compressed yeast must be stored in the refrigerator not longer than a few weeks, it's good if it crumbles between the fingers when broken and has a fresh odor.

SALT gives flavor to bread and controls the action of the yeast. It salt is not added to the dough, rising takes place too rapidly and the bread will be coarse. If too much salt is added, the rising is too slow and the bread will be compact and fine.

SUGAR provides food for the yeast. It also adds flavor and is partly responsible for a golden brown crust.

SHORTENING is not necessary for bread. However, it improves the flavor, makes bread more tender, causes better browning and adds nutritional value.

EGGS give bread delicate texture and add flavor, color and richness.

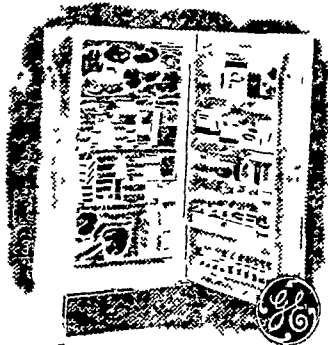
### METHODS OF MAKING HOME BAKED BREADS

STRAIGHT DOUGH. All the ingredients are mixed together in one operation and the dough is kneaded. It has two or three

(Continued on Page 15)

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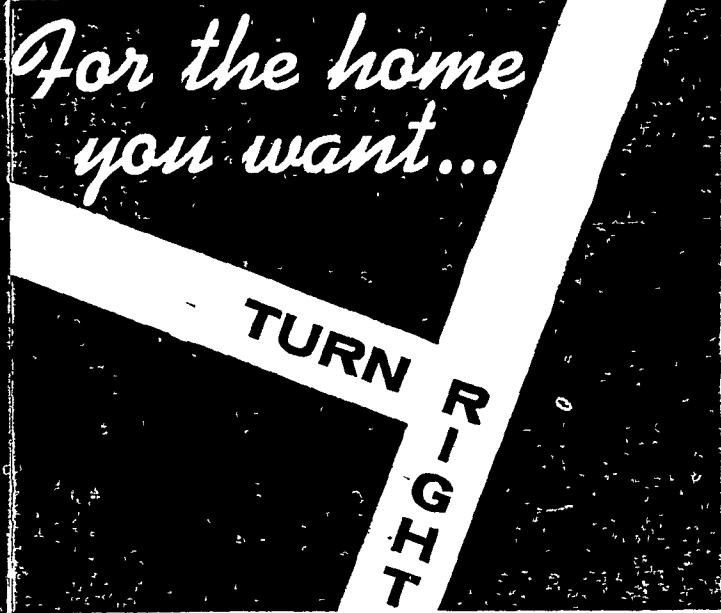
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