

Boston Brown Bread

1 cup rye meal	$\frac{3}{4}$ cup molasses
1 cup cornmeal	2 tsp. soda
1 cup Graham flour	2 cups sour milk
	1 tsp. salt.

Mix the dry ingredients ; mix the molasses and sour milk together. Add the liquids to the dry ingredients. Beat thoroughly. Put in greased molds or tins. Steam $1\frac{1}{2}$ hours to 5 hours according to size of tin. If a small baking powder tin it will steam in one hour. Boil in pot of water, provided top is on tin, if you cannot steam it.

Date Loaf

3 cups Graham flour or whole wheat flour or half Graham and half white flour.

$\frac{1}{2}$ cup sugar.

3 tsp. baking powder.

1 lb. dates.

Milk sufficient to make a stiff batter.

Bake in a moderate oven until golden brown, about 1 hour.

NOTE :— 1 cup raisins or a mixture of fruits may be used instead of the dates.