

Turn on to floured board and knead 5 minutes. Put into greased tins and let rise until double size, then bake.

Irish Barm for Bread Making

First make your barm, which takes the place of buttermilk. It is called a "buttermilk plant." To start the plant you need 1 oz. sugar, 1 quart tepid milk and water, 1 oz. yeast. Cream yeast with sugar, gradually add tepid milk and water. Put mixture in vessel that can be easily washed and scalded, cover and leave it in warm place a few days or until the milk smells and tastes like buttermilk. When you want to use the "buttermilk," put a piece of muslin in the bottom of a strainer and strain the milk through this. The funny looking substance like lumpy cornflour which remains will be the "buttermilk plant." Rinse every drop of milk off it by pouring a cupful of tepid water over it. Let the water run through the strainer into

LEMON HONEY (NO EGGS)

TWO large lemons—grated rind and juice, 1 tablespoon cornflour, 1 breakfast cup sugar, 2 oz. butter. Melt very slowly the sugar and butter with the lemons. When sugar is dissolved, add cornflour moistened with water. Remove from fire just while stirring in cornflour. Then cook all very slowly till clear golden.

the "buttermilk"—it will make excellent liquid for mixing cake-bread. To start a new lot of "buttermilk" scrape the plant off the muslin and put it back into a scalded and well-rinsed vessel. Add another quart of tepid milk and water, cover and leave it as before to "grow." This plant will go on growing indefinitely, giving "buttermilk" all the time. But the plant needs a certain amount of care. It must be strained at least every 5 days. Cleanliness is very important. That careful rinsing after straining, and the scalding of the container, must be done meticulously if the plant is to live.

Barm Bread

This is really Irish soda bread, but it must be mixed with the "buttermilk" given above. One pound flour, 1 teaspoon salt, 1 teaspoon sugar, 1 teaspoon baking soda and "buttermilk" to mix. Sift dry ingredients several times. Make a well in centre, pour in "buttermilk" gradually, mixing in flour from sides. The amount of "buttermilk" needed will depend to a great extent on the quality of flour. In any case, it's a good rule to make dough rather wet than dry. A dry ragged dough gives a tough cake. The dough should be of such consistency

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that it does not leave sides of bowl clean when turned on to floured board. Knead it lightly for a few minutes, turning sides of dough in toward the centre, and working it round and round while doing so. Now turn upside down so that smooth side is on top; pat it to a round, brush it with milk, and cut a cross on it to keep it from cracking in baking. Let cuts go down over side of loaf to make sure of this. Bake it about 45 minutes in hot oven.

GOURMETS RECEIVE SETBACK

Lovers of good food and drink were on the point of abandoning an excellent dinner recently when several of their number were laid low with indigestion, until a knowledgeable friend produced Ayrton's. Trust Ayrton's Heart Shape Indigestion Tablets to come to the rescue. Compounded by Ayrton Saunders and Co. Ltd., Liverpool, England. In handy tins of 40: 2/9 at all chemists.

The advertisement features a large, stylized sign that reads "DON'T TAKE THAT COUGH HOME TAKE 'BAXTERS'". Below the sign is an illustration of a multi-story building with many windows. To the right of the building is a bottle of Baxters Lung Preserver. The bottle has a label that says "BAXTERS LUNG PRESERVER" and "BAXTERS LTD". A spoon is shown next to the bottle.

Baxters Lung Preserver is New Zealand's proved popular cough remedy for young and old. You feel each dose doing good.

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Baxters Ltd., Christchurch.