Montana Extension Service in Agriculture and Home Economics

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Montana State College of Agriculture and Mechanic Arts and the U. S. Department of Agriculture, Cooperating Acts of Congress May 8 and June 30, 1914

NUMBER 29 NOVEMBER 1, 1918

Bread-Making Clubs

BY

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For information regarding Boys' and Girls' Clubs address
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Bread-Making Clubs
Directions for Leaders and Members
(Read very carefully)

I. Purpose and policy.—The purpose in instituting this contest is to teach the young people of Montana the art of bread making. This can be accomplished only through a systematic course of instruction such as is outlined in this circular. The work is organized strictly upon a basis of economy and efficiency. It is desired that only those persons take up the bread club work who are reasonably certain of finishing the work. This will mean an economy of labor at the central office and will also save valuable material in the form of bulletins, printed directions, and other helps.

II. Who may belong.—Any boy or girl between the ages of ten and eighteen years may become a member of the club.

III. Kinds of Bread Clubs.—The contestants are divided into Classes A and B. Class A for persons who have not belonged in the past to the Bread Club or who, if they did belong, did not finish the work. Class B (Quick Breads Club) for persons who have completed the bread club work in the past; and also for persons who have had or who are now receiving instruction in organized domestic science classes.

What Each Class A Member Must Do

1. Start and make to completion not fewer than six loaves of bread, following the directions given in this circular or other directions sent from this office.

2. Keep a record of each baking on blanks provided by the State Club Leader.

3. Send these records to the State Club Leader as soon as the six bakings are completed.

4. Make an illustrated booklet which may include facts on wheat, the process of making flour, different kinds of flours used in bread making, the history of bread making, different kinds of breads, kinds of yeast, and a short account of how the bread in the contest was made. The booklet should be simple and should contain facts which are of general interest. The preparation of the booklet will afford excellent material for a language lesson. See State Course of Study on Agriculture, page 11, for making a booklet.
5. The local winner in each club is to meet in contest with the local winners in all other clubs in the county.

What Each Class B Member Must Do

1. Bake each of the following quick breads at least once:
   (a) Griddle cakes
   (b) Muffins
   (c) Drop biscuits
   (d) Rolled biscuits
   (e) Nut bread
   Using sweet milk and baking powder and
   Using sour milk and soda.

2. Keep a record of each baking on blanks provided by the State Club Leader.

3. Send these records to the State Club Leader as soon as all the work is finished.

4. Make a booklet as described under 4 in Class A.

Local contests.—When the members of the Bread Club have completed their bakings, sent their reports to the State Club Leader and have finished their booklets, a local contest should take place to determine the local winner in the club. If, however, the bakings of each contestant have been judged by a competent person or committee, the grades of the required bakings may be averaged, and the result will be the grade of the bread making.

The booklet should be graded separately, according to the score card given.

To determine the final grade, add 25% of the booklet grade and 75% of the bread making grade, thus:

Booklet grade .................................................92×25%=23.00
Average of bread making grade.......85×75%=63.75

Final grade ..................................................86.75
Where a local contest is held, the scoring should be that used in county and state contests, as follows:

- Neatness: 20
- Speed and accuracy: 15
- Good judgment: 25
- Finished product: 40

Total: 100

Then the final grade will be determined by taking 75% of the total contest grade plus 25% of the booklet grade.

No doubt the best results will be obtained by holding a local contest. This contest can be held at the school house if facilities are to be had, and if not, at the home of a disinterested person. Special care should be taken that no partiality is shown in the judging. To facilitate this, it is best always to select disinterested persons. The winner in the local contest represents the club at the county contest.

County Contest.—The county contest will be held at the county seat some time during the months of April, May, and June. A representative of the State College will be present to assist the County Superintendent of Schools in conducting the contest.

Notify State Club Leader.—As soon as the local winner is determined, the leader should notify the State Club Leader that a local contest has been held and state the name of the winner. This will give us time to give further instruction regarding the county contest. Owing to the urgent demands which are being made upon our schools, it is hoped that local contests will be held not later than six weeks or two months after a club is organized.

State Contest.—For the past two years the winner in the county contest has been given a free trip to the state fair, the county paying the railroad fare and the state fair officials providing three days' free entertainment at the state fair. We have every reason to believe that the same arrangement will be made this coming year. One person from Class A and one person from Class B from each county will represent the county at the state fair. At the state fair a state contest is held to determine the state winner. Suitable prizes are offered.

