

THE
HUNTING
COOK
BOOK



TX 763
H85
1900z
c. 2



National Library
of Canada

Bibliothèque nationale
du Canada

The HUNTING COOK BOOK

is sent to you

with the Compliments

of

W. H. Hunting & Sons, Reg'd.

HUNTINGVILLE, QUE.

Millers of:

WHOLE WHEAT FLOUR
ALL-WHEAT CEREAL
GRANULATED WHEAT CEREAL
GRAHAM — TABLE BRAN
OLD FASHIONED CORN MEAL

New Havenville

TX 763
H85
1900z
C. 20

At the beginning of my Cooking experiments, I tested many brands of Graham and Whole Wheat Flour in an attempt to find, as nearly as possible, a perfect flour, fresh, tasty, rich in gluten.

My search ended when I tried Hunting's Products.

East meets West in Hunting's Whole Wheat Flour! The high gluten content of Western Canada hard wheat, combined with that rich, nutty flavor of our Eastern Townships hard wheat, makes a Whole Wheat Flour that cannot be rivalled.

"All that one might desire and more than one might hope to find," describes Hunting's Whole Wheat Flour.

Hunting's Graham is made similar to the Whole Wheat, from all the wheat, except that it is more coarsely ground.

Hunting's Table Brand is pure bran, cleaned for cooking purposes.

For a delicious Breakfast Food, try 2 tablespoons Hunting's Table Bran, a few raisins or figs, and milk or cream. You'll want more!

Besides their being so fresh, tasty, so-always-the-same, there is another reason why I favor the Hunting Products. They are a product of our Eastern Townships, made by Eastern Townships people, in that beautiful little town of Huntingville. I wish you would visit it some day. You'll surely love the place.

In these recipes, we have tried to combine simplicity, economy, tastiness, as well as nutritional value. The white flour in most of your favorite recipes, may be replaced by Graham or Whole Wheat. As coarse flour absorbs more moisture than fine white flour, you will need two tablespoons less of Whole Wheat to every cup, than of the white flour.

Try it in your Plum Pudding and Christmas Cakes and note the improvement.

Yours for the best!

Lilian L. Palmer.

00924649

m. d.

In order to insure success, read the following notes before trying the recipes.

All measurements are level. — A Standard 4 oz. measuring cup, marked at fourths and thirds, is used.

The Graham and Whole Wheat Flour are **dipped** up by cups or pails, **unsifted**. 1 cup Hunting's Whole Wheat Flour, **unsifted**, weighs $4\frac{1}{2}$ ozs.

To measure 1 cup butter or shortening, pack well into cup with spoon; for $\frac{1}{2}$ cup shortening, half fill cup with milk or water, drop shortening in cup by spoonfuls until cup is full. The cup then contains $\frac{1}{2}$ cup of shortening. Either drain off liquid or dip out shortening. For $\frac{1}{3}$ cup shortening, fill cup two-thirds full of liquid then finish filling cup with shortening. The cup then contains $\frac{1}{3}$ cup of shortening. Other measurements are determined similarly.

Melted and unmelted shortening measure the same.

$2\frac{1}{3}$ cups shortening = 1 pound $\frac{1}{2}$ cup butter - - = $\frac{1}{4}$ pound
2 cups butter - - = 1 pound 4 tablespoons - - = $\frac{1}{4}$ cup.

Teaspoons and tablespoons are packed, then levelled off with knife. For $\frac{1}{2}$ spoonful, fill spoon as directed, then divide in centre, lengthwise, with knife; for $\frac{1}{4}$ spoonful, cut each section in half, crosswise..

tsp. — teaspoon.

min. — minute.

tbsp. — tablespoon.

hr. — hour

oz. — ounce.

mod. — moderate.

lb. — pound.

c. — cup.

* * *

In all of these Recipes, Hunting's Graham may replace Hunting's Whole Wheat Flour.

* * *

Maple Sugar, scraped fine, may be used in place of brown sugar, using slightly less.

Butter may replace shortening, in which case omit salt from recipe. Sour milk in place of sweet milk, and vice versa. When making the change to sour milk use $\frac{1}{2}$ tsp. soda to every cup of milk and $\frac{1}{2}$ tsp. baking powder to every cup flour. When substituting sweet milk use $1\frac{1}{2}$ tsp. baking powder to every cup flour.

