June, 1922

UNIVERSITY OF ILLINOIS
AGRICULTURAL COLLEGE AND EXPERIMENT STATION

BREAD CLUB MANUAL

BY KATHRYN G. VAN AKEN AND HARRIET M. PHILLIPS

URBANA, ILLINOIS
FOREWORD

Good homemade bread has a flavor which it seems impossible for bakers to imitate, and most people prefer the flavor of homemade bread.

Bread is one of our cheapest foods and forms the basis for the diet of many families. It is important, therefore, to know how to make good bread. When this art can be learned in so delightful a way as is afforded by club work, it should interest many girls who will find both pleasure and profit in its accomplishment.

A well-shaped, brown, crisp-crusted, well-flavored loaf of bread is something worth achieving, for one has the satisfaction not only of doing something well but of doing something which contributes directly to the happiness, health, and satisfaction of others.

Juliet Lita Bane
State Leader in Home Economics Extension
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SUMMARY OF BREAD CLUB REQUIREMENTS

1. Members should be between 12 and 20 years of age.

2. A club should consist of not less than five members. Where it is impossible to organize a local club, individual enrollments in the state club will be received.

3. Each club should arrange for—
   a. An adult leader
   b. A corps of officers
   c. Regular meetings
   d. A club picnic
   e. A demonstration team
   f. A club exhibit
   g. An annual report to the State Club Leader

4. Each club member should do the following:
   a. *(Juniors 12 to 15 years)* Bake 12 batches of quick bread and 6 bakings of yeast bread, at least 4 of the 6 bakings to be family bakings
   *(Seniors 16 to 20 years)* In addition to the minimum requirements for juniors, the senior clubs will make a special study of the food groups. If the club so desires, the minimum requirements may be increased
   b. Keep records of the cost of supplies, recipes, and the amounts of bread baked
   c. Make an exhibit of baked products
   d. Hand in a final report to the local or county leader

For more detailed information regarding the organization and direction of bread clubs, address the Junior Extension Service, 1210 W. Springfield Avenue, Urbana, Illinois.
BREAD CLUB MANUAL

Prepared by Kathryn G. Vanaken, Food Specialist
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Harriet M. Phillips, Assistant State Leader, Junior Extension Service

PURPOSE OF BREAD CLUBS

The purpose of the bread club is to teach the club members to make light, palatable, and easily digested bread; for in making good bread one learns one of the most important phases of cookery. In learning to do this, and in order that the club members may work more intelligently, the best methods and practices of bread-making should be studied along with some of the principles of chemistry, physics, and sanitation that apply to the preparation of food.

Altho most of the bread made by club members will be consumed by their families, if a girl so desires she will find bread-making a means of earning money. Bread sales have been profitable as well as popular in some clubs.

A knowledge of the proper ingredients of bread and methods of mixing and baking is necessary for intelligent bread-making. Since club members have resolved to work intelligently, they should study these factors.

INGREDIENTS FOR BREAD

Flour, liquid, and a leavening agent are the necessary ingredients for any kind of bread. Certain other ingredients which improve the taste and texture are used in the making of quick and yeast breads. These will be discussed as they occur in the recipes.

FLOUR

Wheat flour is generally used in this country for bread-making, both because people in the United States think it has a more desirable flavor and because it will make a lighter loaf of bread than will oat, rye, or corn flour. The reason for the latter is that wheat contains more gluten than other flours,—a substance which gives light, springy bread. One can find out what gluten is like by chewing some wheat grains for a few minutes; the gummy mass left in the mouth is gluten.

Spring-wheat flour contains more gluten than winter-wheat flour. The difference in the gluten content of these two flours may be seen by tying up a cupful of each in a cheesecloth bag and washing out the starch by holding the bag under running water or by dipping it in a number of waters until the water is clear. The resulting sticky mass
is gluten, and the difference between the two glutsens may be seen by rolling each into a ball and then stretching it. It will be found that the gluten from the spring wheat is more elastic, can be more easily stretched, and breaks less easily when stretched; which shows that it is stronger than the winter-wheat gluten.

In making yeast bread it is desirable to use flour that has a high gluten content, as it is the gluten which stretches to form a framework for the loaf. For this reason, spring-wheat flour is usually preferred for yeast breads. Since a spongy, elastic product is not desirable in making quick breads, winter-wheat flours are preferable, as they contain less gluten.

A person familiar with flours can often distinguish between the two flours by color and "feel." Winter-wheat flour has a tendency to be whiter than spring-wheat flour, the latter being of a creamy color. Spring-wheat flour is granular and feels slightly gritty. Winter-wheat flour is soft to the touch, and if a little is squeezed in the hand it will retain the imprint of the fingers, while spring-wheat falls apart and will not retain the imprint of the fingers.

LIQUIDS

Water is the liquid most commonly used for yeast breads, whereas milk is generally used for quick breads. However, potato water, or half milk and half water, is sometimes used in making yeast breads, and molasses, sirup, or water is sometimes used in place of milk in making quick breads.

LEAVENING AGENTS

Mixtures are made light with a leavening agent, which renders them more palatable and more easily digestible.

Types of Leavening Agents:

1. Expansion of water into steam, as in popovers
2. Mechanical introduction of air: (a) by beating, as in southern biscuits; (b) by the addition of beaten eggs, as in sponge or angel-food cake
3. Soda or baking powder, as in muffins or biscuits
4. Yeast, as in bread

1. Expansion of Water into Steam: When water is heated to a certain temperature, it expands and changes into steam. This principle is illustrated in the making of popovers. As the water of the milk expands into steam during the baking, it puffs up the mixture, or "makes it light," as we say.

2. Mechanical Introduction of Air: Air also expands when it is heated, and this principle, too, is made use of in making mixtures
light. Air may be introduced into a mixture either by a long beating of the mixture or by adding beaten eggs. This air expands, when heated, to several times its size, and in so doing makes the mixture light.

