

Teaching the True Fundamentals of Food Preparation

The NATIONAL COOKING SCHOOL

by the Recognized Food Authority

Katherine Caldwell
Radio Lecturer
Author
"When We Entertain"
"Cookery Arts and Kitchen Management"

A complete Cookery Arts Course in 12 Lessons dealing with all the Fundamentals of this Important Subject. Thoroughly practical to the beginner as well as to the experienced Cook who is interested in the newer, better, more economical methods.

Prepared by **Katherine Caldwell**

Fully Protected by American Copyrights

LESSON 8

HOW TO MAKE GOOD BREAD

Of the routine foods in our diet none is more ordinary to us than bread. But I really think that this, the most common of all our common foods, can be so very good that the take-it-for-granted member of your family will not be able to eat it without remark. Before we begin to discuss the art of bread-making let us look for a moment at an ideal loaf of bread.

Its crust will be crisp and golden with what is called a "bloom." To the taste, it will be sweet and nutty. When cut, the bread will show an even texture, and it will be light and spongy, with the sweet flavor of the wheat berries. Such bread will be nutritious, satisfying and good to eat.

Bread which we regard as one of the simplest of our foods is made from the very simplest of ingredients. They are: Bread flour of assured quality — good yeast to lighten the mixture, salt to bring out the flavor, sugar not to sweeten the bread, but to supply food for the yeast; shortening, to give a finer texture; and nourishment, to keep the bread moist; liquid—whole milk, skimmed milk, water or potato water, or a mixture of these. (Potato water supplies extra food for the yeast and makes the loaf stay moist longer.)

Yeast—As the most unique ingredient in our list, we give some space here to the yeast. Yeast is a living growing plant. Like all plants, it must have food, moisture and a favorable temperature. When all these conditions are right, the tiny plant—it is so small that there are millions of them in a single yeast cake—grows and gives off gas, which expands the little elastic cells formed by the gluten in the flour. As every one knows, the products of yeast action have a distinctive flavor of their own.

The yeast food required is sugar (which we mix into the dough) and air (worked in by kneading). The right temperature is very important. About 80 or 85 degrees F. (this may vary a trifle either way) is considered to be about best for the yeast. The temperature of the liquid yeast should be taken with a thermometer or tested by dropping on the inside of your wrist, where it should feel neither warm nor cold.

It is necessary, too, to keep an even correct temperature during rising. This problem for some people is a difficult one. A thermometer is a real help. Then you can experiment, and see what for you is the ideal condition for your sensitive sponge. If you have a suitable warm corner, you might be interested in a wooden cabinet made from a packing case. In this the sponge may be placed and the temperature controlled by a low turned oil lamp.

Yeast is familiar to the home bread maker in a number of forms—compressed, dry and liquid. Dry yeast has all possible moisture removed. Compressed yeast has about the moisture of cheese, and comes wrapped in tin foil, being fresh, it is necessary to store it in a cool place. For the constant bread maker, liquid yeast is a real convenience, since it is so rapid in use. It is prepared from the dry yeast cakes as described below.

Dry yeast will keep indefinitely; compressed yeast must be bought fresh and should be of creamy color, no strong odor, and should break cleanly without crumbling. Liquid yeast must be made fresh every 10 days or two weeks.

Directions for Bread Making
The yeast is first dissolved in a sweetened liquid, which has been scalded and cooled to lukewarm scalding of the liquid will prevent possible souring, but the liquid must be cooled, as a too high temperature kills the yeast.

The Sponge—Beat in warmed flour to make a thin batter which

will not spatter when beaten. Beat very thoroughly to work in plenty of air for the growth of the yeast. Cover closely to prevent a hard crust from forming. Set in a warm place until light and full of bubbles (the bubbles will begin to break on top when very light). Do not let the sponge over-rise.

The Dough—When the sponge is light, sufficient flour (warmed) is beaten in to make a dough which is stiff enough to handle without sticking to the hands. At this point extra sugar, shortening, and salt may be added. (Shortening and salt tend to slow the action of the yeast, so it is better to add large amounts of these at this point than to the sponge.) The dough is then kneaded until very smooth.

Kneading—The dough should be handled on an unfloured board, as extra flour worked in after the dough is formed tends to dry and harden the bread. The kneading motion is performed with the tips of the fingers and balls of the hands. With the balls of the hands the dough is flattened out, then it is folded in with the tips of the fingers. Kneading the dough distributes the ingredients very evenly and works in more air for the growth of the yeast. Care should be taken not to chill the dough. The dough is sufficiently kneaded when very smooth and velvety to the touch, and when tiny air bubbles are visible all over the top. When cut through with a sharp knife, the dough should show tiny, even-sized bubbles and no lumps. At this point, the dough is placed in a greased bowl. (Greasing the bowl prevents the dough from sticking.) Again it must be closely covered to prevent crusting, and placed to rise at 85 degrees F., to double its bulk.

