

Whole Wheat Bread

BY JANE JOHNSTON

When consideration is given to the fact that entire wheat bread gives results quite as palatable, and to many tastes even more palatable, than the white flour so generally used, and at the same time supplies a greater amount of strength and nutrition, the mistresses of homes and mothers of growing families should be urged to at least give it a fair trial. A good rule to use in making muffins, biscuits, etc, is to combine equal parts of entire wheat and white flour. For thickening sauces and gravies the entire wheat flour is more than equal to the plain, the health-giving properties being increased with no loss of flavor. The following rule for bread is the result of several experimental combinations, and the bread is so light and delicious, given ordinary skill and success in the making, that no one could fail to enjoy it at any and all times.

Scald one cup fresh milk, add one heaping teaspoonful each of butter, sugar and salt. When butter is melted, add one cup cold water. When lukewarm, add one cup warm water in which is dissolved one compressed yeast cake. Stir in three cups good white bread flour; beat well, and set to rise, covered, in a warm place. Let rise from one to two hours till the sponge is full of bubbles. Then stir in sufficient whole wheat flour to make a dough that can be handled, and knead twenty minutes, using as little flour (entire wheat), as possible, as too much flour worked in makes heavy, tough bread. Let rise, and when light (from two to three hours in a warm place), mold lightly into loaves, and set to rise in three medium-sized greased bread tins. When light again, bake for about fifty minutes in a moderate oven. Started early in the morning, the baking can be accomplished by noon. If more convenient to set it at night, use only half a yeast cake, and after kneading, leave in a rather cool place, as too much rising will result in sour, worthless bread.

So much has been written, scientifically, about the food value of the entire wheat product, that all housekeepers have at least a theoretical knowledge of its superiority. Some, however, while realizing the value of the whole wheat berry, are conservative and slow to change long established methods. These hints, based upon the knowledge which comes from constant use, may persuade them that a trial, at least, would be worth while, and there will be few households indeed where one trial will not lead to regular employment.

From "Aunt Tempy," Again

BY MARIAN V. DORSEY

Sally Lunn

Six eggs, a cup of butter and lard mixed, one cup and a half of sugar, one pint of milk, flour for stiff batter, two teaspoons of yeast powder, a little nutmeg. This makes two good sized loaves.

Spiced Oysters

Drain the oysters. Boil the liquor and skim off every particle of the froth. As soon as it comes to the boiling point drop in the oysters and let them plump. Drain the liquor from the oysters again, spreading them on a dish, then put the liquor over the fire, adding a teaspoon of black unground pepper, a teaspoon of allspice, half a dozen sprigs of mace and salt to taste. Just as soon as this boils drop in the oysters again and pour the whole quantity into a bowl. When lukewarm add one teacup of vinegar. Add slices of lemon when about to serve.

Waffles

To the mind of the Maryland cook a good supper calls for waffles, as the coffee calleth for cream, and she makes them fit for the—bishop. To serve five or six people, take four eggs, and to the beaten yolks add a little salt, a pint of milk and enough flour to make a stiff batter. After mixing these to a smooth consistency, thin the mixture by adding gradually the beaten whites of the eggs and enough milk to make it quite thin enough to pour from a teacup, adding half a teaspoon of yeast powder. Have the waffle pan thoroughly hot and well greased with lard, and pour the batter in from a cup. Each one is buttered when done and served piping hot. A teaspoon of butter is sometimes beaten in while the batter is stiff, but good waffles may be made without either butter or lard.

Terrapin

Scald the terrapin so that the skin may be rubbed off the head and feet, wash it thoroughly, and then boil for about an hour. When cool, remove the bottom shell first and take out the gall and sandbag. Cut up the meat into small bits, save the juice that runs from the meat and put all into a saucepan. From this point on there are two ways of preparing it, both yielding good results. Cook for fifteen minutes, add a tablespoon of butter, or a teaspoon of browned flour wet in cold water, a beaten yolk of an egg mixed with a little of the hot liquor, to keep it from curdling, and a glass of brown sherry. Boil up once and then pour into a hot dish. Or, after it is put in the stewpan, mash the yolks of eight hard-boiled eggs with two tablespoons of butter to a smooth paste, and add to this a pint of cream which has been heated, and season with red pepper and salt. Add a quart of the prepared terrapin to this quantity of sauce and cook gently for ten minutes, and at the moment of serving add two tablespoons of Madeira.