

WAFFLES

1½ cups flour	½ teaspoon salt	2 egg yolks
1 tablespoon baking-powder	2 tablespoons sugar	2 tablespoons melted fat
	1 cup milk	2 egg whites

Measure, mix and sift the first 4 ingredients; add the milk, egg yolks and melted fat, and mix thoroughly. Fold in the stiffly beaten egg whites. Cook in a well-greased waffle iron.

To make rice waffles, add 1 cupful boiled rice to the above mixture.

To make rice and cornmeal waffles, use ½ cup flour, ½ cup cornmeal and 1 cup boiled rice in place of the 1½ cups flour.

GENERAL DIRECTIONS FOR MAKING MUFFINS

Measure, mix and sift the dry ingredients.

Add well-beaten egg, milk and fat, melted. Mix thoroughly.

Half fill well-greased muffin tins and bake in a hot oven 20 to 30 minutes.

By measuring dry ingredients first, then liquids and fats, only 1 cup need be used for measuring. When milk and eggs are used, rinse egg from bowl with milk.

TIME TABLE FOR BAKING BATTERS AND DOUGHS

Muffins, 12 to 25 minutes	Raised biscuit, 12 to 30 minutes
Gingerbread, 25 to 45 minutes	Loaf cake, 40 to 60 minutes
B. P. biscuits, 12 to 15 minutes	White bread, 45 to 60 minutes
Cookies, 6 to 15 minutes	Rye bread, 60 minutes
Layer cake, 12 to 20 minutes	Beaten bread, 45 to 60 minutes

PLAIN MUFFINS

1½ cups flour	½ teaspoon salt	1 cup milk
2 tablespoons sugar	1 egg	2 to 4 tablespoons melted fat
4 teaspoons baking-powder		

Measure, mix and sift the first 4 ingredients; add the well-beaten egg, milk and melted fat, and mix thoroughly. Drop by spoonfuls into well-greased muffin pans and bake 20 to 30 minutes. Substitute ½ cup cornmeal, rye flour, buckwheat flour or oatmeal for ½ cup of the flour in the recipe to reduce the quantity of white flour. Half cup less of milk may be used and 1 cup of berries added to the mixture.

RYE MUFFINS

1½ cups rye flour	1 well-beaten egg	2 tablespoons molasses
1 teaspoon salt	1 cup milk	2 tablespoons melted fat
1 tablespoon baking-powder		

Follow general directions.

EGGLESS CORNMEAL MUFFINS

1 cup cornmeal	1 tablespoon baking-powder	2 tablespoons syrup
½ cup flour		2 tablespoons melted fat
1 teaspoon salt	1 cup milk	

Follow general directions.