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## Household Hints

### Bread

An expert who knows all about the  
excellencies of home-made bread tells  
how to do it in a simple and compre-  
hensive manner.

She says that many cooks make a  
serious mistake at the beginning by  
leaving sifted flour in a damp place  
and by using it too soon after it is  
sifted.

It should stand an hour before bread-  
making is begun, and it should never  
be left or kneaded in a damp place.  
Absolute dryness is necessary.

One yeast cake should be put into a  
cup of tepid water, and this should be  
left to stand in a warm place for fifteen  
minutes. One should be careful again  
concerning the temperature, for the  
place should not be too hot, or no good  
result will be got from the kneading.

If the latter is good, it should come to  
the surface in fifteen minutes. If it  
does not, something is the matter with  
it and another piece should be tried.

Just at this point a tablespoonful of  
flour should be added to it and mixed  
well into it. It should then be put  
away until it is ready to be used.

The milk should be boiled and al-  
lowed to cool, but it should not be  
permitted to get cold. In truth, all the  
ingredients should be comfortably  
warm, neither cool nor hot.

She points out that not even an ex-  
perienced cook should use the milk  
recklessly. It should be always mea-  
sured. Two quarts exactly can be  
measured out to one yeast cake, or  
three quarts can be used to yeast that  
is especially good and fresh.

The flour should be sifted into a pan.  
If too much is used it will not work  
well.

To this should be added one table-  
spoonful of butter, one-half table-  
spoonful of lard, one tablespoonful of  
sugar, and one of salt. These should  
be mixed well with the flour.

The next step is to add the milk. To  
do this a hole should be made in the  
centre of the worked flour and the  
milk poured into this. The yeast  
which is in the cup of milk should be  
added next. The mixing should be  
done in the bread pan. Enough flour  
should be added every once in a while  
so the dough can be handled easily.

It should then be taken out, laid  
on a board and worked until it does not  
stick either to hands or board and  
is smooth.

The best way to know when it is  
thoroughly mixed is to watch for bub-  
bles on the surface. These will ap-  
pear in quantities as soon as the  
bread is ready to be put back in the pan.

It should be carefully laid in the pan  
and left over night, and in the morning  
it should be formed into moulds. Re-  
member that flour should not be used,  
and the dough should not be kneaded.

The separate loaves should then be  
put in pans and left to rise. They  
should be baked in a moderately hot  
oven for one and one-half hours.

An experienced baker can always tell  
when bread is well baked by the odor.  
When the oven door is opened there  
should be a distinctly sweet wave of  
hot air to greet the nostrils.

If the bread has been baked a short  
time this pungent, sweet odor will be  
lacking, and the result is that the  
bread will not be nearly so wholesome  
to eat.

Another good test which the experi-  
enced baker always uses is to take out  
the pan and put the bread to the ear.  
If there is a hissing sound it is not done  
and should be put back. This hissing  
indicates the continued cooking of the  
dough.

The short laws laid down for the  
secret of perfect bread are these.  
Fresh yeast; milk of even tempera-  
ture, neither hot nor cold.

Excellent kneading; keeping in a  
warm place; not forcing the dough to  
rise.

Having a moderate oven that will let  
the bread bake slowly and all the way  
through.

**BOSTON BROWN BREAD.**—Put half a  
pint of flour, half a pint of graham flour  
and one pint of yellow Indian meal in a  
bowl; add one teaspoonful of salt, half  
a pint of molasses, three half pints of  
cold water and two teaspoonfuls of  
baking soda dissolved in three table-  
spoonfuls of boiling water. Mix all  
together quickly, fill into two small  
buttered Boston-brown-bread moulds;  
put them in a kettle, with sufficient  
water to reach one-third up the form,  
and cook three or four hours, or it may  
be cooked in a steamer.

**RYE BREAD.**—Put two quarts of rye  
flour at night into a bread pan, add a  
tablespoonful each of salt and lard or  
butter; rub the shortening fire in the

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**Savings  
Accounts**

flour, dissolve one yeast cake in one  
cupful of lukewarm water; add it to  
the flour; add three cupfuls of luke-  
warm water, and mix with a spoon  
into a thick batter; cover tightly, and  
let stand in a warm temperature.  
Next morning add wheat flour, and  
knead it well on a board, making the  
dough stiffer than wheat bread; mould  
it into a long narrow loaf, and set it  
on a shallow buttered pan; cover with  
a towel, and let it remain in a warm  
place till it begins to crack; brush it  
over with cold coffee or water, and  
bake one hour and fifteen minutes in a  
medium hot oven.

**BREAKFAST MUFFINS.**—One pint flour,  
three level teaspoons baking powder,  
half teaspoon salt, scant, two eggs,  
beaten separately, one-half cup milk,  
one-half cup butter, melted. Mix  
flour, baking powder and salt. Beat  
the yolks, and add the milk and melted  
butter. Put the two mixtures together  
quickly; add the whites last. Fill the  
muffin pans two-thirds full, and bake  
fifteen minutes in a very hot oven.  
This makes eight muffins.