Club meetings.—Club leaders are urged to have frequent bread club meetings. The time given to opening exercises at school may be utilized occasionally for club meetings. Meetings may be held
after school hours or on Saturdays at the homes of the different members.

The Leader.—The leader of a club in most cases will be the teacher. Any person, however, who has an interest in boys and girls and desires to render a distinct service is at liberty to organize a bread club. We wish that it were possible to explain the big things which have been accomplished in club work during the past two years. We are safe in saying that hundreds of parents have written us expressing an appreciation of what has been done. Bigger things are yet in store for our boys and girls provided that the leaders cooperate with those who are in charge of this work. We earnestly ask your cooperation. Do not let a single person who registers for this work fail to complete all that is required. Failure now may mean failure in later life.

REQUIREMENTS OF LEADERS

1. Read the entire bulletin carefully before starting the work.
2. See that the members complete all the work.
3. Call club meetings.
4. Make arrangements for local contests.
5. Send name of local winner to State Club Leader, Bozeman, Mont.
6. Feel a personal responsibility for all her members and not be content until every club member has completed the work.

REQUIREMENTS FOR MEMBERS

1. Join either Class A or Class B of the club.
2. Attend club meetings.
3. Make bread the number of times mentioned on pages 2 and 3 of this bulletin.
4. Keep a record of each baking.
5. Send records to State Club Leader, Bozeman, Mont.
6. Make a booklet to be presented at both the local and county contests.
7. Enter local contest.
8. Local winners enter county contest.
9. County winners enter state contest.

The County Superintendent of Schools is to make arrangements for transportation to the state contest, which will probably be held at the state fair, Helena.
SUGGESTIONS FOR BREAD CLUB MEMBERS

Personal Appearance

1. Cleanliness is the first essential in the kitchen.
2. Always wear a clean wash dress and an apron while preparing food.
3. A coverall apron with pocket for handkerchief is the best kind.
5. Wash hands thoroughly with soap and water before beginning work.
6. See that finger nails are clean.
7. The hair should be neatly combed and preferably covered with a cap.
8. Always wash hands after using handkerchief, touching the hair, or making a fire.
9. Rings and other jewelry are out of place in the kitchen.

General Directions for Working

1. Read all recipes and directions through carefully before beginning to work.
2. Avoid unnecessary steps by planning your work.
3. Do your work quietly, neatly, and quickly.
4. Do not become discouraged. Perfection comes only through practice.
5. Collect all utensils and supplies before beginning work.
   Use no unnecessary utensils.
   Avoid waste by scraping all dough from utensils.
   Put all soiled utensils to soak at once.
6. Wash all cooking dishes as soon as food is prepared.
7. Use only clean dish cloths and dish towels.
8. Wash dish cloth and dish towel in hot water and soap after using. Scald and hang to dry (in sun if possible). Damp greasy dish cloths show a careless housekeeper.
9. The necessary utensils are:
   Measuring cup  Spatula or knife  Bread-board
   Mixing bowl    Flour sifter    Baking pan
   Teaspoon       Tablespoon     (about 8½ x 3½ x 3)

Measurements

1. Measure accurately and work carefully.
2. All measurements are level.
3. Measure all dry materials first to save washing utensils.
4. Sift flour once before measuring.
5. In measuring a cup of dry materials:
   (a) Fill cup to overflowing with a spoon—do not shake.
   (b) Level with flat edge of knife or spatula.
6. In measuring spoonfuls and parts of spoonfuls:
   (a) Dip spoon into ingredients and fill.
   (b) Level with knife.
   (c) For half spoonful divide lengthwise.
   (d) For quarter spoonful divide half-spoonful crosswise.
7. The standard measuring cup holds one-half pint.
8. The following abbreviations will be used:
    tbsp—tablespoon   c—cup
    tsp—teaspoon      pt—pint.

BREAD

Bread in some form has been used as a staple food since earliest history. When butter is added it forms an almost complete food. Good bread is not due to luck, but is the result of careful painstaking methods which any one can learn. Such bread does much to maintain the health of the family.

Since breads are so essential in our daily food it should be the ambition of every girl to make good bread.

Under the present food regulations, the beginner should learn to make good wheat bread before trying to use other flours. This may necessitate additional bakings to those required in the contest before the goal is reached. After the contestant has learned to make good wheat bread, some of the breads using substitute flours should be made.