Second Kneading Down—This is done right in the bowl, simply by folding the dough from the sides in, to break up large air bubbles. The dough is then left again to double its bulk.

Forming the Loaves—Knead the dough down on an unfloured board, cut into pieces, which will half fill the bread tins; again, knead each loaf until very smooth. Cover closely and set to rise in a warm place at 85 degrees F. until doubled in bulk—not more.

Baking—Place the risen loaves in

a hot oven, 400 degrees F. for 15 minutes, (during this time the dough continues to rise). Then bake at 375 degrees F. until golden brown. If the bread seems to brown too quickly, after the first 20 minutes, lower the temperature still more. An average sized loaf should be baked in 50 minutes. To test, turn upside-down on a cake rack, tap gently—the loaf should give out a hollow sound. (A larger loaf may take up to 70 minutes.)

Care of Bread After Baking—After cooling thoroughly on a wire cooler, store in a clean earthenware jar or tin box. Be sure the crock is not so tightly covered that it will prevent the entrance of air.

To Make Liquid Yeast from Dry

Yeast—A supply may be made for 10 days' to two weeks' use.
3 cups bread flour,
Gold water,
4 quarts boiling water,
1 quart finely mashed potatoes,
1/2 cup salt,
1/2 cup sugar,
1/2 dry yeast cakes,
1/2 cup lukewarm water.
Warm the flour with sufficient cold water to make a smooth paste. Stir gradually into the four quarts of boiling water; remove from heat, add mashed potatoes, salt and sugar. Cool to lukewarm (90 degrees F.), stir in the dry yeast cakes, which have been soaked for 45 minutes in the warm water. Cover, place in a warm place (85 degrees F.) for a few hours or over night. Be sure to use a vessel which will allow the mixture to rise. This yeast will keep in a cool place for two weeks and makes 10 to 12 large loaves of bread. The mixture should be allowed to stand over night before using.

Quick Method for Bread, Using Liquid Yeast
2 quarts bread flour,
1/2 pint liquid yeast.
Warm the flour, stir into the liquid yeast; mix well. Turn on to a board; knead until smooth and even. Place in a slightly greased bowl, cover, place in a warm place until doubled in bulk (about 1 1/2 to 2 hours). Turn again onto the board, knead into two loaves, put into greased pans, cover and set to rise until doubled in bulk (about one hour). Bake according to general directions.

SWEATERS ARE IN VOGUE
Sweaters never have been more popular than they are right now. They're recommended not only for sports and country, but for street and more formal occasions. There are dinner sweaters of handsome metallic woolsens and fine yarns that are soft as silk. Wear them with ankle-length skirts of satin or velvet.

One square-necked, short-sleeved evening sweater in simple pull-over design is made of pale pink lace, woven with elastic. It's worn with an accordion pleated skirt in a deeper shade of pink.

DRESSES WITH JACKETS
Woolen dresses with matching, fur-trimmed jackets, are newer than two-piece suits. One particularly handsome model consists of a dark green, rough woolen dress with a bright red velvet belt and a hip-length swagger jacket, trimmed with dark brown seal.

Beauty Habits Are Formed In Youth

By Alicia Hart

NEA Service Staff Writer

If a little girl gets into the habit of brushing her teeth, using a mouth wash, scrubbing her hands face and neck frequently and brushing her hair every day, her chances of becoming quite beautiful are doubled. She never may be a raving beauty, but if she is clean, neat, healthy and has an appreciation of daintiness, she will be attractive.

"Well, I have to thank my mother for that," a young writer said the other day in answer to a compliment about her shiny, well groomed hair. "You see, when I was small, mother used to brush my hair every day and when I was a little older, she made me do it myself. The habit stuck."

I think her words might be a worthwhile tip for every woman who has a small daughter. Remember that the grooming and health routines you teach your child have a great deal to do with her appearance when she is mature.

Teach her to enjoy a daily bath, sleep with her windows open and drink plenty of water. It may be quite a problem, but it's worth a good deal of trouble to teach her to eat fresh fruit instead of candy when she's hungry between meals.

You can't ask a small child to keep too clean, but when your daughter is older, say ten, you can point out the desirability of spotless dollars, cuffs and other accessories. Also that careful pressed clothes are far better than wrinkled, soiled ones.

FLAPPER FANNY SAYS:



Discords start when someone horns in on your affairs.

