

# Explains Yeast Doughs Not Difficult to Make

Treat the Family to Home-Made Breads, Rolls and Brioches. Some Recipes for One-Hour Bread, Whole Wheat Bread, Ice Box Rolls, Coffee Cake, Brioches.

Back in the days of our grandmothers, when making a batch of yeast dough was a process to be prayerfully started the day before or tenderly guarded throughout the winter's night, the baking of yeast-raised products was something to conjure with. Tradition has left its mark with us, so that many



By EDITH M. BARBER

homemakers shun the idea of making anything involving the use of yeast as leavener, believing that it takes too much of their busy modern days.

Today's compressed yeast is an entirely different proposition to handle than the form of yeast that our grandmothers had to struggle with, and it is a fascinating and easy thing to watch a batch of dough rise before our very eyes and know that in an hour it will be ready for baking if we wish that much speed. The trick is to increase the amount of yeast and decrease the amount of time for raising and the labor put into kneading the dough.

It is fun to treat the family to home-made bread and rolls, and the coffee cakes that melt in your mouth, served piping hot and butter melting, fresh from the oven. There are also delicious cakes that are made with yeast, quite unlike anything that can be produced with baking powder. There is a certain flavor that the yeast imparts that is as distinguishable as that given by sour milk and as hard to imitate.

Be sure that the yeast is perfectly fresh, for we need it at the height of its growing efficiency, then give it plenty to eat while it is growing—in other words, sugar. Then remember that while the yeast plant grows best at a temperature of about 80 degrees, the growth will be retarded by chilling and the plants killed by overheating. To arrange a safe method, have the first liquid lukewarm, and set the rising pan in a pan of warm water if the room seems cold, but do not set it where there is a draught or on the radiator, if you expect good results.

It is not necessary to bake all the dough you make at one time. If you wish to keep some for future use, it may be shaped and stored in the refrigerator, carefully wrapped, until time to take it out and let it rise for baking. In this way you can keep the dough for several days and delight the family with hot rolls every night for dinner.

The baking of yeast doughs is a little different from that of the baking powder raised kind. While the latter goes into a pre-heated moderate or hot oven and are left at that temperature for the entire baking time, the yeast products are often placed for ten minutes in a very hot oven and the temperature is then lowered for the remainder of the baking requirement. This first heat is to quickly kill the plants and prevent undue rising in the oven with consequent coarseness of texture.

### One-Hour Bread

1 tablespoon shortening, 1 tablespoon butter, 3 tablespoons sugar, 2 1/2 teaspoons salt, 4 yeast cakes, 2 cups milk, scalded and cooled to lukewarm; 7 cups flour, about.

Method: Mix shortening, butter, sugar, salt, and crumbled yeast cakes in a large bowl. Add milk and mix well. Add the flour, mixing well. Turn onto floured cloth and knead until the dough snaps under the heels of your hand as you knead. Place in a large greased bowl to rise, greasing the surface of the dough to prevent a crust from forming. Allow to rise for about thirty minutes in a moderately warm place. Turn out onto bread board, but do not knead, simply shape into loaves or rolls and place in greased pans. Let rise again until double in bulk, then bake in a hot oven for ten minutes and a moderate oven for about fifty minutes more. Rolls should be done in 25 minutes if baked throughout at 375-400 degrees F.

You can set the time required by the amount of yeast used. To every two cups of liquid four cakes will take one hour, three cakes will take two hours, two cakes will need three hours, and one cake will require the usual four hours before baking.

### Whole Wheat Bread

Two cups scalded milk, 2 teaspoons salt, 1-3 cup molasses, 1 yeast cake, 1/2 cup lukewarm water, 4-2-3 cups coarse whole wheat flour, milk or melted butter for brushing.

Method: To milk add salt and molasses. Cool to lukewarm, then add yeast dissolved in the water and then the flour. Beat well cover and let rise to double its bulk. Beat again and turn into greased bread pans, having them half full. Let rise, but not until double in size, during the last rising. Brush with milk before baking to give brown crust or with butter after baking to soften crust.

### Orange Bread

One yeast cake, 1/2 cup lukewarm water, 1 cup orange juice, 1 grated orange rind, 1 grated lemon rind, 1 1/2 teaspoons melted butter, 2 egg yolks, well beaten, 4 cups flour, about.

