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The University of Minnesota

AGRICULTURAL EXTENSION DIVISION

Special Bulletin No. 17

University Farm, St. Paul

November 1917

Published by the University of Minnesota, College of Agriculture, Extension Division, A. D. Wilson, Director, and distributed in furtherance of the purposes of the cooperative agricultural extension work provided for in the Act of Congress of May 8, 1914.

MINNESOTA BOYS' AND GIRLS' CLUBS

T. A. Erickson, State Leader, and Mrs. Margaret B. Baker, Assistant*

THE BREAD-MAKING CONTEST

Nearly one thousand regularly organized junior clubs were reported in the state during 1917, each having definite plans of work. The purpose of junior extension work is to develop efficiency in the individual and to encourage team work as much as possible. A junior club is a splendid help to a senior organization in either town or country. It may also be one of the strongest agencies in making a successful school. It should be the force which makes the school the center of the community. It will make the work done in home economics and agriculture more effective, and by connecting the home work with the school activities will make these of more educational value.

In 1917, three thousand five hundred girls took part in the bread-making project. The best work was done where the girls were organized into clubs.

Teachers are urged to organize clubs for special work, with officers and a suitable constitution. A suggested form is given in this bulletin. It is also advisable to select a club motto. "To make the Best Better" is the state club motto and is very good. A club pin helps create interest. Plan general club activities as a part of the school work, but let the members select some of the state club projects as definite work. The state club projects are: Bread-making, garment-making, gardening and canning, acre yield corn contest, potato-growing contest, pig-growing contest, calf-growing project, poultry contest, and cow testing project.

Constitution

Article I. Name.—The name of this organization shall be.....
Boys' and Girls' Club.

Article II. Object.—The object of this club shall be to improve ourselves, our school, our homes, and our community.

Article III. Membership.—Any boy or girl in this district between the ages of 10 and 18 years may become a member of this club by signing the constitution.

Article IV. Officers.—The officers of this club shall consist of a president, vice-president, secretary, and treasurer, who shall perform the usual duties of such officers.

* Joint Agents, States Relations Service. U. S. Dept. of Agr. and Agr. Ext. Div., Univ. of Minn.

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Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>.

Article V. Meetings.—The regular meetings of this club shall be held at the schoolhouse the last Friday of each month during the school term unless otherwise voted.

Article VI. Amendments.—This constitution may be amended at any regular meeting by a two-thirds vote cast.

By-Laws

Section 1. The club motto shall be "To make the BEST, BETTER."

Sec. 2.—The officers of the club shall be elected by ballot at the first regular meeting of each school term, and shall hold office until their successors have been elected and qualified.

Sec. 3.—The following order of business shall be followed at regular club meetings:

Reading of minutes of previous meeting	Adjournment
Roll call by secretary	Program
Reports of committees	

HELP WIN THE WAR BY CONSERVING WHEAT

What is as necessary as munitions in this war? The Allies and Neutrals need 559,000,000 bushels of wheat.

The world is short of certain foods. Wheat is one of these. Wheat must be shipped to Europe during 1917 and 1918 to help feed the Allies and Neutrals. Therefore we, as Americans, must consume less wheat than has been our habit. One satisfactory place to save wheat is in the making of bread. As you know, good bread must contain some wheat flour, but it is possible to substitute some other cereal such as rye, oatmeal, and cornmeal for part of the wheat flour. We have also found that potatoes substituted for part of the wheat flour make a very excellent bread and one which closely resembles white bread in appearance. Every bread club girl is anxious to do "her bit" and so serve her country.

