

BREAD

"Some gave them white bread,
And some gave them brown;
Some gave them plum-cake,
And drove them out of town."

DATE LOAF.—3 cs. whole wheat flour, 1 c. water, 1 c. milk, 1 c. brown sugar, 3 tsps. baking powder, 1 lb. chopped dates. A little butter improves it. 1 tblsp. molasses. Mrs J. R. Brown

GRAHAM GEMS.— $\frac{3}{4}$ c. brown sugar, butter size of an egg, 1 egg, 2 tsp. blackstrap, pinch of salt, 1 c. buttermilk, 2 cs. whole wheat flour. Drop dessert spoonful into Gem tins and bake $\frac{1}{2}$ hr. Mrs Shields

NUT BREAD (White).—2 eggs, 1 c. sugar, $\frac{1}{2}$ c. milk, $\frac{1}{2}$ c. butter, 2 cs. flour, 2 tblsp. baking powder, 1 c. chopped nuts, pinch of salt. Bake in loaf.

Mrs Geo. Craig

NUT BREAD (Brown).—2 cs. whole wheat flour, 1 c. white flour, 1 egg, 3 tblsp. white sugar, 1 tsp. salt, 1 $\frac{1}{2}$ cs. sour milk, $\frac{1}{2}$ c. chopped nuts, $\frac{1}{2}$ c. chopped raisins. Bake 1 hr. in moderate oven. Mrs Shields

Said a Hot Cross Bun,
To a Red Cross Nurse,
"Surely we are partners
For better or for worse."
Said the Red Cross Nurse,
To the Hot Cross Bun,
"Betcher wheatless sweet life
We're both cross at the Hun!"

HOT CROSS BUNS.—Sift together 1 c. fine cornmeal, 1 c. whole wheat flour, 2 c. rye flour. Mix into the flour 4 tsps. of baking powder and $\frac{1}{2}$ tsp. of melted butter substitute, and 2 tsps. of maple sugar or maple syrup. Mix in $\frac{1}{2}$ c. chopped raisins and $\frac{1}{2}$ tsp. mixed spices. Pour in slowly, enough sweet milk to make a soft dough. Turn out in a floured baking pan and mould into flattened balls. Mark each bun with a cross by slashing across the top with a knife. Bake, and just before taking from the oven, brush each with the white of an egg mixed with a little sugar, and return to the oven for a moment. "By Biddy Bye"