Method: Soften yeast in water and add to mixture of orange juice and grated rinds. Add salt, sugar, butter, and egg yolks, then gradually stir in the flour, but do not get dough too stiff. Knead until dough is smooth, then cover and set aside for two hours, in a moderately warm place. When light, knead lightly and shape in two loaves. Place in pans and when double in bulk bake in a moderate oven for 45 minutes.

### Ice Box Rolls

One yeast cake, 1/2 cup lukewarm water, 1/2 teaspoon sugar, 1/2 cup shortening, 1/2 cup sugar, 1 egg, 1 1/2 teaspoons salt, 2 cups warm water, 8 cups flour.

Method: Dissolve yeast in warm water, add sugar (1/2 teaspoon) and let stand for 45-60 minutes. Cream shortening with second sugar, add egg, beaten well, and salt. Then add warm water and dissolved yeast. Stir in enough flour to make a dough just stiff enough to knead. Knead until smooth and elastic. Return to a greased bowl, spread with grease on top to prevent crust and let rise where warm until double in bulk. Knead down again. Keep out what you wish to use at once and put remainder in refrigerator, covered. Shape dough you kept out place rolls on greased pan, let rise until light, after brushing tops with melted butter. Bake in hot oven, 400-425 degrees F. The rising time for these rolls may be decreased as for one hour bread by increasing the yeast and simply watching the dough for the doubling in size. Dough that over-rises will not be as tender and will not give the same finished size.

### Coffee Cake

One cup hot milk, 1-3 cup shortening, 1/2 cup sugar, 1/2 teaspoon salt, 1 egg, 1 yeast cake, 1/2 cup lukewarm water, 2 1/2 cups flour.

Method: To hot milk add shortening, sugar, and salt. When cool add egg, beaten well, yeast dissolved in warm water, and flour to make a stiff batter. Cover with cloth and let rise. Spread into a greased dripping pan to make it about 1/2-inch thick. On top of dough

## Dunnville Wedding from Standpoint of the Men

(“Old Bill” in Dunnville Chronicle)  
John Jones, son of Mr. and Mrs. Jones, of Pleasant Villa, became the bridegroom of Miss Elizabeth Smith at high noon today. The ceremony took place at the home of the groom's parents, and a full house was counted. Mr. Jones was attended by Mr. Brown as groomsmen. As the groom approached the altar he was the cynosure of all. Blushing prettily, he replied to the questions of the clergyman in low tones, but firm. He was charmingly clad in a three-piece suit, consisting of a coat, vest and pants. The coat of dark material was draped about his shoulders and tastefully gathered under the arms. A pretty story was current among the wedding guests that the coat was the same one worn by his father and grandfather on their wedding days. Mr. Jones does not deny the truth of the sentimental touch. The vest was elegant and met at the front. It was gracefully fashioned and at the back held together with a strap and buckle. Conspicuous on the front of the vest was the groom's favorite piece of jewelry, fraternity pin, and from the upper left-hand pocket was suspended a large Ingersoll watch, the bride's gift to the groom, which flashed and gave a needed touch of brilliance to a costume in perfect taste and harmony.

The groom's pants were of dark worsted and were suspended from the waist, falling in straight line almost to the floor. The severe simplicity of the garment was relieved by the right panicle, which was caught up about four inches by a Boston garter worn underneath, revealing just the artistic glimpse of brown hole-proof above the genuine leather shoes laced with strings of the rather chic.

Beneath the vest the groom wore blue gallsies, attached fore and aft to the pants and passing in a graceful curve over each shoulder. This pretty and useful part of the costume would have passed unnoticed had not the groom muffed the ring when the groomsmen passed it to him. When he stooped to recover the errant circlet, the cerulean blue of the gallsies was prettily revealed. His neck was encircled with a collar characterized by a delicate pearl tint of old-fashioned celluloid, and around the collar the cravat was loosely knotted exposing a collar button of bright metal. The cravat extended up and under the left ear with that studied carelessness which marks supreme artistry in dress.

Mr. Brown's costume was essentially like the groom's and as two stood at the altar a hush of admiration enveloped the audience at the complete and wonderful harmony of the raiment. Actually you could hardly have told one from the other had it not been for a patch of ointment plaster worn by the groom over the nick in his chin made by a safety razor. Neither Mr. Jones nor Mr. Brown wore a hat at the ceremony. As Miss Smith led the groom from the nuptials, it was noted that she wore the conventional veil and orange blossoms.