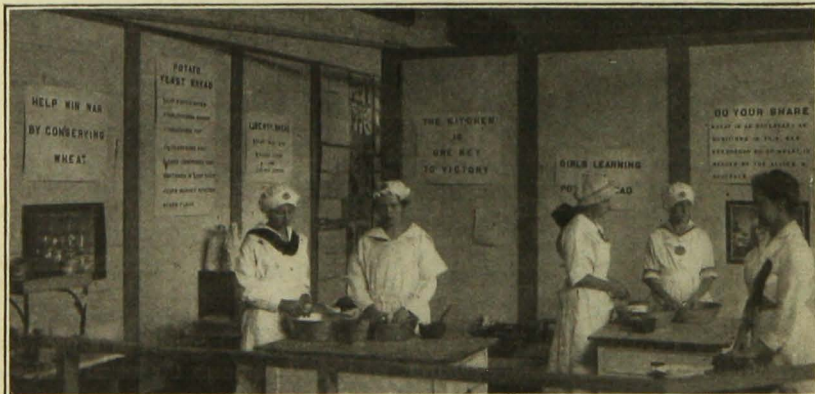


Fig. 1. Club Girls Learning to Make Potato Bread

And so, in addition to making the white bread, every Club girl is asked to practice making the wheat conservation breads, and to help show the people of Minnesota how to make them.

Credit will be given to each club member for the work done in making the emergency breads. The home work may all be based on the making of these breads, if preferred.

THE BREAD-MAKING CONTEST

By Josephine T. Berry

Division of Home Economics

Margaret B. Baker

In Charge of Bread-Making Contest

A state bread-making contest, under the auspices of the Agricultural Extension Division and of the county or community educational forces, will be continued as a club project for girls during 1918. The state contest will include local contests, a county contest in each county, and a bread-making demonstration contest at the State Fair, September 2 to 7, 1918. The local contests will be conducted by schools or by neighborhood groups, the winner in each school or group to compete in the county contest. The county contests will be conducted by the county superintendent, county agent, or a local leader approved by the Agricultural Extension Division. The winners in the county contests will represent the counties in the final trial at the State Fair.

Who May Enter the Contest

Any girl in the state who is over ten years of age and under eighteen on July 1, 1918, may enter the contest in Class A or Class B, subject to the conditions of the contest.

Class A is composed of girls who are having or have had instruction in domestic science in schools maintaining a special instructor in that subject.

Class B is composed of girls who have not had special instruction in domestic science.

Conditions of the Contest

1. **Enrollment.**—Each contestant must enroll with the Junior Department of the Agricultural Extension Division and must sign the agreement stated on the enrollment card.

ENROLLMENT CARD

Form..... (State) (County)

Date.....19.....

I hereby make application for membership in the Girls'..... Club, and if admitted I shall endeavor to follow all instructions, attend meetings, and take part in the.....contest. I will keep an accurate account of my work, and will send in reports promptly, as requested in the instructions.

(Signed).....

Age..... P. O. Address.....R.D.....

College of Agriculture of the University of Minnesota, and the States Relations Service, U. S. Department of Agriculture, coöperating.

(1) Enrollment cards may be obtained from the county superintendent, the teacher, or the county agent, or from the Agricultural Extension Division, University Farm, St. Paul, Minn.

(2) Enrollment cards, when signed, must be mailed through the county leader to the Agricultural Extension Division, University Farm, St. Paul, Minn.

2. **Instructions.**—Upon receipt of the enrollment card, the division will send through the county leader to the new club member a copy of the bread contest bulletin, including instruction in bread-making and the rules of the contest, together with blanks for the home report and the story.

3. **Time limit.**—

(1) Enrollment will close June 1, 1918.

(2) Reports of six bakings and the story must be in the hands of the committee in charge of the county contest before the contestant takes part in the county contest.

(3) County contests in both Class A and Class B should be held not later than July 1, 1918.

(4) The name and the score of the winner in the county contest, together with the home reports and the story, must be forwarded by the county leader or committee in charge of the county contest to the Agricultural Extension Division at the close of the county contest.

Requirements

The work in each county will be under the direct supervision of the county superintendent of schools. If this officer is unable to act, some one else will be appointed by the Extension Division to take charge of the work.

1. **The local contest.**—The local contest will consist of the baking of bread not less than six times, either at home or at school, together with a report of each baking, made out on the Home Report blank supplied by the Agricultural Extension Division, and a story: "How I Helped Uncle Sam by Making Bread."



Fig. 2. Perham Bread-Making Club

Class A: The work in this class will be carried on under the supervision of the instructor in domestic science of the local consolidated or high school. The bread-making may be done in the school laboratory or in the home; and the representative of the school to the county contest may be chosen in any manner which the instructor supervising the work may determine, providing the contestant chosen has fulfilled the requirements as to baking and reports, and the story.