* * *

Temperature

Moderate Oven 275 - 325 deg.

Moderate Hot 325 - 375 deg.

Hot Oven 375 - 425 deg.

Whole Wheat Products require less heat and longer baking than white flour.

Whole Wheat Bread should brown in the first fifteen minutes of baking, heat is then lowered slightly for remainder of period.

Notes on Mixing.

For any of these recipes, unless otherwise directed, observe the following order in mixing the ingredients.

Cream shortening well, then add sugar, a little at a time, until thoroughly blended with shortening; add well beaten eggs (if only 1 egg is used, it may be beaten in with mixture) To beat a number of eggs, whip all whites together, first, until stiff, then add yolks and beat well together — After adding eggs, stir mixture, then add some flour; adding some flour before the milk will prevent the shortening forming into lumps, which would be the case if milk were added first. Alternate flour and milk until all have been added. Spices are added to first portion of flour; soda or baking powder are added to last portion of flour, all dry ingredients are mixed well with flour to prevent lumps. Fruit and nuts are added to mixture after the eggs, before and flour has been added. With the addition of each fresh ingredient, stir the mixture well.

Never beat Whole Wheat or Graham batters. Because of the high gluten content, beating makes the dough tough and leathery.

Use a Pastry Blender for creaming shortening. As a substitute, try an empty baking powder can, inverted, and perforated at the top and sides.

A Cookie-maker is very helpful in making cookies.

When rolling out dough, have a bare sprinkling of flour on the board, just enough to prevent dough sticking. If dough is rolled on waxed paper, no flour is needed. The more yeast doughs are worked, to a certain extent, the lighter they become; **baking powder and soda doughs, however, require light handling....Roll them on one side, only, to prevent breaking the air bubbles that form. Kneading is life to yeast but death to baking powder or soda doughs.**

Pie-crust and cookie dough improve considerably, if chilled overnight, before being rolled out.

* * *

Lemon and orange rinds, dried, are excellent, when grated, as flavoring in cakes or cookies.

Yeast and Yeast Breads

For best results in bread-making, keep the dough at even temperature 80 degrees F.

More yeast and less time produce a better bread; so don't economize on yeast, if you want success.

Potato water makes yeast rise more quickly, and the bread of better quality. Because of its alkaline forming qualities, bread made with it is more nourishing. Milk also increases the food value, so use both, if your Family's health means anything to you.

For 1 cup Potato Water: Boil 2 quarts potatoes in small amount of water; drain, then condense the water to required amount by boiling it down. Cool to lukewarm before using.

Salt improves the texture of the bread, making it finer and more evenly grained, but retards fermentation of yeast, as also does large amounts of sugar; a small amount of sugar hastens it, therefore, if you want quick-rising yeast, set the sponge without salt, adding it when mixing the dough.

Yeast Sponge is light and ready to use when it is rather foamy, and bubbles form on the surface, to break occasionally. Sponge set with Fleischman's Yeast, no salt, is ready in 1 hour; with Royal Yeast, no salt, in 5 hours.

Fleischmann's Yeast Sponge.

1 cake Fleischmann's Yeast.
1 c. Potato Water, or Milk.
1 tbsp. brown sugar
1 c. Hunting's Whole Wheat Flour.

Royal Yeast Sponge

1 cake Royal Yeast.
1 c. Potato Water.
1 tbsp. brown sugar,
 $\frac{3}{4}$ c. Hunting's Whole Wheat Flour.

Method. — Soak yeast cake in lukewarm liquid, until dissolved, add sugar; when dissolved, add flour. Do not beat batter. Let rise in warmth until light.

Splendid results are obtained from Royal Yeast if $\frac{1}{2}$ tsp. salt is added to sponge, and allowed to rise over-night; by adding salt the sponge is ready in 9 hours.

