20 Ways to Help the Government

Baking Powder breads made from corn and other coarse flours, instead of patent wheat flours, are recommended by the Conservation Division of the United States Government Food Administration. The Food Administration states that the circulation of recipes which conserve wheat flours will help their plans.

Royal Baking Powder

Makes these foods healthful and delicious

CORN BREAD WITH RYE FLOUR

1 cup corn meal
1 cup rye flour
2 tablespoons sugar
5 teaspoons Royal Baking Powder
1 teaspoon salt
1 cup milk
1 egg
2 tablespoons shortening

Sift dry ingredients into bowl; add milk, beaten egg and melted shortening. Stir well. Put into greased pan, allow to stand in warm place 20 to 25 minutes, and bake in moderate oven 40 to 45 minutes.

SPIDER CORN BREAD

1 cup corn meal
1-3 cup flour
2 tablespoons sugar
1 teaspoon salt
2 teaspoons Royal Baking Powder
1 egg
1¾ cups milk and water
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.

CORN BREAD

1¾ cups corn meal
¼ cup flour
4 teaspoons Royal Baking Powder
1 tablespoon sugar
1 teaspoon salt
1¼ cups milk
2 tablespoons shortening

Sift the dry ingredients into bowl; add milk and melted shortening; beat well, and pour into well greased pan or muffin tins, and bake in hot oven about 25 minutes.

WAFER CORN BREAD

2 cups finely ground cornmeal
2 teaspoons Royal Baking Powder
½ teaspoon salt
2 cups milk
2 tablespoons molasses (if desired)
1 egg
1 tablespoon shortening

Mix thoroughly cornmeal, baking powder and salt. Add melted shortening, molasses and well beaten egg. Beat well. Pour into greased shallow pans (the batter should be about ¼ inch deep) and bake in hot oven until brown on both sides. The bread should be less than ½ inch thick when baked.

EGGLESS PLUM PUDDING

1 cup bread crumbs
2 cups rye flour
4 teaspoons Royal Baking Powder
½ teaspoon salt
1 teaspoon cloves
1 teaspoon cinnamon
1 cup chopped suet
1 cup seeded raisins
1 chopped apple
1 cup molasses
1 cup milk

Mix the dry ingredients thoroughly; add the suet and the prepared fruit. Mix well and add gradually the molasses and milk, stirring continually. Steam 2½ hours. Serve with hard sauce.

CORN MEAL GRIDDLE CAKES

1 1-3 cups corn meal
1½ cups boiling water
¾ cup milk
1 tablespoon shortening
1 tablespoon molasses
2-3 cup flour
1 teaspoon salt
4 teaspoons Royal Baking Powder

Scald corn meal in bowl with boiling water; add milk, melted shortening and molasses; add flour, salt and baking powder, which have been sifted together; mix well. Bake on hot greased griddle until brown.

HOMINY MUFFINS

1 cup soft boiled or left over hominy
1 teaspoon salt
1½ tablespoons shortening
1 egg
¾ cup milk
2 cups corn flour
4 teaspoons Royal Baking Powder

Mix together hominy, salt, melted shortening, beaten egg and milk. Add flour, which has been sifted with baking powder. Beat well and bake in greased muffin tins or shallow pan in hot oven 25 to 30 minutes.

APPLE GEMS

1 cup corn meal
1½ cups flour
½ teaspoon salt
2 tablespoons sugar
5 teaspoons Royal Baking Powder
1 cup milk
4 sour apples
2 tablespoons molasses

Sift dry ingredients together. Add enough milk to make thick batter. Beat well. Add apples, chopped fine, and molasses. Bake in hot greased gem pans 15 to 20 minutes.

RYE AND CORN MEAL MUFFINS

1½ cups rye flour
½ cup corn meal
½ teaspoon salt
4 teaspoons Royal Baking Powder
1 tablespoon sugar
¾ cup milk and water
1 tablespoon shortening

Sift together dry ingredients; add milk and water and melted shortening. Beat well. Bake in greased muffin pans in hot oven 30 to 35 minutes.

CORN MEAL MUFFINS

¾ cup corn meal
1¼ cups flour
½ teaspoon salt
4 teaspoons Royal Baking Powder
2 tablespoons sugar
1 cup milk
2 tablespoons shortening

Sift dry ingredients together into bowl; add milk and melted shortening and beat well. Bake in greased muffin tins in hot oven about 20 minutes.

RYE ROLLS

4 cups rye flour
1 teaspoon salt
6 teaspoons Royal Baking Powder
1½ cups milk
1 tablespoon shortening

Sift dry ingredients; add milk and melted shortening. Knead on floured board; shape into rolls. Put into greased pans and allow to stand in warm place 20 to 25 minutes. Bake in moderate oven 25 to 30 minutes.

OATMEAL BISCUITS

1¼ cups flour
1½ teaspoons Royal Baking Powder
½ teaspoon salt
2 tablespoons sugar
1 1-3 cups oatmeal
6 tablespoons shortening
2-3 cup water

Sift flour, baking powder, salt and sugar together. Add oatmeal, melted shortening and enough water to make a soft dough. Roll out thin on floured board; cut with biscuit cutter and bake in greased pan in moderate oven about 20 minutes.