(3) **The Action of Baking Powder or Soda**: When baking powder is added to a moist mixture, tiny bubbles of gas are formed which try to escape; and in forcing their way to the top, they are caught and baked in the mixture. These bubbles make the finished product light, porous, and larger in bulk. When soda is added to a mixture which contains an acid, such as sour milk or molasses, the soda unites with the acid to form a gas which makes the mixture light just as the baking powder does. The gas that is formed in both cases is called carbon dioxide; this is the leavening agent.

(4) **Yeast**: Yeast is a very small plant that requires warmth, moisture, and food for growth. These requirements are met in making bread; the yeast uses for food the sugar which is added or the starch in the flour, which it changes into sugar; the milk or water furnishes the moisture; and, during the process of making, bread is always kept warm. As the yeast grows it produces a gas (carbon dioxide), which accumulates in small bubbles. The gluten in the dough is so tough and elastic that it confines these bubbles and prevents their escape; the gas collects in the dough, causing it to swell or rise, thus making the mixture light.

There are three kinds of yeast:

(a) **Compressed Yeast**: This is the most convenient and reliable type of yeast, if it is fresh. It consists of active yeast plants. Since these plants are already in a vigorous, active state when added to the dough, they begin to grow and multiply immediately, thus shortening the time of the process of bread-making. The disadvantages are that compressed yeast keeps only a few days and that it is expensive if large quantities of bread are to be baked.

(b) **Dry Yeast**: Yeast is mixed with corn meal or some other similar ingredient, pressed into cakes, and dried. The drying kills part of the yeast plants, but some live in an inactive state and will grow if given the proper conditions; which, as already stated, are moisture, food, and warmth. These yeast cells are not in so vigorous a condition as are those in the compressed cake; so the action is slower. The advantages of this kind of yeast are that it will keep for weeks and is cheaper than compressed yeast.

(c) **Liquid Yeast**: This yeast may be made at home if desired, but it requires much care and attention and is not recommended for beginners. Directions for making it may be found in Farmers’ Bulletin 807, U. S. Department of Agriculture.
OVEN TEMPERATURES

Correct oven temperatures are of the utmost importance in successful bread-making. Simple tests which can be used by the beginner are given both under quick breads and under yeast breads. The classification of oven temperatures which follows shows the proper temperatures to use in baking various products. These temperatures are determined by using an oven thermometer.

Classification of Oven Temperatures

<table>
<thead>
<tr>
<th>Slow</th>
<th>Moderate</th>
<th>Hot or &quot;quick&quot;</th>
<th>Very hot</th>
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<tbody>
<tr>
<td>250°-350° F.</td>
<td>350°-400° F.</td>
<td>400°-450° F.</td>
<td>450°-550° F.</td>
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<tr>
<td>Custards</td>
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<tr>
<td>Meringues</td>
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<td></td>
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<tr>
<td>Sponge cake</td>
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<td></td>
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<tr>
<td>Angel cake</td>
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<td></td>
<td></td>
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<tr>
<td>Bread</td>
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<td></td>
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<tr>
<td>Gingerbread</td>
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<tr>
<td>Plain cake</td>
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<td></td>
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<tr>
<td>Cookies</td>
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<td></td>
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<tr>
<td>Popovers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parker house rolls</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baking-powder biscuits</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Pastry</td>
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1From Teachers College Technical Bulletin 22, by May B. Van Arsdale.

A type of thermometer that stands inside the oven is only fairly successful because the oven door must be opened in order to read the thermometer, and this cools the oven somewhat. Such accuracy as is indicated in the above table cannot be secured in this way, but in the directions that come with these thermometers a certain allowance is made for opening the door. In the case of beginners who are not used to the “feel” of ovens, such a thermometer will be of much assistance; but for the best results the thermometer should slip thru a hole in the top or side of the oven so that it can be read without opening the door.
FIG. 4.—WAFFLES

FIG. 5.—POPOVERS
MEASUREMENTS

As in all food work, one of the most important points in learning to make good bread is proper measuring. Directions for proper measuring will be found in the table below and are applicable to all cookery as well as to bread-making. The table of equivalents and abbreviations should be studied to enable one to interpret the recipes in this bulletin.

Fig. 6.—Measuring a Level Spoonful of Flour

Fig. 7.—Measuring a Level Spoonful of Fat

Directions for Measuring

1. All measurements given in these recipes are level.

2. To measure a cupful of dry ingredients, fill the cup and then level it off with the straight side of a knife or a spatula.

3. To measure either a teaspoon or a tablespoon of dry ingredients, dip the spoon into the material and level off with the straight side of a knife (Fig. 6). Divide the level spoonful lengthwise with a knife for a half-spoonful, and divide a half crosswise for a quarter.

4. Flour should always be sifted once before measuring.

5. Baking powder and soda should be sifted or stirred in the can to lighten and remove lumps that are the result of standing.

6. The measuring cup should not be dipped into flour, sugar, milk, etc. Such practice not only is untidy but wastes the material being measured. Use a tablespoon or a small dipper.
7. An accurate measure of shortening (butter, lard, fat, etc.), especially if it is hard, can be obtained by packing it down (Fig. 7).

**Table of Equivalents and Abbreviations**

3 teaspoons (t) = 1 tablespoon (Tb)
16 tablespoons (Tb) = 1 cup (c)
2 cups (c) = 1 pint (pt)
2 cups (c) fat = 1 pound (lb)
2 cups (c) granulated sugar = 1 pound (lb)
4 cups (c) sifted flour = 1 pound (lb)
2 tablespoons (Tb) butter or fat = 1 ounce (oz)
2 tablespoons (Tb) liquid = 1 ounce (oz)
4 tablespoons (Tb) sifted flour = 1 ounce (oz)
16 ounces (oz) = 1 pound (lb)

**GENERAL EQUIPMENT**

All necessary equipment for baking bread should be assembled in a convenient place before beginning a recipe. Too much equipment wastes time and labor; learn to use the minimum for efficient work. The special equipment necessary for each recipe will be listed under that recipe. The following is a list of equipment necessary for most bread recipes:

2 measuring cups (1 for dry ingredients and 1 for wet ingredients)
Mixing bowl (small for quick breads and large for yeast breads)
Teaspoon
Tablespoon
Knife
Mixing spoon

When eggs are called for, an egg beater and a small bowl in which eggs may be beaten.

