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EC33-940 Home Baking of Breads

Florence J. Atwood

University of Nebraska-Lincoln

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4-H club girls use a score card in learning to judge the bread they bake.

APPROVED BY
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University of Nebraska.

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University of Nebraska.

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(2-33-25M)
(4-33-15M)
Home Baking of Breads

By FLORENCE J. ATWOOD

Bread in some form is one article of food that is served on the table three times a day. No other single article of food has as constant a place in the daily menu. Bread is often the main item for breakfasts and suppers. The combination of bread and milk lends itself to an economical meal.

Breads are one of our chief sources of starch and a very cheap source of protein, which needs supplementing from animal sources. It furnishes a large portion of the calories in a diet. It is one of the cheapest articles served on the table.

The principal ingredients used in breadmaking are flour, milk, fat, and yeast. Since these are farm products, their food values are more familiar than many of the other foods included in the diet.

Breadmaking is not a difficult task. The splendid flours and reliable yeasts which are available have done much in helping to assure success in breadmaking. Home baking offers opportunities for variety in menus at low cost. There are many bread variations which may be used to make inexpensive afternoon lunches and teas. The very thought of baking day with all of its possible varieties carries with it memories of pleasant odors which permeate the whole house. An individual can be proud of having the kitchen take on the air of a bake shop once or twice during each week.

Shall We Make or Buy Bread?

In some homes, breadmaking is almost a lost art. Modern machinery has helped to take this industry from the household. However, homemade bread is still a favorite with many individuals even though bakers' bread is generally a good product.

In making a study of prices of wheat, flour, and breads over the period of January, 1929 to January, 1933, some interesting facts are noticeable. Wheat dropped 62%; flour 35%; bread 21% and cereals 11%.

On first thought it seems that home baking would mean a big saving. However, there are other things for the homemaker to consider. Time element may be more important to some individuals than cost price. Therefore, the problem of deciding whether to buy baker's bread or to make it at home is an individual one for each homemaker.
A farm homemaker submitted cost of material in making bread at home as follows:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHEAT BREAD (Quick Method)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 lbs. wheat flour</td>
<td></td>
<td>.12</td>
</tr>
<tr>
<td>3 cakes compressed yeast</td>
<td></td>
<td>.09</td>
</tr>
<tr>
<td>2 oz. lard</td>
<td></td>
<td>.01</td>
</tr>
<tr>
<td>3 oz. sugar</td>
<td></td>
<td>.01</td>
</tr>
<tr>
<td>1 oz. salt</td>
<td></td>
<td>.01</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>.23</strong></td>
</tr>
<tr>
<td>WHEAT BREAD (Starter Method)</td>
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<td></td>
</tr>
<tr>
<td>6 lbs. wheat flour</td>
<td></td>
<td>.12</td>
</tr>
<tr>
<td>1 cake compressed yeast</td>
<td></td>
<td>.03</td>
</tr>
<tr>
<td>2 oz. lard</td>
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<td>.01</td>
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<tr>
<td>3 oz. sugar</td>
<td></td>
<td>.01</td>
</tr>
<tr>
<td>1 oz. salt</td>
<td></td>
<td>.01</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>.17</strong></td>
</tr>
</tbody>
</table>

Either rule makes four two-pound loaves of bread and 2½ pounds of rolls, which is a total of 10½ pounds of bread.

This homemaker's family numbers six individuals. She finds it necessary to bake twice a week. She says it requires one hour of actual work for each baking. If she were to pay five cents a pound for her bread it would cost $1.05, but her actual cost makes it possible to save more than 70 cents per week. She does not place a value on fuel as the stove is heated for other purposes.

**FLOURS**

Wheat flour is superior to all other flours for bread making. This is because the protein which it contains forms gluten when the flour is made into a dough. Gluten is necessary to produce good bread. It gives the dough elasticity which enables the dough to expand and hold within it gas bubbles which are formed by the yeast or other leavening agents. Corn and oats are deficient in gluten and, therefore are not satisfactory when used alone for bread making.

