

the moment of first mixing the dough. As for the salt, either too much or too little will hinder fermentation according to the time the dough is left to rise. And be sure to work the salt in the flour, before adding the yeast. So you will see that if a recipe has been worked out and proved successful, either for wholemeal or white flour, it is better to follow exactly. Here again, is the one you refer to. It was devised and proved by a vicar's wife and used extensively by mothers with moderate incomes who found it light and of a grand flavour. My own family used the same recipe successfully for years. Wholemeal flour needs to be mixed a little moister than white flour, the mixing bowl is not left quite dry when the dough is taken out. The recipe: Eight breakfast cups wholemeal, 1 cake compressed yeast, 1 $\frac{3}{4}$ pints luke-warm water (about), 1 tablespoon each of salt and raw (or brown) sugar, 1 tablespoon malt if liked. Mix flour and salt. Dissolve yeast in warm water with sugar (and malt if using). Pour into flour, and stir and knead for 5 minutes. If not the right consistency, add flour or water accordingly. Mould to loaves, put in greased tins. Put in warm place (oven slightly heated) till double the size—about 1 $\frac{1}{2}$ hours. Keep covered while rising. Bake about $\frac{3}{4}$ hour or till done. Gas regulo 7, electric oven 425 degrees to 450 degrees, top element low, bottom medium. When baked, take loaves from the tins and return to oven for a few minutes to crisp up. Dried yeast may be used instead of compressed, allowing 1 $\frac{1}{4}$ oz.

Drying Apples

Dear Aunt Daisy,

A few weeks ago I heard you enquiring for methods for drying apples as a means of preserving. This is the method I used with great success. The apples must be cut in rings. To prepare these, peel, core and remove all bruises from the apples and cut into rings $\frac{1}{8}$ to $\frac{1}{4}$ inch thick. Then thread them on thin sticks and lay them across a cool oven at temperature of about 140 degrees or about regulo $\frac{1}{2}$ with the door ajar. They will take from four to six hours' continuous drying. When the rings are done they should feel like chamois leather and if a handful are pressed together the rings should be springy enough to separate when no longer pressed. Remove them from the oven and leave in the same room for at least 12 hours. Line cardboard or wooden boxes with greaseproof paper, and pack the rings in layers of greaseproof paper. Store them in a very dry place. For dried pears, peel and cut them in quarters, and remove the cores, putting them straight into salt water (1 oz. salt to 1 gallon water) to prevent discolouration. Place the fruit on trays and dry 4-6 hours at 110 degrees to 150 degrees F., then treat in the same way as for apples. "Mother Hubbard."

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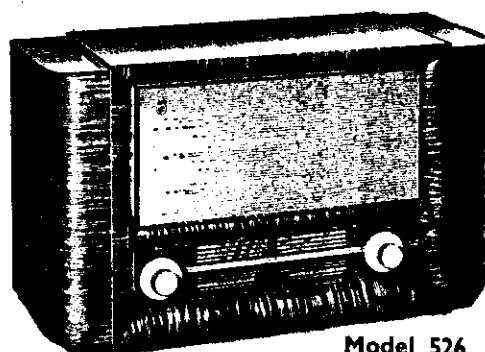


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