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# The University of Minnesota

AGRICULTURAL EXTENSION DIVISION

## Special Bulletin No. 45

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### MINNESOTA BOYS' AND GIRLS' CLUBS

T. A. Erickson, State Leader of Boys' and Girls' Club Work\*

#### THE BREAD-MAKING PROJECT FOR 1920

Fifteen thousand girls and boys have been enrolled in the Minnesota bread-making clubs since they were organized six years ago. Some of the results of this work are shown by the statement issued last year by the United States Department of Agriculture that five years ago Minnesota held fifth place with other states with respect to home-made bread, while in 1918 Minnesota stood first, largely as a result of the interest created by the bread-making clubs.

This work is best carried on by organizing clubs as suggested in the following outline. Teachers and others interested should ask their county superintendent of schools, club leader, county agent, or home demonstration agent for the county plans and for coöperation in organizing the work. Personal assistance, bulletins, and blanks may be had for this and for the sewing, corn, potato, garden, canning, calf, sheep, poultry, and pig club work, by writing to the Agricultural Extension Division, University Farm, St. Paul.

#### A STANDARD CLUB

A standard club shall have a membership of at least five working on the same project.

A local club leader shall be in charge during the club year.

A local club, with the necessary officers and duties, shall be organized.

A definite program of work shall be carried out.

At least six regular meetings shall be held during the club year. The secretary shall be required to keep a definite record of these meetings and also of the progress of each member.

A local exhibit shall be held annually.

A demonstration team must give at least one public demonstration in the home community.

At least 60 per cent of the members must complete the project and file a final report with the state club leader.

A judging team shall be chosen by competition between the members.

An achievement day shall be held during the club year.

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The club shall hold a membership in the Farm Bureau or other county club organization.

When the first four requirements have been met, a standard club charter will be issued. When all the requirements have been met, a national seal of achievement will be awarded.

### 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.

**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
- Roll call by secretary
- Reports of committees
- Adjournment
- Program

### THE BREAD-MAKING PROJECT

Mrs. Margaret B. Baker and Albertha Gustafson  
In Charge of Bread-Making Project

A state bread-making project, under the auspices of the Agricultural Extension Division and of the county or community educational forces, will be continued as a club project for boys and girls during 1920. The state work will include local contests, a county contest in each county, and a bread-making demonstration contest at the State Fair, September 4 to 11, 1920. The local contests will be conducted by clubs or by neighborhood groups, the winner in each club or group to compete in the county contest. The county contests will be conducted by the county superintendent, the county club leader, the county agent, the home demonstration 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 Take Up the Project

Any girl or boy in the state from ten to eighteen years of age, inclusive, may take up the project.

**Class A** is composed of boys and girls who are having or have had instruction in home training in schools maintaining a special instructor in that subject.

**Class B** is composed of boys and girls who have not had special instruction in home training.

Clubs should be organized. 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 work. The bread-making may be done in the school laboratory or in the home.

All class A consolidated schools will have class A bread clubs, and class B consolidated schools will have class B bread clubs.



Fig. 1. Alice Hubbard, Rochester, State Champion Bread Maker, 1919

### Conditions of the Project

1. **Enrollment.**—Each member must enroll with the county leader in charge of club work, or with the Boys' and Girls' Club Work Department of the Agricultural Extension Division, University Farm, St. Paul.

Enrollment cards may be obtained from the club leader, the county superintendent, the home demonstration agent, or the county agent, or from the Agricultural Extension Division. Enrollment cards, when signed, must be mailed through the county leader to the Agricultural Extension Division.

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 project 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.**—Enrollment will close May 15, 1920.

Reports of 15 bakings and the story must be in the hands of the committee in charge of the county contest at the time the contestant takes part in the county contest.

County contests in both class A and class B must be held not later than July 1, 1920.

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 for the Bread-Making Project

The work in each county will be under the direct supervision of the club leader in charge. When there is no club leader, the home demonstration agent, or the county agent working with the county superintendent may direct the county work.

The bread-making project includes the following requirements:



Fig. 2. Redwood County Bread Demonstration Team, State Champion, 1919

1. **Number of bakings.**—a. Nine bakings of yeast bread, baked either at home or at school. b. One of these nine bakings must consist of not less than four loaves. c. Six bakings of quick breads, baked either at home or at school.

2. **Reports.**—An accurate record must be kept of all bakings. This includes a record of the time spent as indicated in the record blank; of the total number of loaves of yeast bread baked, and the quick breads baked. If any extra bakings are made, keep a record of them the same as for the required bakings.