Breads made from the coarser flours, as whole wheat, oat, and barley, furnish valuable mineral matter, stimulate the digestion, give variety to the diet and are preferred by many for their flavor.

It is suggested that four of the required six loaves in Class A be of wheat flour and the other two loaves of part wheat flour and part coarse flour.

YEAST BREAD: ITS INGREDIENTS

Yeast breads are those leavened or made light by the action of yeast. The necessary ingredients of these breads are: flour, yeast, and liquid. To improve the flavor and appearance and
hasten the action of the yeast, salt, sugar, and fat are commonly added.

Flour.—The flours most frequently used are wheat, rye, and buckwheat. But flour may also be made from oats, barley, corn, rice, potatoes, peanuts, or soy beans. Wheat flour has been used chiefly in this country until the present year. Since the necessity for saving wheat many of the flours just mentioned are in general use.

Wheat flour is composed largely of starch and a substance called gluten. When moistened, gluten becomes a yellowish sticky elastic substance which stretches and holds the gas bubbles that are formed by the yeast in breadmaking. Then we say the bread is light. Because of the gluten it contains, wheat flour is superior to other flours for making yeast breads. Since flours other than wheat flour are lacking in gluten, it is necessary to combine wheat flour with other flours to make the bread light.

Yeast.—Yeast is a mass of tiny one-celled plants. These plants are so small they can be seen only under a high power microscope. Yeast plants require suitable food, warmth, and moisture for growth. Sugar, or starch which the yeast plant changes to sugar, is used for food. During the growth of yeast a gas (carbon dioxide) is formed. This gas makes the bubbles which we see in the bread. The kinds of yeast most commonly used are compressed, dry, and liquid.

Compressed yeast is a mass of live active yeast cells mixed with corn starch into a moist cake. These cells will begin growth immediately when given food, moisture, and warmth. It is best to purchase it fresh each time as it soon loses its activity.

Dry yeast is prepared by mixing corn meal into the yeast, then drying in cakes. These cakes will keep for several weeks. The yeast plants in dry yeast are in a dormant or "resting" state. For this reason it takes a longer time than compressed yeast to start growing when added to the bread mixture.

Liquid yeast, which is easily made, is frequently used in the home. It is in active condition and may be kept for about two weeks in a cool damp place.

Liquids.—Water, potato water, sweet milk, whey, buttermilk, or a combination of these are the liquids commonly used in bread making. Water alone makes a good loaf. When milk is added it improves the food value of the loaf.
Sugar, salt and fat.—Salt is added to improve the flavor and to retard the growth of bacteria in the mixture. Sugar hastens the action of the yeast since it can be used immediately for food. Sugar also adds to the flavor of the loaf. Some fat added to the loaf increases the tenderness of the crumb. If too much fat is added the action of the yeast is retarded.

The essential points in making good yeast bread are:
1. All ingredients of good quality
2. Proper utensils absolutely clean.
3. Dough well mixed and kneaded
4. Correct temperature for rising—78 to 85 degrees Fahrenheit
5. Thorough baking.

METHODS OF MAKING BREAD
Class A

Short process.—This method requires from four to six hours for making yeast bread.

Proportions for One Loaf

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ c. water</td>
<td>1 tsp. sugar, karo, or honey</td>
</tr>
<tr>
<td>½ c. milk</td>
<td>1 tsp. fat</td>
</tr>
<tr>
<td>1 tsp. salt</td>
<td>½ cake compressed yeast or</td>
</tr>
<tr>
<td>3 to 3½ c. flour</td>
<td>½ c. liquid yeast</td>
</tr>
</tbody>
</table>

(Note: It is impossible to give the exact amount of flour necessary as some flours absorb more liquid than others.)

Place the sugar, fat, and salt in the mixing bowl. (The shortening may be butter, lard, drippings, or other fat.) Scald the milk, add to the scalded milk ½ c. of boiling water, pour into the mixing bowl and cool to 90 degrees Fahrenheit or lukewarm. (Lukewarm is that temperature which feels neither warm nor cool to the hand.) Soak the yeast cake in ¼ c. of water which has been boiled and cooled to 90 degrees Fahrenheit. **Be very careful as yeast is quickly killed by too much heat.** Add the yeast mixture to the ingredients in the mixing bowl; then add the flour gradually. Beat well. Add flour until too stiff to stir longer, then place the dough on lightly floured bread board. (Save all the dough by carefully scraping the mixing bowl.) Knead well, adding the remainder of the flour gradually. When the dough no longer sticks to the fingers or the board, enough flour has been used. Knead until the dough is elastic to the touch.

