

a quantity retards the growth of the yeast germs; also, the dough is made so dense that the yeast cannot readily expand. Too much shortening, whether lard or butter, will cause the same results.

We are now ready to mix up our bread. Into the mixing bowl we measure two cups of yeast, also reserving another cupful for starting the next baking. For shortening we use two tablespoons of melted butter; add sufficient flour to make the dough stiff enough to handle on the kneading board. The mixture may at first be stirred with a spoon, but as it stiffens it must be finished with the hands.

While the bread is being mixed we shall consider the kinds of yeast to be used. Yeast comes into the household in three forms—that of liquid, compressed and dry yeast. The liquid, or home brewed, made from potatoes is most commonly used by the housewife and generally gives the best satisfaction as it is not always possible to get compressed yeast cakes.

The use of dry yeast will be very convenient for those living far from market; when properly made it will keep reasonably well in any climate. Many bakers make splendid bread with it, but it will require longer time to rise than the liquid or compressed yeast, as it requires that the sponge should be set over night, also great care must be taken to prevent fermentation from going too far and so making sour bread.

Potato yeast is what we have used in making our bread today and the receipt for it is this: One cup of cooked potatoes well mashed and free from all lumps; into this was stirred the water in which they were cooked and enough more to make three cupfuls; a tablespoon each of salt and sugar were added, also the cup of yeast that had been reserved from the last baking. This mixture was allowed to stand for several hours—or until the process of fermentation was well established; this may be ascertained by its foamy appearance as the bubbles of gas work their way through.

The object of kneading the dough is to thoroughly mix all the materials. This process works all the ingredients together, thus giving a better texture to the bread, for if not sufficiently kneaded the loaves will be very porous and full of large air holes. In kneading, the edges of the dough are worked in toward the center, pulled over, pressed down into the mass, then pressed away from you with one hand, while with the other the whole is turned round and round, so bringing all parts of the dough under an even pressure. When the dough is smooth, elastic, and rises quickly when pressed down and does not stick to the hand, it is then sufficiently kneaded and is ready to be placed to rise.

We place it in a clean mixing bowl, then brush over with melted butter so that a crust may not form over the top and so prevent the dough from rising properly.