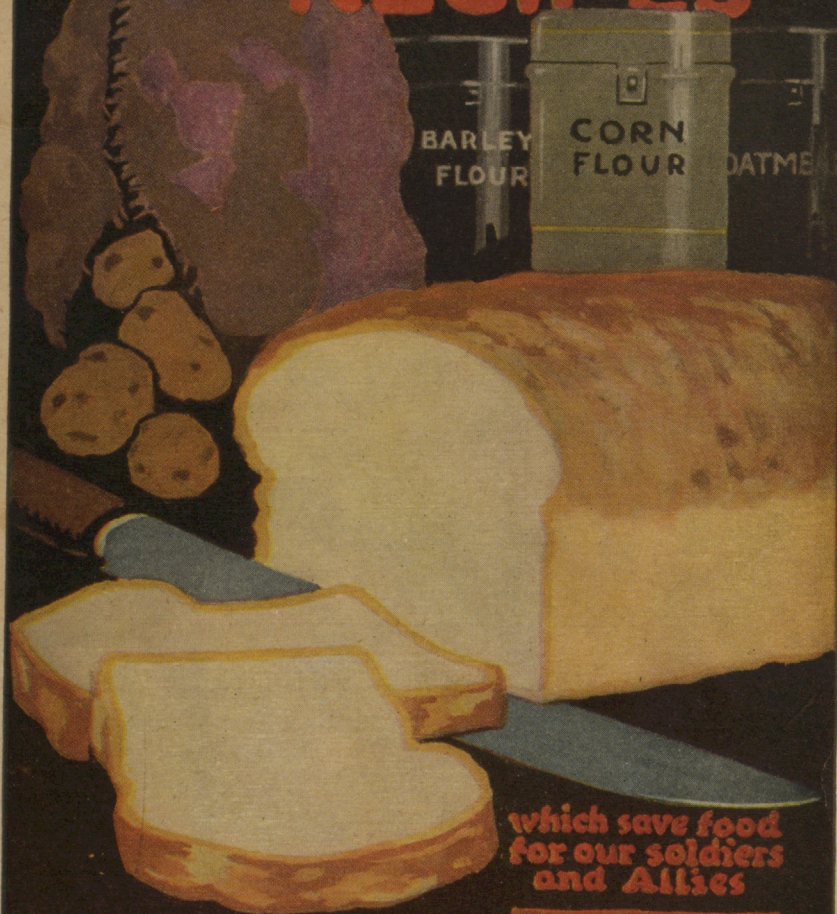


BREAD RECIPES



which save food
for our soldiers
and Allies

TABLE OF EQUIVALENTS

4 cups.....	1 quart
2 cups.....	1 pint
1 cup.....	$\frac{1}{2}$ pint
16 tablespoons.....	1 cup
3 teaspoons.....	1 tablespoon
2 tablespoons of liquid.....	1 oz.
2 cups of butter.....	1 pound
2 cups of granulated sugar.....	1 pound
$2\frac{2}{3}$ cups of brown sugar.....	1 pound
4 cups of sifted flour.....	1 pound

All measurements in the recipes in this book are level. When flour is mentioned, sifted flour is intended.

HELP TO SAVE WHEAT BY USING OTHER AVAILABLE CEREALS

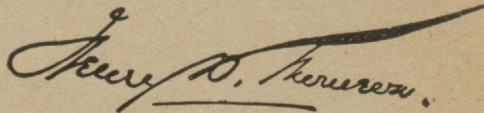
SUBSTITUTES for wheat are now obtainable at moderate prices in nearly all parts of Canada and the public is asked to use them to as large an extent as possible, in order to release wheat and wheat flour for shipment overseas. As the result of arrangements made by the Canada Food Board, corn, oats, barley, etc., are being milled in both East and West and flour from these grains is being produced in sufficient quantities to meet present and rapidly increasing demands.

Corn flour, corn meal, barley flour, and oatmeal, rolled oats and oat flour are the principal substitutes available in this country. Potatoes are also abundant and some potato flour is being manufactured in the Dominion. All these substitutes should be used to the greatest possible extent for purposes for which wheat flour has been used heretofore.

If dealers experience any difficulty in obtaining supplies from the mills, information as to where any of these substitutes can be secured will be furnished promptly, upon application, by the Canada Food Board, Ottawa. Supplies are now on sale in most first-class retail stores where flour is usually sold, and the people are urged to insist that the dealers whom they patronize carry these wheat flour substitutes in stock. Dealers are asked by the Food Board to do their utmost to save wheat flour by impressing upon the public the food value of these other cereal products and urging their more general use.

The recipes in this book are intended both for bakers and for housewives. By following them, nourishing, attractive and palatable loaves can be produced. Most of the cereal substitutes for wheat are as nutritious as wheat itself and in war time we must change our eating habits to meet an emergency situation. It is the earnest hope of the Food Board that these recipes will assist in saving wheat for shipment overseas for those who need it and to whom substitutes are not available.

CANADA FOOD BOARD



Ottawa, June, 1918.

Chairman.

