

BRAN GEMS.

1 cup bran.	4 teaspoons baking powder.
1 cup white flour.	1 cup milk.
$\frac{1}{4}$ cup sugar.	1 egg.
1 teaspoon salt.	1 tablespoon melted butter.

Mix and bake the same as Whole Wheat Muffins.

CORN MEAL GEMS.

$\frac{1}{2}$ cup corn meal.	1 tablespoon melted butter.
1 cup flour.	$\frac{1}{2}$ teaspoon salt.
3 teaspoons baking powder.	$\frac{3}{4}$ cup milk.
1 tablespoon sugar.	1 egg.

Mix and bake the same as Whole Wheat Muffins.

OATMEAL MUFFINS.

1 cup cooked oatmeal.	$\frac{1}{2}$ teaspoon salt.
$1\frac{1}{2}$ cups flour.	$\frac{1}{2}$ cup milk.
4 teaspoons baking powder.	1 egg.
2 tablespoons sugar.	2 tablespoons melted butter.

Mix and sift flour, sugar, salt and baking powder. Add half the milk and the egg well beaten. Mix the remainder of the milk with the cooked oatmeal and add to the dry ingredients. Beat thoroughly, then add melted butter. Bake in greased gem pans.

RICE MUFFINS.

$2\frac{1}{4}$ cups flour.	1 cup milk.
$\frac{3}{4}$ cup hot cooked rice.	1 egg.
5 teaspoons baking powder.	2 tablespoons melted butter.
2 tablespoons sugar.	$\frac{1}{2}$ teaspoon salt.

Mix and sift flour, sugar, salt and baking powder. Add half the milk, egg well beaten, the remainder of the milk mixed with the rice, and beat thoroughly. Add the melted butter. Bake in greased gem pans.

BUCKWHEAT GEMS.

$\frac{1}{2}$ cup sugar.	1 cup buckwheat flour.
1 egg.	$\frac{3}{4}$ cup white flour.
3 teaspoons butter.	2 teaspoons baking powder.
1 cup milk.	$\frac{1}{2}$ teaspoon salt.

Beat the sugar into the egg and add the melted butter. Add alternately the milk and buckwheat flour, then the white flour into which the baking powder and salt have been sifted. Bake in greased gem pans.