



Beating Old Father Time

Just try and recall past Christmases—the hustle and bustle—the flurry and worry—the complete exhaustion and unsatisfactory results of that “last awful week.” Don’t want to go through it again, do you?

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Hot Breads

Dietitians tell us that hot breads are difficult to digest, remain a long time in the stomach and are therefore apt to cause fermentation and all the accompanying discomforts. The people of the Southern States must have an improved variety of digestive apparatus, for according to the novels we read with Southern settings, a meal is never complete without fried chicken and beaten biscuits or pork and hoe cake. At any rate there is a big demand in the South for flour made from the soft winter wheat. The soft wheat flour is better adapted to the making of hot breads than flour made from our No. 1 Northern. The latter is very rich in gluten and better suited to the making of raised bread. However, we can make some very excellent hot breads from our Western flour. They give variety to the menu and often help out when we run short of bread.

Popovers

In these, eggs are the only leavening agent. They are excellent for breakfast.

3 eggs. 1 pint milk.
1 pint flour. A pinch of salt.
Beat the eggs until very light, add alternating the sifted flour and milk. Beat well with an egg beater. Put a bit of butter in each section of the heated muffin tin, fill two-thirds full. Bake in a rather hot oven. These may be made with half whole wheat or graham flour.

Popovers No. 2

1 cup flour. 2 eggs.
1/4 teaspoon salt. 1/4 teaspoon melted butter.
1/2 cup milk.

Mix salt and flour and milk very slowly in order to obtain a smooth batter. Add egg beaten very light, and butter. Beat two minutes with Dover egg beater. Turn into very hot gem pans and bake in a hot oven.

Muffins

Muffins are nice for supper and especially good with scallops.

1 egg. 1/2 cup milk.
3/4 cup flour. 1/4 teaspoon salt.
2 teaspoons baking powder. 1/4 teaspoon melted butter.

Beat the egg light, add the milk and the dry ingredients sifted with the flour and lastly the melted butter. I use sour milk or buttermilk and soda in this recipe and have better results.

Graham Muffins

These are perhaps more wholesome than those made with the ordinary bread flour.

1 1/4 cups graham flour. 1 cup molasses.
1 cup sour milk. 1/4 teaspoon salt.
1/4 level teaspoon soda. 3 level teaspoons baking powder.

Mix the liquids, mix and sift the dry ingredients and combine the two.

Rice Muffins

If flour keeps going up in price it looks as tho we might have to substitute rice in as many cases as possible. Any left over bit of rice may be turned to good account in rice muffins.

2 1/4 cups flour. 1 egg.
1 cup milk. 2 teaspoons baking powder.
1 tablespoon sugar. 1/4 teaspoon salt.
1/2 cup of hot cooked rice. 2 tablespoons melted butter.

Mix and sift flour, sugar, salt and baking powder, add one half milk, egg well beaten, the remainder of the milk mixed with the rice and beat thoroughly then add butter. Bake in buttered muffin rings.

Bran Muffins

For one who is troubled with constipation these are a sure remedy. Eat one with each meal, or if you find that too many, one at two meals of the day.

1 cup white flour. 2 cups bran.
1/4 teaspoon salt. 1 small teaspoon soda.
1/4 cup molasses. 1/4 cup melted butter.

Bake in muffin pans in a moderately hot oven.

English Muffins

1 1/2 cups milk. 3 cups flour.
1 tablespoonful sugar. 1/4 yeast-cake.
1/4 teaspoonful salt. 1 egg.

Heat milk till tepid; add sugar and salt and the yeast cake dissolved in a little warm water. Beat in flour to make a soft batter, from two to three cupsful according to the brand of flour, and let rise till light, about three hours. Stir in the egg well-beaten and the soda, beat thoroughly and cook in muffin rings on a griddle. This must be done slowly, about twelve minutes being the right length of time.