Flours containing a comparatively large quantity and good quality of gluten are called "strong" flours while those with gluten low in quantity or poor in baking quality are called "weak" flours. Wheat grown in this part of the country makes "strong" flours.

**GRADES OF FLOURS**

It is possible to mill out of any lot of wheat, several kinds of flour that differ in their bread making quality. The grain is broken up gradually as it passes between several sets of
rolls. From each step a different commercial grade of flour may be milled. The two most commonly sold are “straights” and “patent”. “Straight” or “straight run” flour usually contains all of the grain except the bran, the shorts and the germ. “Patent” flours are classed as “long patents” or “short patents,” depending on what proportion they represent of the total flour milled from the grains. A “short patent” is a flour from the interior of the kernel and which contains less of the outer portion of the grain than the “long patents” or “straight flours”. The “long patent” is more common.

Graham flour contains all of the wheat and therefore does not keep as well as white flour. The fat containing materials which may become rancid, have been removed from white flour. The use of this type of flour in baking adds variety to the diet. The so-called “entire wheat” flour is a flour in which a portion of the bran has been removed.

When plenty of fruits and vegetables are used in the diet, it makes little difference as to whether white or dark bread is used, because in this case the fruit and vegetables furnish the
materials which are removed from white flours. However, whenever these are limited, the whole grain breads deserve greater consideration because they are rich in some of the minerals and vitamins which fruit and vegetables contain.

INGREDIENTS OF YEAST BREADS OTHER THAN FLOUR

Liquid.—Milk, water, or potato water may be used for making yeast breads. Milk adds to the food value and prevents the bread from becoming stale so rapidly. Potato water contains food for the yeast plant and also help to keep the bread from becoming dry so quickly.

Shortening.—Butter, lard, or other cooking fats may be used. The purpose of fat is to make the bread more tender.

Sugar.—A small quantity of sugar makes the dough rise more quickly because working in conjunction with the yeast it forms a gas. It also helps to give a golden brown color to the crust. Honey is sometimes used for the sweetening agent.

Salt.—Salt adds flavor and helps to bring out the wheat flavor.

Yeast.—Yeast may be grown at home in the form of a “starter” or dry. It may also be purchased in dry or compressed cakes. The latter type of yeast is more expensive than the dry yeast because it is very perishable. However, its use does make possible the making of bread in a short time. Such yeast should be kept cool and used while fresh. When fresh it has a creamy white color, is moist throughout without being somewhat slimy and has an odor suggestive of sour apples. Yeast should never be used if it has a bad odor or is streaked in color.

FERMENTATION

Yeast needs a favorable temperature, moisture, and the right kind of food in order to grow vigorously. The best temperature for bread fermentation is between 80 and 85 degrees F. When the dough gets much warmer than this the conditions are more favorable to the growth of other less desirable organisms. Covering the bread bowl or placing it in a pan of water, helps to keep the dough at a constant temperature. When a sponge or starter stands over night, it should be protected against drafts and placed where it will be neither chilled nor overheated.

RISING

The rising of the dough is stopped at a certain point by “punching down” so as to prevent a sour flavor from developing. If the dough is allowed to rise too high in the pan before
it is put in the oven, it will be coarse grained; if it is not allowed to rise high enough, the bread will be heavy.

The length of time allowed for dough to rise depends on
(a) vitality of the yeast.
(b) amount of sugar.
(c) temperature at which the dough is held.
(d) strength of the gluten.

TESTS

Volume, appearance, and feeling are tests used in determining when the dough has risen long enough. A very good test is made by touching the surface of the dough lightly with the finger. If it has risen enough, a slight depression remains; while if it disappears quickly, it should rise a little longer. Dough made from very strong flour will reach about two and one-half times its original volume before this result is obtained.

