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Best war time recipes. 1918

[s.l.]: Royal Baking Powder Co., 1918

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VF-RATIONING

COOKERY

American



BEST WAR TIME RECIPES

**ROYAL BAKING POWDER CO.
NEW YORK**

UNITED STATES FOOD ADMINISTRATION

WASHINGTON

August 1st, 1917.

Miss Ruth Watson,
c/o Royal Baking Powder Co.,
New York City.

Dear Madam:

Replying to your recent communications, the use of baking powder breads made of corn and other coarse flours instead of patent wheat flour is recommended by the Conservation Division of the Food Administration. The wheat needed for export is thus conserved, and at the same time healthful food for our own people is provided. The circulation of recipes providing for these uses would be of assistance in carrying out our plans.

Very truly yours,

R. L. Welby

H-5:JD

This booklet is dedicated to the housewives of the United States who are assisting the Government in its work through the Food Administration.

The recipes have been carefully tested and if used according to directions will make delicious, wholesome and appetizing food.

The different kinds of flour specified in the recipes have been recommended by the U. S. Food Administration to be used in place of white flour. If any of them are not readily obtainable, other non-wheat flours which are available may often be substituted with good results.

All measurements are level.

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Corn Bread

1 $\frac{3}{4}$ cups corn meal	1 tablespoon sugar
$\frac{1}{4}$ cup flour	1 teaspoon salt
4 teaspoons Royal Baking Powder	1 $\frac{1}{2}$ cups milk
2 tablespoons shortening	

Mix thoroughly dry ingredients, add milk and melted shortening; beat well and pour into well greased pan or muffin tins and bake in hot oven about 25 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 Royal 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 on remainder of milk and water, 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 tablespoon shortening
2 teaspoons Royal Baking Powder	1 egg
$\frac{1}{2}$ 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 Bread with Rye, Barley or Oat Flour

1 cup corn meal	1 teaspoon salt
1 cup rye, barley or oat flour	1 cup milk
2 tablespoons sugar	1 egg
5 teaspoons Royal Baking Powder	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.

Barley Bread

2 cups barley flour
1 cup white flour
5 teaspoons Royal Baking Powder
1 1/2 cups water and milk
1 teaspoon salt
1 tablespoon corn syrup
1 tablespoon shortening

Sift dry ingredients; add liquid slowly to make a stiff dough; add syrup and melted shortening; mix and put into greased bread pan and allow to stand in warm place 25 to 30 minutes. Bake in moderate oven 30 to 45 minutes.

Oatmeal Bread

1 cup flour
1 1/2 cups corn meal
1 teaspoon salt
5 teaspoons Royal Baking Powder
2 tablespoons sugar
1 1/2 cups cooked oatmeal or rolled oats
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.

Rice or Potato Bread

1 2/3 cups scalded milk
1 1/2 cups corn meal
1 tablespoon shortening
1 egg
4 teaspoons Royal Baking Powder
1 teaspoon salt
2/3 cup boiled rice or fresh mashed potatoes

Pour scalded milk over corn meal and add shortening. Beat egg until very light and add slowly. Cool and add baking powder and salt. Mix well and add the rice or potatoes. Bake in greased shallow pan in hot oven 30 minutes.

Nut or Raisin Bread

3 cups graham or barley flour
5 teaspoons Royal Baking Powder
1 1/2 teaspoons salt
1 1/2 cups milk and water
1/4 cup sugar or corn syrup
1 cup chopped nuts (not too fine) or 1 cup seeded raisins washed and floured

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 30 minutes in warm place. Bake in moderate oven 40 to 45 minutes.

Prune Bread

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

Wash prunes, soak several hours, drain, stone and chop. Mix 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 may be used instead of prunes.)

Rye Rolls

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

Sift together 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.

Peanut Butter Bread

2 cups rye, barley or oat flour	½ cup peanut butter
4 teaspoons Royal Baking Powder	¼ cup sugar or corn syrup
1 teaspoon salt	1 cup milk

Sift flour, baking powder and salt into bowl; add peanut butter and sugar or syrup and mix. Add the milk and mix well. Bake in greased loaf pan in moderate oven 30 to 35 minutes. This is best when a day old. Cut into thin slices, it makes very good sandwiches.

Boston Brown Bread

1½ cups corn meal	1 teaspoon salt
1½ cups rye meal	¾ cup molasses
4 teaspoons Royal Baking Powder	2 cups milk

Mix and sift dry ingredients, add the molasses and milk. Beat thoroughly and put into greased moulds $\frac{2}{3}$ full. Steam $3\frac{1}{2}$ hours, remove the covers and bake in oven long enough to dry the top.