Golden Corn Cake

Corn meal is not used as much as it should be. Just try your family on a good corn cake, served with maple or corn

syrup. As children no supper dish delighted us more than corn meal mush. It was always cooked for four or five hours and served with sugar and cream.
1/4 cup cornmeal. 1/2 teaspoon salt.
1 1/4 cups flour. 1 cup milk.
1/4 cup sugar. 1 egg.
2 teaspoons baking powder. 2 tablespoons melted butter.

Mix and sift dry ingredients, add milk, egg well beaten and butter. Bake in shallow pans in a hot oven about twenty minutes.

Zante Muffins

These may take the place of cake. They are rather expensive to use as ordinary muffins.

1/4 cup butter. 2 cups cornmeal.
1/4 cup sugar. 1 cup flour.
3 eggs. 3 teaspoons baking powder.
1 1/2 cups milk. 1/2 teaspoon salt.

Cream the butter, add sugar gradually, eggs well beaten and milk, then add dry ingredients mixed and sifted and currants. Bake in gem pans.

Bacon Muffins

Suggestions for using dripping are very welcome these hard times.

1/4 pound bacon. 1 1/4 cups milk.
1 tablespoonful bacon-fat. 3 cups flour.
1 tablespoonful sugar. 3 teaspoons baking powder.
1 well beaten egg. 1/2 teaspoon salt.

Cut the bacon into bits and fry till crisp. Cream together a tablespoonful of the bacon-fat and the sugar, add the egg well beaten and the milk. Mix the baking powder and salt with the flour, stir into the mixture and fold in the bacon. Bake twenty-five minutes in a moderate oven. Mrs. T. E.

Maryland Sally Lunn

2 tablespoonful sugar. 3 eggs separated.
1 1/2 tablespoonfuls butter. 2 cups bread-flour.
1/4 teaspoonful salt. 2 teaspoons baking powder.

Cream together the butter and sugar and the egg-yolks beaten thoroughly, and then the flour mixed with the baking powder, alternately with the milk. Fold in egg-whites well beaten and bake about forty minutes in a tube-pan. Mrs. O. E. S.

Buttermilk Bran Bread

If one tires of the bran muffins this bread may be substituted. Mix a pint each of bran and white flour with half a pint each of brown sugar and raisins and a teaspoonful each of salt and soda. Beat up with a pint of buttermilk or sour milk and bake in a moderate oven for an hour.

Milk Biscuits

I suppose most of us use more tea biscuits than any other form of hot bread. The secret of good biscuits is to handle them as little as possible and not to mix too stiff.

1 quart of flour. 1 level teaspoon salt.
2 teaspoons baking powder. 1 rounded tablespoon shortening.

Sift the dry ingredients, rub in the shortening and wet with the milk. Turn on to a floured board, roll and cut quickly and bake in a very hot oven.

Oatmeal Scones

The demand for recipes for scones and oatmeal breads seems to be on the increase.

1 cup baking oatmeal. 1/4 cup brown sugar.
1 1/4 cups flour. 1/4 teaspoon soda.
1/4 teaspoon salt. 1/2 cup cream.

Mix and sift dry ingredients, work in shortening and add enough cream to make a firm dough. Do not roll, but press into strips about half an inch thick and bake in hot oven.

Crushed Wheat Biscuits

There is a small mill on the market now by which one can crush one's own wheat. If the price of flour keeps on soaring we may all need one.

3 cups crushed wheat. 2 cups flour.
1 cup sugar. 1 large tablespoon shortening.
2 teaspoons baking powder. 1 teaspoon soda.
Pinch of salt. 1 quart buttermilk.

If you prefer, use one quart of cream and omit the shortening.

Cocoanut Macaroons

If you want something very good the next time you are entertaining try these.

1 cup sugar. 1 tablespoon cornstarch.

Whites 3 eggs. Pinch salt.
Mix the sugar and cornstarch well, beat gradually into the whites. Place over dish of hot water and stir ten minutes, remove and stir in half a pound cocoanut. Drop from a teaspoon on buttered tin. Bake in a moderate oven until brown.

The Country Cook.

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