INGREDIENTS FOR 3 3/4 POUNDS OF BREAD
2 1/4 pounds or 2 1/2 qt. sifted flour (approximately)
2 3/4 c. liquid (milk, water, or potato water)
4 t. salt
2 T. sugar
2 T. fat
1 ounce (2 cakes) yeast. (If sponge is to stand over night use 1 cake of yeast).

With these ingredients bread may be made either by the straight-dough or the sponge method. Both methods are given below:

STRAIGHT-DOUGH METHOD
(Compressed Yeast)

The yeast is softened in a small amount of the liquid (about one-half cup). If milk is used for the liquid, scald and cool the portion to which the yeast is added; pouring the remaining part over the sugar, salt and fat. When cool, add the yeast and stir in all the flour except about 1 cupful which may be used in the kneading process.

KNEADING

When the flour and liquid are thoroughly mixed and the dough does not stick to the sides of the mixing bowl, it is ready to be kneaded. Turn out on a clean, floured board and work quickly with the palms of the hands until it is smooth and elastic. After every push or two, turn the dough a quarter way round and fold it over toward oneself. Practice is necessary in order to gain ability to knead a dough efficiently.

FIRST RISING

Grease large bowl or pan. Form dough into a ball, turn dough over once or twice in the bowl so that the surface of
the dough is thinly greased. This prevents the surface from drying and cracking. Cover with a cloth so as to help control the temperature, to keep out the dust, and to prevent drying. When the dough has risen to about double its original bulk, test to determine whether it is ready to punch down for a second rising.

PUNCHING DOWN

This process is best performed by leaving the dough in the bowl. When the dough is light the center is punched in, and the sides pulled over and the ball of dough turned with the smooth side up. This can be done in a minute or less. The purpose is to let out some of the gas so that fermentation may continue without injuring the gluten by causing it to stretch too far. With some types of flour better results may be obtained if this step is omitted.

SECOND RISING

The second rising may be omitted if desired, but it helps to give a more even texture. When the dough has again risen, it is ready to be punched down and divided.

DIVIDING

Divide the dough into equal portions. Round each portion of dough into a ball and let stand 10 minutes. This seals the open pores made by cutting and allows the dough to loosen up before molding into loaves.

SHAPING INTO LOAVES

Flatten the dough out with the palms of the hands into an oblong shape. Fold and seal the long sides together, using the heels of the palms of the hands to seal. Now flatten the dough again, pulling slightly to elongate the dough. Fold by bringing the narrow ends together slightly lapping at the center. Again seal. Now fold the long side together and continue folding until the dough is in a round oblong shape that will fit into the pan. Place the dough in lightly greased tins and allow the loaves to rise.
BAKING

When the loaves have about doubled in bulk, test to see if they are ready to bake. An oven temperature of 350° F. to 400° F. for the ordinary size loaf. It is well to turn the loaves after the first twenty minutes so as to bake evenly. The temperature may be lowered a little after the first twenty minutes. The bread is done when the loaves shrink from the sides of the pans and give a hollow sound when tapped. Brushing the top of the loaves with milk or butter just before removing from the oven gives a glossy appearance and tender crust but takes away some of the crispness. Remove the loaves from the pans when taken from the oven and cool. Do not cover while the bread is warm.

SPONGE METHOD

Dry yeast takes longer to become active than compressed yeast and for this reason it is generally more satisfactory to make a sponge early in the morning or the night before the bread is to be baked.

Soak the yeast in a small amount of lukewarm water until it is soft, then add it to the rest of the liquid, and then add half of the flour. Let stand until a light and frothy sponge is formed, then stir and add salt, sugar, melted fat and the rest of the flour. If the sponge is to rise over night, 65° to 75° F. is warm enough, but if a shorter time is desired the temperature should be 80° to 85° F. Many housewives prefer to set sponge with potato water and then add milk in the morning when the rest of the flour is added to make a dough. If milk is used, it is first scalded and then cooled.

