

## GRAHAM MUFFINS

- |                   |                          |                          |
|-------------------|--------------------------|--------------------------|
| 1 cup Graham meal | 3½ teaspoons baking-     | 1 well-beaten egg        |
| 1 cup flour       | powder                   | 1½ cups milk             |
| ½ teaspoon salt   | 2 tablespoons corn syrup | 2 tablespoons melted fat |

Mix and bake as other muffins. Nuts and raisins may be added.

## BRAN MUFFINS

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|-----------------|---------------------------|--------------------------|
| 2 cups bran     | 2 teaspoons baking-powder | 1½ cups sour milk        |
| ½ teaspoon salt | 1½ teaspoons soda         | 1 well-beaten egg        |
| 1 cup flour     | ½ cup molasses            | 3 tablespoons melted fat |

Mix and sift the flour, soda, salt and baking-powder. Add the bran and the other ingredients in order given; beat thoroughly. Bake in well-buttered muffin pans about 25 minutes. Raisins may be added.

## OATMEAL MUFFINS

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|---------------------|--------------------------|---------------------|
| ¾ cup rolled oats   | ½ teaspoon salt          | 1½ cups flour       |
| 1 cup scalded milk  | 2 tablespoons melted fat | 4 teaspoons baking- |
| 3 tablespoons syrup | 1 well-beaten egg        | powder              |

Add scalded milk to the rolled oats, let stand 10 minutes; add syrup, salt and melted fat; mix thoroughly. Stir in the flour which has been sifted with the baking-powder. Add the egg and drop in well-greased muffin tins and bake.

## CEREAL MUFFINS

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|--------------------------|------------------------|--------------------------|
| 1 cup cereal mush (left- | 1½ cups flour          | ½ teaspoon salt          |
| over), mixed with        | 1½ tablespoons baking- | 2 tablespoons melted fat |
| ½ cup milk and 2         | powder                 |                          |
| tablespoons syrup        |                        |                          |

Add the flour which has been sifted with the salt and baking-powder to the cereal and milk mixture; stir in the melted fat. Drop by spoonfuls into well-greased muffin tins. Bake according to directions. One well-beaten egg added to the mixture makes it better.

## POTATO CORNMEAL MUFFINS (EGGLESS)

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|--------------------------|---------------------|----------------------------|
| 1 cup of mashed potatoes | 1 tablespoon syrup  | 1 cup sweet milk           |
| 1 cup of cornmeal        | 4 teaspoons baking- | 2 tablespoons fat (melted) |
| 1 teaspoon salt          | powder              |                            |

Mix the dry ingredients; add to the potatoes, stir in milk and fat, and bake for 20 minutes in hot oven. The amount of milk used will vary with the quality of the meal. Stir in just enough to make mixture drop easily from the spoon.

## RICH MUFFINS

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|-------------|----------------------------|-----------------|
| ¼ cup fat   | ¾ cup milk                 | ½ teaspoon salt |
| ½ cup sugar | 2 cups flour               |                 |
| 1 egg       | 1 tablespoon baking-powder |                 |

Cream the shortening, add the sugar gradually, well-beaten egg, milk and the flour mixed and sifted with the baking-powder and salt. Beat until ingredients are thoroughly mixed. Bake in well-greased muffin tins about 25 minutes.