## Beauty and You

by PATRICIA LINDSAY



The eyes have it as usual! A thoughtful soul has graduated eye shadow to the convenience of a tiny lipstick. Seven lovely shades!

### Clever Eye Make-Up Permits You to Wear Many Colours

Paris cables “color for Spring.” New York takes up its echo. New Fashions promise to be the gayest and most colorful with no limit to the shades or tones you might wear.

To those of you who feel that only one particular color is becoming, this is not good news. You shudder to think of introducing several bright colors in your new wardrobe. You think, perhaps that because you have blue eyes, that you should wear only tones of blue. And in a way you are right.

Wearing the colors which complement your eyes is usually a good rule to follow. But with the new eye make-up, available you can create the illusion of having, green eyes, blue eyes, hazel eyes or any color you wish. This is done by blending a shadow, which is shiny, on your eyelid and then dressing up to it!

### New Eye Lipsticks Available

One of the most convenient eye make-up gadgets available is a baby lipstick—an intriguing little device which enables you to apply eyeshadow conveniently and quickly. Six nicely blended shades, and natural, are yours from which to choose. If you have two or three shades you can play around a lot with your eyes and get some interesting effects.

### Try These

If you are the type who felt you could never wear a soft yellow green, for instance, in spite of the fact that you have a rich coloring, you should shadow your eyes with the green shade and see what happens! I'll bet you could get away with the lovely new color.

### Clever Eye Make-Up

In making up your eyes, experimenting will teach you that with a natural base (similar to vase-line) you may blend in another shade of eyeshadow so that it will be almost imperceptible but will give your lids a lustrous appearance, and will key up with the color you want to wear. And the result is more than flattering.

### Little Shadow During Daytime

The natural stick is simply grand for daytime—unless you are the very exotic type. The other shades should

## A Superb Green Tea "SALADA" GREEN TEA

### TO-DAY'S FASHIONS



Dash of Scotch

By VERA WINSTON

There's a dash of Scotch in the more on plaided fabrics come more and more on the fashion scene. The authentic clan plaids are used and of course,

there are all sorts of more fanciful combinations. This little spring suit favors a pretty blue and green check plaid design for its soft woolen fabric. The jacket is short and straight, buttoned with four covered buttons beneath higher revers that are lined with white pique. White pique blouse with dark blue “jewel” studs. The skirt is flared and is seamed centre front. It swings jauntily from the hips.

### “THIS IS NOT WIGHT”

(Montreal Star)  
Why is the Isle of Wight a fraud? Because it has Needles you cannot thread, Freshwater you cannot drink, Cowes you cannot milk and Newport you cannot bottle.

North Bay Nugget—The title of “The Gateway of the North” is now claimed by three important centres, North Bay, Winnipeg and Edmonton, yet one gateway to Canada's great North would hardly suffice.

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## What to Do by Phyllis Belmont



“I HAVE tried to instill good manners in my little girl, but she seems to scorn and ignore everything of the kind—even ‘please,’ ‘thank you’ and ‘how do you do.’ The more I try to bring her up with ideas of gentility, the more she seems to behave as rudely as she can. Just how can I teach her the little courtesies of good behavior she ought to know?”