Whole Wheat dough should rise to double its bulk. To test, press floured finger into dough, if it begins to fall, dough is ready to be kneaded. Dough is kneaded until it has an elastic feeling, rather a feeling of "life". After mixing dough, about 2 hours are required for first rising, $1\frac{1}{2}$ hours for second rising, and 1 hour for third rising, or for loaves to be ready for oven. Should loaves over-rise before being put in oven, mould each loaf lightly into shape again, and let rise to proper size. To test loaves for oven, press finger lightly into loaf, if impression is quickly covered, bread has not risen enough, if it slowly returns to shape, loaves are ready for oven, if impression remains, or dough falls, loaves have over-risen and must be moulded into shape again.

Too hot an oven makes a heavy loaf, too slow an oven, a loaf coarse and unevenly textured, breaking when sliced. Same would be the result if loaves should over-rise before being put in oven.

Whole Wheat Bread (1)

1 c. potato water.
1 cake Fleischmann's Yeast.
3 c. milk, warmed.
4 tbsp. brown sugar.
4 tbsp. shortening.
1 tsp. salt.
 $10\frac{1}{2}$ c. (3 lbs.) Hunting's
Whole Wheat Flour.

Set yeast sponge with the Yeast cake, potato water, 1 tbsp. sugar and 1 c. Whole Wheat, as directed. When light, in about 1 hr., add milk, remainder of sugar, the shortening, salt, remainder of Whole Wheat, except $\frac{1}{4}$ c. for kneading. If using bread mixer, add all flour.

Mix well together, then turn on floured board, divide in two, knead each piece until smooth and elastic, using only a sprinkling of flour at a time on board. Dough is better if only small portion is handled at a time. When well kneaded, let rise until light, according to test. Knead well again, using little or no flour on board. Let rise again. When light, mould into 3 loaves. When double in bulk, in 1 hour, bake 1 hour, mod. hot oven.

An old-time 5 lb. shortening pail holds 3 lbs. Hunting's Whole Wheat Flour, if flour is scooped out of flour bin with the pail. If you do otherwise, you will be short weighted.

In all these recipes, measure out **all** the flour required before starting the recipe; there will then be no danger of making a mistake.

Whole Wheat Bread, Royal (2)

1 cake Royal Yeast.
1 c. potato water.
2 c. milk, warmed.
3 tbsp. brown sugar.
3 tbsp. shortening.
1 tsp. salt.
7½ c. (2 lbs., 2 oz.) Hunting's
Whole Wheat Flour.

Set yeast sponge with yeast cake, potato water, 1 tbsp. brown sugar, ½ tsp. salt and ¾ c. Whole Wheat. Let rise over night, in warmth, about 9 hrs. In morning, add rest of ingredients, reserve ¼ c. flour for kneading. Treat same as Recipe 1. Makes 2 loaves.

A modern 3 lb. shortening pail holds the required amount of flour for recipe. Scoop the flour out with the pail.

High, narrow tins are best for loaves.

If making double the quantity of Royal Yeast bread, add **all** the salt, when setting the sponge over-night.

If you wish to hurry Royal Yeast make a sponge with 2 yeast cakes, 1 c. potato water, 1 tbsp. sugar, slightly less than ¾ c. Whole Wheat. The sponge is then ready in about 3 hrs. You can then make double the amount of bread, or use rest of yeast for rolls, etc.

If using Royal Yeast in recipes calling for Fleischmann's, use ¼ cup less Whole Wheat Flour, as one yeast is dry while the other is moist. Substituting ½ c. potato water in place of ½ c. milk will also **make** a better product.

Before trying these Rolls and other Yeast Breads, read all directions on Yeast, also Recipes 1 and 2. Set the yeast sponge as directed for

these recipes. The ingredients given are for the whole recipe, yeast sponge included.

Parker House Rolls (3)

1 cake Fleischmann's Yeast.
2 c. milk.
4 tbsp. brown sugar.
4 tbsp. shortening.
¼ tsp. salt.
4½ c. (20¼ oz.) Hunting's
Whole Wheat Flour.

Set yeast sponge as directed with 1 c. milk. When light, add remainder of mixture, less 2 tbsp. Whole Wheat. Knead well with this flour. Let rise until double in bulk. Knead. When risen again, roll ½ in. thick, cut with round cutter, 2½ in. across, spread lightly with melted butter, fold over. Let rise until light, about ¾ hr. Bake 18 min. mod. hot oven. (These rolls should be placed in pan 1 in. apart). When baked, brush with melted butter.

