

### To make Yest

Put a handful of hops into a quart of water, let it boil, to get the strength of the hops out (when cold,) strain it onto a table spoonful of flour & do. of sugar, boil three or four potatoes according to size, mash them up well, & mix with the hop water when cool set it to work. Lay the bread over night in hot water, so that you may bear your finger therein & a pint of yest. H.