INDEX

	PAGE		PAGE
YEAST AND QUICK BREADS		Buckwheat Muffins.....	10
Canadian Standard Flour.....	3	Indian Pudding.....	10
Possible Substitutes for Wheat		Oatmeal Muffins, No. 1.....	10
Flour.....	3	Oatmeal Muffins, No. 2.....	10
Modify your own recipes.....	3	Corn Bread.....	10
WHITE BREAD		Hominy Bread.....	11
Entire Wheat and White Flour		Oatcakes—Cookies.....	11
Bread.....	4	Date Loaf.....	11
Rolled Oats Bread.....	4	Cereal Muffins.....	11
Corn Flour Bread.....	4	Graham Gems.....	11
Potato Bread.....	5	Almond Cakes.....	11
Brown Bread.....	5		
Potato Flour Bread.....	5	PASTRY	
Rice and Tapioca Bread.....	5	Rye Pastry.....	12
Corn and Rye Bread.....	5	Wheatless Pie Crust, No. 1.....	12
Wheatless Rolls.....	5	Wheatless Pie Crust, No. 2.....	12
Cornmeal Yeast Bread.....	6	Rice Corn Pudding.....	12
Oatmeal Yeast Bread.....	6		
Barley Flour Bread.....	6	CAKES	
Rye Bread.....	6	Ginger Bread.....	12
Rice Yeast Bread.....	6	Cornmeal Gingerbread.....	12
Potato Yeast Bread.....	7	Buckwheat Chocolate Cake.....	13
Raisin Bread.....	7	Cornmeal Orange Gingerbread..	13
Whole Wheat Bread.....	7	Layer or Loaf Cake (Rye).....	13
Rye Bread.....	7	Drop Cakes (Rye Flour and Oats).....	13
Bread Crumb Bread.....	7	Corn Peanut Cookies.....	13
QUICK BREADS			
Cornmeal Griddle Cakes or Waf-		MISCELLANEOUS RECIPES	
fles, No. 1.....	8	Barley and Oatmeal Drop Cakes	14
Cornmeal Griddle Cakes or Waf-		Buckwheat Bread.....	14
fles, No. 2.....	8	Cooked Cornmeal Bread.....	14
Cornmeal Muffins, No. 1.....	8	Rolled Oats Bread.....	14
Cornmeal Muffins, No. 2.....	8	Oat Sponge Cake.....	14
Brown Bread.....	8	Chocolate Potato Cake.....	15
Johnny Cake.....	8	Barley Flour Cake.....	15
Potato Biscuit, No. 1.....	8	Barley Sponge Cake.....	15
Potato Biscuit, No. 2.....	9	Potato Flour Sponge Cake.....	15
Oatmeal Muffins.....	9	Fruit Cake.....	15
Buckwheat Gems.....	9	Spider Corn Bread.....	16
Cornmeal Gems.....	9	Wafer Corn Bread.....	16
Boston Brown Bread, No. 2....	9	Corn Meal Spoon Bread.....	16
Spoon Corn Bread.....	9	Nut Bread.....	16
Oatmeal Muffins.....	10	Peanut Biscuits.....	16
		Maple Icing.....	16

YEAST AND QUICK BREADS

HOW TO USE SUBSTITUTES FOR WHEAT FLOUR IN BAKING ATTRACTIVE, PALATABLE AND NOURISHING BREADS.

ALL the cereal substitutes for wheat suggested in this booklet, like wheat, are high in food value and may be used in part in place of wheat flour in the baking of nourishing and palatable yeast breads and quick breads.

For a bread dough up to one-third of corn flour or corn meal may be used with wheat flour for a good loaf. If barley or oat flour be used a satisfactory loaf can be obtained by using up to 25 per cent of these cereals with 75 per cent of wheat flour.

In using any new recipes the greatest care should be used to see that measurements are accurate. If a cup be required, a cup holding half a pint, quite level, is meant. When a tablespoon or teaspoon is mentioned, level measurement is intended.

In making yeast breads two things are of very great importance—good yeast and proper temperature. Any woman who can carefully comply with the requirements in respect of these two items can make good bread. The temperature must be uniform and from 75 to 90 degrees, not higher or lower. The yeast must be good. To test a yeast cake, take a bowl of lukewarm water and drop the yeast cake into it. If it immediately comes to the top, the yeast cake is good. If it falls to the bottom and remains there, all your labour will be in vain.

CANADIAN STANDARD FLOUR

Canadian Standard Flour of today is a white flour. It is very similar to the average white flour of pre-war days and in using it the home baker will not need to change her good practice of former days.

POSSIBLE SUBSTITUTES FOR WHEAT FLOUR

1. Finely-ground flours—Corn, Barley, Rye, Potato, Buckwheat and Rice.
2. Meals—Yellow and White Cornmeal, Oatmeal, Barley and Rye.
3. Rolled Oats and Rolled Barley.
4. Potatoes.
5. Whole Rice.

When using substitutes in the form of meals—

It is better partly to cook cereal meals before using them in making yeast bread. They may be scalded, *i.e.*, boiling liquid stirred in, the dish covered and allowed to stand for a time. They may be more or less thoroughly cooked into a porridge or mush. Left-over porridge or mush will do as well as the fresh cooked.

MODIFY YOUR OWN RECIPES

If you have good recipes for bread of any kind, make them conform to food conservation principles by omitting some of the sugar and fat, and by using at least one-fourth wheat substitutes. Try for yourself with your own recipe. Many people think that milk is necessary for good bread, but it is not, although it of course adds to the food value. Water, milk and water, whey, potato water or rice-water may be used for the liquid.

All measures in these recipes are level and the flour is measured after sifting. It is especially important that the quantities of salt used in following any of the recipes in this book should not exceed the level spoon measurements. Otherwise it would interfere with fermentation upon which the success of the bread-baking depends.

WHITE BREAD*

Prepare the yeast one day before the bread is to be made, using the following ingredients:

2 quarts of potato water
1 yeast cake

$\frac{1}{2}$ cup sugar

At noon drain the water from potatoes which are being cooked for dinner. Let it cool until it is lukewarm. Add the sugar and yeast. Leave this mixture upon the warmer all afternoon. By supper time it should be foamy. Leave it until the next morning; it will not be harmed by cooling during the night.

The following day at any time put the yeast preparation on the stove and heat until it is lukewarm. Add two tablespoons (level only) of salt and enough standard flour to make a dough sufficiently stiff that it will not stick to the hands or the kneading board. Knead it for a couple of minutes on the board and then put it in a pan which should have been scraped and greased. Let the dough rise until it is $2\frac{1}{2}$ times its original size. This should not require more than $1\frac{1}{2}$ hours. Then put the dough in pans and let rise again to $2\frac{1}{2}$ times the size. Bake slowly. The crust should not start to brown for at least fifteen minutes after the bread is put into the oven.