This dough, or any dough, may be kept in refrigerator for several days, to be used as needed. When required, knead dough, set in warmth to rise, then treat as ordinary dough.

Rolls (4)

Same as Recipe 3, but form into small round balls, place ¼ in apart, in pan. When light, in about ¾ hr., bake 20 min. mod. hot oven. Upon taking from oven, brush top with melted butter.

Cinnamon Rolls (5)

Same as Recipe 3. Roll thin, in oblong sheet, 7 in wide; spread with melted butter & sprinkle with brown sugar and cinnamon. Roll up as for Jelly Roll, cut off rounds ¾ in wide. Place, cut side down, in greased pan, ½ in apart. When light, in about ¾ hr., bake 20 min. mod. hot oven. Before removing from oven, spread with brown sugar moistened with water.

Raised Scones (6)

Same as Recipe 3. Roll very thin, cut oblong 3 x 4 in. or round 3 in. in diameter, let rise on baking sheet, until light, about $\frac{3}{4}$ hr. Cook on top of stove as for other scones. Recipe 23, or bake 18 min. mod. hot oven.

Raisin Bread (7)

Same as Recipe 3, but add 1 c. of Muscatel or Sultana Raisins, when mixing dough. When dough has risen twice, as in other recipes, mould it into small loaves. Coffee tins are good for the Raisin Bread. When double in bulk, bake 1 hr., mod. hot oven. This makes delicious toast.

$\frac{1}{2}$ c. Figs, cut fine, may replace the raisins.

Nut Bread (8)

Same as Recipe 7, but use instead of the raisins or figs,

1 c. nuts, broken (butternuts or walnuts)
1 c. dates, cut fine.

Treat same as Recipe 7.

Hot Cross Buns (9)

1 cake Fleischmann's Yeast.
 $1\frac{1}{4}$ c. milk, warmed.
 $3\frac{1}{4}$ c. Hunting's Whole Wheat Flour
 $\frac{1}{2}$ c. currants.
1 egg.
3 tbsp. shortening.
4 tbsp. brown sugar.
 $\frac{1}{4}$ tsp. salt.

Set yeast sponge as directed, with 1 c. milk. When light, add shortening and remainder of sugar, creamed together; egg, beaten, currants, some flour. Mix well. Knead with 1 tbsp. flour. Let rise until double in

bulk. Knead lightly. When risen again, form into round balls, press them $\frac{1}{2}$ in. flat. Place 2 in. apart in pan; when light, with very sharp knife, cut a Cross on top of each bun; put immediately in oven and bake 20 min. at mod. hot heat. Just before removing from oven, brush top with brown sugar moistened with water.

Sweet Buns (10)

Same as Recipe 9, but form into balls, place $\frac{1}{2}$ in. apart in pan. When light bake 20 min. mod. hot oven. My Mother likes these buns flavored with $\frac{1}{4}$ tsp. nutmeg, added when dough is being mixed.

Currant Tea Rings. (11)

Same as Recipe 9, but omit currants from dough. When dough has risen second time, divide in two; roll each piece oblong, about 7 in. wide and $\frac{1}{2}$ in. thick, brush with melted butter and sprinkle brown sugar and currants on half of strip; fold over, making a strip $3\frac{1}{2}$ in. wide and long enough to fit large deep pie plate. Place in circle, on pie plate with the rolled edges in centre. With scissors, cut 1 in. slices from outer edge of roll almost to centre; turn each slice over on its side; this will show the filling and give the appearance of a many pointed star. When light, in about $\frac{3}{4}$ hr., bake 30 min. in mod. hot oven. Before removing from oven, brush with brown sugar moistened with water. Serve warm. Cut in thin wedge-shaped slices, and butter. May be toasted when cold.

Quick Breads.

Read all noted at beginning of book, before trying these recipes. All ingredients used in pastry making, biscuits, shortcake, pies, etc., should be cold. Pie crust improves considerably if the dough is chilled before being rolled out. This dough will keep for several days.

Because of the natural oil in Whole Wheat Flour, less shortening is needed in these recipes than in white flour cookery.

Manufacturers of Baking Powder say that anything made with baking powder is much lighter if, when the batter is mixed, it is allowed to stand in a cool place, in the mixing bowl, for 15 min., then add 1 tbsp. liquid, stir slightly, put in pans and bake.