Class B: The work in Class B may be carried on by clubs organized in schools having no domestic science department, or by neighborhood groups. Each club should consist of five or more members, have the usual officers, and hold meetings at stated intervals. The secretary of the club should report the names of members and of officers to the Agricultural Extension Division and to the county superintendent, or the person in charge of the county contest.

The bread-making may be done in the school if there is equipment, or in a home.

Each local club will be entitled to one representative in the county contest for Class B. This representative may be chosen in such manner as the local club may determine, from members having fulfilled the requirements as to the number of bakings, the reports, and the story.

The story.—Each contestant in either class must write an account of her work, entitled, "How I Helped Uncle Sam by Making Bread." The story should consist of not more than five hundred words. It must be written with ink and plainly marked with name, town, and county.

2. **The county contest.**—The county contest in each county shall be held at such time and place as the county superintendent or the person in charge of the contest shall determine, previous to July 1, 1918. This contest must be held under approved supervision and must be open to the public.

The contestants shall be: **Class A**, one qualified representative or more than one from each school having taken up the bread-making project; **Class B**, one qualified representative or more than one from each club having taken up the bread-making project. Each contestant must bake at least one loaf of bread, under supervision. The bread will be scored by the score card in this



Fig. 3. County Champions at Final Contest, State Fair, 1917

bulletin. The work of each contestant in the demonstration will be judged according to the report blank, also printed in this bulletin. In the final score the public demonstration shall count 80 per cent, and the story, "How I Helped Uncle Sam by Making Bread," 20 per cent.

3. **The state contest.**—The final demonstration contest will be conducted at the State Fair. The winners in Class A and in Class B of the county contests will be divided into groups, each group to participate in the demonstration on one day of the fair. Groups of contestants will begin the making of bread each hour from 8 a.m. until 2 p.m. The bread will be made by the quick process and according to the instructions given in this bulletin. A standard flour will be furnished. Any contestant who wishes to use a special brand of flour may do so at her own expense.

Honors and Prizes

Every girl who has sent in her reports, and who has made a high record under the rules of the local contest, will have her name placed on the **Club Honor Roll**, and will receive a **Diploma of Merit**.

THE UNIVERSITY OF MINNESOTA

DEPARTMENT OF AGRICULTURE

Boys' and Girls' Club

191.....

THIS IS TO CERTIFY THAT.....
is a member of the Honor Roll of the Minnesota Boys' and Girls' Club, by virtue of having taken high rank in the Minnesota Bread Making Contest of 191....., and having shown ability in the performance of home work.

Given under our hands this.....day of....., 191.....

.....
State Leader Boys' and Girls' Club

.....
Director of Agricultural Extension

.....
Dean



Fig. 4. Members of Madison Girls' Bread-Making Club
This club won the championship for South Central Minnesota

The girl making the highest score in the local contest will have the honor of representing her club or school in the county contest.

The board of managers of the State Fair offers, as a prize to the winner in each class in the county contest, round-trip railway fare from her home to St. Paul or Minneapolis at the time of the fair. Other prizes will be announced later.

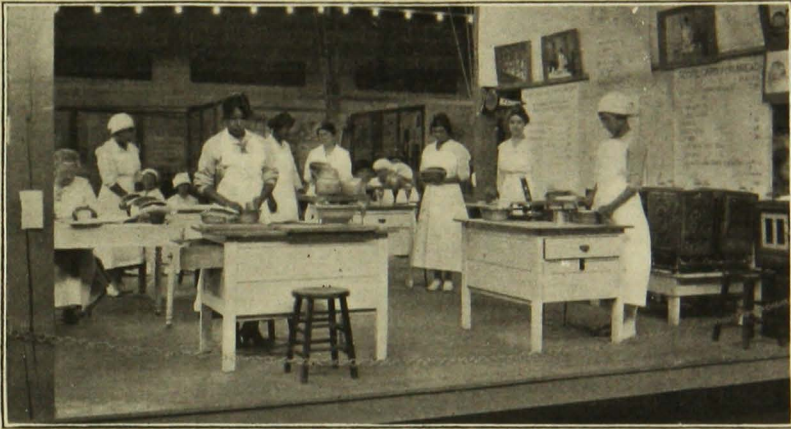


Fig. 5. Indian Girls Competing in Bread-Making Contest
Four schools are represented.