Corn Meal Biscuits

$\frac{3}{4}$ cup scalded milk
1 cup corn meal
2 tablespoons shortening

$\frac{3}{4}$ teaspoon salt
1 cup white flour
4 teaspoons Royal Baking Powder

Save $\frac{1}{4}$ cup measured flour for board. Pour scalded milk over corn meal, add shortening and salt. When cold, add sifted flour and baking powder. Roll out lightly on floured board. Cut with biscuit cutter and bake in greased pan in hot oven 15 to 20 minutes.

Oatmeal Biscuits

$\frac{3}{4}$ cup cooked oatmeal
 $1\frac{1}{2}$ cups wheat or rye flour
4 teaspoons Royal Baking Powder

$\frac{3}{4}$ teaspoon salt
2 tablespoons shortening
 $\frac{1}{4}$ cup milk

Mix oatmeal with sifted flour, baking powder and salt; rub in shortening, add milk and mix, forming a soft dough. Roll out lightly on floured board. Cut with biscuit cutter and bake in hot oven 12 to 15 minutes.

Potato Biscuits

$1\frac{1}{4}$ cups flour
4 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon salt

2 tablespoons shortening
 $\frac{3}{4}$ cup boiled sweet or white potatoes (mashed)
 $\frac{1}{2}$ cup milk

Sift flour, baking powder and salt together. Rub in shortening; add the mashed potatoes and milk enough to make a soft dough. Roll out lightly on floured board and cut with biscuit cutter. Bake in moderate oven 15 to 20 minutes.

Barley or Oat Flour Biscuits

2 cups barley or oat flour
4 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon salt

1 tablespoon sugar
1 tablespoon shortening
 $\frac{2}{3}$ cup milk

Sift dry ingredients together. Rub in shortening and add milk enough to make a soft dough. Roll out on board to about one-half inch thick and cut with biscuit cutter. Bake in very hot oven 15 to 20 minutes.

Peanut Biscuits

2 cups flour
4 teaspoons Royal Baking Powder
2 teaspoons salt
2 cups peanuts (finely ground
or crushed)
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 bake in greased pan in hot oven 10 to 12 minutes.

Buckwheat Muffins

$1\frac{1}{4}$ cups buckwheat flour
 $\frac{3}{4}$ cup flour
4 teaspoons Royal Baking Powder
2 tablespoons sugar
1 teaspoon salt
1 cup milk
2 tablespoons shortening

Mix and sift dry ingredients; add milk and melted shortening and beat until smooth. Bake in greased muffin tins in hot oven 20 to 25 minutes.

Sweet Potato Muffins

1 cup flour
4 teaspoons Royal Baking Powder
1 teaspoon salt
1 cup sweet potatoes (mashed)
1 egg
1 cup milk and water

Sift together flour, baking powder and salt. Add cold sweet potatoes which have been lightly mashed or put through a ricer. Add beaten egg and liquid, mixing well. Bake in greased muffin tins in moderate oven 25 to 30 minutes.

Hominy Muffins

1 cup boiled hominy or other
cereal
1 teaspoon salt
 $1\frac{1}{2}$ tablespoons shortening
1 egg
 $\frac{3}{4}$ cup milk
2 cups corn or wheat 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.

Corn Meal Muffins

$\frac{3}{4}$ cup corn meal
 $1\frac{1}{4}$ cups flour
 $\frac{1}{2}$ teaspoon salt

4 teaspoons Royal Baking Powder
2 tablespoons sugar
1 cup milk

2 tablespoons shortening

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

Rice Muffins

1 cup milk
 $\frac{1}{2}$ cup corn meal
1 tablespoon shortening

$\frac{1}{2}$ cup cooked rice
 $\frac{1}{3}$ cup flour
 $\frac{1}{2}$ teaspoon salt

2 tablespoons sugar or corn syrup
3 teaspoons Royal Baking Powder
1 egg

Scald the milk and pour over the corn meal; add the shortening and sugar or syrup. When cool, add the rice, and the flour, salt and baking powder which have been sifted together; add beaten egg. Beat well and bake in greased muffin tins in moderate oven 20 minutes.

Barley or Oat Muffins

2 cups barley or oat flour
3 teaspoons Royal Baking Powder
1 teaspoon salt
2 tablespoons melted shortening

2 tablespoons sugar or corn
syrup
 $\frac{3}{4}$ cup milk
1 egg

Sift dry ingredients; add melted shortening, corn syrup, and milk; add well beaten egg; and beat well. Bake in greased muffin tins in hot oven 25 to 30 minutes.