**TYPES OF BREAD**

Breads are divided into two groups on the basis of the time required to complete the process and the kind of leavening agent used:

I. **Quick Breads:** These are completed in a short time, usually taking between 20 minutes and 2 hours to make and bake. They are made light by the use of steam; by introducing air thru beating; by the addition of beaten eggs; by the use of soda and an acid such as sour milk, or baking powder. *Part I* of this manual will be devoted to quick breads.

II. **Yeast Breads:** These require a much longer time than quick breads to make and bake. The process takes from 3 to 18 hours. They are made light by the use of yeast. *Part II* of this manual will be devoted to yeast breads.
PART I: QUICK BREADS

Proportions of Liquid and Flour

In making quick breads, different proportions of flour and liquid are used. Those mixtures which are thin enough to be beaten are called batters; those thick enough to be handled on the board are called doughs. Typical proportions of flour and liquid used in making various types of quick breads are illustrated in the following:

Batters
1. Pour batter: 1 c liquid to 1 c flour (popovers)
2. Drop batter: 1 c liquid to 2 c flour (muffins)

Doughs
1. Soft dough: 1 c liquid to 3 c flour (baking-powder biscuit)
2. Stiff dough: 1 c liquid to 4 c flour (pastry)

General Tests for Baking

A quick bread should be mixed and baked immediately. The following are tests to tell whether or not quick breads are sufficiently baked:

1. The bread should be a golden brown on top.
2. It should have a tendency to shrink from the sides of the pan.
3. No batter should cling to a toothpick or knitting needle that has been inserted in the center of the bread.

FIG. 8.—SOME ESSENTIAL EQUIPMENT FOR MAKING BREAD

Note the spatula (next to the knife), and the wooden mixing spoon; also the Dover egg beater next to the white mixing bowl.
Fig. 9.—Utensils for Baking Some of the Quick Breads

QUICK BREAD RECIPES

Certain recipes are used in this manual to represent types of quick breads. They are muffins, baking-powder biscuits, griddle cakes, and popovers. These recipes teach most of the fundamental principles of making quick breads. The variations of these recipes emphasize the principle taught, and give some additional processes.

Muffins

Drop batter made light by the addition of baking powder or soda (Fig. 1).

Special Equipment

Muffin pans

Materials

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>2 e flour</td>
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</tr>
<tr>
<td>4 t baking powder</td>
<td></td>
</tr>
<tr>
<td>½ t salt</td>
<td></td>
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<tr>
<td>2 Tb sugar</td>
<td></td>
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<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>1 e milk</td>
<td></td>
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<tr>
<td>2 Tb melted shortening</td>
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Amount: 12 muffins
Method

Heat muffin pans before greasing.
Sift dry ingredients together.
Beat egg with a mixing spoon in small bowl.
Add milk to egg.
Gradually stir milk and egg into dry ingredients.
Beat until mixture is free from lumps.
Add melted fat and beat again.

Fill the cups half full of mixture and bake in moderate oven about 25 minutes.
If there is not enough of the mixture for all the cups, partially fill the empty ones with water.

Why

Cold pans delay baking.
Sifting the ingredients mixes them evenly.
Beating breaks up the yolk and white so that the egg can be more evenly distributed. Egg is used here for a binding substance.
The small amount of egg can be more evenly mixed if it is put in with the milk.
If the milk and egg are stirred in gradually, the mixture will not lump so easily.
Beating removes lumps and gives a finer and more even texture to the finished product.
Melted fat can be more evenly distributed than cold fat, but care should be taken not to brown the fat in heating.
Filling the cups only half full gives the muffins room to rise.
Water prevents the heat from injuring the pan.

Variations of Muffins

(1) Corn Meal or Graham Muffins (Fig. 1): Use the same recipe as for muffins, substituting 1 cup of either corn meal or graham flour for 1 cup of white flour.

(2) Sour Milk Muffins: Sour milk or buttermilk may be used in place of sweet milk, with only a slight change of recipe. Follow the above recipe, using 1 cup of sour milk instead of 1 cup of sweet milk. Use 2 instead of 4 teaspoons of baking powder, and add ½ teaspoon of soda to neutralize the acid in the sour milk. (Note: In any recipe calling for sweet milk and baking powder, sour milk may be substituted if soda is added. Use ½ teaspoon of soda for each cup of sour milk and subtract 2 teaspoons of baking powder from the amount called for in the recipe for each half-teaspoon of soda used.)

(3) Dried Fruit Muffins: Add ½ to ¾ cup of currants, chopped raisins, or dates to the batter. Save out a little flour from the amount
called for, to mix with the fruit. This keeps the fruit from sinking to the bottom of the tin.

(4) Fresh Fruit Muffins: Use only $\frac{3}{4}$ cup of milk and added 1 cup of blue berries. Save out $\frac{1}{4}$ cup of flour from the amount called for, to mix with the berries before they are added at the last. Flour is mixed with the berries to keep them from sinking to the bottom of the pan.

**Baking Powder Biscuit**

Soft dough made light by baking powder (Fig. 2).

**Special Equipment**

- 2 knives or fork
- Biscuit cutter
- Baking pan
- Bread board
- Rolling pin

**Materials**

- 2 c flour
- 4 t baking powder
- $\frac{1}{2}$ t salt
- 2 Tb shortening
- $\frac{3}{4}$ to 1 c milk

**Amount:** 15 small biscuits

**Method**

- Sift dry ingredients together into bowl.