Notes

1. If there is not enough potato water from the potatoes cooked for dinner, any additional amount required can be easily prepared, using two potatoes for every quart of water. All the potato water to be used should be ready at noon on the day before the bread is to be baked, and no water should be added on baking day.

2. It is a good plan to place the pan of dough in a water pan containing warm water. In this way the dough can be kept at an even temperature.

3. The bread will be better if the dough be kneaded down once or twice after the first rising.

ENTIRE WHEAT AND WHITE FLOUR BREAD

Use potato water preparation as in white bread.

1 quart potato water
1 tablespoon salt
 $\frac{1}{4}$ cup sugar or $\frac{1}{2}$ cup molasses.

White flour to make a batter
Entire wheat flour to stiffen into
dough.

Proceed as for white bread.

ROLLED OATS BREAD

2 cups rolled oats
2 cups boiling water
1 tablespoon salt

1 tablespoon butter
1 cup molasses
2 cups potato water.

Pour boiling water over rolled oats and let stand one hour; add molasses, salt and butter; when lukewarm, add potato water and proceed as for white bread.

CORN FLOUR BREAD

$2\frac{1}{2}$ lbs. standard flour
 $\frac{1}{2}$ lb. corn flour
1 tablespoon brown sugar
3 cups water

2 tablespoons salt
 $\frac{1}{2}$ oz. yeast
1 tablespoon fat

Dissolve the yeast in warm water. Mix well all the ingredients, keeping the temperature as near as possible to 80 degrees. Let stand three hours to rise. Punch down and let rise again an hour and a half. Knead again and allow an hour before placing in the pans. Let rise three-quarters of an hour and bake in a quick oven 35 minutes. This should produce $4\frac{1}{2}$ lbs. of bread.

*Although white bread is put first in this booklet, it is urged that breads, involving the use of as large proportions as possible of other cereals than wheat, be made instead of white bread, in order to save wheat flour.

POTATO BREAD

2½ lbs. standard flour	½ oz. yeast
1 lb. strained and mashed potatoes	1 tablespoon shortening
3 tablespoons salt	2½ cups of water

Use same method as for corn flour bread, only allow one rising of three hours before kneading and putting in the pans. Bake in a sharp oven 35 minutes. Should produce 4 lbs. of bread.

BROWN BREAD

2½ lbs. standard flour	1 tablespoon shortening
6 oz. bran	2 tablespoons salt
2 tablespoons molasses	½ oz. yeast
2½ cups water	

Use the same method as for potato bread.

POTATO FLOUR BREAD

2½ lbs. standard flour	1 tablespoon brown sugar
½ lb. potato flour	1 tablespoon shortening
2 tablespoons salt	½ oz. yeast
2½ cups water	

Care must be taken during fermentation. Starchy matter retained in the potato flour aids fermentation, and requires a shorter period than all wheat flour dough.

Dissolve the yeast in warm water, and mix all together at a temperature of 80 degrees. Let it stand three hours to rise. Punch down and repeat the operation in an hour and a half. Repeat again in half an hour before placing in pans. Let rise for three-quarters of an hour. Bake in sharp oven for thirty-five minutes. Will produce four and a half pounds of bread.

RICE AND TAPIOCA BREAD

2½ lbs. standard flour	2 tablespoons flour
6 oz. rice flour	½ oz. yeast
6 oz. tapioca flour	1 tablespoon brown sugar
1 tablespoon shortening	2½ cups water

Dissolve the yeast in warm water and thoroughly mix all the ingredients together at 80 degrees. Allow to rise four hours. Knead and place in the pans, allowing three-quarters of an hour for it to rise. Bake in a sharp oven 35 minutes. Should produce four and a half pounds of bread.

CORN AND RYE BREAD

¾ lb. corn meal	½ tablespoon salt
¼ lb. rye flour	4½ level teaspoons baking powder
3 tablespoons shortening	1½ cups milk
6 tablespoons syrup	1 egg

Mix the syrup and the shortening and add the egg and milk. Then gradually beat in the cornmeal and rye flour, in which has been mixed the salt and baking powder. Beat thoroughly, and allow to stand a few minutes before baking. Bake in a sharp oven.

WHEATLESS ROLLS

½ lb. oatmeal	½ tablespoon salt
¼ lb. rye flour	½ tablespoon fat
1 tablespoon syrup	1 cup milk
	½ oz. yeast.

Scald the oatmeal before using. Dissolve the yeast in warm milk. Mix the syrup and shortening, add all the other ingredients, and let rise. Bake in a sharp oven. Will produce a dozen rolls.

CORNMEAL YEAST BREAD.

2½ cups milk and water or water	1 cake compressed yeast
1½ cups cornmeal	4 tablespoons sugar
4⅔ cups flour	2 tablespoons fat
½ cup water	4 teaspoons salt

Add to the liquid the sugar, fat and salt, and bring to a boil. Then add slowly the cornmeal, stirring constantly. Remove from the fire, and cool the mixture. When lukewarm, add the compressed yeast softened in one-half cup of warm water. Add the four and two-thirds cups of flour, and knead well. Let rise to double its bulk, knead again, and put into a pan. When light bake in a moderate oven for half an hour.

Wherever possible use white cornmeal, and a lighter coloured loaf is the result. This amount will make two loaves.

OATMEAL YEAST BREAD

5 cups wheat flour	1 yeast cake
2 cups rolled oats	4 tablespoons sugar
2 cups milk and water or water	2 tablespoons fat
½ cup warm water	2 teaspoons salt

Scald the liquid, and pour it over the rolled oats, sugar, salt and fat. Leave until it is lukewarm, and then add the yeast softened in warm water. Beat until smooth, then add the flour and knead. Let rise until double its bulk, knead again, and place in the pans. When light bake in a moderate oven for from three-quarters of an hour to one hour.

This makes two loaves.

BARLEY FLOUR BREAD.

