

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

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 2 teaspoons Royal Baking Powder
1 cup rye flour 1 egg
2 tablespoons sugar 1 1/2 cups milk and water
1 teaspoon salt

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 crust around the bread. Cut into triangles and serve.

CORN BREAD

1 1/2 cups corn meal 1 tablespoon sugar
1/2 cup flour 4 teaspoons Royal Baking Powder
1 1/2 cups milk 1 1/2 cups 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 2 tablespoons molasses (cornmeal) 1 egg
2 teaspoons Royal Baking Powder 1 egg
1/2 teaspoon salt 1 1/2 cups milk
2 cups milk

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 1/2 inch deep) and bake in hot oven until brown on both sides. The bread should be less than 1/2 inch thick when baked.

EGGLESS PLUM PUDDING

1 cup bread crumbs 1 teaspoon cinnamon
2 cups rye flour 1 cup chopped nuts
4 teaspoons Royal Baking Powder 1 cup seeded raisins
1/2 teaspoon salt 1 cup molasses
1 1/2 cups milk 1 cup molasses
1 1/2 cups clover 1 cup milk

Mix the dry ingredients thoroughly; add the nuts and the prepared fruit. Mix well and add gradually the molasses and milk, stirring constantly. Steam 2 1/2 hours. Serve with hard sauce.

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CORN MEAL GRIDDLE CAKES

1 1/2 cups corn meal 1 tablespoon molasses
1 1/2 cups boiling water 2-2 cup flour
3/4 cup milk 1/2 teaspoon salt
1 tablespoon shortening 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 1/2 cup milk
1 cup flour 2 cups corn flour
1 teaspoon salt 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 5 teaspoons Royal Baking Powder
1/2 cup flour 1 cup milk
1/2 teaspoon salt 1 cup apples
2 tablespoons molasses 4 sour apples

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

RYE AND CORN MEAL MUFFINS

1 1/2 cups rye flour 1 tablespoon sugar
1/2 cup corn meal 1/2 cup milk and water
4 teaspoons Royal Baking Powder

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

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

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 1/2 cups milk
1 teaspoon salt 1 tablespoon shortening
6 teaspoons Royal Baking Powder

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

1 1/2 cups flour 1 1/2 cups oatmeal
1 1/2 teaspoons Royal Baking Powder 2 tablespoons shortening
1/2 teaspoon salt 2 cups 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

2 1/2 cups entire wheat flour 4 teaspoons Royal Baking Powder
1/2 cup sugar 1 cup milk
1/2 cup prunes 1 cup 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 1 1/2 cups milk and water
5 teaspoons Royal Baking Powder 1 cup chopped nuts (not too fine)
1 1/2 teaspoons salt 1/2 cup sugar or corn syrup

Mix together flour, baking powder and salt; add milk and water, sugar or corn syrup, and nuts or raisins. Put into greased loaf pan; allow to stand 10 minutes in warm place. Bake in moderate oven 40 to 45 minutes.

OATMEAL BREAD

1 cup flour 2 tablespoons sugar
1 1/2 cups corn meal 1/2 cup oatmeal
1 teaspoon salt 1 egg
5 teaspoons Royal Baking Powder

Sift together flour, corn meal, salt, baking powder and sugar; add oatmeal, 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 2 tablespoons sugar
1 1/2 cups corn meal 1/2 cup oatmeal
1 teaspoon salt 1 egg
5 teaspoons Royal Baking Powder

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

EGGLESS, MILKLESS, BUTTERLESS CAKE (Fruit Cake)

1 cup brown sugar 1/2 teaspoon salt
1 cup water 1 teaspoon nutmeg
1 cup seeded raisins 1 teaspoon cinnamon
2 ounces citron 1 cup rye flour
1-3 cup shortening 5 teaspoons Royal Baking Powder

Boil sugar, water, fruit, shortening, salt and spices together in saucepan 5 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

2 1/2 tablespoons shortening 1 1/2 cups corn flour
3/4 cup sugar 3 teaspoons Royal Baking Powder
1 egg 3/4 teaspoon salt
1/2 cup milk 1 teaspoon vanilla

Cream shortening, add sugar; add beaten eggs and one-half cup 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 tin 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 4 teaspoons Royal Baking Powder
1/2 cup sugar 1 teaspoon ginger
3/4 cup molasses 1 teaspoon salt
2 cups rye flour 1/2 cup milk

Cream shortening. Add sugar and molasses. Beat 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 milk. Mix well and pour into greased individual cake tins and bake in moderate oven about 20 minutes.

HONEY DROP CAKES

1/2 cup shortening 1 tablespoon lemon juice
1/2 cup honey 3 cups flour
1 egg 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.

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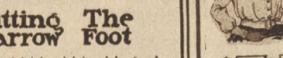
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