

GENERAL RULES FOR COOKING CEREALS

Fill the lower part of a double boiler $\frac{1}{2}$ full of water. Place over the fire. Measure the water needed for the cereal and pour it into the top of the double boiler. Place over the fire, and when the water begins to boil, add the salt and the cereal slowly and let boil over the fire 10 minutes. Place over the lower part of the double boiler containing water, cover and let steam until ready to serve. If more water is needed during cooking, add boiling water.

(Instead of double boiler, two saucepans may be used, one a trifle larger than the other, the larger one serving as the lower part of the double boiler.)

(By using the fireless cooker, the cereal can be boiled 10 minutes over the fire in the evening, and then cooked overnight in the fireless cooker.)

CORNMEAL MUSH

1 $\frac{1}{2}$ cups cornmeal 2 teaspoons salt 6 cups water

Heat water to boiling point, add salt and the cornmeal slowly, stirring while adding. Boil directly over the fire 10 minutes, then cook over boiling water from 1 to 3 hours or overnight. Half milk and half water may be used.

OATMEAL MUSH

2 $\frac{1}{2}$ cups rolled oats 2 $\frac{1}{2}$ teaspoons salt 6 cups boiling water

Add the salt to the boiling water, stir in the rolled oats slowly and boil 10 minutes directly over the fire. Cook over boiling water one-half hour or more.

STEAMED RICE

1 cup rice 1 teaspoon salt 1 qt. boiling water or scalded milk

Put water and salt in top of double boiler, add gradually the well-washed rice, stirring with a fork to prevent rice sticking to the boiler. Boil 5 minutes. Place over under part of double boiler and steam 45 minutes. Uncover that steam may escape.

WHAT TO DO WITH LEFT-OVER CEREALS

Fill molds with cereal mush packed tightly and let stand until cold and firm, slice and brown in fat. Serve with syrup. Cornmeal mush is very good for this.

Cheese sauce, tomato sauce or creamed fish, meat or eggs may be served on slices of fried mush.

Mix left-over mush with cheese, finely-chopped meat or fish, slightly beaten egg, and seasonings; shape into cakes and brown in fat, and serve with a sauce.

Mix cereal mush with salt and pepper, shape into cakes, brush over with melted fat, place a small Hamburger steak on top, and bake in a moderately hot oven until nicely browned. Oatmeal mush is particularly good.

Mix cereal mush with fruit, mold and chill. Serve with cream or a fruit sauce as a dessert.

Arrange cereal mush in layers with sweetened fruit in well-greased baking dish and bake until nicely browned on top. Serve with fruit sauce or cream as a dessert.