THE GIRLS' CAMP

The membership of the Camp shall be made up as follows:

First.—The winners of first place in each county in Class A and Class B, respectively.

Second.—Free transportation to not more than seven members of the leading girls' bread-making club in each of the four zones of the state recognized in the boys' state acre-yield corn contest conducted by the Agricultural Extension Division of the College of Agriculture. If a winning club in any zone has more than seven members, the entire club may gain admission to the Girls' Camp by sharing the cost of extra railway fares equally among all members.

How to Reach Camp

Members of the Girls' Camp will be met at the railway station by guides wearing badges, "Minnesota State Fair Girls' Camp." All girls should notify Mrs. Margaret Baker, University Farm, St. Paul, several weeks before the State Fair, at what time they intend to reach either Minneapolis or St. Paul, the name of the railroad they will come on, and the time the train leaves their home. Arrangements can then be made to meet them.

Location

The headquarters of the Girls' Camp will be the Girls' Dormitories at the State School of Agriculture, near the State Fair grounds.

Supervision

The members of the Camp will be under the direct care and supervision of Mrs. Margaret Baker, assistant state leader of boys' and girls' club work in Minnesota. Strict discipline will be maintained and the conduct of all members looked after carefully during the entire week.

Free Transportation

Each member of the Camp will be given a refund for all railroad fare to and from the State Fair. **Upon leaving home each girl should obtain a round trip railway ticket and get a receipt for it from the ticket agent.** This receipt should be given to Mrs. Baker upon arrival at the Camp. A claim will be made out for the refund of all railway fare and when this claim has been approved by the State Fair Board a check for the entire amount will be given to each girl before she leaves the Camp for home.

Lodging and Meals

Each girl must pay for her own meals and lodging. Lodging will be furnished at the dormitories at the rate of 25 cents a night. Meals will be served for 15 cents each. Each girl should bring clothing enough to last a week, and sufficient money to cover the cost of board, lodging, and incidentals, amounting to about \$5. Admission to the Fair is free to members.

Privileges

The girls will be taken about the Fair grounds in care of competent instructors to study the different exhibits. These daily visits will be conducted in a systematic way, so the educational purpose of the Fair can be demonstrated efficiently. A series of interesting trips to points of interest in both cities is being planned as a part of the week's entertainment. These will include Minnehaha Falls, Fort Snelling, Como Park, and the flour mills.



Fig. 6. Gladys Eykyn, Lamberton
State champion for 1917.

Prizes

The girls of the Camp will be divided into six groups, and each group will compete in a bread-making demonstration one day of the week. Premiums for excellent work in this contest will be awarded as follows:

The first three ranking girls in each class—Class A and Class B—will receive from the Agricultural Extension Division a beautifully inscribed medal, as follows:

- First prize, a solid Gold Medal.
- Second prize, a solid Silver Medal.
- Third prize, a solid Bronze Medal.

RECORD OF GIRLS' HOME WORK IN BREAD-MAKING

Name.....
 Age..... Address.....
 County..... Class "A" or "B".....
 Are you a member of a club?.....
 Date of baking.....
 Time required for mixing.....
 Time required for first kneading.....
 Time required for first rising.....
 Time required for second kneading.....
 Time required for second rising.....
 Time required for baking.....
 Time required for entire process.....
 Number of loaves baked.....
 Quality of bread as judged by score card.....

REPORT OF GIRLS' PUBLIC DEMONSTRATION IN BREAD-MAKING

Name.....
 Age..... Address.....
 County..... Class "A" or "B".....

JUDGED ON FOLLOWING POINTS

	Points	Points
Accuracy	20	
Dispatch	20	
Neatness	20	
Final Results	40	
Total	100	

I hereby certify that I witnessed the demonstration and the above report is correct.

Signed by.....
In Charge
 Address.....
(P. O.) State

BREAD

"Bread is the staff of life." The statement is very old, but none the less true. All the nations of the earth use some form of bread as a staple food. Bread and butter make almost a perfect food.

The Essential Factors

Flour, yeast, and liquid are essential factors in bread. Salt and sugar add flavor, shortening changes the quality of the crumb, but a loaf of bread could be made without them.