5⅔ cups wheat flour	2 tablespoons sugar
1½ cups barley flour	2 tablespoons fat
2 cups milk and water, or water	2 teaspoons salt
1 cake compressed yeast	

Soften the yeast in part of the liquid. Combine all the ingredients, and mix into a dough. Knead and let rise to double its bulk. Knead again. Put into the pan, and when double its bulk bake about three-quarters of an hour.

This makes two loaves.

RYE BREAD

4½ cups wheat flour	4 tablespoons sugar
4½ cups rye flour	4 tablespoons water
2 cups milk and water, or water	2 tablespoons fat
1 cake compressed yeast	2 teaspoons salt

Rye bread may be made of equal parts rye flour and white flour. This makes a smaller loaf than if it were all white flour, but the manipulation is the same as for wheat bread.

Combine the ingredients. Mix into the dough and knead. Let rise until double the original bulk, and knead again. When this doubles in bulk, bake about three-quarters of an hour.

RICE YEAST BREAD

8 cups flour	½ cake compressed yeast
7 cups boiled rice	4 tablespoons sugar
½ cup milk and water, or water	4 tablespoons fat
¼ cup warm water	1½ teaspoons salt

Scald the milk. Pour over fat, sugar and salt. Cool and add the yeast moistened in one-quarter cup warm water. Then add the rice and flour, and knead. When it

rises, the light dough will be so soft that it cannot be kneaded with the hands. It should be well stirred with a strong spoon, and placed in the pans, when it will look like a stiff drop batter. After it rises a second time, bake three-quarters of an hour. This makes two loaves or three small loaves.

POTATO YEAST BREAD

$\frac{1}{2}$ cup milk and water, or water	$\frac{1}{2}$ cake compressed yeast
8 cups flour	4 tablespoons sugar
4 cups boiled potatoes	4 tablespoons fat
$\frac{1}{4}$ cup warm water	$1\frac{1}{2}$ teaspoons salt

Boil and mash the potatoes, and add the milk, sugar, fat and salt. Let cool till lukewarm, then add yeast cake, dissolved in one-quarter cup warm water. Into this mix the flour, and let rise to double in bulk. Knead. Shape into loaves. Put into pans. Let rise to double its bulk. Put into the oven and bake.

RAISIN BREAD

$1\frac{1}{4}$ cups rye flour	$\frac{1}{4}$ cup lukewarm water
2 cups Graham flour	$\frac{3}{4}$ cup hot water
$\frac{1}{2}$ cup dark corn syrup	1 teaspoon salt
1 tablespoon fat	$\frac{3}{4}$ cup raisins
1 yeast cake.	

Pour hot water over syrup, fat and salt. When lukewarm add yeast softened in lukewarm water. Add flour gradually, stirring well after each addition. Add raisins, stir well. Let rise until double in bulk. Beat. Turn into a greased pan. Let rise until almost double in bulk. Bake in a moderate oven for about one hour.

WHOLE WHEAT BREAD

$7\frac{1}{2}$ cups whole wheat flour	1 yeast cake
$1\frac{1}{2}$ cups milk, scalded and cooled	3 tablespoons brown sugar
$1\frac{1}{2}$ cups lukewarm water	1 tablespoon melted lard
	$1\frac{1}{2}$ teaspoons salt

Dissolve the yeast and sugar in the lukewarm water. Add the lard, salt and flour gradually. Knead thoroughly. Place in a greased bowl, cover and let rise to double in bulk. Mould into loaves, put into greased pans, and when light bake one hour in a moderate oven.

RYE BREAD

5 cups rye flour	1 tablespoon salt
$1\frac{1}{2}$ cups wheat flour	1 tablespoon lard
1 cup milk, scalded and cooled	1 yeast cake
2 cups lukewarm water	

Dissolve the yeast in the lukewarm water. Add $2\frac{1}{2}$ cups rye flour. Beat well. Put in a warm place to rise for about two hours. When light add the wheat flour and the lard, and the remainder of the rye flour and salt. Keep the dough rather soft. Knead until smooth, let rise to double its bulk, mould into loaves, and let rise again until light. Bake in a moderate oven for one hour.

BREAD CRUMB BREAD

1 cup milk	$1\frac{1}{2}$ teaspoons salt
$\frac{3}{4}$ cup warm water	$1\frac{1}{2}$ tablespoons fat
$1\frac{1}{2}$ cups dry bread crumbs	1 cup Graham flour
1 tablespoon corn syrup	$1\frac{1}{4}$ cup white flour.
1 yeast cake	

Pour scalded milk over syrup, salt and fat. Add two-thirds cup water. When lukewarm add yeast softened in remainder of water (one-third cup). Stir; add bread crumbs. When softened add flour gradually and knead on floured board. Let rise until double in bulk. Knead lightly and shape into loaves. Let rise until double in bulk. Bake in a moderate oven one hour.

QUICK BREADS

CORNMEAL GRIDDLE CAKES OR WAFFLES, No. 1

1 cup milk	2 teaspoons baking powder
$\frac{3}{4}$ cup flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup cornmeal	1 egg

Add beaten egg to milk and add to dry materials, well mixed.

CORNMEAL GRIDDLE CAKES OR WAFFLES, No. 2.

1 cup sour milk	1 teaspoon baking powder
$\frac{3}{4}$ cup flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup cornmeal	1 egg
$\frac{1}{2}$ teaspoon soda	

CORNMEAL MUFFINS, No. 1.

1 cup milk or water	1 to 2 tablespoons sugar
$1\frac{1}{2}$ cups flour	1 egg
$\frac{2}{3}$ cup cornmeal	$\frac{1}{2}$ teaspoon salt
1 to 2 tablespoons fat	$\frac{1}{2}$ teaspoon salt

Method 1: Mix milk, egg and melted fat, and add dry ingredients, well mixed.

Method 2: Scald cornmeal with the hot milk, add egg, melted fat, and dry ingredients.

CORNMEAL MUFFINS, No. 2.

1 cup sour milk	1 to 2 tablespoons sugar
$1\frac{1}{2}$ cups flour	1 egg
$\frac{2}{3}$ cup cornmeal	$\frac{1}{2}$ teaspoon soda
1 to 2 tablespoons fat	$\frac{1}{2}$ teaspoon salt

Combine as in Cornmeal Muffins, in Method 1.

