

Ontario Department of Agriculture

WOMEN'S INSTITUTES

WAR BREADS

HOW THE HOUSEKEEPER MAY HELP TO SAVE THE COUNTRY'S WHEAT SUPPLY.

One of the lessons that Canadians have to learn from Europe is that white bread is not the bread for war-time; that when the supply of wheat is low, bread must be made of other grains than wheat; also that in the milling of the wheat the manufacturer must put a greater proportion of the grain into flour and less into cattle-feed. By including a higher percentage of the whole grain in the part manufactured into flour, in the process of milling, as the Government of Great Britain has required, and may soon be the regulation in Canada, we would save from one-eighth to one-ninth of a barrel of wheat flour per capita in the year. A further saving may be effected by the addition of some rye or corn flour to this wheat flour. Every pound of flour saved means more bread for the army.

But until the system comes into general use, or until the supply of white flour already manufactured is used up, every woman in her own home can do some patriotic saving by supplementing her supply of white bread with breads, biscuits, etc., made from the flour or meal of other grains, or from the whole wheat or graham flour or bran. The constant use of these coarser breads might not agree with some people, but as a rule they will be found more healthful than the finer white bread. The recipes given in this bulletin, together with general instructions for bread-making in the home, suggest a variety of ways of saving the nation's wheat supply.

RAISED BREADS.

RAISED BROWN BREAD.

2 cups corn meal.	1 teaspoon salt.
$\frac{1}{4}$ yeast cake.	$\frac{1}{8}$ teaspoon soda.
2 cups rye flour.	$\frac{1}{4}$ cup lukewarm water.
$\frac{1}{2}$ cup molasses.	2 cups boiling water.

Pour the boiling water on the corn meal. When lukewarm, add dissolved yeast cake and remaining ingredients. Beat well, let it rise over-night, beat again and pour into greased bread pans. Bake in a moderate oven from one and one-half to two hours.

ROLLED OATS BREAD.

2 cups boiling water.	$\frac{1}{2}$ yeast cake dissolved in
$\frac{1}{2}$ cup molasses.	$\frac{1}{2}$ cup lukewarm water.
$\frac{1}{2}$ tablespoon salt.	1 cup rolled oats or oatmeal.
1 tablespoon butter.	$4\frac{1}{2}$ cups flour.

Add boiling water to oats and let stand one hour. Add molasses, salt, butter, dissolved yeast cake and flour. Let rise, beat thoroughly, turn into buttered bread pans, let rise again and bake.