Flour.—Wheat flour contains starch and a substance called gluten. This gluten is elastic when moistened and can be stretched. When children chew wheat until only the gluten is left they call it wheat gum. When the bread dough is light, it is full of gas bubbles, which stretch the gluten, and when baked the gluten is stiffened, leaving the bread filled with small holes or pores. Wheat is the only grain which contains the gluten and we add wheat flour when we make rye bread, that the bread may be light.

Yeast.—Yeast is a mass of very tiny plants, or cells, which, like any other plant, require food, moisture, and warmth, if they are to grow. For food the yeast plant uses sugar, or starch which it changes to sugar. In growing, it produces the gas (carbon dioxide gas) that is formed when water or milk is added to baking powder. It is this gas which makes the bread rise.

Masses of these tiny yeast cells, or plants, may be obtained in three different forms for use in bread-making. The usual forms on the market are compressed yeast and dry yeast. Liquid yeast can be secured at some bake shops, and many women prepare it in their own homes.

Compressed Yeast is the name given to yeast prepared in a special way, washed and pressed into small cakes, usually with corn-starch to hold it in shape. The yeast plants in these cakes are very active, and grow rapidly when put into bread dough. These cakes do not keep long, as there is moisture and food present, and the yeast plants, together with the bacteria that may get into the cakes, soon begin to grow, but if kept away from the air (wrapped in tin-foil), in a cool place, they may be kept several days or a week. They will keep 24 hours under most conditions, and may be obtained by mail almost anywhere.

Dry Yeast also comes in cakes, but the cakes are made up with cornmeal or some other fine cereal and are very dry. Since yeast plants require moisture for growth, the little plants in the dry yeast cake are not active and ready to grow. Before they can be put into a bread dough they must have conditions favorable for growth—they must become active and increase in numbers. Therefore bread made with dry yeast must begin with a bread sponge—a batter of flour and water, with a little sugar, to which the yeast is added. When the sponge is light, that is, when the yeast plants have grown, forming many new cells or plants, and also forming the gas which produces the bubbles in the sponge, the sponge may be made into a dough, and the bread-making may proceed as though it had been begun with compressed yeast.

Liquid Yeast, or home-made yeast, is usually a mixture of flour, water, and potatoes, with dry yeast as a starter. A portion of this sponge when light is kept from one baking-time to the next. The fresh food materials are added. When light, the bread is made from a portion of the fresh sponge and the remainder is kept over for the next baking. Bread can be made in less time from this yeast than from the dry yeast because the yeast plants are in a more active condition in the liquid than in the cornmeal cakes. Bacteria soon become very numerous in such yeast and often play havoc with the bread, causing it to smell and to taste sour. Yeast in this form is often spoken of as a "starter."

Liquids.—Milk, water, potato-water, and buttermilk are the liquids commonly used. Milk and water seem to give equally good results, the milk giving a crust that is perhaps a little more easily browned. Potato-water obtained from good white potatoes and not dark in color is a good liquid. Clear warm water to which the mashed potatoes are added is, however, just as good and usually of a better color. Buttermilk sometimes leaves an unpleasant flavor in the bread.

Sugar, Salt, Shortening.—Sugar serves as food for the yeast plant, and therefore hastens the rising process. It also deepens the color of the crust. Two level teaspoonfuls to a loaf give good results.

Salt is used for flavor. One level teaspoonful to a loaf is a desirable proportion.

Shortening, or fat, is added only for the purpose of making the bread a little more tender. One or two teaspoonfuls to a loaf may be used.

BREAD-MAKING

The best results in bread-making demand the best materials and care, and above all, regard for the correct temperature, as yeast plants grow well at from 75° to 95° F., or warm room temperature, but are killed by temperatures of 110° or more. They grow more rapidly as the temperature rises, up to 95° F. Therefore the best temperature, because it shortens the whole process, is from 90° to 95° F. These facts explain why it is desirable to keep the bread warm but not too warm, and why bread kept warm rises more rapidly and thus shortens the bread-making process. They also explain why a thermometer should be used, and why better results are often obtained in summer when the air is naturally about the right temperature.