After the dough is mixed it is handled in the same way as in the straight-dough method. However, the rising of the sponge develops the gluten so that the second rising and the punching down may be omitted if desired. Perhaps the
safest procedure is to allow the dough to rise to about twice its original volume, then punch, mold into loaves, and then pan.

**HOMEMADE DRY YEAST**

Boil one cup fresh buttermilk, add to it 1 cup cold water and 1 cake yeast (dry or compressed) which has been dissolved in one-fourth cup lukewarm water. Make a thick batter at night with flour—thick enough to drop from the spoon in chunks. Let stand until morning and stir in enough cornmeal to make a mixture that will roll. Cut in 2 inch squares and dry in the air for about three days.

**LIQUID YEASTS**

1½ cup “starter” or 1 cake yeast (½ oz.) in 1½ c. water
3 potatoes (¾ pound) 3¾ T. sugar
1¼ cup boiling water 1½ T. salt
About 1½ cup cold water

Pare the potatoes, cut in small pieces and cook until tender in the boiling water. Mash them in the water in which they were cooked. Add the sugar, salt and enough cold water to make 3¼ cups of liquid and allow this mixture to become lukewarm. Add 1½ cups of the starter reserved from the last baking. If none of this starter is available, one cake of dried or compressed yeast soaked in 1½ cups of lukewarm water may be used instead. Allow this mixture to stand over night. In the morning it should be light and frothy. Stir it well and pour off 1¼ cups in a clean scalded jar, set away and use as a starter for the next baking. It should be covered loosely and stored in a cool place. In very cold weather it must be protected from freezing. The remainder is ready to use.

**BREAD AND ROLLS MADE FROM LIQUID YEAST**

2¾ lb. or 3 qt. sifted flour approximately
5 T. sugar 3¼ c. liquid yeast
3 T. fat

Set the yeast for about half an hour in a pan of water of the right temperature to bring it to about 82° F. Add the fat and sugar and gradually stir in the flour. The exact quantity of flour required for a given quantity of liquid differs, of course, according to the flour. The dough should be rather stiff.

If bread is baked twice a week or oftener and the starter is cared for properly, there should be no trouble with spoilage. If bread is not baked this often, the starter should be renewed by making a new mixture. If the mixture should
develop any unusual appearance or odor, it should be discarded and a new starter made.

The same general method of making loaf bread is followed in making yeast rolls. Milk is always used as the liquid. The rolls usually contain more sugar and shortening and often times eggs. If desired, rolls may be made from bread dough by adding extra sugar and shortening. These may be added to some of the bread sponge after it has risen the first time or added to the dough when it is ready to be punched down the first time. After the rolls are molded and placed in the pan, they may be placed in a cold place so as to check the rising and baked later if desired. If the temperature has been so low that the rising is very much checked, place the pan of rolls in a warm place for a little while before baking so that the volume will be about doubled.

**POTATO ROLL DOUGH**

1 cake compressed yeast  
1 T. sugar  
1 c. milk, scalded and cooled  
1/2 c. sugar (less if desired)  
1/2 c. mashed potatoes

41/2 c. sifted flour  
1/2 c. lard of butter  
1 egg  
1/2 t. salt

Dissolve yeast and 1 T. sugar in the lukewarm liquid, add potatoes and 2 c. sifted flour. Stir well, let rise about 1/2 hour. Then add creamed butter or lard, the sugar, egg and about 21/2 c. sifted flour. Cover, let rise two hours or until dough has doubled in bulk. Use for bread variations.

**VARIATIONS**

A. **Buns.**—Divide the dough into 1 or 2 ounce portions. Form into buns. Place in well greased pans and let rise about 11/2 hours.