3. **Story.**—Every club member in each class must write a story entitled, "My Bread, and What I Learned in Making It." The following outline gives suggestions which may be included in the story. Tell:

(1) How you became a club member; (2) what recipe you used and how you liked it; (3) what difficulties you experienced and how you overcame them; (4) how your bread making helped in your home; (5) what your club did for your community through the bread making; (6) about your exhibits and demonstration team work; (7) summary: State briefly what the bread club has done for you.

4. **Contests.**—In order to select the winners from each county to be represented at the contest held at the State Fair each year, local and county contests must be held. There are two types of contests—the individual contest, and the team demonstration contest. These two contests should be conducted at the same time in both the local and county contests. Members may take part in both.

1. **The local contest.**—After the members have completed the required number of bakings and their record and have written their story, a local contest is held to select the winner or winners who are to take part in the county contest. The number of representatives should depend upon

the number of clubs in the county and the room and equipment available for the county contest. If the contest also includes team demonstration work, each club should send a team of three members to the county contest. (Suggestions for team demonstration work are given on page 7.)

2. **The county contest.**—The county contest in each county shall be held at such time and place as the person in charge of the contest shall determine.

Each contestant must bake one loaf of yeast bread at the county contest under the supervision of a judge. All stories and reports of the contestants must be brought to the county contest to be judged and included in determining the final decision.

The judging will be on the basis given in this bulletin.

Each team will demonstrate at the county contest and will be scored according to the team demonstration score card.

3. **The state contest.**—The state contest will be held at the State Fair.

**The individual contest.**—The individual winners in class A and class B in the county contests will compete in the state contest for championship honors. Each contestant will bake one loaf of yeast bread by the quick process, according to instructions given in this bulletin.



Fig. 3. Minnesota Float Representing Bread Making at Interstate Fair, Sioux City, Iowa

**The team demonstration contest.**—The two demonstration teams, one class A and one class B from each of the four districts in the state, receiving the highest scores on their work will demonstrate at the State Fair. Each team will demonstrate the making of bread, giving oral explanations, and will be judged according to the score card given in this bulletin for team demonstrations.

**Basis of Award for Local, County, and State Demonstration Contests**

	Per cent
Home work as shown by report.....	20
Public demonstration .....	35
Story, "My Bread, and What I Learned in Making It".....	10
Final loaf, at local, county, and state contest.....	35
<b>Total .....</b>	<b>100</b>

## RECORD OF BOYS' AND GIRLS' HOME WORK IN BREAD-MAKING

Name.....  
 Age..... Address.....  
 County..... Class "A" or "B".....  
 Date of baking.....  
 Kind of bread made.....  
 Kind of yeast used.....  
 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 judged by score card.....

The public demonstration is judged on accuracy, despatch, and neatness.

## Judging Bread

Club.....  
 Class.....

## TITLE SCORE CARD

External appearance	Per Cent
Color	
Size	
Shape	
.....	15
Crust	
Depth	
Texture	
.....	10
Crumb	
Color	5
Grain	10
Lightness	5
Moisture	5
Thoroughness of baking	10
	35
Flavor	40
	100

## 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  $3\frac{1}{2}$  by  $3\frac{1}{2}$  by 9 inches, or  $3\frac{1}{2}$  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 feel smooth 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.

#### Suggestions for Demonstration Team Training

The purpose of the bread-making and other club projects is not only to interest and instruct the club members themselves, but to give them the ability to interest others and to demonstrate the better methods in agriculture and home training which they themselves have learned. This is why demonstration teams are encouraged. There is a distinct educational value to the demonstration work.



Fig. 4. Lenora Stebbins, Hancock, Winner in Class A

Each bread club is urged to have a demonstration team. The following suggestions are given for demonstration team training:

1. A standard demonstration team consists of three members. (It is well to have a fourth member trained as a substitute.) The members may be all boys, all girls, or both boys and girls.

2. It is preferable to divide the subject matter and demonstration so that each member may both talk and demonstrate.

3. The equipment of each team should be complete and ready before the demonstration.

4. In order to make the bread demonstration complete the team members should have the bread prepared in its various stages so that the different steps may be actually seen and demonstrated.

5. Neatness is one of the watchwords of demonstration. Keep the table and dishes neat and clean.

6. The team should be uniformly costumed with apron, cap, and 4-H club insignia.



Fig. 5. Winning Bread Demonstration Teams of West Central Minnesota at District Contest, Morris

7. Leaders should give a preliminary demonstration to teach what should be included in the explanation and demonstration.