Clean the mixing bowl, warm and grease slightly. Place dough
in the bowl, and cover with a closely fitting lid. Setting the bowl in a pan of warm water (95 degrees Fahrenheit) will hasten the rising and will keep a more even temperature than setting it near the stove. Let rise to double its bulk. When light turn onto the board and knead well. No flour should be needed on the board this time. Shape into loaves, put into greased baking pans, and cover well with a clean tea towel. If the pan does not leak, again set in the warm water to rise. If the pan leaks, set in a warm place, being very careful not to overheat it. When the bread has doubled in bulk it is ready to bake.

Test the oven by placing a piece of white paper in it. If the temperature is right, the paper will be a light golden brown in five minutes. A reliable oven thermometer (which can be purchased for $1.00) should show a temperature of 360 degrees Fahrenheit when the bread is put into the oven, gradually rising to 428 degrees Fahrenheit, lowering slightly during the last twenty minutes. The bread should continue to rise for the first ten minutes. At the end of fifteen minutes the loaf should show tiny flecks of brown over the top. A loaf of this size should bake from forty-five minutes to one hour.

After the bread is baked, remove from the oven and set to cool on a wire screen or across the pan. When cool, store in a ventilated tin box or stone jar having a loose top.

**Liquid Yeast Process**

**Directions for Making Liquid Yeast**

- 3 medium sized potatoes
- 1 tbsp. sugar
- few grains ginger
- 1 tbsp. flour
- ½ tbsp. salt
- ½ dried yeast cake.

Cook the potatoes in as little water as possible. Put water and potatoes through sieve; add flour, sugar, and salt. When cool add the yeast cake, which has been soaked in tepid water. Many prefer this yeast to compressed yeast.

**SCORE CARD**

This score card will be used in county contests and also at the state contest. Local judges are requested to use it.
General appearance ........................................ 20%
Size 5
Shape 5
Crust 10
  Color—golden brown
  Character—crisp, smooth
  Depth
Flavor .......................................................... 35
  Odor—absence of sourness
  Taste—of wheat grain
Lightness ....................................................... 15
Crumb .......................................................... 30
  Character .................................................. 20
    Texture
    Coarse—fine
    Tough—tender
    Moist—dry
    Elastic or not
Color .......................................................... 5
Grain .......................................................... 5
  Total ..................................................... 100

REASONS FOR FAILURE

Sour Bread
1. Poor yeast
2. Too long rising
3. Too high temperature
4. Too slow baking
5. Incomplete baking

Heavy Bread
1. Poor flour
2. Too little liquid
3. Too low temperature
4. Insufficient rising
5. Too much fat

Coarse Texture
1. Too long rising
2. Too cool an oven at first
3. Too little flour used
4. Too hot an oven at first
5. Not enough kneading

Loaf Run Over on Sides
1. Too long rising
2. Too cool an oven at first
3. Uneven heat in oven

Cracked on the Side
1. Too hot an oven at first
QUICK BREADS
Class B

(See requirements under "What Each Member Must Do")

Quick breads are those leavened or made light by the use of leavening agents other than yeast. They are so called because the action of the leavening agents is immediate. The leavening agents are steam, baking soda used with sour milk, or other acid liquid, and baking powder.

The water in the mixture turns to steam in the oven and expands. The popover is an example of a quick bread in which the leavening is done by steam.

Baking soda when acted upon by the acid contained in sour milk, gives off a gas (carbon dioxide) which expands and causes the mixture to rise.

Baking powder is made up of soda (80%), cream of tartar or other acid substance (60%), and starch (10%). The starch is added to absorb moisture and keep the other materials dry. When baking powder is moistened and heated as in a bread mixture, carbon dioxide gas bubbles are given off in the flour mixture, making it light and porous. Baking powder should be kept tightly covered to avoid loss of carbon dioxide by absorption of moisture.

In any recipe calling for sweet milk and baking powder, sour milk and soda may be substituted. To each cup of moderately sour milk use ½ teaspoon of soda. When using soda and sour milk as the leavening agent, the addition of 1 teaspoon of baking powder for every cup of flour makes a lighter mixture. Baking powder or soda should be added to the flour and sifted with it. When soda is stirred into sour milk and allowed to foam, part of the gas is lost in the air. When soda is used in a recipe to remove the acid taste from molasses it is allowable to dissolve it in the molasses.

