

"THE STAFF OF LIFE."

Be sure you've good yeast, then go right ahead,
E'en more important, the flour, it is said.—
In latter, well sifted, a deep well make,
Scald quart of new milk, beat in as for cake;
When lukewarm, add yeast sponge, or home-made yeast—
If latter, a teacupful take at least.
A quart of warm water also now use;
Your light rusks, for tea, pray, who could refuse?
Immaculate hands to knead in the flour,
Till firm the large loaf and don't mix an hour;
This olden time rule made bread void of taste,
So dry it becomes—'tis surely a waste
To use more of flour when less will well do,
The bread, sweet and moist, and far better, too!
Melt butter and lard, till quite soft and thin,
To cover the dough when in the bread tin.
Tenacious thick crusts will never form then,
And from "shortened" top, cut each biscuit, when
You're ready for leaving—one hour or two,
Pray don't knead again, or you will sure rue!
And use no more flour, but shape each loaf quick—
For freeing of gas, with knife probe and prick.
When not overnight, each loaf one hour bake;
With butter, served cold, 'tis better than cake.
The bread hasn't risen over three times,
If recipe's tried, as given in rhymes
Acetic fermentation it hath withstand;
Hence all will pronounce it sweet, wholesome and good,
With such daily ration—no beer for a foll—
Rejoices the lab'rer for loved ones to tell.