

PLEASE PUT SOMETHING IN THE CHRISTMAS STOCKING FOR THE CHILDREN WHOM WAR CHEATED

MRS. WILSON TELLS HOW TO MAKE A LOAF OF THE FAMOUS FRENCH BREAD; VIENNA, TOO

There Are Also Recipes for Entire Wheat Bread, Bran, Rye, Graham and Straight Dough Loaf

Formula for Home-Made Yeast Is Also Given; Ways to Mix and Use It to Best Advantage

Meals for Two or Three

My dear Mrs. Wilson—My husband came home the other evening and handed me the EVENING PUBLIC LEDGER saying, "Whose photo is this?" It is very likely you have forgotten us, but we attended your food lectures more than a year ago. We have always thought we got better and clearer understanding from your instructions than by any other method we had previously met with.

What a wonderful time you must have had in the Naval Home! With best wishes, MRS. G. H. B.

This, the first letter that came to Mrs. Wilson in her position as food economist of the EVENING PUBLIC LEDGER, suggests some of the good things in store for readers of the Woman's Page. Mrs. Wilson has planned to run special articles which will deal with just this problem—making dishes for two or three. Watch for them.

By MRS. M. A. WILSON The best and whitest rye flour is milled from the center of the grains in a manner similar to wheat flour. When only the bran is removed from the milling, we have the darker flour, carrying a heavy pronounced flavor. The rye meal is used for making pumpernickel, a Swiss and Swedish rye flour bread.

Home-Made Yeast Wash four potatoes and then cut in slices, without peeling, and place in a saucepan and add three pints of water. Cook until the potatoes are soft and then add:

One-half cupful of hops. Cook slowly for one-half hour. Rub the mixture through a fine sieve and then pour hot mixture on:

One and a half cupfuls of flour. One tablespoonful of salt. One-quarter cupful of brown sugar.

Stir until well mixed, beating free from lumps. Cool to 80 degrees Fahrenheit. Now add:

One yeast cake dissolved in one cupful of water, 80 degrees Fahrenheit. Stir well to mix and then let ferment in a warm place for ten hours. Now pour into jar or crock and store in a cool place.

To Use Use one cup of this mixture in place of the yeast cake. Always stir well before using and take care that the mixture does not freeze. This potato ferment must be made fresh every eighteen days in winter and every twelve days in summer.

Straight Dough One quart of water or milk. One ounce of salt. One ounce of sugar. Stir well to thoroughly dissolve and then add:

One yeast cake. Four quarts of flour. One ounce of shortening.

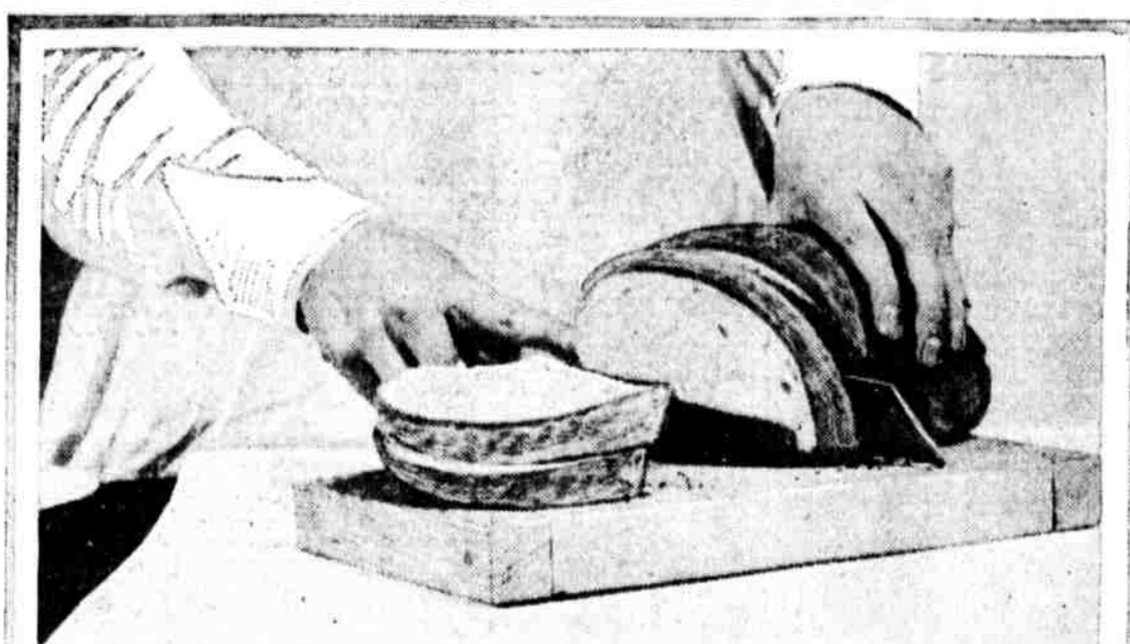
Work to a smooth dough and then knead for ten minutes. Then place in well-greased bowl, turning the dough over to thoroughly coat. This prevents a crust from forming on the dough.