8. After a brief introduction, the demonstration should begin at once.

9. Encourage questions, and answer clearly and courteously. Be sure that the entire audience knows what question is being answered.

10. A trained team may be used for local, community, and county fairs and other public programs.

#### **Rules Governing Team Demonstration Contest**

1. The state is divided into four districts: Northern, north central, southern, and south central. The best class A and the best class B team from each district will be given a free railroad trip to and from the State Fair.

2. The demonstration team shall consist of three members.

3. Members of the team must have fulfilled all the requirements of the bread-making project.

4. Members of the team may also take part in the individual contest.

5. The team demonstration contest closes July 1, 1920.
6. Teams shall be judged according to the following score card:

**Score Card**

Team demonstration club leaders and members of demonstration teams will find the score card helpful in training teams and in judging work. As the score card stands as a basis of award, it can be used to advantage in developing an all-round demonstration team. During the training, the leader can score the members individually and learn their weaknesses.

SCORE CARD FOR DEMONSTRATION TEAM CONTESTS

No. of Demonstrator.....	Perfect Score Per Cent	Team No..... Judges' Score Per Cent
1. Skill .....	25	....
a. Ease in procedure		
b. Neatness		
c. Speed		
2. Subject Matter .....	25	....
a. Accuracy		
b. Completeness		
c. Presentation		
1. Clearness		
2. Conciseness		
3. Finished article or product.....	25	....
(Or evidence of proficiency of work being performed)		
4. Team as a whole.....	25	....
a. Team organization and work		
b. Preparation, arrangement, and use of equipment		
c. Neatness		
d. Replies to questions:		
1. Accuracy		
2. Conciseness		
3. Completeness		
e. Appearance of team		
1. Uniformity of costume		
2. Personal appearance of members		
3. Deportment		
Total score .....	100	....

**Outline of Subject Matter for Use in Team Demonstrations**

Introductory remarks

Introduction of team by captain

Pledge

- I. Quantities of ingredients for one loaf of white bread and reason for each ingredient
- II. Method of mixing
  1. Dry ingredients
  2. Liquid ingredients
  3. Mixing into a stiff dough
 

(Note: When using dry yeast a sponge should be set first and allowed to rise to double its bulk. When using compressed yeast a stiff dough may be made at the beginning, thus saving time.)
- III. First kneading
- IV. First rising
- V. Discussion of yeast
  1. Kinds
    - a. Dry.    b. Compressed.    c. Liquid
  2. Effect on the dough
  3. Comparison of the use of other leavening agents.
    - a. Quick breads.
- VI. Second kneading
  1. Purpose

- VII. Shaping into a loaf
- VIII. Second rising (in pan)
- IX. Baking
  - 1. Temperature of oven
  - 2. Test when done
- X. Care after baking
- XI. Judging and scoring (demonstrate)
- Conclusion.

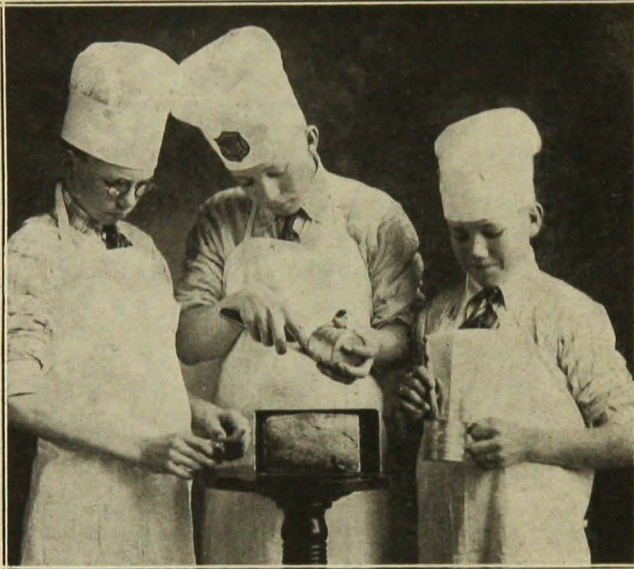


Fig. 6. Chokio Bread-Making Team

### Suggestions for Bread-Club Programs

A bread club may have very interesting meetings. Wherever possible a standard club should be organized. When planning the programs, a general plan should first be made out to determine what is to be included. It is well to make out several programs in advance. Following are a few suggestions which may be used and enlarged upon for club meetings:

