

# BREAD

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" But tho' so much of learning had been crammed into her head,  
She couldn't for the life of her compound a loaf of bread."

When a well-bred girl expects to wed,  
'Tis well to remember that men like bread,  
We're going to show the steps to take,  
So she may learn good bread to make.

First, mix a luke warm quart, my daughter,  
One-half of milk and one-half of water;  
To this please add two cakes of yeast,  
Or the liquid kind if preferred in the least.

Next stir in a teaspoonful of nice clear salt,  
If this bread isn't good, it won't be our fault,  
Now add the sugar, tablespoonfuls three,  
Mix well together, for dissolved they must be.

Pour the whole mixture into an earthen bowl,  
A pan's just as good, if it hasn't a hole.  
It's the cook and the flour, not the bowl or the pan,  
That "makes the bread that makes the man."

Some people like a little shortening power,  
If this is your choice, just add to the flour  
Two tablespoonfuls of lard, and jumble it about,  
'Till the flour and lard are mixed without doubt.

Next stir the flour into the mixture that's stood  
Waiting to play its part to make the bread good,  
Mix it up thoroughly, but not too thick;  
Some flours make bread that's more like a brick.

Now grease well a bowl and put the dough in,  
Don't fill the bowl full, that would be a sin;  
For the dough is all right and it's going to rise,  
'Till you will declare that it's twice the old size.

Brush the dough with melted butter, as the recipes say;  
 Cover with a bread towel, set in a warm place to stay  
 Two hours or more, to rise until light,  
 When you see it grow, you'll know it's all right.

As soon as it's light, place again on the board;  
 Knead it well this time. Here is knowledge to hoard.  
 Now back in the bowl once more it must go.  
 And set again to rise for an hour or so.

Form the dough gently into loaves when light,  
 And place it in bread pans, greased just right.  
 Shape each loaf you make to half fill the pan,  
 This bread will be good enough for any young man.

Next let it rise to the level of pans—no more,  
 Have the temperature right—don't set near a door.  
 We must be careful about draughts, it isn't made to  
 freeze,  
 Keep the room good and warm—say seventy-two degrees.

Now put in the oven; it's ready to bake;  
 Keep uniform fire, great results are at stake.  
 One hour more of waiting and you'll be repaid,  
 By bread that is worthy a "well-bred maid."

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Cook 3 medium sized potatoes and mash fine. Put  
 2 tablespoons of flour in a crock, and 2 tablespoons  
 granulated sugar, 2 tablespoons salt, mix this in a thin  
 paste with cold water, then add 2 quarts boiling water,  
 add mashed potatoes, stir in yeast or starter. Cover  
 and let stand until morning. In the morning add as  
 much warm water (not boiling) as desired. Stir in  
 flour to make a thick batter, let rise two or three hours,  
 mix stiff, grease your pan, let rise ten or fifteen min-  
 utes, mix down, don't mix too much, let rise and  
 mould into loaves, let rise and then bake in a moderate  
 oven. Grease loaves over top when moulding out.

**SALT RISING BREAD.**

One pint warm water, pinch salt,  $\frac{1}{4}$  teaspoon soda, mix very thin batter with flour, set where it will stay warm, in the morning warm some flour in the mixing pan, warm 1 quart milk, add butter the size of a walnut, put emptyings and milk in the flour and stir until it is a thick batter, add salt, let set a couple of hours, mix not as stiff as other bread, let stand until it rises, then put in pans. Bake one hour.

**SALT RISING BREAD.**

Half cup corn meal, put in a bowl, pour boiling water over it in the evening. In the morning add to this 1-3 teaspoon soda, 1 teaspoon of salt, 1 teaspoon of sugar and a little warm water, thicken with flour, put in a warm place to rise; then add 1 pint lukewarm water to a loaf of bread. Mix stiff and mould into loaves, let rise; and bake.

**GRAHAM LOAF.**

One cup sweet milk,  $\frac{1}{2}$  cup sugar, 2 eggs, 1 cup sour milk,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  teaspoonful salt and soda, each. Beat eggs and soda in sour milk. Mix all other ingredients and sift in enough graham flour to make a stiff batter. Steam two hours and bake one-half hour.

**BOSTON BROWN BREAD.**

Two cups corn meal, 2 cups rye flour, 1 cup molasses, 1 teaspoonful soda, salt, sour milk to mix quite stiff. Put into cans and steam two and a half or three hours.

**GRAHAM BREAD.**

One quart water, 1 yeast cake, a large tablespoonful salt, make a stiff batter with pure graham meal and let rise (over night in cold weather.) When light add  $\frac{1}{2}$  teaspoon soda, 2 or 3 cups sugar and a tablespoonful melted butter. Stir and beat thoroughly. Mould into soft loaves with white flour.

**BREAD.****CORN BREAD.**

One cup sweet milk, 1 egg, 2 cups corn meal,  $\frac{1}{2}$  cup flour, 2 tablespoons melted butter or lard, 2 tablespoons sugar, 3 teaspoons baking powder, a little salt.

**RAISED BISCUIT.**

Dissolve 1 tablespoonful butter in 1 pint hot water, when luke-warm stir in 1 quart flour, add 1 beaten egg, a little salt, 1 cup yeast. Work into dough till smooth. In winter set in a warm place to rise, in summer set in a cool place. In the morning work softly and roll out 1 inch thick and cut into biscuits, place in pans and set to rise for thirty minutes. Bake. These are delicious.