Cover the bowl and set aside to raise for three and a half hours. Now lay over the dough by pulling in toward the center, the sides and ends of the dough until it forms a compact mass. Cover and let rise one and a half hours. Repeat this laying-over process and let rise one hour. Now place on the molding board and proceed to form into loaves, using the same method as in the sponge dough.

How to Make a Vienna Loaf This bread, like the French bread, has a crisp crust, which is produced by the methods of proving and baking.

To Prepare Loaf When the dough is ready to mold into loaves, proceed; using method as given in sponge dough, finally rolling the loaf on the molding board, making it pointed at the ends. Now place a clean cloth in a deep baking pan and sprinkle the cloth with cornmeal. Place the loaf of dough on the cloth and sprinkle it thickly with cornmeal. Now lift the

A DELICIOUS HOME-BAKED LOAF



It is agreed that the inside of bread should be light and just a little moist and that the crust should be golden brown, even and slightly elastic. Bread, of course, should have that pleasing nutty flavor. The loaf shown in the picture above fills all these specifications, having been made in accordance with accurate measurements

oven with warm water. Caraway seeds may be added if desired.

Graham Bread Two cupfuls of water, 80 degrees Fahrenheit. Four tablespoonfuls of syrup. Two tablespoonfuls of sugar. Two teaspoonfuls of salt. Stir until dissolved and then crumble in one yeast cake, dissolve thoroughly and then add:

Four and a half cupfuls of white flour. Three and a half cupfuls of graham flour.

Work to a dough and then proceed as in the straight dough method.

Entire Wheat Bread Two cupfuls of water. Three tablespoonfuls of syrup. Two tablespoonfuls of sugar. Two teaspoonfuls of salt.

Mix thoroughly and then crumble in one yeast cake and stir until dissolved, then add:

Seven and a half cupfuls of wheat flour. Work to a smooth elastic dough and proceed as in a straight dough.

Bran Bread Two cupfuls of water, 80 degrees Fahrenheit. One-half cupful of mashed potatoes.

Three tablespoonfuls of syrup. Two tablespoonfuls of sugar. Two teaspoonfuls of salt. Mix and then crumble in one yeast cake. Stir until dissolved and then add:

Six cupfuls of wheat flour. Two and a half cupfuls of bran. Proceed as in the straight dough method.

Shortening Clarified drippings, vegetable oils, chicken fat and lard may be used. It is necessary to have the fats well rendered, clarified and free from all objectionable odors for bread-making.

A flat one-and-a-half-inch paint brush, thoroughly cleansed, is an ideal tool to use for greasing bowls, pans and the bread.

Be careful in selecting your flour. Keep in mind that the best is the cheapest in the end. In winter keep the flour in a warm place; this does not mean in the cellarway, under the dresser, or like places.

It is important that all sponges and doughs should be thoroughly worked. Use very little flour in molding and forming the loaves. Remember that when you are putting the loaf in shape for the pan the dough will not adhere to it if there is flour on the board. When necessary to use flour, dust it very lightly.

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Crade Song Hushen lo! The sun is setting. Birds are nesting. Snowdrops grow. And above your cradle swinging Mother's singing—

Who shall know? God, His watch above you keeping. Guards your sleeping—

—Norah M. Holland, in McCall's.

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