- Cut shortening into dry ingredients, using either a fork or 2 knives until mixture is like fine meal. One can work in shortening with tips of fingers.

- Push flour to one side of bowl; turn in a little milk and toss flour and milk together lightly with a fork until mixture is a soft dough. Continue adding milk gradually until mixture is a soft, spongy dough.

- Turn on to slightly floured board and pat and roll very lightly to $\frac{3}{4}$ inch thickness.

**Why**

- The baking powder and salt are thus evenly distributed throughout the flour.

- A knife or fork keeps the mixture colder. If the hands are used, only the very tips of the fingers should be used and the mixture should be handled as little, as lightly, and as quickly as possible.

- Some flours take up more moisture than others, so the entire amount of milk called for may not be needed.

- If the mixture is handled roughly or rolled hard, the air bubbles are broken and the biscuit will not be light or fluffy. Rolling and mixing develops gluten and so makes the biscuits tough.
Dip biscuit cutter in flour and cut dough into biscuits, wasting as little of dough as possible.

Flouring the cutter prevents the dough from sticking to it. The pieces left after cutting are never so tender when worked over a second time.

Bake in very hot oven 12 to 15 minutes.

Variations of Biscuits

(1) Emergency Biscuit: These biscuits are made according to the above recipe except that about 1/4 cup more milk is used and the mixture is dropped from a spoon directly upon the oiled baking tin, without rolling.

(2) Pin Wheel Biscuit (Fig. 3)

<table>
<thead>
<tr>
<th>Materials</th>
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<tr>
<td>1/2 c chopped raisins or currants</td>
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<tr>
<td>1/2 t cinnamon</td>
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</table>

Baking-powder biscuit dough

Roll dough about 1/8 inch thick and spread with melted butter. Mix cinnamon with sugar and dust on dough. Scatter the currants or raisins on the dough and roll it up as for jelly roll. Pinch edges together so fruit will not fall out, and cut in slices about one inch thick. Place slices on oiled pan and bake about 15 minutes in hot oven. Watch the biscuits carefully, as the sugar makes them burn easily on the bottom.

(3) Roly Poly

<table>
<thead>
<tr>
<th>Materials</th>
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<tbody>
<tr>
<td>2 good sized apples, sliced</td>
</tr>
<tr>
<td>1/4 c sugar</td>
</tr>
</tbody>
</table>

Baking-powder biscuit dough

Use recipe for baking-powder biscuit but use 3 tablespoons of shortening instead of 2, to make a richer dish and one more suitable for dessert. Roll dough into an oblong shape 3/4 inch thick; spread first with softened butter or butter substitute and then with sliced apples, keeping apples about 1/2 inch from edge. Mix cinnamon and sugar, and sprinkle over apples. Roll up like jelly roll. Place roll on greased pan and bake in moderately hot oven about 25 minutes, or until apples are tender. Other fruits may be substituted for the apples.

Serve hot with sugar and cream or pudding sauce.
2 Tb cornstarch
2 c boiling water
¾ c sugar

2 Tb butter or butter substitute
½ t grated nutmeg
1 t vanilla

Mix cornstarch and sugar in sauce pan.

Pour boiling water over cornstarch and sugar; cook directly over fire for 5 or 10 minutes, stirring constantly until thick and nearly clear.

Add butter. Remove from fire and add nutmeg and vanilla.

If the cornstarch is well mixed with the sugar it will not form lumps when the liquid is added.

Raw starch should be thoroughly cooked to be palatable and easily digested. Constant stirring is necessary to keep the mixture of even consistency.

Because the butter is used for flavoring here, it is added at the last.

(4) Fruit Dumplings: Use same recipe as for Roly Poly, that is, a baking-powder biscuit dough which has had an extra tablespoon of shortening added. Roll ¼ inch thick, and cut in five or six equal portions, the size being determined by size of fruit to be used. Place in the center the apple or other fruit, pared, cored and either sliced or whole, and sprinkle with sugar and cinnamon. Moisten edges of dough with cold water and fold neatly together about the fruit. Bake or steam until fruit is tender. If cored apples are used whole, the center may be filled with raisins or nuts, or sugar and cinnamon; or the filling may be omitted. Brushing the outside of the dumpling with melted butter and sugar or with a little beaten egg before baking, gives a brown, glazed surface. Serve with pudding sauce, cream and sugar, or apple sauce.

(5) Dutch Apple Cake: Use same recipe and materials as for Roly Poly but roll dough a little thicker—about ½ inch—and place flat upon greased pan. Spread melted butter or butter substitute on dough, and press sliced apples into dough in rows, with sharp edge of sliced apple downward, until top of dough is covered with apples. Mix cinnamon and sugar and spread over top. Bake in moderately hot oven for about 30 minutes. Peaches or other fruits may be used in place of apples. Serve with sugar and cream or with pudding sauce.
(6) Short Cake: Use same recipe as for baking-powder biscuit but use twice as much shortening to make product richer and more suitable for dessert. This means that 2 tablespoons of shortening are used for each cup of flour.

The dough may be cut and baked in biscuit shape, or it may be baked in one large piece. If baked in large piece, it should be split with a fork after baking; cutting the hot product with a knife tends to make it heavy. Spread layers with melted butter and put sweetened fruit between layers and on top. Strawberries are always the favorite fruit aloho raspberries, cherries, stewed dried apricots, oranges, or bananas may be used successfully. The top may be spread with whipped cream if desired.

Griddle Cakes

A pour batter made light by the addition of baking powder.

Special Equipment

Spatula or pancake turner

Griddle

Materials

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c flour</td>
<td>1 egg</td>
</tr>
<tr>
<td>½ t salt</td>
<td>1½ c milk</td>
</tr>
<tr>
<td>3½ t baking powder</td>
<td>2 Tb shortening</td>
</tr>
</tbody>
</table>

Amount: 14 cakes about 4½ inches in diameter.

Method

How

Heat the griddle.

Sift the dry ingredients together into mixing bowl.

