

POP-OVERS

1 cup flour	$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon melted
$\frac{1}{2}$ teaspoon salt	2 eggs	shortening

Mix salt and flour, add $\frac{1}{2}$ the milk; beat until smooth. Add remaining $\frac{1}{2}$ of milk, well-beaten eggs and shortening. Beat 2 minutes with Dover egg-beater. Rye flour or whole wheat flour may be used for all or part of the white flour. Turn into hot greased iron gem pans, and bake about 35 minutes in a hot oven. Halves of canned peaches may be dropped into mixture in pan just before baking. The mixture will cover the peach. Serve with peach sauce.

Creamed meat or vegetables may be served in pop-over cases, or prune whip, blanc mange or chocolate cream filling may be served in the pop-over cases.

CORN CAKE

$\frac{3}{4}$ cup corneal	$\frac{1}{2}$ teaspoon salt	1 cup milk
1 cup flour	1 egg, well beaten	1 to 3 tablespoons melted
$\frac{1}{2}$ cup sugar		fat
$1\frac{1}{2}$ tablespoons baking-powder		

Mix and sift dry ingredients; add egg, well beaten, milk and the melted fat. Beat. Bake in a shallow, greased pan in a hot oven 20 minutes or more. One cup sour milk may be used in place of the sweet milk, using $\frac{1}{2}$ teaspoon soda and only 2 teaspoons baking-powder.

HOT-WATER GINGERBREAD

1 cup molasses	1 teaspoon soda	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup boiling water	1 teaspoon cinnamon	$\frac{1}{4}$ cup melted fat
2 to 2 $\frac{1}{2}$ cups flour	$1\frac{1}{2}$ teaspoons ginger	

Add water to molasses. Mix and sift dry ingredients. Combine mixtures. Add fat and beat vigorously. Pour into a greased pan, or muffin tins, and bake 25 minutes in a moderate oven. One well-beaten egg may be added to the liquids. This may be steamed and served as a pudding with hard sauce, whipped cream or fruit sauce.

BAKING-POWDER BISCUITS

2 cups mixed flour	$\frac{1}{2}$ teaspoon salt	1 to 2 tablespoons fat
4 teaspoons baking-powder		About $\frac{1}{4}$ cup milk

Mix and sift dry ingredients. Rub in fat with tips of fingers, or chop in with a knife. Add milk gradually to make a soft dough. Use a knife in mixing. Toss on a well-floured board. Pat and roll out to 1-inch thickness. Cut with a biscuit cutter dipped in flour. Place close together on a greased pan. Bake in a hot oven 10 to 15 minutes.

One cup flour with 1 cup rye flour or whole wheat, or $1\frac{1}{2}$ cups flour with $\frac{1}{2}$ cup corneal, or 1 cup flour with 1 cup mashed potatoes may be used in place of the 2 cups of flour. One cup rye and 1 cup buckwheat flour and two extra teaspoons of baking-powder may be used in place of the white flour, and a little more milk will be required.