

Making the Communion Bread

The following appeared in The Gospel Advocate in 1886

"I bake the loaf on Saturday, our 'preparation day'. Taking the best white flour, I mix it with pure sweet milk, with the cream still on, putting in nothing else whatever. The cream that is in the milk is sufficient shortening to prevent toughness, yet it is not greasy and does not bake so hard as when lard and water are used. It should be baked rather slowly and not remain in the oven long enough to become hard. I prefer not to brown it. Sometimes I have to turn it over to get it just right. I did not say in the proper place that I roll it pretty thin and cut it round, just the size of a large saucer, as it is just the size for our congregation. I always beat the dough awhile with the rolling pin, and while doing so this scripture invariably comes to my mind: 'He was wounded for our transgressions, he was bruised for our iniquities.' As I take the knife and make stripes across it, I am always reminded of 'with his stripes we are healed.'" Thus the time of preparing the loaf is a devotional period with me, and it is a duty I would never turn over to a servant, unless I could not attend to it."

Signed Rachel