Beat egg in small bowl and add milk.

Pour milk and egg gradually on to dry ingredients, beating until thoroly mixed.

Add melted fat and beat again. Grease griddle lightly.

Why

A hot griddle forms a tender crust, searing the cakes and expanding the product before the gas bubbles can escape.

This distributes the baking powder and salt evenly thru the flour.

Mixing the egg with milk distributes it evenly thru the mixture.

Beating gives the mixture a finer texture, but prolonged beating after the baking powder is added makes the cakes heavy and tough.

Melting the butter distributes the fat.
Drop by spoonfuls on hot, greased griddle.

When cake is puffed full of bubbles and is brown on underside, turn and brown on other side.

Place on hot plate and serve at once.

Note: If large bubbles rise at once to the top of the cake, the griddle is too hot; and if the top of the cake stiffens before the underside is brown, the griddle is not hot enough.

Never turn a cake twice, for that makes it tough.
An aluminum griddle need not be greased.

**Variations of Griddle Cakes**

1. **Sour Milk Griddle Cakes**: Sour milk may be substituted for sweet milk in the above recipe. For proportions of baking powder and soda, see note under "Sour Milk Muffins."

2. **Corn Meal Griddle Cakes**

   **Special Equipment**
   Same as for griddle cakes, except for addition of double boiler

   **Materials**
   
   \[
   \begin{align*}
   & \frac{1}{2} \text{ cup corn meal} \\
   & 2 \text{ cups scalded milk} \\
   & \frac{1}{2} \text{ cup flour} \\
   & 1 \text{ egg} \\
   & \frac{1}{2} \text{ tsp salt} \\
   & 2 \text{ tsp baking powder} \\
   & 1 \text{ Tb sugar} \\
   & 1 \text{ Tb shortening}
   \end{align*}
   \]

   **Amount**: 15 cakes about 4 inches in diameter

   **Method**
   Pour scalded milk over corn meal, and stir well. Cook for 15 minutes in top of double boiler.

   **Why**
   Corn meal needs longer cooking because of the starch. The longer cooking not only makes the corn meal more palatable but also makes it more digestible.
(How)
Mix as for griddle cakes.

Cool slightly before adding beaten egg.

Bake as griddle cakes. Care is required to turn these cakes well.

(3) Waffles (Fig. 4)

Special Equipment
Same as for griddle cakes, with exception that waffle iron is used instead of griddle and pancake turner.

Materials
2 c flour
3 t baking powder
½ t salt
2 eggs
1½ c milk
2 Tb melted shortening

Amount: 4 waffles 8 inches in diameter

Mix according to directions for plain griddle cakes. A lighter product will be obtained if yolk and white of eggs are beaten separately and the stiffly beaten whites cut and folded in at the last. Beaten eggs act as a leavening agent; hence less baking powder is used. The waffle iron should be thoroughly heated, as was the griddle, and greased unless it is aluminum. Pour batter in center of iron, and the mixture will spread to fill the iron. Brown on both sides.

Popovers
A pour batter made light by the expansion of water into steam (Fig. 5).

Special Equipment
Gem pans Dover egg beater

Materials
1 egg 1 c flour
1 c milk ¼ t salt

Amount: 8 popovers

How
Use heavy earthenware cups or iron gem pans; agateware may be used. Grease cup, using soft paper, cloth, or pastry brush.

Why
A heavy material maintains a more uniform temperature and forms a better crust. Greasing prevents the popovers from sticking to the baking dish.
Start heating oven.

Put cups or pans to heat. Break egg into bowl and beat with Dover beater.

Add milk and beat again.

Add sifted flour and salt, and beat thoroly several minutes.

Pour into hot, greased pans, filling them 1/2 to 2/3 full.

Bake in hot oven 30 to 35 minutes.

Do not open oven door for first 15 minutes.

Variation of Popovers

(1) Cream Puffs

Special Equipment

Baking tin

Sharp knife

Sauce pan

Materials

1 c boiling water
1/2 c butter or butter substitute

Amount: 12 small or 9 large cream puffs

The oven should be hot enough to form a crust as soon as the popovers are put into it.

The egg is used here as a binding substance. A Dover egg beater beats more quickly than a fork or a spoon and mixes the white and yolk more thoroly.

Beating mixes the milk and egg so that the egg will be distributed evenly.

The mixture is beaten well in order to remove lumps, and to make it smooth, thus giving a finer texture to the finished product. Beating also develops the gluten, making the batter tougher and more elastic, so that it has greater expansive power. The result is a larger popover.

The pans are only partially filled so that the popovers can rise without running over.

A hot oven is needed to expand the liquid quickly into steam and to form a crust which will keep its shape.

If cold air strikes the mixture before the crust is set, the steam on the inside condenses and the popovers will fall.
How

Heat the oven.

Put butter and water in sauce pan and bring to a boil.

When boiling, add all the flour at once; stir vigorously until smooth.

Remove from fire as soon as mixture leaves sides of pan, and cool slightly.

Add unbeaten eggs one at a time, beating mixture thoroughly after each egg is added.

Drop from spoon on to buttered sheet, spacing drops 1 1/2 inches apart. Shape with spoon until circular, piling mixture slightly in center.

Bake 30 minutes in moderate oven.

Be careful not to remove the puffs before they are done. If not sure whether they are done, remove one from the oven and see if it holds its shape.

Make a slit in top of each puff and fill with cream filling.

Method

Why

This mixture should begin baking as soon as it is placed in the oven.

Fat melted in water tends to prevent lumping when the flour is stirred into the boiling water.

The motion of the rapidly boiling water, together with the melted fat, prevents lumping, while the heat cooks the mixture quickly. It will be a stiff mass that will stir together into a pasty lump.

The mixture is very thick and will burn quickly. It must be cooled slightly to prevent the eggs from coagulating before they can be stirred in.

It is necessary to beat the mixture very thoroughly so as to mix the egg in properly. Air and steam are the only leavening agents used.

