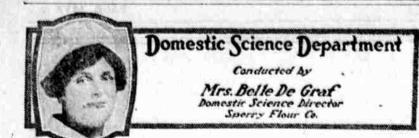
PAUR SIX

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### THE INNER SECRET OF MIXING AND MAKING GOOD BREAD

Did you know that good bread is, to distribute the gas evenly. Always make small loaves to inthe most wholesome, most digestible as well as one of the cheapest foods, sure bread being baked thorough; that you can serve? The more bread in large loaves the heat may fail to and flour you serve your family, the penetrate the center,

smaller your food bills. Bread furward you for your time and trouble. from the pans,

If bread rises much after being nishes the greatest amount of food put in the oven, the heat is not value for the money expended, and great enough, but if it begins to is the most important article of food. brown in less than fifteen minutes, Perhaps we never realized this 'un- the heat is too great. The first ten til we were deprived of bread dur- minutes the loaves are in the oven ing the period of conservation, they should merely rise and per-Considering its great value, it is sur- haps begin to show a little brown · prising how few housewives under- in spots; the second period of ten stand how to make a good loaf of minutes they should become a delibread or pan of rolls. The process cate brown all over their surface of making these yeast mixtures is and cease to rise; the third period most interesting, and a little careful they should finish browning and the study and practice will surely re- fourth they should shrink slightly

#### Helpful Suggestions About Making Bread

To keep the dough from cooling After the first ten minutes the

ready to knead. gredients thoroughly; to make the the very center of the loaf. gluten elastic and to work in the for a minute or more without stick- from the pan.

ing. Dough containing large bubbles once from the pans and allow to cool and proceed as directed. has risen too long or too fast. It in fresh air, uncovered. Do not put should be cut down and rekneaded away until perfectly cold.

Heat Checks Growth of

# Yeast Organism

mix and knead it quickly. In cool oven heat can be decreaced slightly. weather the bowl containing the and as baking continues it may be dough may be set in a pan of warm lessened still more. The reason for water. The longer the past e is the hotter oven at first is that the beaten the less kneading the dough growth of the yeast plant must he cup of seedless raisins for each cup will require. When dough can be checked early in the baking or the of liquid and allow to double in bulk lifted in a mass on a spoon it is losf will become too porous, and again when dough will be ready for

Dough is knesded to mix the in- heat great enough to penetrate to let double its size and bake in a

air. It is sufficiently kneaded loaves will give forth a hollow ing raisins is when shaping into when it can be left on the board sound when tapped and will shrink loaves roll out dough for each loaf,

not stick to hands or board and bub-

cover and allow to rise in a warm

# DIRECTIONS FOR MAKING LIGHT BREAD AND ROLLS

again

lined.

merino.

merino.

Note-All measurements are level warm; add dissolved yeast and flour in a warm place until light, then and flour is sifted once before meas- gradually, beating well until too bake in a hot oven. When baked uring. A half-pint measuring cup is stiff to stir. Turn on moulding brush over with melted shortening used.

White Bread

bles may be seen under the surface One cup boiling water or scalded Return to well greased bowl, brush milk; 1 tablespoon melted shortening; 1 tablespoon sugar; 1 teaspoon dough over with melted shortening. salt; 1/2 yeast cake dissolved in 1/4 cup lukewarm water; between 3 and 4 cups white flour.

Method of Preparation

scalded liquid; let stand until luke- ways be used. When dough has white of egg.

again risen to double its bulk it will be ready to shape into loaves or rolls. Place loaves in well greased pans, having them about half full. Brush both bread and rolls with melted shortening; let rise again to double their size and bake in a hot oven abotu 45 minutes for medium sized loaves and from 20 to 30 minutes for rolls, according to size.

This quantity of dough is for one large loaf of bread or pan of rolls. With one-half yeast cake used to each half pint measuring cup of liquid, bread can be made and completed if kept in a warm room in about five hours. If longer period be given to the rising process less yeast will be required. One-fourth yeast cake to each cup of liquid is sufficient if dough is set overnight In either case the same method of preparation is used. The liquid is scalded to sterilize it, so as to avoid the presence of other organisms than the yeast. Of course the scalded liquid must never be used until lukewarm, otherwise it will kill the yeast plant

#### Tea Rolls

Use white bread foundation When dough is light knead slightly and cut in pieces about the size of a walnut. Brush with melted shortening and place close together in a well greased pan. One additional tablespoon of sugar for each cup of liquid improves these rolls.

#### Raisin Bread

Follow white bread foundation adding one more tablespoon sugar. When dough has risen once add, half this can be accomplished only by a loaves. Put in well greased pans, hot oven 45 minutes for medium When baking is completed the sized louf. Another method of addcover with raisins and roll up like a After baking remove the bread at jelly roll. Place in greased pans

#### Parker House Rolls

Use white bread foundation After dough has risen to double its bulk the second time, -roll into a sheet about one inch tháck. Cut with a biscuit cuter, then with the handle of a knife dipped in melted shortening, fold over and place close together in a well greased pan. Set board and knead in remaining flour or the unbeaten white of an egg. until the mixture is smooth, does The white of egg gives a high gloss.

### Cloverleaf Bolls

Use white bread foundation. When dough is light shape into balls about the size of a large marplace to twice its original size then ble, place in groups of three on well knead down in a bowl and let rise greased muffin pans. Brush with This second kneading, melted shortening, allow to become after having risep once, gives a much very light and bake in a hot oven. Put shortening, sugar and salt in iner grain to bread and should al- When baked brush with unbeaten



90°.

Then Oregon Goes to Market

YOU can purchase goods made elsewhere and send a part of your money to other sections to be distributed in payrolls for the benefit of those communities. Or you can insist on Oregon Made Products and your money-all of it-will remain in Oregon to increase the output of Oregon factories; to make bigger payrolls for Oregon; to build more homes and better schools in Oregon.

## Which are you buying?