The Short Process

Bread may be made by the short process in from 4 to 6 hours. Compressed yeast must be used in this case as the bread is to be hurried as fast as possible, and time cannot be taken to start the dry yeast in a soft batter.

Proportions for One Loaf

½ c. water	2 tsps. sugar
½ c. milk	1 tsp. salt
3 c. (about) flour	1 tsp. fat
½ cake compressed yeast	

Scald the milk, and cool to 95° F. Heat the water to 95° F. Pour one-fourth of the liquid (95° F.) over the yeast cake to soften it and the remainder over the salt, sugar, and butter, in a mixing bowl or pan. If a heavy earthen mixing bowl is used, warm it first with hot water until heated through, that it may not chill the bread. Then add the yeast and enough flour, mixing thoroly, to make a dough that can be handled on the mixing-board. Knead until the dough is elastic and does not stick to the board or hands. With a little practice, this can be done in five minutes.

The object of this first kneading is (1) to mix the ingredients thoroly, and (2) to bring the sticky substance in the flour, known as gluten, into a smooth, elastic condition and distribute it evenly throughout the dough. Just as soon as this condition is obtained additional kneading is of no use, except possibly to whiten the bread, and is an expenditure of time and energy which can well be saved.

Place in a well-oiled bowl or pan and set the pan in warm (100° F.) water. It is, of course, very desirable to use a thermometer, and a good one can be purchased for \$1, but if one does not have it, the water can be kept a little more than lukewarm, and tested by the hand. Water just comfortably warm for washing the hands or dishes is about 100° F. It may be kept warm by adding a little hot water frequently, or by standing the bowl in its water bath, on the

radiator or reservoir, providing these are not too hot. Warm water is more satisfactory than a warm place because an even temperature is more easily secured. Cover with a clean towel.

Allow the bread to rise until doubled in bulk. When light, turn onto the board, knead lightly, and form into a loaf. Very little, if any, flour should be required at this stage. The second kneading is for the purpose of evenly distributing the gas throughout the mass, and getting the dough into shape for the pan. Three to five minutes of deft, light working should accomplish this.

Place the loaf in an oiled pan, 3x4x8 inches, or equivalent, in size. If the pan does not leak it may be put into warm water again, but otherwise the loaf must be kept warm by some other method, always taking care that it does not become hot on the bottom, as this will kill the yeast in the bottom of the pan and there will be a heavy, dark layer on the bottom of the loaf. Always keep the bread covered with a clean towel while rising. When the loaf is light, put it in a moderate oven. For the first ten minutes, the bread should continue to rise and in fifteen minutes should have begun to brown slowly. Keep the oven temperature very moderate and allow the loaf to bake from 45 minutes to one hour. Remove the bread from the pan as soon as done, and allow to cool in the air, lightly covered with a towel.

Bread made by this process is perfectly satisfactory. The method is most desirable, because of the saving in time.

If compressed yeast cannot be obtained at the local stores, it can be obtained from any of the large grocery houses in the Twin Cities.

WHEAT CONSERVATION RECIPES

Yeast Breads

Substitute these breads for all wheat breads whenever possible.

In all recipes a half pint measuring cup is used and all measurements are level. The flour is measured after sifting.

Potato Bread

$\frac{1}{2}$ c. potato water	$\frac{1}{2}$ cake compressed yeast softened in
1 tbsps. fat	$\frac{1}{4}$ c. potato water
4 tbsps. sugar	4 c. mashed potatoes
$1\frac{1}{2}$ tpsps. salt	8 c. flour

The above proportions make three loaves.

Boil 12 medium-sized potatoes. Mash thoroly until free from lumps. Measure the potato and while it is still hot add the sugar, salt, and fat. Add the potato water ($\frac{1}{2}$ cup). Soften the yeast in $\frac{1}{4}$ cup of potato water. When the potatoes are lukewarm add the yeast and mix well. Add 6 cups of flour and knead well. The mixture will seem very dry at first, but will become more moist as it is kneaded. Put in a well-oiled bowl and allow it to rise until double its bulk. Add the remaining 2 cups of flour and knead again. Put into oiled pans and let rise again until light. Bake about an hour.