BROWN BREAD

2 cups Graham flour	$1\frac{3}{4}$ cups sweet milk
1 cup white flour	$\frac{3}{4}$ teaspoon soda
$\frac{1}{2}$ cup molasses	$1\frac{1}{2}$ teaspoon salt

Sift the flour, salt and soda well. Add the molasses and the milk. Pour into well-greased moulds and steam about three hours.

JOHNNY CAKE

1 cup cornmeal	1 tablespoon molasses
1 cup white flour	$\frac{1}{2}$ teaspoon soda
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ teaspoon baking powder
$1\frac{1}{2}$ cups sour milk	1 teaspoon salt

Mix and sift the dry ingredients twice, and gradually add the sour milk. Beat well and bake in a shallow, greased pan, in a moderate oven.

POTATO BISCUIT, No. 1

$\frac{1}{2}$ yeast cake	1 egg
1 cup milk	$\frac{1}{2}$ tablespoon granulated sugar
2 cups flour	1 level tablespoon butter
2 cups mashed potatoes	$\frac{1}{2}$ teaspoon salt

Bake and mash three or four large potatoes, enough to make one quart. Place in bowl, add salt, sugar and butter. Take a cupful of milk, heat until lukewarm, dissolve

yeast cake in it, and add enough flour to make a sponge—about half a cup. Set sponge in warm place, free from draught, to rise. Bring the balance of the milk to the boiling point and then add it to the potatoes, salt, sugar and butter. When sponge has risen and dropped back add it to the potato mixture. Then add the egg well beaten, the remainder of the flour, and mix all together thoroughly. Let rise in a warm place. Butter a baking dish and drop the mixture in spoonfuls, as the dough should not be handled. Let rise again and bake from fifteen to twenty minutes.

POTATO BISCUIT, No. 2

- | | |
|---------------------------|------------------------|
| 2 cups flour | 1 level teaspoon salt |
| 1 cup potato (mashed) | 1 level tablespoon fat |
| 3 teaspoons baking powder | 1 level teaspoon sugar |

Liquid to make a soft dough.

Sift flour, baking powder, salt and sugar together. Work fat into flour. Add mashed potato, then add milk to make a soft dough. Roll out to about one-half inch thick, cut with a biscuit cutter and bake fifteen minutes in a quick oven.

OATMEAL MUFFINS

- | | |
|----------------------|-------------------------------|
| 1 cup cooked oatmeal | 2 tablespoons sugar |
| 1½ cups flour | 2 tablespoons melted dripping |
| ½ cup milk | 4 teaspoons baking powder |
| 1 egg | ½ teaspoon salt |

Mix and sift flour, sugar, salt and baking powder. Add half the milk and the egg well beaten. Mix the remainder of the milk with the cooked oatmeal and add to the dry ingredients. Beat thoroughly, then add melted dripping. Bake in greased gem pans.

BUCKWHEAT GEMS

- | | |
|-----------------------|---------------------------|
| ½ cup sugar | 1 egg |
| 1 cup buckwheat flour | 3 tablespoons dripping |
| ¾ cup white flour | 2 teaspoons baking powder |
| 1 cup milk | ½ teaspoon salt |

Beat the sugar into the egg, and add the melted dripping. Add alternately the milk and buckwheat flour, then the white flour into which the baking powder and salt have been sifted. Bake in greased gem pans.

CORNMEAL GEMS

- | | |
|----------------|------------------------------|
| ½ cup cornmeal | 1 tablespoon melted dripping |
| 1 cup flour | 1 tablespoon sugar |
| ¾ cup milk | 3 teaspoons baking powder |
| 1 egg | ½ teaspoon salt |

Mix and bake the same as for ordinary muffins.

BOSTON BROWN BREAD, No. 2

- | | |
|---------------------------|-----------------------|
| 1 cup rye meal | 1 cup Graham flour |
| 1 cup granulated cornmeal | 2 cups sour milk |
| 1½ level teaspoons soda | 1 level teaspoon salt |
| ½ cup molasses | |

Fill to two-thirds well greased baking powder cans. Grease the lids, and put them on. Place in a steamer and steam three and a half hours.

SPOON CORN BREAD

- | | |
|----------------------|-----------------------------|
| 2 cups water | 1 level tablespoon dripping |
| 1 cup milk | 2 teaspoons salt |
| 1 cup white cornmeal | 2 eggs |

Mix boiling water and cornmeal and bring slowly to the boiling point and cook five minutes. Add eggs well beaten and other ingredients. Beat thoroughly, and bake in a well-greased pan for twenty-five minutes in a hot oven. Serve from same dish with a spoon. This serves six people.

OATMEAL MUFFINS

$\frac{2}{3}$ cup rolled oats	2 tablespoons melted fat
1 cup scalded milk	$1\frac{1}{2}$ cups flour
3 level tablespoons sugar	$1\frac{1}{2}$ level tablespoons baking powder
$\frac{1}{2}$ level teaspoon salt	1 well-beaten egg

Add scalded milk to rolled oats and let stand thirty minutes. Add sugar, salt and melted fat, the flour sifted with the baking powder. Mix ingredients. Add the well-beaten egg and beat the mixture thoroughly. Drop spoonful into well greased muffin tins and bake from twenty-five to thirty minutes in a moderately hot oven.

BUCKWHEAT MUFFINS

1 cup buckwheat flour	1 well-beaten egg
1 cup white flour	1 cup milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup molasses
4 level teaspoons baking powder	$1\frac{1}{2}$ teaspoons melted fat

Beat the molasses into the eggs, add the melted fat. Add alternately the milk and buckwheat flour. Then add the white flour in which the salt and baking powder have been sifted. Bake in gem pans.

