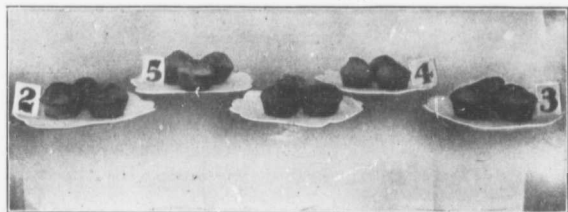


MUFFINS



1.—Whole Wheat. 2.—Oatmeal. 3.—Cornmeal. 4.—Cornmeal and Graham. 5.—Rye Flour

Class I. — Muffins without eggs

BASIC RECIPE (8 large muffins).

2 cups flour	4 tsp. baking powder
2 tblsp. sugar	1 cup milk (about)
$\frac{1}{2}$ tsp. salt	2 tblsp. shortening (melted)

Mix and sift dry ingredients. Add the milk gradually and the melted shortening. Beat WELL. Turn into greased muffin tins and bake 25 minutes in a hot oven.

The success of these muffins depends upon :

- (1) Beating well.
- (2) Consistency — which should be a thin drop batter.

Whole Wheat Muffins

Use whole wheat flour instead of white flour.

Graham Muffins

One half to the whole quantity of flour may be replaced by Graham flour.

Bran Muffins

Use half bran and half white flour.

Barley Muffins

- (1) Use $\frac{1}{3}$ barley flour and $\frac{2}{3}$ white flour.
- (2) Use equal parts of barley, Graham and white flour.