If dried yeast is used make a sponge at night; soak the yeast in $\frac{1}{4}$ cup of potato water; pour $\frac{1}{2}$ cup of hot potato water over the sugar, fat, and salt. When lukewarm, add yeast and $1\frac{1}{2}$ cups of flour and let rise until morning. Then add the mashed potato and $4\frac{1}{2}$ cups of flour. Knead and let rise until

double its bulk. Add remaining 2 cups of flour and knead again. Put into oiled pans and proceed as directed above.

Yeast Cornmeal Bread

1¼ c. liquid (milk and water)	½ cake compressed yeast softened in
2 tbsps. sugar	¼ c. liquid
1 tbsp. fat	⅔ c. cornmeal
2 tsps. salt	2⅓ c. flour

The above proportions make one loaf.

Add sugar, fat, and salt to liquid and bring to the boiling point. Add the cornmeal slowly, stirring constantly until all is added. Bring to the boiling point. Remove from fire and cool. These proportions of cornmeal and water result in so thick a mixture that to add the given amount of flour looks impossible. It can be done, however. Add compressed yeast softened in ¼ cup water. Add flour and knead. Let rise until about double its bulk, knead again, and put into pans. When light, bake in a moderate oven for at least an hour.

If dry yeast is used, a sponge should be made from about ½ cup liquid taken from the amount given in the proportions and part of the flour. Let rise before adding the cornmeal mixture and the rest of the flour.

Yeast Oatmeal Bread

1 c. liquid (milk and water)	½ cake compressed yeast softened in
2 tbsps. sugar	¼ c. liquid
1 tbsp. fat	1 c. rolled oats
1 tsp. salt	2½ c. wheat flour

These proportions made one loaf.

Scald liquid and pour over rolled oats, sugar, salt, and fat. Let stand until lukewarm. Add flour and knead. Let rise until double its bulk. Knead again and put in pans. When light, bake 45 minutes to 1 hour in a moderate oven.

If dry yeast is used, prepare sponge as directed in cornmeal bread. In the morning prepare oatmeal and add to sponge. Add rest of flour and knead.

References

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Explanation of Score Card

External appearance.—Appearance is first in the order of impressions which the loaf makes on the eye. Moreover, in judging, a loaf is cut, and its shape may thereby be destroyed.

The proper size of a loaf of bread is that of the one-pound loaf of trade, about 3½ by 3½ by 9 inches, or 3½ by 4 by 8 inches. The color should be an even light brown. The upper surface when baked should be approximately level.

Crust.—The depth of the upper crust should be between one eighth and one fourth of an inch. The surface should have a smooth feel and should be both crisp and pliable in texture.

Crumb.—The value of a loaf of bread is largely determined by the condition of the crumb. The points in judging the crumb are commonly included in the term texture. The "Book of Bread" describes it as follows: "A loaf to be of good texture must not only be of fine and regular mesh, but also of soft, pliable, and springy crumb; that is, not coarse to look at, nor hard or unyielding to the thumb when pressed, or yielding too much."

The color should be a deep, creamy white. The grain indicates the distribution of the gas cavities, with their size and number. They should be small and evenly distributed. Lightness is judged by the number of the gas cavities, the elasticity of the crumb, and the tendency to crumble. Moisture and thoroughness of baking are closely allied.

Flavor.—In all the early work with bread it seemed most desirable to emphasize flavor because there was so much bread that looked well and yet was really sour both in odor and to the taste. Moreover, emphasis should be put upon flavor in all foods. Any bread that is conspicuously "off" in flavor would be called, in the language of a teacher, "below passing," or unworthy of further consideration. Flavor is made up of the two elements, odor and taste. A well-trained nose will detect in the freshly cut loaf the lack of flavor or the approach to sourness before it can be detected by taste.

The degree of fermentation, the quality and condition of the flour, and the amount and character of the added substances all modify flavor, but the ideal is the flavor obtained by chewing the wheat grain.

Judging Bread

Club		
Class		
THE SCORE CARD		
External appearance		Per Cent
Color }		
Size }		15
Shape }		
Crust		
Depth }		10
Texture }		
Crumb		
Color	5	
Grain	10	
Lightness	5	
Moisture	5	
Thoroughness of baking.....	10	
	35	
Flavor		40
		100
Story		
Standing		