B. **Parker House Rolls.**—Divide dough into 1 or 2 ounce portions. Flatten each piece and fold.

C. **Crescent Rolls.**—Divide dough into 1 or 2 ounce portions. Roll into long shapes and by regulating the pressure of the hands, form pointed ends. Bring points to meet. While baking they draw apart and form the crescent.

D. **Cinnamon Rolls.**—Roll into a long strip 1/4 inch thick. Brush with soft butter. Sprinkle with sugar and cinnamon. Add currants or raisins if desired. Roll into a long even roll with edge of dough resting on board. Cut off into 1 inch slices and place with cut side up in a pan which has the bottom well covered with butter and sugar.
E. Pecan Rolls.—Roll into a long strip ¼ inch thick. Brush with soft butter, and sprinkle with brown sugar. Add pecans. Roll and cut as cinnamon rolls and place in a pan which has the bottom well covered with butter and brown sugar.

F. Twists.—Roll into a long strip ¼ inch thick. Cut into strips one inch wide. Roll ends in opposite direction, fold and twist again.

G. Horseshoe.—Roll out the dough into a long strip ¼ inch thick. Fold in thirds, making three layers. Cut off in strips 1 inch thick. Make a single twist and bring ends together to form horseshoe. Frost with mixture of powdered sugar, orange juice, and butter.

H. Snails.—Use a strip of twisted dough. Hold one end of strip stationary on the board, wind the strip around itself and press the second end under the edge. Fruits, nuts, and frosting are often added to these rolls.

I. Carmel Rolls.—Cover bottom of pan with generous amount of butter and brown sugar. Mold rolls and place in pan.

J. Bismarks.—Mold into small oblong shape. Let rise and then fry in deep fat. Slit on one side and add jelly. Frost top.

K. Fruit Rolls.—Roll out ¼ inch thick. Cut in squares. Brush with butter, add a prune, apricot or any desired fruit and fold over into triangular shape.

WHOLE WHEAT BREAD—2 LOAVES

2 c. lukewarm liquid
½ cake dry yeast
1 to 2 T. sugar
3 to 4 c. white flour
(approximate)

1 to 2 T. fat
2 t. salt
2 c. whole wheat or graham flour
**Sponge.**—Soak the yeast in \( \frac{1}{2} \) c. of lukewarm liquid about one hour. Stir the sugar and the soaked yeast into the rest of the lukewarm water (\( 1\frac{1}{2} \) c.). Add 3 cups of the white flour and beat well. A sponge should be about the consistency of a medium batter. Cover and set to rise in a moderately warm place until light and full of bubbles. It should be kept out of a draft.

When dry yeast is used the sponge is usually mixed after supper and allowed to rise overnight. The next morning, place 2 cups of whole wheat flour in the mixing bowl. Make a hole or "well" in the center. Add the sponge, salt and melted fat. Stir until the ingredients are well mixed. The amount of flour required for bread can not be given exactly because it varies. Some flours absorb more moisture than others. Since the proportion for a soft dough is approximately one part liquid to three parts flour, the above recipe calls for 6 cups of flour for the two cups of liquid. When the dough is difficult to stir the last flour may kneaded into it. Add just enough so that it will knead easily. It may be less or it may be more than the remaining cup.

**OATMEAL BREAD**

1 c. rolled oats (uncooked) 1/2 yeast cake
1 c. milk or water About 2 c. whole wheat or
1 T. fat graham flour
1 T. brown sugar, molasses 1 t. salt
or honey

Scald the milk and water and pour over the oats, add salt, fat, and sugar or molasses. Cool to lukewarm, then add yeast softened in \( \frac{1}{4} \) c. tepid water, beat well add a portion of flour, set aside in a warm place to rise and when double its bulk beat again, adding more flour as necessary. Place in greased bread pan and let rise once more. When light, bake in a moderate oven one hour. The dough must very stiff, otherwise the loaf will be moist when cut. If possible, make bread the day before needed. For variety, add chopped nuts, raisins, dates, figs, and more sugar if desired.