The usual proportions are two level teaspoonfuls of baking powder to each cup of flour.

Flour mixtures are classified as batters and doughs as shown in the following table:

<table>
<thead>
<tr>
<th>Liquid</th>
<th>Flour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pour batter—1 cup</td>
<td>1 to 1½ cups</td>
</tr>
<tr>
<td>Drop batter—1 cup</td>
<td>2 to 2½ cups</td>
</tr>
<tr>
<td>Soft dough—1 cup</td>
<td>3 to 3½ cups</td>
</tr>
<tr>
<td>Stiff dough—1 cup</td>
<td>4 or more cups</td>
</tr>
</tbody>
</table>
Other ingredients used are salt, fat, eggs, sugar, nuts, spices, fruits, and flavorings according to the product being prepared.

The general method of combining flour mixtures which contain few or no eggs, as quick breads and some types of muffins, is:

(a) Mix and sift all the dry ingredients as flour, salt, sugar, spices, baking powder, or soda.

(b) Melt the shortening.

(c) Add the milk, or milk and water, other liquids, and the shortening to the dry ingredients and beat thoroughly.

In mixing batters it is always advisable to measure all the ingredients and have them assembled before beginning to do any of the mixing.

OVEN TESTS AND TEMPERATURES

1. For biscuits, muffins, and small cakes, a piece of white paper should become a dark golden brown in five minutes, indicating a temperature of 425 to 450 degrees Fahrenheit.

If the oven is too hot it may be cooled by setting into it a pan of cold water. Paper may be placed over the product if it seems to be getting too brown before it has been in long enough to be done through.

Small loaves of bread or cake require a hotter oven than a large one as the heat penetrates the small loaf more readily and it cooks on the inside quicker.

THE SCORE CARD FOR QUICK BREADS

<table>
<thead>
<tr>
<th>General appearance</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crust</td>
<td>10</td>
</tr>
<tr>
<td>Shape</td>
<td>10</td>
</tr>
<tr>
<td>Size</td>
<td>5</td>
</tr>
<tr>
<td>Palatability</td>
<td>30</td>
</tr>
<tr>
<td>Crumb</td>
<td>30</td>
</tr>
<tr>
<td>Texture</td>
<td>20</td>
</tr>
<tr>
<td>Moisture</td>
<td>5</td>
</tr>
<tr>
<td>Color</td>
<td>5</td>
</tr>
<tr>
<td>Lightness</td>
<td>15</td>
</tr>
</tbody>
</table>

Total: 100
SWEET MILK GRIDDLE CAKES
3 c. flour  2 c. milk
4 tsp. baking powder  1 egg
1 tsp. salt  2 tbsp. melted butter
½ c. sugar

Mix dry ingredients. Beat egg and mix the milk with it. Pour liquid ingredients into dry ingredients slowly and stir until smooth. Add melted butter and beat thoroughly. Drop by spoonfuls on a greased griddle and let cook until the edges are cooked and the cake full of bubbles. Turn and cook on the other side. Serve with butter and sirup. If dropped from the end of the spoon, a better shaped cake will be formed.

 SOUR MILK GRIDDLE CAKES
2½ c. flour  2 c. sour milk
½ tsp. salt  1½ tsp. soda
2 tbsp. melted fat  1 egg.

Mix dry ingredients. Add sour milk, egg well beaten and melted butter in order given. Beat thoroughly. Bake and serve as for sweet milk cakes.

MUFFINS
1½ c. flour  ¾ c. milk
8 tsp. baking powder  1½ tbsp. melted fat
½ tsp. salt  1 small egg.
1 tbsp. sugar

Mix according to directions for muffins on preceding page. Bake in buttered gem pans twenty-five minutes. If iron pans are used, they must be previously heated. This makes twelve muffins.

MUFFINS—USING SOUR MILK
1½ c. flour  ¾ c. sour milk
1½ tsp. baking powder  ¾ tsp. soda
1 tbsp. sugar  1½ tbsp. melted fat
½ tsp. salt  1 small egg.

Mix and bake same as where using sweet milk.