Rye Muffins

1 cup oat or wheat flour
1 cup rye flour
4 teaspoons Royal Baking Powder

1 tablespoon sugar
1 teaspoon salt
1 cup milk and water

2 tablespoons shortening

Mix and sift dry ingredients; add milk and melted shortening and beat until smooth. Bake in greased muffin tins in hot oven 25 to 30 minutes.

Blueberry Muffins

1 cup yellow corn meal
1 cup white flour
 $\frac{1}{2}$ teaspoon salt
3 tablespoons sugar

3 teaspoons Royal Baking Powder
1 egg
1 cup milk
2 tablespoons shortening
 $1\frac{1}{2}$ cups blueberries

Sift dry ingredients. Add beaten egg and milk enough to make a thick batter. Beat well; add melted shortening and blueberries which have been dusted with flour. Bake in greased muffin tins in hot oven 20 to 30 minutes.

Rice Griddle Cakes

$1\frac{1}{2}$ cups cold boiled rice
1 egg
 $\frac{1}{2}$ cup flour

4 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon salt
1 cup milk

Press rice through sieve and add well beaten yolk of egg, and flour, baking powder and salt which have been sifted together. Mix well and add milk which has been scalded and cooled. Beat thoroughly. Add stiffly beaten white of egg and bake on hot griddle or in waffle iron.

Corn Meal Griddle Cakes

$1\frac{1}{3}$ cups corn meal
 $1\frac{1}{2}$ cups boiling water
 $\frac{3}{4}$ cup milk
1 tablespoon shortening

1 tablespoon molasses or corn syrup
 $\frac{2}{3}$ cup flour
1 teaspoon salt
4 teaspoons Royal Baking Powder

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

Buckwheat Cakes

2 cups buckwheat flour
4 teaspoons Royal Baking Powder

$\frac{1}{2}$ teaspoon salt
 $1\frac{1}{8}$ cups milk

Sift together buckwheat, baking powder and salt; add milk slowly; beat well and bake on hot greased griddle until brown. Serve hot with honey or syrup.

Buckwheat Coffee Cake

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|---------------------------------|---------------------------------|
| 1 cup buckwheat flour | $\frac{1}{4}$ teaspoon salt |
| 1 cup white flour | $\frac{3}{4}$ cup milk |
| $\frac{1}{4}$ cup sugar | $\frac{1}{2}$ cup corn syrup |
| 4 teaspoons Royal Baking Powder | 2 tablespoons melted shortening |

Sift dry ingredients together. Stir in the milk, syrup and melted shortening; beat well. Put into two greased layer cake tins and sprinkle over the top a mixture consisting of one tablespoon cinnamon, two tablespoons brown sugar, one tablespoon shortening and one-half cup chopped nuts. Bake in moderate oven from 15 to 20 minutes.

Potato Doughnuts

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|------------------------|---------------------------------|
| 1 egg | $1\frac{1}{2}$ cups white flour |
| 1 cup sugar | 4 teaspoons Royal Baking Powder |
| 1 cup mashed potatoes | $\frac{1}{2}$ teaspoon nutmeg |
| $\frac{3}{4}$ cup milk | $1\frac{1}{4}$ cups corn meal |

Save about $\frac{1}{2}$ cup of measured flour for board. Beat egg and sugar together; add potatoes and milk; add flour, baking powder, nutmeg and corn meal which have been sifted together; chill and roll out, using as little flour on the board as possible. Cut and fry in deep fat. Drain and dust with powdered sugar.

Eggless, Milkless, Butterless Cake (Fruit Cake)

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|---------------------------------|-----------------------------|
| 1 cup brown sugar | $\frac{1}{2}$ teaspoon salt |
| $1\frac{1}{4}$ cups water | 1 teaspoon nutmeg |
| 1 cup seeded raisins | 1 teaspoon cinnamon |
| 2 ounces citron, cut fine | 1 cup corn or wheat flour |
| $\frac{1}{3}$ cup shortening | 1 cup rye or barley 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.

Chocolate Cake

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|-------------------------------|---------------------------------|
| $\frac{1}{3}$ cup shortening | 3 teaspoons Royal Baking Powder |
| 1 cup brown sugar | $\frac{1}{2}$ teaspoon salt |
| 2 squares chocolate | $\frac{1}{2}$ cup milk |
| 1 cup rye or barley flour | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup wheat flour | 1 cup walnuts |

Cream shortening; add sugar and melted chocolate. Add one-half the flour which has been sifted with the baking powder and salt. Mix well and add the milk; add the remainder of the flour, vanilla and the nuts which have been chopped. Bake in greased loaf pan in moderate oven 35 to 45 minutes.