Soda should not be dissolved in hot water, for by this method some of the "power" of the soda is lost. Mix the soda with the flour, being sure to smooth out all lumps found in the soda. Use 1 tsp. soda to every cup of molasses or to 2 cups sour milk.

Muffin batters should be poured into hot tins.

Whole Wheat Biscuits (12)

3 c. Hunting's Whole Wheat Flour.
4½ tsp. baking powder.
pinch salt.
3 tbsp. shortening.
1½ c. milk.

Mix all dry ingredients, cut in shortening with pastry blender, add milk, stir, roll lightly to ¾ in., cut with biscuit cutter. Bake 18 min. hot oven. Makes 18.

1⅓ c. thin cream may be used instead of the milk and shortening.

Rolls (13)

Same as Recipe 12, but roll thin, in strips 7 in. wide; spread with melted butter, sprinkle with brown or maple sugar, currants, or any desired filling. Roll as for Jelly Roll. Cut in ¾ in. lengths. Place, cut side down, in pans. Bake 18 min. hot oven.

Short Cake (14)

To Recipe 12, add 3 tbsp. more of shortening. When mixed, place in round shallow pan, frying pan is excellent.

Bake 30 min. hot oven. Cool slightly, then with long sharp knife, split thru centre. Butter each layer; spread fruit between and on top of layers. Serve with whipped or plain cream.

Mixture may be divided in two, each part patted into shape to fit pan, spread melted butter between layers and bake. The layers are then easily separated when baked.

Whole Wheat Muffins (15)

2 tbsp. shortening.
2 tsp. brown sugar.
1 egg.
2 c. Hunting's Whole Wheat Flour.
3 tsp. baking powder.
pinch salt.
1 c. milk.

Mix as directed, in order given. Pour into hot muffin rings; bake 25 min. hot oven.

Bran Muffins (16)

Same as Recipe 15, but use ¾ cup Hunting's Table Bran in place of ½ c. Hunting's Whole Wheat Flour, and add 1 extra tbsp. milk.

Fruit Muffins (17)

For "Special" Muffins, add ½ c. raisins or figs, cut fine, to either Recipe 15 or to 16.

Carrot Muffins (18)

Add 1 c. finely ground cooked carrots to either Recipe 15 or 16.

W. W. Griddle Cakes (19)

2 eggs.
pinch salt.
2 tbsp. brown sugar.
4 c. Hunting's Whole Wheat Flour.
4 tsp. baking powder.
3 c. milk.

Beat eggs with salt, add sugar, then milk and dry ingredients, alternately. Cook on hot griddle.

A soapstone or aluminum griddle needs no greasing, otherwise use only a small amount of fat, just enough to prevent burning.

Pour mixture in by spoonfuls, making 3 or more in pan. When tops of cakes are full of bubbles and edges are cooked, turn and cook other side.

If large bubbles form at once on top of cakes, griddle is too hot; if top stiffens before underside is cooked, griddle is not hot enough.

Pancakes (20)

4 c. Hunting's Whole Wheat Flour.
pinch salt.
2 tsp. soda.
4 c. sour milk.

Mix dry ingredients, add milk.
Cook as directed above.

Potato Muffins (21)

2 tbsp. shortening.
3 tbsp. brown sugar.
2 eggs.
2 c. mashed potatoes.
1 c. milk.
1 c. Hunting's Whole Wheat Flour.
3 tsp. baking powder.
 $\frac{1}{4}$ tsp. salt.

Cook potatoes, not peeled, using very little water. Peel, mash in remaining juice, Measure out required amount.

Cream shortening, sugar, add well beaten eggs, stir; add potatoes, mix well; then milk and dry ingredients alternately. Bake 25 min. mod. hot oven. Makes 18 muffins. Very good.

Potato Griddle Cakes (22)

Same as Recipe 21, but omit shortening, and add $\frac{3}{4}$ c. extra milk.
Cook as directed for Recipe 19.
Makes 20 small cakes.

Scotch Road Scones (23)

4 c. Hunting's Whole Wheat Flour.
1 tsp. soda.
3 tbsp. shortening.
 $1\frac{3}{4}$ c. buttermilk or sour milk.