INDIAN PUDDING

$\frac{3}{4}$ cup cornmeal	1 quart milk
3 tablespoons sugar or $\frac{1}{3}$ cup molasses	$1\frac{1}{2}$ teaspoons salt

Heat the milk. Sift in the cornmeal as in making mush. Add salt and sugar. Turn into buttered baking dish, put dish in pan of water, and bake very slowly $2\frac{1}{2}$ to 3 hours. Serve with hard sauce, cream or crushed fruit.

OATMEAL MUFFINS, No. 1

$\frac{1}{2}$ cup milk	2 tablespoons sugar
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon salt
1 cup cooked oatmeal or rolled oats	4 teaspoons baking powder
2 tablespoons fat	1 egg

Cook oatmeal, using one part oatmeal to two parts water. A larger proportion of water makes too soft a mush and gummy muffins. Mix milk, oatmeal, egg and melted fat. Add dry ingredients after sifting them together. Bake twenty-five to thirty minutes. This makes ten to twelve muffins.

OATMEAL MUFFINS, No. 2

$1\frac{1}{2}$ cups milk	2 tablespoons fat
2 cups rolled oats	2 tablespoons sugar
1 cup flour	4 teaspoons baking powder
2 eggs	1 teaspoon salt

Pour milk over oats and let soak one-half hour. Add eggs and melted fat. Add to dry ingredients, which have been sifted together. Bake twenty-five to thirty minutes. This makes ten to twelve muffins.

CORN BREAD

1 cup cornmeal	1 egg
1 cup flour	1 tablespoon fat
1 cup sour milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ level teaspoon soda

Mix well the dry ingredients. Dissolve the soda in the sour milk and add to this the beaten egg and melted fat. Beat well and add the dry ingredients. Bake in a bread pan in a moderate oven.

HOMINY BREAD

1 cup hominy	1 egg
1 cup flour	1 tablespoon fat
1 cup sweet milk	$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar	4 level teaspoons baking powder

Mix and sift the baking powder with the flour and add the other dry ingredients. Beat the egg, add the milk, and melted fat. Then beat in the dry ingredients. Bake in a bread pan in a moderate oven.

OATCAKES—COOKIES

5 cups of oatmeal	$\frac{3}{4}$ cup sour milk
3 cups of flour	1 cup melted dripping
1 cup of sugar	1 teaspoon of soda

Dissolve the soda in the sour milk. Add the melted fat and other ingredients and roll thin.

Rollled oats put through a meat chopper are quite as good as the finely granulated meal, which is more difficult to obtain.

DATE LOAF

3 cups Graham flour	3 teaspoons baking powder
$\frac{1}{2}$ cup sugar	1 lb. dates

Milk sufficient to make a stiff batter.

CEREAL MUFFINS

1 cup cooked oatmeal	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
2 tablespoons sugar	1 egg
4 teaspoons baking powder	2 tablespoons melted butter substitute

Mix and sift flour, baking powder and salt. Add the egg well beaten and the one-half cup milk with the cereal and beat it thoroughly. Then add the butter substitute. Bake in buttered muffin or gem pans about 30 minutes in a moderate oven.

GRAHAM GEMS

1 egg	1 cup buttermilk
2 tablespoons sugar	1 teaspoon soda
1 tablespoon fat	1 teaspoon cream of tartar
$1\frac{1}{2}$ cups Graham flour	$\frac{1}{2}$ cup white flour

ALMOND CAKES

$1\frac{1}{2}$ cups rolled oats	$\frac{1}{4}$ teaspoon salt
1 tablespoon butter substitute	1 egg
1 teaspoon baking powder	2 teaspoons almond extract
$\frac{1}{2}$ cup sugar	

Combine dry ingredients, add butter substitute, the extract and, last, a well-beaten egg. Shape in teaspoonfuls and place on a buttered pan. Bake in a very moderate oven 25 to 30 minutes, or until dry and light brown.

PASTRY

RYE PASTRY

- | | |
|-------------------------------------|-------------------------------|
| $1\frac{1}{2}$ cup patent rye flour | $\frac{1}{2}$ cup liquid |
| $\frac{3}{4}$ cup bread flour | $1\frac{1}{2}$ teaspoons salt |
| $\frac{1}{2}$ cup fat | |

Mix flour and salt, cut in fat. Add liquid gradually. Turn out on a board which has been brushed with flour. Roll thin. Bake in an oven at a temperature of 210° C. to 215° C.

WHEATLESS PIE CRUST, No. 1

- | | |
|--------------------------------|----------------------------|
| $2\frac{1}{2}$ cups rye flour | 1 level teaspoon salt |
| 2 cups corn flour | $\frac{3}{4}$ cup of fat |
| 1 level teaspoon baking powder | $\frac{3}{4}$ cup of water |

Sift flour, salt and baking powder together; cut the fat into the flour mixture. Add water, mixing and handling as little as possible. Chill until ready to roll.

WHEATLESS PIE CRUST No. 2

- $2\frac{1}{2}$ cups of rye flour
 $1\frac{1}{2}$ cups rice flour

Other ingredients and method of preparation are the same as in recipe immediately preceding.

RICE CORN PUDDING

- | | |
|-------------------|--------------------------------|
| 1 cup cornmeal | 1 level teaspoon baking powder |
| 1 tablespoon rice | 1 teaspoon salt |
| 1 tablespoon fat | 2 eggs |
| 2 cups milk | |

Boil rice in one and one-half cups of water for ten minutes. Scald half the cornmeal with the boiled rice. Add melted fat and well-beaten eggs. Then add the milk and the remainder of the cornmeal, together with the salt and baking powder. Mix thoroughly and bake in a moderate oven 40 minutes.

CAKES

GINGER BREAD

- | | |
|-----------------------------|-----------------------------|
| $\frac{1}{2}$ cup molasses | $\frac{1}{2}$ egg |
| $\frac{1}{6}$ cup fat | 1 cup flour |
| teaspoon soda | 1 teaspoon ginger |
| $\frac{1}{4}$ cup sour milk | $\frac{1}{4}$ teaspoon salt |

Heat molasses, pour over fat. When cool add egg. Then add flour sifted with ginger and salt. Add milk with soda dissolved in it. Cook in moderate oven.

