

her bread for she made her own yeast by steeping the leaves of the hop vine and after straining the liquid, mixed it with flour and by adding sugar a fermentation took place. When it was done "working" it was tightly corked and a portion was used to make bread. This hop yeast was the leavening.

Yeast - Mrs. G.G.- A very old recipe for making yeast is as follows: Boil a heaping quart of loose hops (or if they are pressed, two ounces) in one gallon of water, strain it, when it is cold put in a small handful of salt, and a half pound of sugar, then take a pound of flour and rub it smooth with some of the liquor after which make it thin with more of the same liquor, and mix all together, let this stand 24 hours; then boil and mash three pounds of potatoes and add to it, let it stand 24 hours more; then put it in a bottle or a tight vessel, and it is ready for use. Shake the bottle before using. It should be kept in a warm place while it is making, and a cool place afterwards.

When bread was baked in the wood stove the housewife did not rely on an oven thermometer. She tested for correct heat by holding her hand in the oven. She was able to tell when the oven was "right" for her bread or other baking.

Shortening, eggs or cream were never stinted when baking on the farm. Few farm women had "receipts" -as they called recipes- these women were truly creative cooks. They used what they had and good rich food resulted. Spices and herbs were used to flavour their baking.

Spices were bought whole and ground for use in a hand mill. This type of mill is often spoken of today as a coffee mill but this curator knows it to have been used for other things. Coffee was expensive and a rare luxury. Often the pioneers had their "coffee" made by carefully roasting wheat or rye, grinding it in the mill and when it was steeped and plenty of sugar and thick cream added a delicious beverage was the result.

No one sat around without some hand work. So when sewing was not a necessity the housewife always had knitting, embroidery or crochet work on hand - just for a pickup.

These pioneers had many sayings which have carried over to our day - such as:

Don't bite off more than you can chew.

There should be a place for everything and everything in its place.

Every little bit helps.

Half a loaf is better than none.

Two heads are better than one even if one is a cabbage head.

I got that down my Sunday throat.

I wouldn't trust him any farther than I can see him.

That's a feather in his cap.

Make hay while the sun shines.