1. **Songs.**—Sing plenty of songs, including club songs.
2. **Talks.**—Talks on some phase of the subjects relating to bread work by club members; by some one in the community; by the local club leader, county agent, or home demonstration agent.
3. **Demonstrations.**—By individuals or by team. Following are a few suggestions for demonstrations:
  1. Flour:
    - a. Different kinds of flour
    - b. Tests for good and poor grades of flour
    - c. Gluten test
  2. Leavening agents:
    - a. Demonstrate and explain the different kinds of yeast
    - b. Action and purpose of other leavening agents—soda and baking powder
  3. Judging bread
  4. Making baking-powder biscuits, or any other quick bread

5. Tests for oven temperature
4. Games.
5. Club stunts—Charades, play, etc.
6. Entertainment of parents. A demonstration of baking-powder biscuits may be given, after which tea and biscuits may be served.
7. Picnic, wiener roast, hike. These may constitute one entire meeting. Games may be played.

#### Prizes and Honors

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, and membership in the State Fair Camp.

The same prize is also given to each member of the eight winning teams.

The three ranking girls in each class—A and B—will receive from the Agricultural Extension Division an inscribed medal as follows:

- First prize, a solid gold medal.
- Second prize, a solid silver medal.
- Third prize, a solid bronze medal.

The state champion bread demonstration team will receive a club pennant, and each member will be given the national all star gold club medal.

The member making the highest record in the individual contest will be awarded the national all star gold club medal.

#### THE 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.**—The two winning teams from each district making the best average standing will have railroad fare paid both ways, for each of its members.

The four districts are as follows:

**Northern.**—All counties north of the south line of Norman county.

**North central.**—All counties south of the northern district and north of the south line of Wilkin, Grant, Douglas, Todd, Morrison, Mille Lacs, Kanabec, and Pine counties.

**South central.**—All counties south of the north central district and north of the south line of Yellow Medicine, Renville, Sibley, Scott, and Dakota counties.

**Southern.**—All counties south of the south central district.

#### How to Reach Camp

Members of the Camp will be met at the railway station by guides wearing badges, "Minnesota State Fair Camp." All girls should notify Mrs. Margaret Baker, University Farm, St. Paul, several days 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 Camp will be the girls' dormitories at the 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 at a low price. Each girl should bring clothing enough to last a week, and sufficient money to cover the cost of board, lodging, and incidentals. Admission to the Fair is free to members.

### Privileges

The girls will be taken about the Fair grounds by 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 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 flour mills.

## ESSENTIAL FACTORS IN BREAD MAKING

Mildred Weigley

Division of Home Economics

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 that contains gluten and we add wheat flour when we make rye bread in order that the bread may be light.

**Yeast.**—Yeast is a mass of very tiny plants, or cells, which, like any other plants, require food, moisture, and warmth in order to grow. For food the yeast plant uses sugar, or starch which it changes to sugar. In growing it produces the gas (carbon dioxide) 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 obtained at some bake shops, and many women prepare it in their own homes.

**Dry yeast** also comes in cakes, but the cakes are made up with corn-meal 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.

**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.

**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, when 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 dry yeast because the yeast plants are in a more active condition in the liquid than in the corn-meal 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 degrees F., or warm room temperature, but are killed by temperatures of 110 degrees or more. They grow more rapidly as the temperature rises, up to 95 degrees. Therefore the best temperature, because it shortens the whole process, is from 90 to 95 degrees 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. 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 Sponge Process

The sponge process is the one ordinarily used when the yeast is in the dried form.

#### Proportions for One Loaf

$\frac{1}{2}$ c. water	2 tsp. sugar
$\frac{1}{2}$ c. milk	$1\frac{1}{2}$ tsp. salt
3 c. (about) flour	1 tsp. fat
$\frac{1}{2}$ cake dried yeast	

Soak yeast in  $\frac{1}{2}$  cup water, about 95 degrees F., or body temperature, for 20 minutes. Scald milk, pour on fat, sugar, and salt and when cooled to body temperature, add to yeast which has been soaking. If a heavy earthen mixing bowl is used, warm it first with hot water until heated through, that it may not chill the bread. Add about two cups of flour to make a drop batter. Beat thoroly and let rise in a warm place over night. In the morning add enough flour (about 1 cup) 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 objects of the first kneading are (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 an oiled bowl or pan and set the pan in warm (100 degrees 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 degrees. 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 maintained. Cover with a clean towel.

Allow the bread to rise until doubled in bulk. When light, turn on 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. From three to five minutes of deft, light working should accomplish this.

Put the loaf in an oiled pan, 3 by 4 by 8 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, place 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 an hour. Remove the bread from the pan as soon as done and allow it to cool in the air, lightly covered with a towel.

