Recipes for Bread—Continued

Parker House Corn Cake.

Mix one cup flour, one cup Indian meal, one and one-half teaspoonfuls cream of tartar, one teaspoonful soda, one-fourth teaspoonful salt. Then mix one egg, one-half cup sugar, piece of butter size of an egg, one cup warm milk. Pour into the dry mixture. Beat well and bake in shallow, buttered pan.

Virginia Corn Cakes.

Make a custard from two eggs well beaten, one-half cup milk, and one-half tablespoonful of sugar, beat into this three-quarters of a cup of canned corn. Sift together twice, seven-eighths of a cup of flour, one tablespoonful baking powder and one-half teaspoonful salt; beat well into the other mixture and bake in buttered muffin rings in a moderate oven until done.

Do You Lack Energy?

When your energy begins to fail, build yourself up with our delicious cod liver and iron tonic, Vinol, the great strength creator.

Kentucky Corn Dodgers.

aft fine white cornmeal, any antity desired and salt to ste. Mix with cold water into stiff dough. Form with the into one, round dodgers the story of a benana.

thave the lide list, grease a little with land and put the dedgers of as you roll them. Yut in oven and bake thoroughly, when they will be crisp and a rich brown.

Dixie Biscuits.

Three pints of flour, two eggs, one small cup yeast, one cup sweet milk, two teaspoonfuls of lard, one teaspoonful salt; mix about 11 A. M. Let it rise until 4 P. M. Then roll out and cut into biscuit two sizes, put the smaller one on top and let them rise again. Bake twenty minutes and serve hot for supper.

Safe Medicine for Children.

Your frail, delicate child will thrive and grow strong by taking Vinol—a pure combination of the two most world-famed tonics, the medicinal elements of cod liver oil and tonic iron.

Southern Corn Pone.

Two and one-half cupfuls of meal, one cupful of flour, one heaping tablespoonful of lard, a heaping teaspoonful each of salt and sugar, one even teaspoonful of soda, two cupfuls of buttermilk.

When sifting meal add the soda, salt and sugar. Rub lard in well. Add buttermilk, stir quickly, mold into pones, put in well greased pans and bake in hot oven.

Corn Muffins.

One cup sugar, one and onehalf cups sifted flour, one cup Indian meal, one egg, one tablespoonful melted butter, a little salt, two teaspoonfuls baking powder, one cup sweet milk. Mix well and bake in hot buttered muffin pans.