Shaping the mixture will give it a rounded form rather than a flat one and will make it suitable for filling.

A hot oven would toughen an egg mixture.
(Cream Puff Filling)

Special Equipment

Double Boiler

Materials

\[
\begin{align*}
\frac{7}{8} & \text{ c sugar} \\
6 & \text{ Tb flour} \\
\frac{1}{8} & \text{ t salt} \\
2 & \text{ egg yolks} \\
2 & \text{ c scalded milk} \\
1 & \text{ t vanilla}
\end{align*}
\]

Amount: Enough to fill 12 small or 9 large cream puffs

Method

Scald the milk.

Mix dry ingredients and add gradually to hot milk, stirring constantly.

Cook in double boiler for 15 minutes, stirring occasionally.

Beat egg yolks slightly.

Slowly pour several tablespoons of the hot mixture on to beaten egg and stir well. Add egg mixture to thickened milk while stirring.

Cook 3 to 5 minutes, or until egg yolk has thickened.

Add flavoring at the last.

Why

This merely hastens the process.

If flour is mixed with more than its own volume of sugar, the mixture can be stirred into a hot liquid without causing lumps.

The mixture will cook first on the bottom, where the heat strikes it, and will be lumpy unless it is stirred until it has thickened evenly.

The egg combines more evenly when slightly beaten.

This prevents too rapid coagulation of the egg, and a smoother filling results.

Flavorings have alcohol in their composition and will evaporate over heat.

Miscellaneous Quick Breads

(1) Boston Brown Bread

Special Equipment

Steamer

Materials

\[
\begin{align*}
1 & \text{ c corn meal} \\
1 & \text{ c graham flour} \\
\frac{1}{2} & \text{ t soda} \\
\frac{1}{8} & \text{ c raisins}
\end{align*}
\]

Amount: 2 small loaves
Mix dry ingredients; add molasses and milk. Stir until well mixed; add raisins and turn into molds or buttered baking-powder cans, filling each half full. Place cover on can or tie wax paper over top of can. Steam about two hours, or until bread is solid. After removing from kettle, take off lids and brown the bread slightly in moderately hot oven. Note: One-pound baking-powder tins or coffee cans make good molds.

(2) Gingerbread

Special Equipment
Shallow baking pan

Materials

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1/2 c</td>
<td>flour</td>
</tr>
<tr>
<td>1 t</td>
<td>soda</td>
</tr>
<tr>
<td>1/2 t</td>
<td>salt</td>
</tr>
<tr>
<td>2 t</td>
<td>ginger</td>
</tr>
<tr>
<td>1 t</td>
<td>cinnamon</td>
</tr>
<tr>
<td>1 c</td>
<td>molasses</td>
</tr>
<tr>
<td>1 c</td>
<td>sour milk</td>
</tr>
<tr>
<td>4 Tb</td>
<td>melted fat</td>
</tr>
</tbody>
</table>

Amount: 12 servings

Mix dry ingredients; put sour milk and molasses in mixing bowl and sift in the dry ingredients, stirring constantly. Add melted fat and beat thoroly. Turn into shallow greased pan and bake about 25 minutes in moderate oven.

Caution: Any mixture containing molasses burns easily.

(3) Nut Bread

Special Equipment
Chopping bowl and chopper Baking pan

Materials

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>1/4 c</td>
<td>sugar</td>
</tr>
<tr>
<td>1/2 t</td>
<td>salt</td>
</tr>
<tr>
<td>1 1/3 c</td>
<td>flour</td>
</tr>
<tr>
<td>2 t</td>
<td>baking powder</td>
</tr>
<tr>
<td>3 c</td>
<td>milk</td>
</tr>
<tr>
<td>1/2 c</td>
<td>chopped nuts</td>
</tr>
</tbody>
</table>

Amount: 12 servings

Sift dry ingredients together and add beaten egg combined with milk. Beat well and add nut meats. Place in well greased pan and let rise for half an hour. Bake 30 minutes in moderate oven.
PART II

YEAST BREADS

Processes of Making

Bread may be made by either of two processes, depending upon the time allowed. They are commonly called the short process, or straight dough method, and the long process, or overnight sponge.

(1) Short Process, or Straight Dough Method: All the flour is added at the time of mixing. A stiff dough is kneaded; is permitted to double its size, is made into loaves, and is again permitted to double its size. Either compressed or liquid yeast is used in order to hasten the process, as this yeast is already in an active state. This process may be completed in 3 to 5 hours, depending on the amount of yeast used and whether or not the product is kept at the proper temperature.

(2) Long Process, or Overnight Sponge: Dried yeast is used for this process. As the yeast plants in dried yeast are in less active form, they must be given more time to develop and their food must be easily available. As the yeast plants do not grow so readily in a stiff dough, a thinner sponge is made by adding only part of the flour. The sponge usually is allowed to stand overnight. Then the remainder of the flour is added and the rest of the process is the same as for the short method.

Ingredients Used in Yeast Breads

Flour, liquid, and yeast are essential ingredients in making yeast breads. Besides these, salt and sugar are usually used. Salt improves the flavor of bread, but if used in larger proportions than 1 teaspoon to every loaf of bread it retards the action of the yeast. Sugar hastens the growth of the yeast as it is the food which yeast requires, but too much sugar toughens both the crust and the crumb. Results show that 2 teaspoons of sugar per loaf is the best amount to use.