#### The Short, or Straight Dough, Process

Bread may be made by the short process in from 4 to 6 hours. Compressed yeast must be used, as the bread is to be hurried as fast as possible, and time can not be taken to start dry yeast.

Use the same proportions as for the sponge process, using  $\frac{1}{2}$  cake compressed yeast instead of dried yeast.

The method of mixing is the same as in the sponge method except that all the flour is added at the beginning, thus saving the time involved in setting a sponge.

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

#### Quick Breads

Quick breads are those made light by the use of the gas obtained from soda. Soda is usually combined with an acid which serves to free the gas when moisture is added. All baking powders have some kind of acid in them in addition to the soda. When baking powder is not the leavening agent, an acid such as sour milk or molasses is used.

#### Baking-Powder Biscuit.

3 cups flour	$\frac{1}{2}$ tsp. salt
6 tsps. baking powder	5 tb. fat
1 cup milk	

Mix and sift dry ingredients thoroly. Work in the fat with tips of fingers, or cut in with knife and fork. When uniformly mixed, add the liquid gradually, mixing with a knife, until a soft dough is formed. It is impossible to determine the exact amount of liquid. Toss on a floured board, and roll to  $\frac{1}{2}$  inch in thickness. Cut with a biscuit cutter. Place on an oiled pan about  $\frac{1}{2}$  inch apart. Bake in a hot oven from 12 to 15 minutes.

#### Corn Bread or "Johnny Cake"

1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ cup cornmeal	1 cup milk
2 tb. sugar	1 egg
4 tsp. baking powder	1 tb. fat, melted

Mix and sift dry ingredients, add milk, egg well beaten, and fat. Bake in a shallow pan in a moderately hot oven about twenty minutes.

#### One-Egg Muffins

2 cups flour	1 cup milk.
4 tsp. baking powder	2 tb. fat
$\frac{1}{2}$ tsp. salt	1 egg
2 tb. sugar	

Mix and sift dry ingredients; add gradually milk, beaten egg, and melted fat. Bake in oiled gem pans 25 minutes. If iron pans are used, they must be heated previously. This recipe makes 30 muffins. Use half the proportions given, using a small egg, if half the number is required.

**Hot Water Gingerbread**

- |                     |                |
|---------------------|----------------|
| 1 cup molasses      | 1½ tsp. ginger |
| ½ cup boiling water | ½ tsp. salt    |
| 2½ cup flour        | 4 tb. fat      |
| 1 tsp. soda         |                |

Add water to molasses. Mix and sift dry ingredients, combine mixtures, add fat, and beat vigorously. Pour into an oiled shallow pan and bake 25 minutes in a moderate oven.

**Score Card for Quick Breads**

	Per Cent
General appearance .....	15
Baking .....	25
Texture .....	20
Flavor .....	20
Lightness .....	20
<b>Total</b> .....	<b>100</b>

**Uniforms**

One of the points on which the contestants are scored in both team and individual work is general appearance. An apron and cap add very much to the neat appearance of the contestant. It is important that members of a demonstration team be dressed in the same type of uniform. The making of club uniforms will be one of the problems in the new garment-making project. Club leaders may obtain patterns for the apron and cap from the Agricultural Extension Division, University Farm, St. Paul. The diagram shows how to lay the patterns on the cloth.

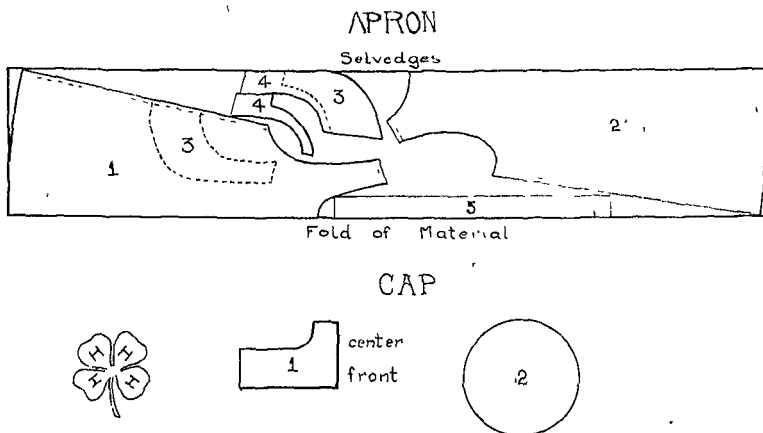


Fig. 7. Patterns for Apron, Cap, and Class Emblem  
This shows how to lay the patterns on the cloth.