Prune Cake

$\frac{1}{3}$ cup shortening
 $1\frac{1}{3}$ cups brown sugar or
1 cup corn syrup
 $\frac{1}{2}$ cup milk
1 cup rye flour
 $\frac{3}{4}$ cup white flour

3 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ lb. prunes (washed, stoned
and cut into pieces)

Cream shortening, add sugar or syrup, and milk. Mix well and add the flour which has been sifted with the spices and baking powder. Add the prunes and mix well. Bake in greased loaf pan in hot oven 30 to 35 minutes.

Spice Loaf Cake

$\frac{1}{3}$ cup shortening
 $\frac{3}{4}$ cup sugar
1 egg
 $\frac{1}{2}$ teaspoon cloves
1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon allspice

$\frac{1}{4}$ teaspoon nutmeg
2 cups barley flour or 1 cup
rye and 1 cup white flour
3 teaspoons Royal Baking Powder
1 cup milk
 $\frac{1}{4}$ cup citron

Cream shortening, add sugar and well beaten egg. Add one-half the dry ingredients which have been sifted together. Add the milk and mix well. Then add the remaining dry ingredients and the citron. Bake in greased loaf pan in moderate oven 35 to 40 minutes.

Royal Sponge Cake

$\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup water
3 eggs
2 teaspoons Royal Baking Powder

1 cup barley or oat flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ cup cold water
1 teaspoon flavoring

Boil sugar and water until syrup spins a thread and add to the stiffly beaten whites of eggs, beating until the mixture is cold. Sift together three times flour, salt and baking powder; beat yolks of eggs until thick. Add a little at a time, flour mixture and egg yolks, alternately to white of egg mixture, stirring after each addition. Add $\frac{1}{8}$ cup cold water and flavoring; mix lightly and bake in moderate oven about one hour.

Raisin Cakes

$\frac{1}{2}$ cup shortening
1 cup brown sugar
1 egg
 $\frac{3}{4}$ cup rye flour
 $\frac{3}{4}$ cup white flour

3 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon cloves
 $\frac{1}{2}$ cup milk

1 cup raisins

Cream shortening, add sugar and well beaten egg. Add dry ingredients which have been sifted together. Mix well and add milk. Add raisins which have been cut in pieces and dredged with some of the measured flour and mix. Bake in greased tins 25 to 30 minutes.

Molasses Cakes

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|---------------------------------|---------------------------------|
| 4 tablespoons shortening | 4 teaspoons Royal Baking Powder |
| $\frac{1}{2}$ cup sugar | 1 tablespoon ginger |
| $\frac{3}{4}$ cup molasses | 1 teaspoon allspice |
| 2 cups rye, oat or barley flour | $\frac{1}{4}$ teaspoon salt |
| | $\frac{3}{4}$ 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 and mix well. Bake in greased individual cake tins in moderate oven about 20 minutes.

Royal Cocoa Drop Cakes

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| 3 tablespoons shortening | $1\frac{1}{2}$ cups barley, oat or wheat flour |
| 1 cup sugar | 3 teaspoons Royal Baking Powder |
| $\frac{1}{2}$ cup milk | $\frac{1}{3}$ cup cocoa |
| 1 egg | $\frac{1}{8}$ teaspoon salt |
| | 1 teaspoon vanilla |

Cream shortening and sugar until smooth; add well beaten egg and milk; mix well. Sift flour, baking powder, salt and cocoa into mixture and stir until smooth. Add vanilla. Grease muffin tins; put one tablespoon of mixture into each and bake in hot oven about 20 minutes.

Oatmeal Cookies

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|------------------------------|---|
| $\frac{1}{3}$ cup shortening | $1\frac{1}{4}$ cups rye or barley flour |
| $\frac{3}{8}$ cup sugar | 3 teaspoons Royal Baking Powder |
| $\frac{1}{4}$ cup corn syrup | $\frac{1}{2}$ teaspoon salt |
| 1 egg | $\frac{3}{4}$ cup cooked oatmeal |
| | $\frac{1}{2}$ teaspoon vanilla |

Cream shortening, add sugar and syrup, beaten egg, and flour, baking powder and salt which have been sifted together. Mix well and add oatmeal and vanilla. Drop by spoonfuls on greased pan, and bake in moderate oven 15 to 20 minutes.

Peanut Cookies

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|--------------------------|--------------------------------------|
| 2 tablespoons shortening | 2 teaspoons Royal Baking Powder |
| $\frac{1}{4}$ cup sugar | $\frac{1}{4}$ teaspoon salt |
| 1 egg | 2 tablespoons milk |
| $\frac{1}{2}$ cup flour | $\frac{1}{2}$ cup chopped peanuts |
| | $\frac{1}{2}$ tablespoon lemon juice |

Cream shortening, add sugar and beaten egg. Mix and sift in the flour, baking powder and salt; add milk, nuts and lemon juice. Drop from a teaspoon on ungreased pan one inch apart. Place one-half a peanut on each and bake in moderate oven 10 to 12 minutes.