CORNMEAL GINGERBREAD

- | | |
|--------------------------------|-----------------------------------|
| 2 cups yellow cornmeal | 1 cup barley flour |
| $\frac{1}{2}$ cup molasses | 1 teaspoon soda |
| $\frac{1}{3}$ cup sugar | 2 teaspoons baking powder |
| 2 tablespoons shortening | 1 egg |
| 1 teaspoon salt | $1\frac{1}{2}$ teaspoons ginger |
| 1 cup sour milk | $1\frac{1}{2}$ teaspoons cinnamon |
| $1\frac{1}{2}$ cups sweet milk | $\frac{1}{2}$ teaspoon cloves |

Mix the first seven ingredients in a double boiler and cook for 35 minutes over hot water. Beat the eggs and sift the flour, soda and spice together. Add the first mixture when it has cooled. Bake in a shallow tin in a moderate oven.

BUCKWHEAT CHOCOLATE CAKE

$\frac{1}{2}$ cup fat
1 cup sugar
2 eggs
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon vanilla

$\frac{3}{4}$ cup buckwheat flour
 $\frac{3}{4}$ cup wheat
2 ounces chocolate (melted)
2 $\frac{1}{2}$ teaspoons baking powder

Cream butter, add sugar gradually, and yolks of eggs well beaten. Beat the whites of the eggs stiff. Add milk, flour, and baking powder and beat thoroughly. Add chocolate and vanilla and bake 40 minutes in a shallow cake pan.

CORNMEAL ORANGE GINGERBREAD

2 cups yellow cornmeal
1 egg
 $\frac{1}{2}$ cup molasses
1 teaspoon ginger
 $\frac{1}{2}$ cup sugar
2 tablespoons shortening
1 teaspoon salt

1 teaspoon soda
2 level teaspoons baking powder
1 $\frac{1}{2}$ cups milk
2 cups flour
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
Grated rind of one orange

Sift cornmeal, flour and spices twice. Dissolve soda in molasses. Add egg, shortening, milk and sifted ingredients and stir well with orange peel. Bake in a shallow buttered pan 20 minutes.

LAYER OR LOAF CAKE (Rye)

$\frac{3}{4}$ cup sugar
2 eggs
 $\frac{1}{2}$ cup shortening
 $\frac{3}{4}$ teaspoon salt

$\frac{1}{2}$ cup milk or water
2 level teaspoons baking powder
1 $\frac{1}{2}$ cups rye flour
1 level teaspoon flavoring

Cream shortening and sugar. Add well-beaten eggs and milk. Add the sifted dry ingredients. Add flavoring, beat well. Bake in moderate oven twenty-five minutes.

DROP CAKES (Rye Flour and Oats)

1 cup rye flour
1 $\frac{1}{4}$ cups rolled oats
 $\frac{1}{2}$ cup shortening
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{2}$ cup corn syrup
1 egg

3 tablespoons water
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ cup nut meats
 $\frac{1}{2}$ cup raisins

Combine the sugar and the fat. Add the syrup and the water. Combine the flour, rolled oats, baking powder and salt and add to the first mixture. Add the cinnamon, nuts and raisins. Drop on greased pans and bake in a moderate oven.

CORN PEANUT COOKIES

3 tablespoons fat
4 tablespoons sugar
2 eggs
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
2 teaspoons cocoa

4 tablespoons cornmeal
4 tablespoons corn flour or other
flour
2 tablespoons milk
 $\frac{1}{4}$ cup peanuts

Combine the fat and sugar. Add the eggs well beaten and mix. Mix all dry ingredients together with the milk. Then add the peanuts. Drop in spoonful portions not too close together on a greased pan. Bake in a moderate oven until golden brown.

MISCELLANEOUS RECIPES

BARLEY AND OATMEAL DROP CAKES

1 cup barley flour	1 egg
1½ cups rolled oats	2 tablespoons water
½ cup fat	2 teaspoons baking powder
¼ cup brown sugar	½ teaspoon salt
½ cup corn syrup	½ cup nuts

Cream butter and sugar; mix dry ingredients. Then add beaten egg to creamed butter and sugar. Then add the flour and milk alternately. Mix well. Drop from spoon upon buttered tin. Bake in a moderate oven.

BUCKWHEAT BREAD

¾ cup buckwheat flour	1 teaspoon salt
2½ cups wheat flour	1 tablespoon corn syrup
1 cup milk (lukewarm)	½ cake yeast

Bake as ordinary bread, mixing all ingredients and allow it to rise until it is light. Knead and allow it to rise again, then mould it into loaves and after these have risen bake about 50 minutes in a moderate oven.

COOKED CORNMEAL BREAD

1 cup cooked cornmeal or hominy.	½ cup lukewarm water
1 teaspoon salt	2½ cups of flour
1 tablespoon syrup	½ cake yeast

Cool the cooked cornmeal until it is lukewarm. Add the yeast, salt and syrup and about one cup of the flour. Cover and allow it to rise until light and then knead in the rest of the flour. The dough should be stiffer than for white bread. Cover and let rise. Knead and finish as other breads.

ROLLED OATS BREAD

¾ cup rolled oats	1 teaspoon salt
2½ cups wheat flour	1 tablespoon syrup
1 cup water	½ cake of yeast

Scald the oatmeal with three-quarter cup of boiling water. Dissolve the yeast in one-quarter cup of lukewarm water. Cool the oatmeal and add to it the yeast and work in as much flour as possible.

Cover and set to rise until light. If the dough seems soft, add more flour and knead until smooth and elastic. Cover and let it rise again. When light, place in greased pans and allow it to rise until light enough for the oven. Bake slowly in a moderate oven for about one hour.

