

them back into the bowl or pan with a cover or aluminum foil on it and leave for 15 to 20 minutes. Do not place them in the pan so that they will touch each other after fermenting. If it looks like they will, use two pans. Remove and shape each piece into a long cylindrical loaf with blunt not pointed ends; this is traditional. Round or oblong loaves however are just as good. Take a cookie sheet and sprinkle it evenly with corn meal. This prevents the bread from sticking to the sheet. Do not grease the sheet as the grease will burn and make your oven smoke. Cover the loaves loosely with aluminum foil. Leave the aluminum foil loose around the edges do not tuck it to the cookie sheet. Leave enough space between the foil and the loaves so that the loaves can double in size without touching the foil. If you put the foil tightly around the loaves they will not be able to ferment and double in size. If you have a metal or wooden box that is good and tight use it to put the cookie sheets with the loaves on them, in it. Be sure the box is not more than an inch or two deeper than the dough will be when it is double in size. A box like this is hard to find, you will probably have to make one. Place in a warm place for about 45 minutes or until the loaves are double the size they were when you divided the dough into pieces. From now on handle the loaves with great care. Do not press them in any way as it will make them fall. If you desire what is known as "wild breaks" in the bread do as follows. Take a sharp scissors and cut small diagonal slits across the top of the loaves about one fourth of an inch deep and about two inches long. Now brush the top and sides of the loaves with a pastry brush with lukewarm water. Put the loaves in the oven at 400 degrees for about 50 minutes or until a golden brown in color. The oven must be 400 degrees when the loaves are put in it. Remove, and with your pastry brush, brush the top and sides of the loaves with a mixture of one egg white and two level teaspoons of water. Now leave the bread cool before wrapping it for storage or for freezing. If you wrap the bread before it is cool the moisture in the bread is held in by the wrapping and will soften the crust. The crust on all French, Italian and Vienna breads softens a little after they have been left out for a day. To put them back to their original hardness put the loaves back in the oven at 400 degrees for just 8 minutes. This will harden the crust to its original hardness at once.

The recipes found in North America's so-called best cook books and magazines for making French, Italian, and Vienna bread are so full of hokum and stupidity that they are really laughable. One of the stupid things you will often find mentioned in these recipes is to put a pan of hot water in the oven while you are baking the bread. This does nothing for the bread at all.

If you desire a faintly sweet loaf, add one level tablespoon of honey to the basic mixture.

This bread is so good that if served with fresh butter and coffee it makes a wonderful meal just in itself.

With this recipe a child can make this bread perfectly every time.

WHY IT IS IMPOSSIBLE FOR MODERN WOMEN TO BAKE WELL

In some of the recipes in this book I have explained how the large flour companies and large shortening making companies have purposely made it impossible for women today to buy flour and shortening that they can bake well with. These large companies want you to either buy all of your bakery items from a baker or sell you mixes which carry a very, very, high profit. They have been so successful that today 99 and 99/100 of all bread, cake and rolls are bakery made.

Here is the truth about flour, in this country. This is not at all true of Europe; all flours are available there.

The flour companies only will sell you what is known as an "all purpose flour." This is the flour that is available through grocery stores.

This all-purpose flour is a very, very poor quality soft wheat flour with very little strength. In their small flour bags such as five and ten pound sizes they pack a very, very, poor quality flour that will not even make good gravy thickening. In their 50 to 100 pound sacks of flour they pack another soft, poor quality flour that is entirely different from what they put in their 5 and 10 pound sacks. It will not make decent bread or rolls or pancakes or anything else for that matter.

Here are the flours that you must have in order to do good baking. All of these flours have been purposely made impossible to buy from your grocer.

1. Bread Flour. This is a high quality, strong patent flour. Without it, it is absolutely impossible to make a good loaf of bread or flaky pastry of any kind.

2. Pastry Flour. You must have this to make good rolls, muffins, pie crust, or even good pancakes.

3. Cake Flour. This must be an extremely fine high grade flour. You must have this very fine honest cake flour and a special emulsified shortening that will hold sugar well to make a really good cake. You cannot buy either.

4. High Glutin Flour. To make French, Vienna, Italian or Bohemian bread or applestrudel you must have this flour. It is absolutely impossible for the modern woman to make these items without these flours.

With these flours a child can bake beautifully; without them no one can.

Food editors of magazines, television, and newspapers, and cook book editors for the most part only know how to take pictures. They do not know how to cook and they have all been taken in by this flour and shortening racket. They keep printing recipes with beautiful pictures that will not work. The flour and shortening companies run enough advertisements in the magazines on television and newspapers to control anything that the food editors might print; in fact can actually pick the ones they want for the jobs. The flour companies even carefully get out cook books of their own with recipes that they know will discourage women from baking. The people who control the newspapers, magazines and television go right along on this racket and have cold bloodedly practically destroyed the woman's right to be a good woman and wife and do her own baking. This may seem like a small trifle but it is not. A woman is a natural housewife, cook and baker. Give her idle time from lack of being allowed to bake and even divorces can result. The television moguls, of course, want her to watch their idiotic contest and quiz programs with silly, stupid masters of ceremonies who think acting silly makes them a comedian. If a teenage child acted as stupid and silly as these masters of ceremonies you would question their sanity. Yet this is what the real powers in television have forced onto America.

HOW TO MAKE PUFF PASTE OR FLAKY PASTRIES

This is one of the great baking secrets. You can write every magazine food editor in North America and ask for puff paste recipes and take the recipes for puff paste from any cook book. Try them all and none of them will work nor even come close to working.

The bakers do not want housewives making flaky pastries at home and neither do the flour makers and shortening makers. The material necessary to make flaky pastry cannot be bought in any grocery store in North America. Puff pastry or flaky pastry cannot be made by using butter or margarine for the shortening coat between the layers of dough; yet all without any exception call for butter or margarine for this purpose. You must have a special hydrogenized vegetable shortening known as French flaky pastry shortening or puff paste shortening.