ENTIRE WHEAT PRUNE BREAD

2½ cups entire wheat flour
¼ cup sugar
1 teaspoon salt
1 cup prunes
4 teaspoons Royal Baking Powder
1 cup milk
1 tablespoon shortening

Wash prunes, soak several hours, drain, stone and chop. Mix and sift flour, sugar, salt and baking powder; add milk and beat well. Add prunes and melted shortening. Put into greased bread pan, allow to stand 20 to 25 minutes in warm place, and bake in moderate oven one hour. (Dates, raisins or nuts may be used instead of prunes.)

NUT BREAD

2 cups graham flour
5 teaspoons Royal Baking Powder
1½ teaspoons salt
¼ cup sugar or corn syrup
1½ cups milk and water
1 cup chopped nuts (not too fine), or 1 cup raisins, washed and floured

Mix together flour, baking powder and salt; add milk and water, sugar or corn syrup, and nutmeats or raisins. Put into greased loaf pan; allow to stand 30 minutes in warm place. Bake in moderate oven 40 to 45 minutes.

OATMEAL BREAD

1 cup flour
1½ cups corn meal
1 teaspoon salt
5 teaspoons Royal Baking Powder
2 tablespoons sugar
½ cup oatmeal
1 egg
2 tablespoons shortening
1 cup milk

Sift together flour, corn meal, salt, baking powder and sugar; add oatmeal. Add beaten egg, melted shortening and milk. Mix well and bake in greased shallow pan in moderate oven 40 to 45 minutes.

OATMEAL BREAD (2)

1 cup flour
1½ cups corn meal
1 teaspoon salt
5 teaspoons Royal Baking Powder
2 tablespoons sugar
1 cup oatmeal
2 tablespoons shortening
1½ cups milk

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

EGGLESS, MILKLESS, BUTTERLESS CAKE
(Fruit Cake)

1 cup brown sugar
1¼ cups water
1 cup seeded raisins
2 ounces citron, cut fine
1-3 cup shortening
½ teaspoon salt
1 teaspoon nutmeg
1 teaspoon cinnamon
1 cup corn flour
1 cup rye flour
5 teaspoons Royal Baking Powder

Boil sugar, water, fruit, shortening, salt and spices together in saucepan 3 minutes. When cool, add flour and baking powder, which have been sifted together. Mix well; bake in loaf pan in moderate oven about 45 minutes.

MAPLE LAYER CAKE

2½ tablespoons shortening
¾ cup sugar
1 egg
1 egg yolk
½ cup milk
1½ cups corn flour
¾ cup flour
3 teaspoons Royal Baking Powder
¼ teaspoon salt
1 teaspoon vanilla

Cream shortening, add sugar; add beaten eggs and one-half corn flour and flour, which have been sifted with the baking powder and salt; mix well. Add milk and the remainder of flour; add flavoring. Beat well and bake in greased layer tins in hot oven 10 to 12 minutes. Cover layers and top with the following icing:

Maple Icing

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

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

MOLASSES CAKES

4 tablespoons shortening
¼ cup sugar
¾ cup molasses
2 cups rye flour
4 teaspoons Royal Baking Powder
1 teaspoon ginger
1 teaspoon allspice
¼ teaspoon salt
¾ cup milk

Cream shortening. Add sugar and molasses, beating well. Add half the flour, which has been sifted with baking powder, spices and salt. Mix in half the milk, and then add remainder of flour and remainder of milk. Mix well and pour into greased individual cake tins and bake in moderate oven about 20 minutes.

HONEY DROP CAKES

½ cup shortening
¼ cup sugar
1 cup honey
1 egg
1 tablespoon lemon juice
3 cups flour
4 teaspoons Royal Baking Powder

Cream shortening and add sugar slowly; add honey, beaten egg yolk and lemon juice. Mix well and add flour, which has been sifted with baking powder. Fold in the beaten white of egg. Bake in greased individual tins in moderate oven 25 to 30 minutes.

These recipes in our red, white and blue booklet, "Best Wartime Recipes," will be sent free on receipt of name and address. Also send for booklet "55 Ways to Save Eggs."

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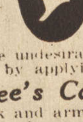

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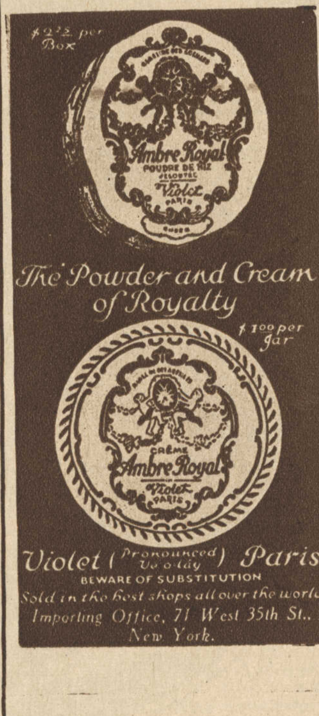

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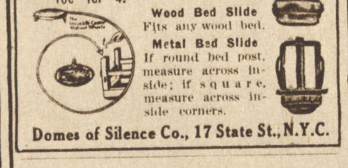

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