Mix dry ingredients, cut in, shortening, add milk. Roll thin, cut oblong, 3 x 4 in. Cook on griddle or top of stove, not hot covers. Turn scones often until both sides are well cooked. To hasten the cooking; when one lot of scones is nearly cooked, place on grate in oven for few minutes, thus making room for another batch on the stove.

These are excellent made with sour cream, using 2 c., less 1 tbsp. cream, in place of milk or shortening.

Canadian Scones (24)

2 tbsp. butter.
2 tbsp. molasses.
1 c. Hunting's Table Bran.

1 c. milk.
2 c. Hunting's Whole Wheat Flour.
2 tsp. baking powder.

Mix in order given. Roll thin, cut oblong. Bake in hot oven 18 min.
Makes 20. A Family Favorite!

Norwegian Flad Brod. (25)

In the remote regions of Scandinavia, this bread is baked twice a year, in large sheets, as hard as flint. It is usually made of rye or barley, but try it with Hunting's Whole Wheat. You will like its nutty flavor!
4 c. Hunting's Whole Wheat Flour.
pinch salt.

$1\frac{3}{4}$ c. potato water or cold water.

Mix in order given. Roll very thin in sheets, or cut oblong as for scones. Cook on top of stove, turning often.

Potato water being alkaline forming, is very helpful in the prevention of Acidosis, which is at the root of so many ailments. Since it helps to neutralize the acid-forming cereals, flour products made with potato water are just that much more nourishing.

Fruit Bread (26)

3 tbsp. shortening.
 $\frac{1}{2}$ c. brown sugar.
1 egg, beaten.
 $\frac{1}{2}$ lb. figs, cut fine ($1\frac{1}{2}$ cups)
 $1\frac{1}{3}$ c. milk.
3 c. Hunting's Whole Wheat Flour.
4 tsp. baking powder.
pinch salt.

Mix as directed in order given.
Bake 1 hr. mod. hot oven.

$1\frac{1}{2}$ c. dates, cut fine, may be used instead of the figs; use but $\frac{1}{4}$ c. sugar and $1\frac{3}{4}$ c. milk.

Nut Bread (27)

Same as Recipe 26, but omit figs, and shortening; use $\frac{3}{4}$ c. brown sugar, $1\frac{3}{4}$ c. milk, $\frac{1}{4}$ tsp. salt; add 1 c. nuts broken, in place of the figs.,

Butternuts, hazel-nuts, beech-nuts or walnuts may be used.

Gingerbread (28)

$\frac{1}{4}$ c. shortening.
 $\frac{1}{2}$ c. molasses.
1 c. sour milk.
 $\frac{1}{2}$ c. Hunting's Whole Wheat Flour
1 tsp. soda, baking powder, ginger.
pinch salt.

Melt shortening, pour it boiling hot over the molasses. This makes the shiny top crust on the gingerbread. Stir well. Add dry ingredients and milk alternately. Pour into shallow cake pan. Bake 45 min. mod. hot oven.

Cookies.

Cookies are made much more successfully if the dough is allowed to "ripen" in refrigerator, overnight. Read all notes on Mixing.

Oatmeal Dates (29)

$\frac{1}{2}$ c. shortening.
 $\frac{1}{2}$ c. brown sugar.
1 egg.
 $\frac{1}{3}$ c. sour milk.
 $2\frac{1}{2}$ c. rolled oats.
1 c. Hunting's Whole Wheat Flour.
 $\frac{1}{2}$ tsp. soda, salt and vanilla.

Mix as directed. Chill. Roll thin, cut with 4 in. round cutter; spread with filling, cover with another layer of dough. Place on baking sheet; cut round in fourths. Bake 25 min. mod. hot oven.

Filling —

1 lb dates, pitted and cut fine.
 $\frac{1}{2}$ c. hot water.
Pour hot water over dates. Stir well until a smooth paste.

Oatmeal Drops (30)

Same as Recipe 29, but use 1 c. brown sugar and $\frac{1}{2}$ c. milk. Drop by tsp. on oiled baking sheet. Bake 16 min. hot oven. These are better if made with butter; nutmeg makes a good flavoring. Nuts or fruit may be added, $\frac{1}{2}$ c. nuts or fruit etc.