### ANXIOUS MOTHER.

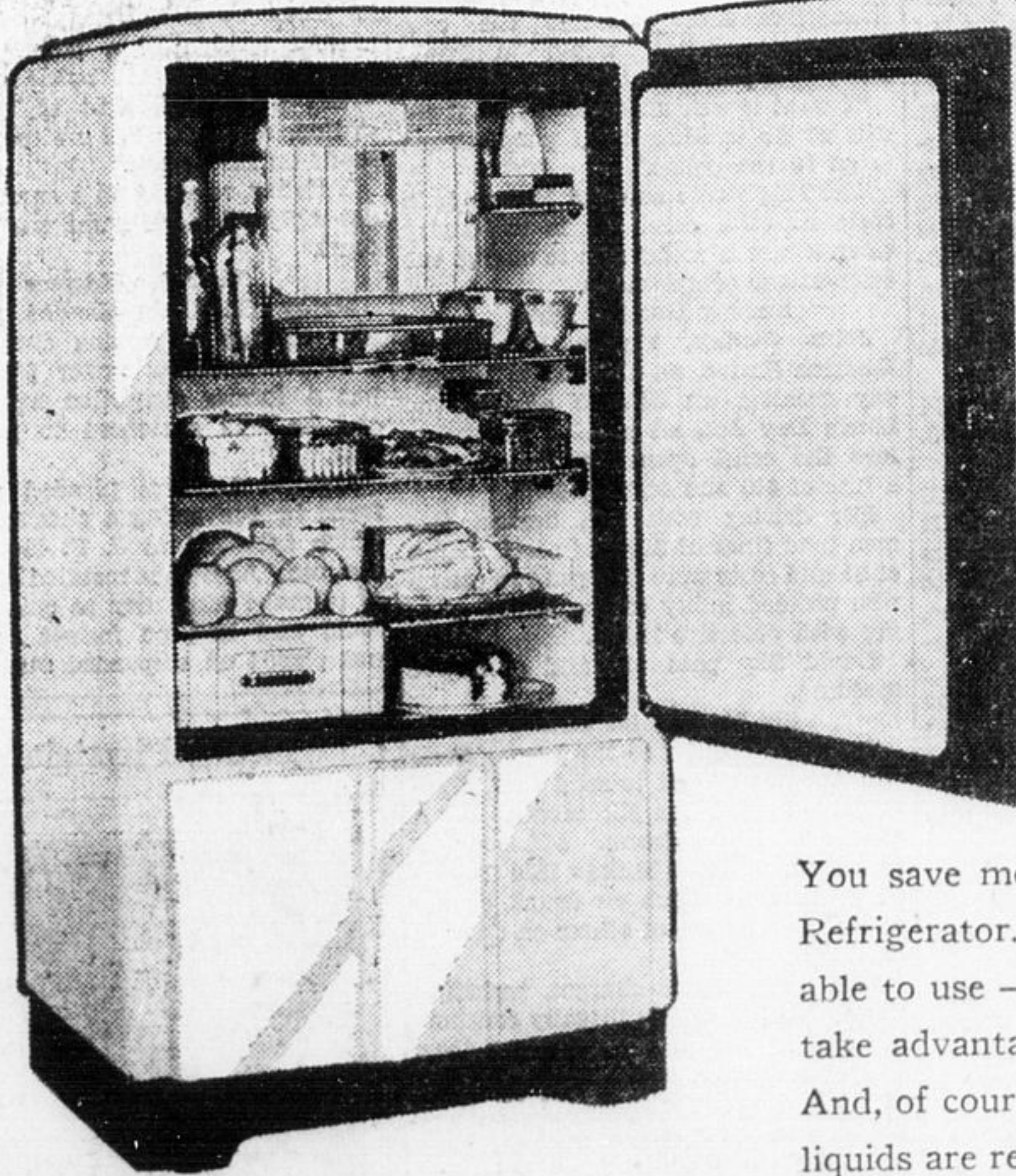
Answer—It may be that you have worked too hard trying to implant good manners and courtesy in your little girl. This is quite possible, you know. Children learn best by watching and listening to others, and, if older people are very careful to observe niceties when in contact with them, the youngsters will pick up good manners through imitation. Manners do not mean anything to a child until he has learned their value through experience. If the omission of “please” means that he fails to get what he wants, he gradually realizes that it is to his advantage to use the word. A child just naturally thinks his wants and his needs should be satisfied and, if he learns that the use of polite little words helps him gain his desires and make life function happily he will gladly accept good manners as a means to that end.

lay parallel rows of sliced apple, halves of peaches, or halved plums. Beat 1 egg yolk, add three tablespoons of cream, and drip around the fruit. Bake twenty to thirty minutes in a hot oven, or until crust is well baked and fruit is soft.

### Brioche

Two yeast cakes, 1 cup lukewarm milk, 1/2 cup sugar, 1/2 cup melted butter, or part butter and other shortening, 1 teaspoon salt, 1 teaspoon lemon extract, 3 eggs, plus 3 yolks, 4 1/2 cups flour.

Method: Dissolve yeast in warm milk. Add remaining ingredients and stir for ten minutes. Cover with a towel and then metal cover, but not airtight. Let stand six hours at 70 degrees F. or 12 hours (overnight) at 40 degrees F. Place by spoonfuls into greased muffin pans and bake in a moderate oven.



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