# THE METROPOLITAN LIFE COOK BOOK

OATMEAL BREAD

2 cups thick oatmeal mush

2 tablespoons corn syrup Yeast mixed with 1 cup 2 teaspoons salt lukewarm water 1 or 2 tablespoons fat 41 cups flour

Follow general directions.

#### RICE BREAD

2 cups boiled rice (1 cup rice)

21 teaspoons salt 2 tablespoons syrup Yeast

3 cups Graham flour 5<sup>3</sup>/<sub>2</sub> cups white flour

1 tablespoon fat Follow general directions.

#### BUCKWHEAT BREAD

1 cup milk cup lukewarm water 2 teaspoons salt

2 tablespoons fat 3 cups buckwheat flour 4 tablespoons corn syrup 4 cups white flour Yeast

Follow general directions.

# ROLLS AND HOW TO MAKE THEM

# PARKERHOUSE ROLLS

1 teaspoon salt 1 yeast cake mixed with 1 cup boiling water cup scalded milk 1 3 tablespoons fat 1 cup lukewarm water 3 tablespoons sugar or syrup Flour

Follow directions for making bread. Mashed potato may be used, and less liquid and flour is required.

Shape the dough into biscuits, let rise again, then, with the handle of a case knife dipped in flour, crease through the middle of each biscuit, or roll with rolling pin to oblong shape. Brush 1 of each with melted fat, fold and press together. Cover, let rise and bake in a hot oven 12 to 15 minutes.

### CLOVER LEAF BISCUITS

Clover leaf biscuits may be made by shaping round biscuits; brush them with melted fat. Drop 3 of them into each well-greased muffin pan. Let rise and bake.

#### SWEET ROLLS

1 cup sugar

1 cup milk 1 cup mashed potato or mashed squash 1 teaspoon salt

Grated rind of 1 lemon 1 yeast cake mixed with

Flour to make a dough 1 cup melted fat

1 cup lukewarm water

Follow directions for making bread. Shape into rolls and bake. Raisins or dates may be added.

# CINNAMON ROLLS

Roll the above dough mixture into a rectangular shape. Roll to 1-inch thickness, brush with melted fat and sprinkle with fruit, sugar and cinnamon. Roll like jelly-roll; cut off pieces 3-inch thick. Place pieces in a greased tin and let rise to double their bulk and bake in a hot oven about 15 minutes;

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