**ROLLS.**

Half cake yeast foam (or compressed yeast) in  $\frac{1}{2}$  pint lukewarm water. Put this to soak at noon. Have ready four large potatoes, mashed fine, 1 pint flour, 1 pint warm water and at bed time mix these together and then add enough flour to make a stiff batter and let stand till morning. In the morning put in 2 large tablespoons butter, 2 of lard, 2-3 cup sugar, little salt. Mix well and let raise. Then make into rolls or buns. This will make about three dozen rolls. When the batter is made stiff in evening it is best to stir it well for twenty or thirty minutes.

**SOUR MILK BISCUIT.**

Mix together two cups of sour milk or buttermilk,  $\frac{1}{2}$  cup of melted butter, a teaspoonful of soda dissolved in a very little scalding water and enough flour to make a dough that can be rolled out. Roll out, cut into rounds and bake in a brisk oven.

**BROWN BREAD.**

Two and a half cups graham and 1 cup wheat flour,  $\frac{1}{2}$  cup corn meal, 1 cup molasses, 1 cup raisins, 1 teaspoon soda, 2 teaspoonfuls sour milk. Salt. Steam two and a half hours.

**BAKING POWDER BISCUITS.**

Sift 1 quart flour and three teaspoons baking powder. Rub in 2 tablespoons lard or butter, or half-and-half. Wet with nearly 1 pint of sweet milk. Roll about 1 inch thick on well-floured board. Bake fifteen or twenty minutes in hot oven. Can use more butter, and water instead of milk.

**BUNS.**

Break 1 egg into a cup, fill the cup with sweet milk, mix with it a  $\frac{1}{2}$  cup yeast,  $\frac{1}{2}$  cup butter, 1 cup sugar, enough flour to make a soft dough, flavor with nutmeg, let rise till very light, then mould into biscuits with a few currants. Let rise a second time in the pan. Bake, and when nearly done glaze with a little molasses and milk. Use the same cup for each measure.

**GRAHAM BISCUITS WITH YEAST.**

One pint water or milk, 1 tablespoon butter, 2 tablespoons sugar,  $\frac{1}{2}$  cup yeast and a pinch of salt, enough wheat flour to use up the water, making it the consistency of batter cakes; add the rest of the ingredients and as much graham flour as can be stirred in with a spoon. Set away until morning; then grease a pan, take a lump of dough the size of an egg, roll lightly; let raise twenty minutes; bake in a hot oven.

**SOFT GINGER BREAD.**

Half cup sugar, 1 cup molasses,  $\frac{1}{2}$  cup butter, 1 teaspoon each of ginger, cinnamon and cloves, 2 teaspoons soda dissolved in 1 cup boiling water,  $2\frac{1}{2}$  cups flour, add 2 well-beaten eggs the last thing before baking. This is excellent.

**CORN BREAD.**

Two eggs,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  cup butter, 1 cup flour, 1 cup meal,  $\frac{1}{2}$  teaspoon soda, and 1 teaspoonful baking powder, pinch salt, 1 cup sweet milk.

**BREAD.****CORN BREAD.**

One cup sour milk, 1 teaspoonful soda, 3 tablespoonfuls lard, 2 eggs, a little salt, and enough corn meal to make a thin batter.

**JOHNNY CAKE.**

One tablespoon butter creamed lightly with 3 of sugar, 1 egg beaten with a pinch of salt, 1 teacup milk, 3 tablespoons flour, 6 of corn meal, 2 heaping teaspoons baking powder with the flour.

**WHOLE WHEAT BREAD.**

Boil one quart sour milk, strain, let the whey cool until it is milk warm; add 1 tablespoon salt, 1 tablespoonful sugar, 1 cake compressed yeast, and whole wheat flour enough to make a stiff batter, beat well; let raise until light, add flour enough to mix; knead until soft and elastic; make into small loaves, when light bake forty-five minutes in a quick oven.

**STEAMED BOSTON BROWN BREAD.**

Three and a half pints of graham flour, 1 pint of hot water, 1 pint of molasses, and 1 pint of buttermilk, 1 cup seeded raisins, 1 teaspoonful soda sprinkled in dry after batter is mixed; steam three hours, then put in oven about twenty or thirty minutes to brown. This amount steam in three one-quart cans.

**PARKER HOUSE ROLLS.**

One pint cold boiled milk, 1 teaspoonful lard, salt,  $\frac{1}{2}$  cake yeast foam dissolved in 1 cup luke-warm water, 1 tablespoonful sugar, 2 quarts flour. Mix lard, salt, sugar and flour with wet mixture, raise until morning. Then mix until dough looks velvety. Let raise again until very light, then roll about one inch thick, fold over half enclosing a small piece of butter in fold. Let rise one hour and bake quickly.

**CINNAMON BUNS.**

Leave out enough bread dough for one loaf, then work into that about  $\frac{1}{2}$  cup of lard, and 2-3 cup of sugar. Let raise nicely after kneading in sufficient flour to make it stiff. When light, roll out, have ready some butter and sugar rubbed together, spread thinly over, sprinkle cinnamon over and roll up as you would jelly cake, slice off about half inch slices, then lay in pans and set them to raise again. When nearly ready for the oven spread on plenty of butter and sugar and sprinkle on more cinnamon. Bake about twenty minutes.

**STEAMED CORN BREAD.**

One cup sour milk, 1 cup molasses,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  teaspoonful soda,  $\frac{1}{2}$  cup corn meal, 1 cup flour, a little salt. Steam two and a half hours.