### Save Trouble By Shrinking Your Wash Goods

In these days when so many are get-  
ting shirt waists and wash dresses  
ready for the summer, a hint from a  
New York writer is timely. Home  
dressmakers, she says, sometimes for-  
get that many wash fabrics should be  
shrunk before being made up into frocks  
if good service is to be secured from  
them, and that they should also have  
their colors 'set.' The cotton voiles and  
mercerized poplins do not need to have  
this done, but percales, gingham, and  
other cotton dress goods need it.

Thorough shrinking can be done by  
laying the material in a tub, unfolding  
it so the water can get all through it,  
and pouring plenty of boiling water un-  
til it is plenty cool enough to wring out  
easily. This means about two hours.  
In hanging up straighten as much as  
possible and there will not be nearly so  
many wrinkles as there would be other-  
wise. Iron while still damp enough to  
make perfectly smooth.

Oxgall is recommended as being one  
of the best things to set all colors—one  
table spoonful to twelve quarts of boil-  
ing water being the right proportions.  
Do not use it, though, unless you can be  
sure that it is fresh. If there is any  
white in the goods, too much oxgall will  
have a tendency to make it yellow.

Salt in dissolved boiling water is an-  
other old standby.

Sugar of lead one ounce to twelve  
quarts of water, is good for all colors  
except blue.

Saltpetre, one ounce to twelve quarts  
of water, is good for pinks or blues.

In using any of the above solutions,  
dissolve the powder thoroughly in a  
little hot water, then add the required  
number of quarts, put the material in  
at once, and allow it to remain until  
cool or cold; then, having some help in  
pulling it straight, hang it up to dry,  
ironing while still damp enough to get  
smooth.

### Respecting Her Woe.

A healthy looking woman dressed  
in deep mourning stepped on to the  
platform scales and requested the  
grocer's clerk to ascertain her weight.  
He looked, and said, "One hundred  
and forty pounds."

"You made a mistake of twelve  
pounds in that woman's weight," said  
another man who had also watched  
the scales, "She weighed 152 pounds  
instead of 140."

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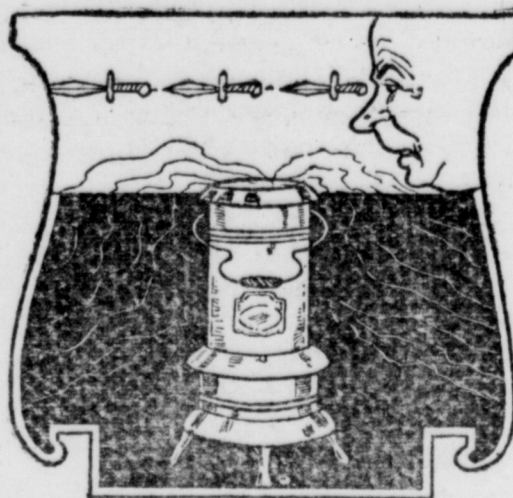
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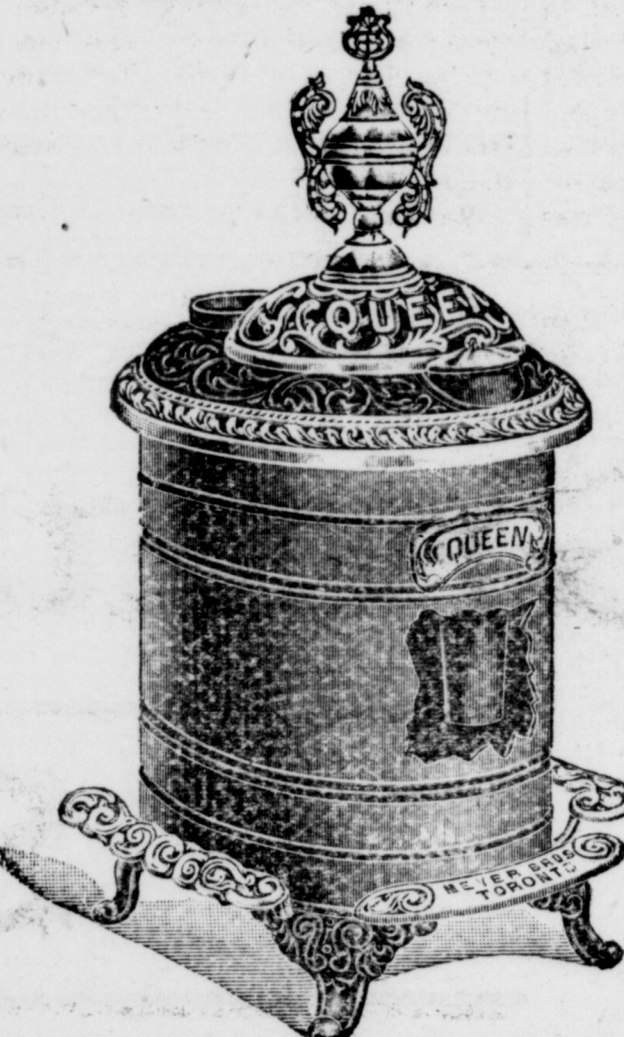
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