

203. YEAST is a great thing in domestic management. I have once before published a receipt for making yeast-cakes. I will do it again here.

204. In Long Island they make yeast-cakes. A parcel of these cakes is made once a year. That is often enough. And, when you bake, you take one of these cakes (or more, according to the bulk of the batch), and with them raise your bread. The very best bread I ever ate in my life was lightened with these cakes.

205. The materials for a good batch of cakes are as follows:—3 ounces of good fresh Hops;  $3\frac{1}{2}$  pounds of Rye-Flour; 7 pounds of Indian Corn Meal; and one Gallon of Water. Rub the hops so as to separate them. Put them into the water, which is to be boiling at the time. Let them boil half an hour. Then strain the liquor through a fine sieve into an earthen vessel. While the liquor is hot, put in the Rye-Flour; stirring the liquor well, and quickly, as the Rye-Flour goes into it. The day after, when it is working, put in the Indian Meal, stirring it well as it goes in. Before the Indian Meal be all in, the mess will be very stiff; and it will, in fact, be dough, very much of the consistence of the dough that bread is made of. Take this dough; knead it well, as you would for pie-crust. Roll it out with a rolling-pin, as you roll out pie-crust, to the thickness of about a third of an inch. When you have it (or part of it at a time) rolled out, cut it up into cakes with a tumbler glass turned upside down, or with something else that will answer the same purpose. Take a clean board (a tin may be better) and put the cakes to dry in the sun. Turn them every day; let them receive no wet; and they will become as hard as ship biscuit. Put them into a bag, or box, and keep them in a place perfectly free from damp. When you bake, take two cakes, of the thickness above mentioned, and about 3 inches in diameter; put them into hot water, over-night, having cracked them first. Let the vessel containing them stand near the fire-place all night. They will dissolve by the morning, and then you use them in setting your sponge (as it is called) precisely as you would use the yeast of beer.

206. There are two things which may be considered by the reader as obstacles. FIRST, where are we to get the Indian meal? Indian Meal is used merely because it is of a less adhesive nature than that of wheat. White pea-meal, or even barley-meal, would do just as well. But SECOND, to dry the cakes, to make them (and quickly, too, mind) as hard as ship biscuit (which is much harder than the timber of Scotch firs or Canada firs); and to do this in the sun (for it must not be fire), where are we, in this climate, to get the sun? In 1816 we could not; for, that year, melons rotted in the glazed frames and never ripened. But in every nine summers out of ten, we have, in June, in July, or in August, a fortnight of hot sun, and that is enough. Nature has not given us a peach climate; but we get peaches. The cakes, when put in the sun, may have a glass-sash, or a hand-light, put over them. This would make their berth hotter than that of the hottest open-air situation in America. In short, to a farmer's wife, or any good housewife, all the little difficulties to the attainment of such an object would appear as nothing. The will only is required; and, if there be not that, it is useless to think of the attempt.