**RODON KUCHEN**

2 c. sponge (1 c. liquid 2 c. flour)

\( \frac{3}{4} \) c. butter 1 c. raisins
\( \frac{1}{2} \) c. sugar \( \frac{1}{2} \) c. almonds chopped fine
4 eggs little grated rind of lemon

Mix butter and sugar well. Add the eggs, well beaten. Then add the sponge. Beat for twenty minutes, add flour gradually to make a stiff batter. Let rise in warm place.
After it is well risen, add raisins, almonds, and lemon rind. Beat well again. Put in pan to rise. Bake $\frac{3}{4}$ to 1 hour.

**RAISED CAKE**

$1\frac{1}{2}$ c. sponge (1 c. liquid 2 c. flour)  
$\frac{1}{2}$ c. butter worked into sponge with  
1 c. brown sugar  
2 eggs beaten separately  
$\frac{1}{4}$ c. sour milk  
$\frac{1}{4}$ t. soda

Beat well. Put in pan to rise. Bake $\frac{3}{4}$ to 1 hour.

**RYE BREAD**

Bread made entirely of rye flour or meal is heavy in comparison with white bread. In this country rye bread made with part wheat flour is preferred because it is lighter.

**RYE AND WHEAT BREAD (2 loaves)**

$2$ c. liquid  
$\frac{1}{2}$ cake yeast  
1 T. sugar  
2 T. fat  
$1\frac{1}{2}$ t. salt  
About 3 c. sifted rye flour  
3 c. sifted wheat flour

Make a sponge with the wheat flour as described on page 9. When the sponge is sufficiently light add the rye flour and the rest of the ingredients. The dough should be about as stiff as for wheat bread. When the dough reaches about one and three-fourths its original bulk mold it into long loaves with pointed ends.

In order to make the crust crisp, bake in shallow pans with a thin layer of corn meal on the bottom instead of grease to prevent sticking. The temperature of the oven should be about 380° F.

**DENVER BISCUIT**

1 qt. milk (scald and cool)  
1 c. mashed potatoes  
1 c. sugar  
1 c. shortening (use 1 or 2 T. butter for flavor )  
1 cake compressed yeast in  
$\frac{1}{2}$ c. warm water  
2 t. baking powder  
1 t. soda  
1 t. salt

Add mashed potatoes to milk, sugar, and yeast. Mix dry ingredients using about 4 c. flour or enough for a sponge. Add shortening. Let sponge rise until it bubbles. Add flour to make dough. Place in well-covered dish and place in refrigerator until ready to use. When needed, take out amount desired and knead. Add raisins if desired. Shape into rolls. Let rise till light, about 1 hour. Then bake. Will last for 2 or 3 weeks in refrigerator.
ROPINESS

Ropiness in bread is caused by bacteria and they are very difficult to destroy. They often survive the baking temperature. Ropiness is not noticeable when the bread is first baked, but within a day or two the center of the loaf becomes sticky and soggy. Sometimes this condition is difficult to overcome. All utensils and accessories to be used in the process should be scrupulously clean, hence should be scalded afresh with boiling water just before using. The flour and bread boxes should also be thoroughly scalded, dried, aired and exposed to the sunshine. Vinegar is sometimes added to the water to overcome a very stubborn case.

The bread should be thoroly cooled before wrapping and storing. Sometimes wrapping in oiled paper is recommended.

Suggestions for Variation in Bread and Sandwiches

A. Substitute tomato or orange juice for the amount of liquid required.
B. Add 4 T. cocoa to flour for one loaf of bread.
C. Add during the kneading process 3/4 c. raisins or nut meats which have been dredged in flour.
D. Add grated orange rind in dough when kneading.
E. Add grated cheese in dough when kneading.