OAT SPONGE CAKE

4 eggs	1 cup sugar
1 tablespoon lemon juice	½ cup oat flour
½ teaspoon salt	½ cup corn flour

Beat the yolks of the eggs until thick and lemon-colored. Add the sugar gradually with the salt and lemon juice and beat well. Fold into this the stiffly-beaten egg whites and the flour. Line a pan with greased paper and bake the mixture for from thirty-five to forty minutes in a moderate oven.

CHOCOLATE POTATO CAKE

$\frac{1}{4}$ cup fat	$\frac{1}{4}$ cup milk (about)
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup ricd potatoes or dry mashed potatoes	1 square chocolate
1 egg	3 level teaspoons baking powder
	$\frac{3}{4}$ cup white flour

Cream the fat, add the sugar and the potatoes, then the egg. Beat all well and add the flour with the salt and baking powder and sufficient milk to make dough. Cook for thirty-five minutes in a moderate oven.

BARLEY FLOUR CAKE

2 cups barley flour	3 tablespoons brown sugar
$\frac{1}{4}$ cup fat	1 cup corn syrup
$\frac{1}{4}$ teaspoon salt	2 eggs, beaten separately
$\frac{1}{2}$ cup milk	1 teaspoon vanilla
$\frac{1}{4}$ level teaspoons baking powder	

Vary this by adding melted chocolate to make a chocolate cake.

BARLEY SPONGE CAKE

4 eggs	1 cup sugar
1 tablespoon lemon juice	$1\frac{1}{3}$ cups barley flour
$\frac{1}{8}$ teaspoon salt	

Beat yolks of eggs, salt, lemon juice and add the sugar. [Fold in the whites of the eggs and the flour. Cook in a pan with lining of greased paper for thirty-five to forty minutes in a moderate oven.

POTATO FLOUR SPONGE CAKE

$\frac{3}{4}$ cup powdered sugar	1 teaspoon baking powder
4 egg yolks	$\frac{1}{8}$ teaspoon salt
4 egg whites	1 teaspoon lemon or vanilla extract
$\frac{1}{2}$ cup potato flour	

Beat egg yolks until thick and add 4 tablespoons of sugar. Beat the whites until very thick with $\frac{1}{2}$ cup of sugar until it forms a stiff meringue. Cut and fold this into the yolks and slowly add the flour with the baking powder and salt, cutting and folding in until it is completely blended. Bake in moderate oven for about three-quarters of an hour.

FRUIT CAKE

Without eggs, milk or butter.

1 cup brown sugar	1 teaspoon nutmeg
$1\frac{1}{4}$ cups water	1 teaspoon cinnamon
1 cup seeded raisins	1 cup corn flour
2 oz. citron cut fine	1 cup rye flour
$\frac{1}{3}$ cup shortening	5 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	

Boil the first eight ingredients for 3 minutes. When cool, add the flour and baking powder sifted together. Mix well and bake in a loaf pan in a moderate oven for about forty-five minutes.

SPIDER CORN BREAD

1 egg	2 tablespoons sugar
1 $\frac{3}{4}$ cups milk and water	1 teaspoon salt
1 cup corn meal	2 teaspoons baking powder
$\frac{1}{3}$ cup flour	1 tablespoon shortening

Beat egg in bowl and add one cup milk and water; stir in corn meal, flour, sugar, salt and baking powder which have been sifted together; turn into frying pan in which shortening has been melted. Pour remaining milk over it but do not stir. Bake about 25 minutes in hot oven. There should be a line of creamy custard through the bread. Cut into triangles and serve.

WAFER CORN BREAD

2 cups corn meal	1 egg
2 teaspoons baking powder	1 tablespoon shortening
$\frac{1}{2}$ teaspoon salt	2 cups milk
2 tablespoons molasses (if desired)	

Mix thoroughly corn meal, baking powder and salt. Add melted shortening, molasses, well beaten egg and milk. Beat well. Pour into greased shallow pans (the batter should be about $\frac{1}{4}$ inch deep) and bake in hot oven until brown on both sides. The bread should be less than $\frac{1}{2}$ inch thick when baked.

CORN MEAL SPOON BREAD

2 cups milk	1 teaspoon salt
1 egg	$\frac{3}{4}$ cup corn meal
2 teaspoons baking powder	

Add beaten egg to milk. Mix and sift corn meal, baking powder and salt and stir into the liquid. Pour into hot greased earthen dish and bake in hot oven thirty to forty minutes. Serve hot with a spoon from dish in which it was baked.

NUT BREAD

3 cups Graham flour	1 $\frac{1}{2}$ cups milk and water
5 teaspoons baking powder	1 cup chopped nuts (not too fine)
1 $\frac{1}{2}$ teaspoons salt	or 1 cup raisins washed and floured.
$\frac{1}{4}$ cup sugar or corn syrup	

Mix together flour, baking powder and salt; add milk and water, sugar or corn syrup and nutmeats or raisins; mix well and put into greased loaf pan, allow to stand thirty minutes in warm place. Bake in moderate oven forty to forty-five minutes.

PEANUT BISCUITS

2 cups flour	2 cups peanuts (finely ground or crushed)
4 teaspoons baking powder	
2 teaspoons salt	1 tablespoon shortening
$\frac{3}{4}$ cup liquid (milk and water)	

Sift flour, baking powder and salt together; add peanuts. Cut in shortening; add liquid slowly to make a soft dough. Roll out lightly on floured board; cut with biscuit cutter and put into greased pan. Bake in hot oven 10 to 12 minutes.

MAPLE ICING

2 cups maple or corn syrup	2 teaspoons shortening
1 egg white	

Boil syrup until it spins a thread; add shortening. Pour slowly over beaten white of egg. Beat until stiff enough to spread on cake.

TX769

Draw 399.1

B74

1918

The following uniform booklets have been prepared by experts under the direction of the Canada Food Board:

1. **Fruit and Vegetables: Canning, Drying, Storing.**
2. **Fish Recipes.**
3. **Vegetable Recipes.**
4. **Bread Recipes.**

Copies of any of these booklets can be secured at a price of 5 cents each, upon application to the Canada Food Board, Ottawa.



PRICE OF



THIS BOOK