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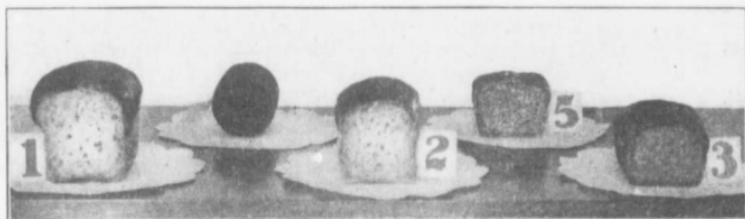
# How to Save Wheat and Meat

## FORTY TESTED RECIPES

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*Prepared by the Instructors of The School of Household Science,  
Macdonald College.*



### WAR BREAD

1. Rye Bread,
2. Oatmeal Bread,
3. Rye and Cornmeal Bread,
4. Steamed Brown Bread,
5. Whole Wheat Grain Bread.

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