ALTERING FASHION

Instead of discarding last spring's swaggy suit, why not have it made over into a simple box-jacket suit to wear under a winter coat? The pleats in the skirt can be stitched down to give the new panel silhouette effect and the coat can be cut to hip length. If the raglan sleeves are too full, take an inch or two off the seams. If the coat is collarless, use the material you cut from the bottom to make a small, flat collar. Wear blouses and sweaters with it.

STYLE WHIMSIES

If you're one of those gals who loves to knit, you might make yourself a dressy blouse or sweater of silver. Paris combines these silver sweaters with velvet skirt or velvety woolen skirt.

The oversleeve is an important part of the winter coat. Sometimes the oversleeve is entirely in fur, in capelle styling, or it may be in fabric and fur. It gives extra warmth to the garment.

Belts and trimmings of some of the Paris daytime frocks are appliques of gummetal leather combined with embroidery.

Fur toques are going to be worn with fur on fur trimmed suits just as soon as the weather is cold enough.

Muffs are gaining in popularity. There is a new one, a long and slim cylinder, called the "dechahund."

Lucile Parry has a new shade which she calls black tulip.

Late millinery shows feather hats, new type turbans, versions of a coachman's hat and those inspired by a new motion picture, Don Juan, showing in Paris.

Now, you men who always want to be the last word in swank, something very new and spiffy in ties of snakeskin.

Skating gloves are reviving the leather mitten. There are heavy cordings at the top and a snap tab that suggests fastening to the suit.

Green accessories are smart in Paris. With a yellow-beige ensemble, a very smartly dressed woman

was seen a little racier wearing bottle-green felt hat, green shoes, and carrying a green bag.

COLLECTS BELLS

The hobby of Miss Hazel A. Hicks of Cleveland Heights, Ohio, is collecting bells. She has samples from 22 countries and 16 states of the union. In addition to the bells, she also collects bell lore, books, poetry, pictures, clippings of famous bells, and gathers all the traditions she can find.

CHIT CHAT

Of the 9,000,000 women in Turkey, 8,000,000 belong to the peasant class. The only woman air mail dispatcher in the world is Mrs. Alice L. Marston of Concord, N. H. She also cares for the radio station and collects flying weather data.

In the course of experiments to learn how coal-tar dust reacted with the human milk, Dr. Sole of Vienna discovered that the milk will coagulate blood faster than any other agent.

1935 CALENDARS

We can still furnish you with Calendars for December delivery.

Bishop's Print Shop

Jasmine SHORTENING NOVEMBER DAYS ARE PIE MAKING DAYS . . .



November days are usually the first frosty days in our section of the U. S. A., and of all the days, November days are pie-making days. Um-m! Apple pie, cherry pie, lemon pie and raisin pie; banana pie, peach pie, and last but not least mince pie and pumpkin pie . . . whatever your choice, if you want the crust to be flaky and yummy, be sure to use snowy-pure Jasmine shortening—the shortening that's best for all baking and frying purposes. Don't say "Shortening" to your grocer, say "Jasmine Shortening"—it goes further.



Good News!

The regular price of Calumet Baking Powder is now only 25¢ a pound



"And wait till you try my Calumet cake!"



There is a DIFFERENCE!

© Lines D and A are longer!

© Cinnamons may look alike, too, but there is a difference in Bee Brand. It is cool-ground, velvety smooth and full of rich, spicy sweetness.

MCCORMICK'S Bee Brand CINNAMON



Now - VACUUM-PACKED in glass jars!

For years the Duncan Coffee Company has proclaimed that, "when a better way to pack coffee is discovered Admiration Coffee will be packed that way."

As Usual, Admiration Coffee Adopts the Better Way

Now comes the announcement of the "better way." Scientists say the nearest approach to a perfect vacuum that has been attained in a tin can is 26.8 inches, while a vacuum of 29.5 inches is secured by using a glass jar container. Thirty inches would be a perfect commercial vacuum.

It is therefore obvious that coffee packed under vacuum, in glass jars, will keep fresh longer than when packed in ANY OTHER WAY

To keep your coffee fresh after opening, just replace the cap on the jar and give it a sharp twist. Other than being an ideal coffee container, there are dozens of uses for the glass jar after you've used the coffee from it.

If you use coffee pretty fast, you can also get the same delicious blend—Admiration Coffee—in cellophane wrapped paper bags at a few cents less per pound. And remember all Duncan Coffees are delivered fresh from the roaster to your grocer every seven days or oftener.



DUNCAN COFFEE COMPANY

(A TEXAS INSTITUTION SERVING TEXANS) First in the Valley