BAKING POWDER BISCUIT
2 c. flour  2 tbsp. shortening
4 tsp. baking powder  ¾ to 1 c. milk or milk and water
1 tsp. salt

Sift the dry ingredients twice. Cut in shortening with a knife
or work in with the tips of the fingers. Gradually add the liquid, mixing with a knife to a soft dough. The dough should be as soft as can be handled without sticking. Turn onto a lightly floured board, roll lightly ¼ inch thick and cut with floured biscuit cutter. Bake in a hot oven twelve to fifteen minutes.

**SOUR MILK AND SODA BISCUITS**

| 2 c. flour | 1 tsp. soda |
| 2 tsp. baking powder | 2 tbsp. shortening |
| 1 tsp. salt | ⅛ to 1 c. sour milk |

Mix and bake as in sweet milk recipe.

**SWEET MILK DROP BISCUITS**

Add to ingredients given in sweet milk biscuit recipe, enough extra liquid to make a thick drop batter (about 2 tbsp.), mix as directed and place by spoonfuls ½ inch apart in floured tin. The mixture should not be soft enough to spread. Bake in a hot oven ten to twelve minutes.

**SOUR MILK DROP BISCUITS**

Add about 2 tbsp. sour milk to the amount given for sour milk biscuits. Proceed as for sweet milk drop biscuits.

**NUT BREAD**

| 1  c. white flour | ½  c. sugar (white or brown) |
| 1  c. graham flour | ½  c. nuts (finely chopped) |
| 4 tsp. baking powder | 1  c. milk |
| ½ tsp. salt | 1  egg. |

Sift flour, baking powder, salt, and sugar together. Add nuts, milk, and egg, thoroughly beaten. Put into oiled tins and let rise twenty minutes. Bake in moderate oven about one hour.

**NUT BREAD—USING SOUR MILK**

| 1  c. white flour | ½  c. sugar (white or brown) |
| 1  c. graham flour | ½  c. nuts (finely chopped) |
| 2 tsp. baking powder | 1 tsp. soda |
| ½ tsp. salt | 1  c. sour milk |
| | 1  egg. |

Sift flour, baking powder, salt, soda, and sugar together. Add nuts, milk, and egg, thoroughly beaten. Put into oiled tins and set at once into a moderate oven. Bake about one hour.
ADDITIONAL RECIPES FOR USE IN CLASS A

GRAHAM BREAD

\[
\begin{align*}
\frac{1}{2} \text{ c. milk} & \quad 2 \text{ tsp. fat} \\
\frac{1}{2} \text{ c. water} & \quad \frac{1}{2} \text{ c. liquid yeast} \\
1 \text{ tbsp. sugar or molasses} & \quad 1\frac{1}{2} \text{ c. graham flour} \\
1 \text{ tsp. salt} & \quad 1\frac{1}{2} \text{ c. white flour}
\end{align*}
\]

Follow instructions for making white bread. Entire wheat flour may be used in place of the graham flour.

POTATO OATMEAL BREAD

\[
\begin{align*}
1 \text{ c. mashed potato (well packed)} & \quad 1\frac{3}{4} \text{ tsp. salt} \\
1 \text{ c. rolled oats} & \quad \frac{1}{2} \text{ c. liquid yeast} \\
1 \text{ tbsp. sugar, molasses or karo} & \quad 1\frac{1}{2} \text{ c. flour (about)}
\end{align*}
\]

Peel and cook the potatoes. Mash and pack solidly into a cup, using a generous cupful. When cooled until lukewarm, add the yeast, salt, sirup, and rolled oats. Add flour to make very stiff, which will take about 1\frac{1}{2} cups full. The amount of flour will vary somewhat, according to the amount of water in the potatoes. Put into the pan, allow to rise until not quite doubled in bulk, and bake.

OATMEAL BREAD

\[
\begin{align*}
1 \text{ c. rolled oats} & \quad 3 \text{ tbsp. molasses} \\
1\frac{1}{4} \text{ c. oat flour} & \quad 1 \text{ tsp. salt} \\
1\frac{1}{4} \text{ c. wheat flour} & \quad \frac{1}{2} \text{ c. liquid yeast} \\
1 \text{ c. boiling water}
\end{align*}
\]

Scald rolled oats with boiling water, cool to lukewarm. Add molasses, salt, yeast, and oat flour. Gradually add wheat flour until stiff dough is formed. Knead on floured board until it does not stick to board. Let rise, knead into pans and bake in a moderately slow oven. Oatmeal put through coarse food chopper may be used instead of oat flour.