

HOME-BAKED BREAD deserves a niche all its own in the gallery of baking triumphs. There is a glow of pride, satisfaction and joy of accomplishment in turning out hot, fragrant loaves of bread that can be equalled by nothing else. There is no scale to weigh the overflowing delight the homemaker can give her family by home-baked bread.

# upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor  
Herald and News

## Successful Home Baking Adds Pleasure to Cooking

Although Klamath Falls has perhaps more than its share of fine bakeries, there is a certain something to home-baked bread that cannot be reproduced commercially. There is the additional thrill of accomplishment on the part of the homemaker that is not duplicated by the preparation of any other food.

Quite a solid proportion of Klamath Falls homemakers bake their own bread, if not regularly, at least frequently. For the benefit of newcomers who may have some anxiety over the results at this altitude — just over 4,000 feet — reassurance is in order. No finer bread can be baked anywhere than in Klamath Falls.

The straight daytime recipe for white bread recipe follows:  
To make two loaves, use 6 cups flour, 1 cup milk, 1 1/4 cups water, 1 cake yeast, 2 tablespoons sugar, 2 tablespoons salt and 1 tablespoon shortening.

**PROCEDURE**  
Crumble the yeast into 1/4 cup of lukewarm water and allow to soften for 5 minutes.  
Scald the milk. To scald milk, bring it slowly to a high temperature, but keep it below the boiling point. Do not allow it to scorch if heating over direct heat. Remember that milk boils at a lower temperature than water. If you wish you can use evaporated milk and add hot water to make the required amount. Add sugar and salt, stirring thoroughly until dissolved. If you are using butter or margarine for shortening, allow it to melt with the milk while scalding the milk. Add cold water and allow to cool to lukewarm.

Four softened yeast into the lukewarm milk mixture. Stir until well mixed. No chunks of yeast should remain separate after stirring.  
Add half of the sifted flour to the milk. Stir the dough until flour and

liquids are thoroughly mixed into a batter. You can use an electric mixer or mix with a large wooden spoon.  
Finally add the remaining sifted flour and mix well by hand, stirring flour into batter until the batter takes up the flour.

**KNEADING**  
Sprinkle the bread board lightly with flour, spreading the flour around on the board. Turn the dough onto the floured bread board and let it stand from 5 to 10 minutes before starting to knead it. The purpose of this is to let the dough "lighten" — that is, to become firmer and less sticky. This rest period makes the dough easier to knead.

Knead the dough for 12 minutes. If interrupted, count time out. Time the kneading with a timer or clock so that the dough is actually kneaded for the full time. Add flour to the board if necessary.  
(Kneading, of course, is folding the dough over on itself, pushing it lightly with a rocking motion, folding it over, pushing it and repeating the process in continuous motion until the outside of the dough feels satiny and looks smooth. Use the heels of your hands and turn the dough a quarter of a turn and fold it back on itself toward you.)

To keep dough from flattening too much during kneading, curve the fingers over the outside of the dough. Keep fingers curved each time you press the dough.  
**RIISING**  
Round the dough into a smooth ball and place it in a large bowl. The bowl should be lightly greased. Press the dough down into the bowl and then turn it over so the light-

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## Fresh Produce In Our Markets

Fresh vegetables are beautiful to look at and wonderful to eat from Klamath Falls markets this summer.

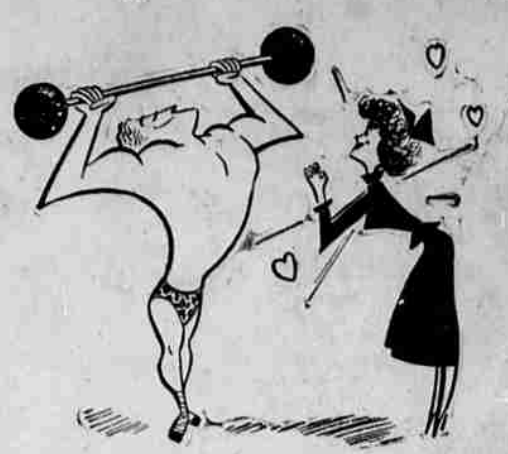
Rogue Valley vegetables are coming in now with the first shipments of new potatoes (red variety) from Medford.

Sweet corn is expected from Medford Friday and will really start to be plentiful next week.

Tomatoes, field grown in Northern California, are large and firm and just about perfect. Wonderful green beans are coming in from the Rogue Valley now and the new spinach from Ashland is fine.

The peak of the apricot season has passed. A few boxes of huge Moorpark apricots are in this week from Ashland. However, the frost nipped the 'cot crop over there this spring and the quantity and quality was not up to normal. As a result, fewer apricots were frozen and canned locally than usual.

From Ashland also come transparent apples with Gravensteins due next week. Lambert cherries are coming in from there, too.  
Valley peaches are expected to be plentiful this year. A warning is in order, however, that the peak of the season is very brief and the best peaches are expected to be available here in two or three weeks, so it is well to plan canning time to fit the market.  
Melons are plentiful and seem to be better than ever. Cent-a-pound cold watermelon is hard to beat. Honeydews, Persians and less expensive cantaloupe are in every market. The cantaloupe this week came in from California in lettuce crates in many instances and had not been refrigerated, hence better quality and sweeter melons are available.



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