Kneading

In kneading, use the lower part of the palm near the wrist; curve the fingers to keep the dough from flattening out too much. With every push, turn the dough one-quarter way round and fold over. When bread is kneaded enough, it is quite smooth and elastic, bubbles appear beneath the surface, and it is spongy to the touch. In making the loaf, shape the dough in the hands, working it very lightly and stretching the underside, which will form the top of the loaf. Shape into an oblong piece and place in baking tin. The main point to watch in shaping the loaf is the smoothness of the surface; the corners will fill out in rising.
Fig. 10.—If you were scoring this loaf of yeast bread what would you give it for general appearance? (Note the cooling rack.)
FIG. 11.—4H CLOVER LEAF ROLLS

FIG. 12.—PARKER HOUSE ROLLS
Points in Baking

It has been found more satisfactory to bake bread in single-loaf tins than to bake several loaves in one large tin. The standard size for bread tins is 8½ inches long, 3½ inches wide, and 3 inches deep; which will hold a one-pound loaf. This size allows the air to circulate evenly and insures a better shaped loaf. If the loaves touch each other, the heat cannot penetrate between the loaves readily and the side exposed to the heat will rise more rapidly, resulting in a misshapen loaf. If a large number of loaves are baked at once, so that the oven is crowded, it is well to change the position of the pans occasionally so that all the loaves may bake evenly.

Loaves of bread made with the proportions given should bake for 45 minutes. The bread should begin to brown in 15 minutes, after which time the temperature should be reduced gradually. The temperature should be about 400° F. when the bread is put in. In the absence of a thermometer, one of the following tests may be made: Place a piece of unglazed white paper of medium weight in the oven; if it becomes golden brown in 5 minutes, the oven is about right for the bread. Or, sprinkle ½ teaspoon of flour on a small tin in a layer ¼ inch thick; if it becomes a golden brown in 5 minutes, the temperature is probably about right. These tests are not accurate but may be of some assistance to the beginner.

Bread is done when it shrinks from the sides of the pan and has a hollow sound when tapped.

**Short Process Yeast Bread**

*(Fig. 10)*

**Special Equipment**

Molding board

Bread pans

**Materials**

1 c liquid  
(water, or water and milk)  
2 t sugar  
1 t salt  
1 t shortening  
½ cake compressed yeast  
3 to 4 c flour

**Amount:** 1 loaf

**Method**

**How**

Boil water or scald milk.

**Why**

This is to kill any bacteria present that might impair the flavor or texture of the bread.
Put sugar, salt, and shortening in mixing bowl and pour over them the scalded liquid.

Allow mixture to become lukewarm.

Soften yeast in a little of the lukewarm liquid and add to rest of ingredients.

Add flour gradually and beat until dough is stiff enough to be handled on a board.

Sift small amount of flour on to dry, clean board.

Turn dough on to dough board and knead until it is elastic and does not stick to board or hands.

Place dough in oiled bowl and cover with clean towel and plate. Leave in warm place until dough has doubled in bulk.

Turn on to board, knead lightly, and shape into loaf. Place loaf in oiled bread pan and set in warm place until it has again doubled in bulk.

Bake in moderate oven 45 minutes.

Remove from tin and place on rack to cool.

This is an easy way of melting the shortening and dissolving the sugar and salt.

A boiling temperature would kill the yeast plants.

Blending the yeast in the liquid insures its being more evenly mixed.

It will probably take some practice to find out the exact amount of flour needed. Since different kinds of flour absorb different amounts of liquid, no exact proportions can be stated.

This prevents sticking, but too much flour will make the bread heavy.

At least 10 minutes will probably be required to knead the dough so that all the yeast plants may be scattered throughout the mixture and all ingredients thoroughly mixed. Proper kneading is necessary if the bread is to have a smooth texture with evenly distributed holes throughout. Kneading also makes the gluten more elastic.

A temperature of 80°F. is favorable for the growth of the yeast plants.

A lighter loaf is made by giving the yeast plants plenty of chance to develop. A gas (carbon dioxide) is freed as the yeast develops. This gas, in trying to force its way to the top, causes the mixture to rise.

Placing the loaf on a rack allows the air to circulate freely on all sides so that the bread will not become steamed.
Long Process Yeast Bread

Special Equipment
Same as for the short process

Materials

| 1 c liquid | 1 t salt          |
| 1/4 cake dry yeast | 1 t shortening |
| 2 t sugar | 3 to 4 c flour |

Amount: 1 loaf

Method

How

Soak yeast for about 20 minutes in 1/4 cup warm liquid to which 1/4 t sugar has been added.

Scald rest of liquid and add to sugar, salt, and shortening, and cool until lukewarm. When lukewarm, add softened yeast.

Add about half the flour, or enough to make a batter that can be beaten easily.

Beat thoroughly for several minutes.

Cover well and let stand over night in warm place. In morning add rest of flour and knead well.

Let rise to double in bulk. Shape into loaves and again allow to double in bulk. Bake.

Why

The dry yeast is not in an active state and the growth of the cells must be started.

This is an easy way to melt the shortening and dissolve the salt and sugar. Too great heat destroys the yeast cells.

The yeast plant grows more readily in a thin than in a stiff dough.

Beating incorporates air, which assists in the growth of the yeast cells.

Standing over night gives the inactive yeast cells time for growth. From here on, the method is the same as in the short process.

Family Bakings

After a club member has successfully made one loaf of bread, she should begin to make bread in larger quantities. The amounts in the recipes given should be increased in proportion to the number of loaves desired, with the exception of yeast, which need not be increased in as large quantities as the other ingredients unless one is in a hurry to complete the process. One yeast cake is sufficient for
4 loaves of bread. Thus for 4 loaves of bread we would have the following proportions:

4 c liquid 4 t shortening
8 t sugar 1 cake yeast
4 t salt 3 to 4 qts. flour

Variations of Yeast Bread

(1) Entire Wheat or Graham Bread

<table>
<thead>
<tr>
<th>Materials</th>
<th>Amount: 1 loaf</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c liquid</td>
<td></td>
</tr>
<tr>
<td>2 Tb molasses</td>
<td></td>
</tr>
<tr>
<td>¼ to ½ yeast cake</td>
<td></td>
</tr>
<tr>
<td>1 t salt</td>
<td></td>
</tr>
<tr>
<td>2 c graham flour</td>
<td></td>
</tr>
<tr>
<td>1 c flour or more</td>
<td></td>
</tr>
</tbody>
</table>

Either the long or the short process may be followed, the smaller amount of yeast being used for the long process and the larger amount for the short process. (However, in the long process the white flour should be used to make the sponge.) This bread will not rise as much as bread made of all white flour, and must not be left too long to rise.

