

cup of the lukewarm water. Add two cupfuls of flour and the boiled rice which has been cooled until lukewarm. Allow this sponge to rise until very light, then add the rest of the flour. This dough is so stiff that some pressure is necessary to work in the last of the flour. Allow the dough to rise until double in bulk, knead and shape into loaves; let these rise until double in bulk, and bake.

#### JOHNNY CAKE.

1 cup yellow corn meal.	$\frac{1}{2}$ teaspoon soda.
1 cup bread flour.	$\frac{1}{2}$ teaspoon baking powder.
$\frac{1}{3}$ cup sugar.	1 teaspoon salt.
$1\frac{1}{2}$ cups sour milk.	

Mix and sift the dry ingredients twice, and gradually add the sour milk. Beat well, and bake in a shallow greased pan, in a moderate oven.

#### VIRGINIA CORN BREAD.

1 cup corn meal.	1 teaspoon baking powder.
$\frac{1}{2}$ cup boiling water.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{2}$ cup bread flour.	$\frac{1}{3}$ cup grated cheese (optional).
1 egg.	

Stir the boiling water into the corn meal, add the beaten egg and stir in flour, salt and baking powder, sifted together. Stir in the grated cheese. Mix quickly, and drop by tablespoonsful in a hot frying-pan greased with bacon fat.

### BISCUITS, GEMS AND MUFFINS.

#### WHOLE WHEAT, BRAN OR RYE BISCUITS. No. I.

(With sour milk or buttermilk.)

1 cup white flour.	1 teaspoon baking powder.
1 cup bran, rye or whole wheat flour.	1 teaspoon salt.
$\frac{1}{2}$ teaspoon baking soda.	2 tablespoons butter, lard or dripping.
About $\frac{3}{4}$ cup sour milk or buttermilk.	

Sift together the dry ingredients two or three times, and lightly rub in the shortening. Gradually work in the milk, using a broad-bladed knife. Toss lightly on a floured board and roll out to about one-half inch in thickness. Cut or shape into biscuits and bake immediately in a quick oven.

#### WHOLE WHEAT, BRAN OR RYE BISCUITS, No. II.

(With sour cream.)

1 cup white flour.	1 teaspoon baking powder.
$\frac{1}{2}$ cup bran, rye or whole wheat flour.	1 teaspoon salt.
$\frac{1}{2}$ teaspoon soda.	1 cup thick sour cream.

Mix and bake the same as in Recipe No. I.