Oatmeal Macaroons

1 egg
½ cup sugar
1 tablespoon shortening
½ teaspoon salt

2 cups rolled oats
2 teaspoons Royal Baking Powder
1 teaspoon vanilla
¼ cup corn syrup

Beat egg yolk and white separately. Cream sugar with melted shortening. Add egg yolk, syrup, salt and oatmeal. Then add baking powder, white of egg and vanilla. Mix thoroughly, drop on greased pan about half teaspoon to each macaroon. Allow space for spreading. Bake about 10 minutes in moderate oven. Cool before removing from pan.

Hermits

¼ cup shortening
½ cup corn syrup
1 egg
¾ cup corn meal, barley or oat flour
¾ cup white flour
3 teaspoons Royal Baking Powder

½ teaspoon cinnamon
¼ teaspoon cloves
½ teaspoon salt
½ cup hot water
¾ cup seeded raisins
½ cup nuts

Cream the shortening, add syrup and beaten egg. Add one-half the dry ingredients which have been sifted together. Mix well; add hot water and remainder of dry ingredients. Wash and flour the raisins and add with the nuts to the first mixture. Drop by spoonfuls on greased tin and bake in moderate oven 15 to 20 minutes.

Old Fashioned Strawberry Short Cake

¾ cup white corn meal
1¾ cups flour
1 teaspoon salt
4 teaspoons Royal Baking Powder

2 tablespoons sugar
2 tablespoons shortening
¾ cup cold milk
½ cup cream (whipped)
3 cups strawberries

Sift dry ingredients into a bowl. Add shortening and rub in very lightly. Add milk slowly, mixing with fork or knife. Turn the dough out on floured board and roll lightly one inch thick. Brush top with milk and bake in hot oven 20 to 25 minutes. Split open and spread between layers with strawberries which have been sweetened and crushed. Put on top layer; spread with whipped cream slightly sweetened and place berries on top and serve, or use following syrup for top:

½ cup strained honey

1 egg white

Boil honey for five minutes and add slowly to the stiffly beaten egg white, beating constantly until cold. Pour over strawberry short cake and serve at once.

Baked Apple Dumplings

$\frac{3}{4}$ cup scalded milk
 $\frac{1}{2}$ cup corn meal
2 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt
3 tablespoons shortening

1 cup flour
4 teaspoons Royal Baking Powder
3 sour apples
cinnamon
brown sugar

Pour scalded milk over corn meal, add sugar, salt and shortening. When cool, add flour and baking powder which have been sifted together. Roll out very thin on floured board. Cut into six parts and on each put sliced apples sprinkled with cinnamon and a little brown sugar. Fold ends of dough over top and bake in moderate oven about 20 minutes.

Eggless Plum Pudding

1 cup bread crumbs
2 cups rye flour
4 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cloves

1 teaspoon cinnamon
1 cup chopped suet
1 cup seeded raisins
1 chopped apple
1 cup molasses or corn syrup

1 cup milk

Mix dry ingredients thoroughly; add suet and prepared fruit and mix well. Add gradually molasses or syrup and milk, stirring constantly. Steam $2\frac{1}{2}$ hours. Serve with hard sauce.

Pastry

1 cup flour (all barley flour, all oat flour or half white corn meal and half white flour).

2 tablespoons shortening
 $\frac{1}{2}$ teaspoon salt
2 teaspoons Royal Baking Powder

$\frac{1}{4}$ cup cold water

Sift the dry ingredients together. Rub in shortening lightly and add slowly water enough to make stiff dough. Divide paste into two parts and roll out very thin on floured board.

Cheese Pudding

$\frac{3}{4}$ cup yellow corn meal
3 cups boiling water
 $1\frac{1}{4}$ cups grated cheese
Few grains cayenne

$\frac{1}{4}$ teaspoon paprika
1 teaspoon salt
1 cup milk
1 egg

3 teaspoons Royal Baking Powder

Pour corn meal slowly into boiling water, stirring constantly, and allow to boil about ten minutes. Add cheese, seasoning, milk and beaten egg yolk and cook until well blended. Remove from fire, and when cold add baking powder and fold in the beaten egg white. Bake in greased dish in moderate oven about 30 minutes. Serve immediately. When cold, it can be sliced and fried for either luncheon or supper.

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