(2) Raisin, Currant or Nut Bread: From ½ to ¾ cup of raisins, currants, or nuts may be added to the bread just before the first kneading.

(3) Raisin Biscuits: Part or all the bread dough may be made into biscuits. Proceed the same up to time of shaping loaves; then add raisins. Cut or pull small pieces of uniform size from dough and shape in same way as for loaves. Place in baking pan and spread with melted butter. Allow to rise until 3 times the original size, and bake in hot oven 20 to 25 minutes, depending on size of biscuits.

(4) Clover Leaf Rolls or Biscuits (Fig. 11): Use same dough as for bread. Take small portions of dough and roll with hands into balls about ¾ to 1 inch in diameter. Place in well-greased muffin rings, using 3 or 4 pieces to each ring, to make either a three- or four-leaf clover. Brush rolls with melted butter and allow to rise until 3 times original size, or very light. Form H’s with a knife dipped in cinnamon. Bake in hot oven about 20 minutes.

(5) Cinnamon Rolls: Use same dough as for bread. Roll a portion into an oblong piece about ¼ to ¾ inch thick. Spread with melted butter and sprinkle with cinnamon and sugar that has been mixed together in the proportion of ½ teaspoon of cinnamon to 2 teaspoons of sugar. Currants or raisins may be added. Roll up like a jelly roll, and press edges firmly together. Cut in slices ¾ inch thick and place on greased pan. Let rise until 3 times original size. Bake in hot oven about 25 minutes.

(6) Parker House Rolls (Fig 12)

Special Equipment

Large shallow tin for the rolls
Materials

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c scalded milk</td>
<td>1 t salt</td>
</tr>
<tr>
<td>3 Tb fat</td>
<td>1 yeast cake (compressed)</td>
</tr>
<tr>
<td>2 Tb sugar</td>
<td>Flour</td>
</tr>
</tbody>
</table>

Amount: 24 medium sized rolls

Use practically the same method as for bread. Put butter, sugar, and salt in mixing bowl and pour in scalded milk. Let stand until lukewarm and add yeast cake. Add about 3 cups of flour. Beat thoroughly, cover, and let rise until doubled in size. Cut down from sides of dish and add enough flour to knead (about 2½ cups). Knead until dough does not stick to hands or board. Let rise until again doubled in bulk; then roll on lightly floured board and cut with biscuit cutter. Dip handle of silver knife in flour, and with it make a crease thru middle of each piece. Brush half of each roll with melted butter, fold, and press edges together. Place rolls in greased pan, about an inch apart. Cover with clean cloth and let rise again. Bake in hot oven about 15 minutes.

**JUDGING BREAD**

Expert bread makers and judges agree rather closely on the qualities of good bread, but in order to establish uniformity of judging it is recommended that score cards be used. The score card is an analysis of the product, with each of the different qualities rated at a certain percentage, a standard product being used for comparison.

If bread club members would make a practice of scoring their different bakings of bread, certain mistakes and faults would be more clearly shown.

(See score cards on following pages.)
SCORE CARD FOR YEAST BREAD
(Bevier)

GENERAL APPEARANCE .................. 20
Size (5)
Shape (5)
Crust (10)
  Color  Character  Depth

FLAVOR ................................................. 35
  Odor
  Taste

LIGHTNESS ........................................... 15

CRUMB .............................................. 30
  Character of erumb (20)
    coarse—fine
    tough—tender
    moist—dry
    elastic—inelastic
  (Texture)
  Color (5)
  Grain or distribution of gas (5)

Total................................................. 100

Explanation of Score Card

General Appearance. The size of a loaf should correspond to the standard loaf made of 1 cup of liquid and 3 to 4 cups of flour. The most satisfactory pan for this is 8½ inches long, 3½ inches wide, and 3 inches deep.

The loaf should be uniform and symmetrical in shape; that is, with straight sides and with slightly rounded but not bulging top.

The characteristics of a good crust are: an even, golden-brown color, crispness, pliability, and smoothness.

Flavor. The only flavor of bread should be that of the wheat grain. The flavor of fat, sugar, salt or the other ingredients should not be noticeable.

Flavor consists of both odor and taste, and an experienced person can detect sourness and lack of flavor thru the sense of smell before it can be detected thru taste.

Lightness. Lightness is determined by the relation of weight to the size of the loaf.

Crumb. The crumb should be soft, pliable, springy, and of regular mesh.
The loaf should be a rich, creamy color thruout, with no streaks. The grain may be examined by holding a thin slice to the light. The holes should be uniform in size and evenly distributed.

**Some Common Faults and Reasons for Them:**

1. **Large holes**
   Too long time for rising, insufficient kneading, cold oven

2. **Sogginess**
   Too much moisture, under-baking

3. **Heavy bread, with too close texture**
   Too hot an oven, insufficient rising

4. **Very dry bread**
   Too much flour, over-baking

5. **Poor flavor**
   Wrapping closely while hot, poor materials, insufficient baking

6. **Crack in crust**
   Putting in oven before light enough, oven too hot at first

7. **Crust too thick**
   Too slow in baking, too long in baking

**SCORE CARD FOR QUICK BREADS**

**General Appearance** .................................................. 15
   Crust
   Shape
   Size

**Palatability or Taste** ............................................... 50

**Texture** .............................................................. 35
   Lightness
   Lack of excess of moisture
   Tendency to crumble

**Total** ................................................................. 100

Quick breads vary widely in size, shape, and appearance, but many can be judged by this simple score card.
PRINTED IN FURTHERANCE OF THE AGRICULTURAL
EXTENSION ACT OF MAY 8, 1914.

W. F. HANDSCHEIN, Vice-Director