

WAR BREADS      Rule for flour proportions :

2 cups wheat flour,      1 cup any other cereal.

BAKING POWDER   biscuits may be made with rye flour or with  
entire wheat flour. or one cup mashed potatoes to one  
cup flour.

PIE CRUST

Make with rye flour, entire wheat or part corn meal.

GINGERBREAD      Make with red dog flour ; buy at grainery.  
Try coffee in place of milk in mixing.

## Rye Bread

2 c. sour milk, in which dissolve 1 tsp. soda; add  
2 c. rye meal;      2 c. white flour;       $\frac{1}{3}$  c. sugar  
1 tsp baking powder;      a little salt

Put in a loaf pan, set in warm place, and let rise  
 $\frac{1}{2}$  hour. Bake in moderate oven 1 hour. This will  
make one good loaf.

### Quick Graham Bread

2 c. graham meal;      1 tsp. salt;      1 tsp. soda  
1 c. sweet milk;              scant  $\frac{1}{2}$  c. molasses

Spread in a sheet in tin, letting it set  $\frac{3}{4}$  hour in a warm place, and then bake  $\frac{3}{4}$  hour in moderate oven.

### Rye Loaf Nut Bread

1 egg;      1½ c. sour milk;      2 tbsp. molasses  
½ tsp. soda;      ½ tsp. salt;      1 tsp. baking powder  
2 c. rye flour;      ½ c. graham flour;      ¼ c, nut meats

Bake in moderate oven  $\frac{3}{4}$  hour. Try with straw.  
Rub over with fat before taking out of oven.

### Black Angel Cake

*1 c. sugar ;            1 tbsp. fat ;            1 egg yolk*  
*3 tbsp. cocoa or melted chocolate dissolved in*  
*½ c. boiling water ;*  
*1½ c. flour ;            2 tsp. baking powder*  
*Add at the last— ½ c. boiling water*  
*and ¼ tsp. soda.*

### Oatmeal Bread

*1 c. rolled oats ;*                      *1 pt. boiling water*  
 *$\frac{1}{3}$  c. molasses ;*              *1 tsp. salt ;*              *1 tbsp. fat*  
 *$\frac{1}{2}$  yeast cake dissolved in  $\frac{1}{2}$  c. water ;*      *5 c. flour*

*Put first five ingredients into mixer, when cool  
add yeast and flour. Raise over night.*

LEFT OVER CEREALS Put in a baking dish, cover with a layer of apples. sweeten with molasses, add raisins and spices, serve as pudding,

RAISINS Try using pieces of apple cut up in brown bread and in puddings in place of raisins. Put the raisins into breakfast cereal so sugar will not be missed,

PUMPKIN PIES or squash pies. No crust needed ; grease pie plate and sift on corn meal or cracker crumbs,

BREAD CRUMBS make your fried potatoes go further.

HASH can be made with raw potatoes, running them thru the meat grinder.

HASH garnished with tomatoes is delicious,

BEEF Use corn beef in place of pork in baked beans.

MUTTON SALVE

Equal parts hemlock bark, rosin and mutton tallow.



### Green Tomato Mincemeat

$\frac{1}{2}$  pk. green tomatoes ;     $\frac{1}{2}$  pk. apples  
2 lb. brown sugar ;        1 c. karo syrup or jelly  
1 lb. raisins ;     $\frac{1}{4}$  lb. citron ;    1 c. chopped suet  
salt, cassia, cloves.

Wash and chop fine the tomatoes, put on stove to scald, drain off the water, then add chopped apples and other ingredients, cook slowly.

This can be sealed in jars : it is very nice.

## Tomato Soup

*7 qt. sliced raw tomatoes; wash but do not peel.*

*7 stalks celery;                      7 sprigs parsley;                      7 bay leaves*

*3 1-2 onions;                      11 whole cloves;                      cook until soft.*

*Then add: 7 tbsp. fat, 7 tbsp. flour: cook until thick,  
strain,*

*Put on stove again and add:*

*1-2 c. sugar,                      4 tsp. salt,                      1-2 tsp. pepper,*

*Seal in jars while hot.*

## Hoe Cakes

*1 pt. sifted cornmeal*

*1 pinch salt*

*1 tsp. baking powder*

*Mix thoroly, pour on boiling water, beating it well, making it the consistency of gingerbread. Not too thick.*

*Fry slices of salt pork, pour 1 spoonful for a cake in the fat. Brown, serve with syrup.*

## Corn and Rye Muffins

1 c. bolted corn meal;     $\frac{3}{4}$  c. rye meal    1 tsp. salt  
 $\frac{1}{4}$  c. (scant) brown sugar;                      1 full cup milk  
4 tsp. baking powder;    1 egg (beaten);    1 tbsp. fat

This recipe makes sixteen muffins.

DOUGHNUTS As you take them from hot fat dip quickly into boiling water. This removes excess fat. Collect the fat from top of water when cold and use again.

GREASE GRIDDLE pans by using salt tied in little cheese cloth bag. No fat is needed at all.

SUET will keep indefinitely in molasses. and so be ready for use at all times.

CRACKLINGS left from trying out beef suet may be put into mincemeat, hash, or served plain on baked potato es.