CEREALS

Nebraska’s Home Prepared Breakfast Cereal

1 1/2 c. graham flour
1 1/2 c. home ground wheat
1 t. soda
1 t. salt
3/4 c. dark corn syrup
1 1/4 c. fresh buttermilk

Mix dry ingredients, then add syrup and buttermilk. Spread the batter on flat pans and bake slowly. When thoroughly baked, cool, grind and dry in oven. Serve with cream. (This makes a sweet product. If a less sweet product is desired, add less syrup and more buttermilk.)
<table>
<thead>
<tr>
<th>DEFECT</th>
<th>CAUSE</th>
<th>REMEDY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sour or poorly</td>
<td>1. Old, inactive, acid yeast</td>
<td>1. Fresh yeast</td>
</tr>
<tr>
<td>flavored bread</td>
<td>2. Bacteria on unclean utensils</td>
<td>2. Clean utensils</td>
</tr>
<tr>
<td></td>
<td>3. Bacteria in rancid materials. Impure</td>
<td>3. Fresh, sweet materials</td>
</tr>
<tr>
<td></td>
<td>liquids (milk too old). Too long rising</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4. Temperature of dough too high</td>
<td>4. Watch all temperatures closely</td>
</tr>
<tr>
<td></td>
<td>5. Baked too slowly. Incomplete baking</td>
<td>5. Care as to length of time in baking</td>
</tr>
<tr>
<td></td>
<td>6. Wrapping while warm</td>
<td>6. Cool thoroly before wrapping</td>
</tr>
<tr>
<td>Soggy or heavy</td>
<td>1. Too much liquid</td>
<td>1. Approximately 1 part liquid to 3 parts flour</td>
</tr>
<tr>
<td>coarse texture</td>
<td>2. Insufficient rising or baking</td>
<td>2. Sufficient rising or baking</td>
</tr>
<tr>
<td></td>
<td>3. Poor yeast or poor flour</td>
<td>3. Good yeast and flour</td>
</tr>
<tr>
<td>Cracked crust</td>
<td>1. Oven too hot at first</td>
<td>1. Proper oven heat</td>
</tr>
<tr>
<td>on top or sides</td>
<td>2. Uneven heat in oven</td>
<td>2. Careful watching. Sufficient flour</td>
</tr>
<tr>
<td></td>
<td>4. Weak flour</td>
<td>4. Change flour</td>
</tr>
<tr>
<td>Streaked bread</td>
<td>1. Uneven mixing and kneading</td>
<td>1. More thoroly mixing and kneading</td>
</tr>
<tr>
<td></td>
<td>2. Starting with oven too hot</td>
<td>2. Proper oven heat</td>
</tr>
<tr>
<td></td>
<td>3. Folding dry flour into loaves</td>
<td>3. Use flour sparingly</td>
</tr>
<tr>
<td></td>
<td>4. Letting dough rise in too warm a place,</td>
<td>4. Proper temperature for rising</td>
</tr>
<tr>
<td></td>
<td>letting bottom of pan become too hot</td>
<td></td>
</tr>
<tr>
<td>Poorly shaped</td>
<td>1. Inexperience in handling dough</td>
<td>1. “Practice Makes Perfect”</td>
</tr>
<tr>
<td>loaves</td>
<td>2. Two loaves in a pan or pans touching</td>
<td>2. Bake in single loaf pans</td>
</tr>
<tr>
<td></td>
<td>3. Oven too cool at first or uneven heat</td>
<td>3. Moderate temperature, heat oven evenly</td>
</tr>
<tr>
<td></td>
<td>4. Dough too light before baking</td>
<td>4. Allow for some rising in oven</td>
</tr>
<tr>
<td>Mustiness</td>
<td>1. Mold that thrives in moist, warm air</td>
<td>1. Scald, dry, and air flour and bread boxes, Thoroly cool bread.</td>
</tr>
<tr>
<td>Rancidity</td>
<td>Wrapping or storing while warm.</td>
<td></td>
</tr>
</tbody>
</table>