Date Cubes (31)

2 eggs.
pinch salt.
 $\frac{2}{3}$ c. brown sugar.
3 tbsp. milk.
1 c. dates, cut fine.
1 c. butternuts, broken.
1 c. Hunting's Whole Wheat Flour.
1 tsp. baking powder.

$\frac{1}{2}$ tsp. vanilla.

Beat eggs with salt, whites first, add yolks, beat again, add sugar, milk, nuts, dates, then dry ingredients mixed well together; lastly vanilla. Pour into shallow cake pan; bake 40 min. mod. hot oven. When cold, cut into inch squares. Walnuts are a substitute for butternuts.

Coco-nuts (32)

$\frac{1}{4}$ c. butter.
 $\frac{1}{2}$ c. brown sugar.
1 egg.
 $\frac{1}{2}$ c. milk.
 $1\frac{1}{2}$ c. Hunting's Whole Wheat Flour
2 tsp. baking powder.
 $\frac{1}{2}$ tsp. vanilla.
 $\frac{1}{2}$ lb. ($2\frac{1}{2}$ c.) Dessicated Cocoanut
Mix as directed in order given, adding cocoanut last. Drop by tsp., 1 in. apart on baking sheet. Bake 20 min. mod. hot oven. Makes 4 doz.

Fruit Drops (33)

$\frac{1}{4}$ c. butter.
 $\frac{3}{4}$ c. brown sugar.
1 egg.
 $\frac{1}{2}$ c. raisins, currants or figs.
 $\frac{3}{4}$ c. milk.
 $1\frac{1}{3}$ c. Hunting's Whole Wheat Flour
2 tsp. baking powder.
 $\frac{1}{4}$ tsp. nutmeg.
Mix as directed in order given. Drop by tsp. 1 in. apart on baking sheet. Bake 15 min. hot oven. Makes 3 doz. 1 cup cream may be used in place of milk and butter, in which case add pinch salt.

Fruit Squares (34)

½ c. butter.
½ c. brown sugar.
1 egg.
½ c. sour milk.
2⅓ c. Hunting's Whole Wheat Flour
½ tsp. soda.
½ tsp. vanilla.

Mix as directed. Chill. Roll thin in sheet size of cookie tin. Place on tin, spread well with filling; cover with second sheet of dough. Cut in 1¾ in squares. Bake 20 min. mod. hot oven. 5 doz.

Filling —

2 c. raisins or figs.
5 tbsp. hot water.

Cut fruit fine, mix well with water until smooth paste.

Dough may be shaped as for Recipe 29, or cut oblong 1½ x 2½ in. Spread filling on half section, fold over other half, making Fruit Envelopes.

Recipe (35)

Same as first part of Recipe 34, but use 1 c. brown sugar. Use any desired flavoring, vanilla, lemon, nutmeg, etc. Roll thick, cut round, oblong, or fancy shapes. Bake in hot oven 15 min.

For variety add any of the following:

1 c. nuts, broken fine, or
2 tbsp. caraway seed, or
¼ c. cocoa. or
Use 2 tbsp. less shortening and add 4 tbsp. peanut butter.

Hermits (36)

To Recipe 35 add 1 c. raisins, chopped fine, and ½ tsp. cinnamon. Roll quite thin, cut oblong. Bake 15 min. hot oven.

Nutbrowns (37)

¼ c. butter.
1 c. brown sugar.
1 egg.
4 tbsp. cocoa.
6 tbsp. milk.

1 c. nuts, cut.
1 c. Hunting's Whole Wheat Flour.
1 tsp. baking powder.
½ tsp. vanilla.

Mix in order given. Bake in shallow cake pan, in mod. oven 35 min. When cool cut in 1 in. squares.

Beechnuts, butternuts, hazelnuts are excellent; peanuts are good, however use our own Canadian nuts whenever possible.

Soft Molasses Cookies (38)

1 c. molasses.
½ c. shortening.
¼ c. sour milk.
2 eggs.
1 tsp. ginger, and soda.
¼ tsp. salt.

¾ c. Hunting's Whole Wheat Flour
Bring shortening and molasses to boil then remove immediately from heat. Cool slightly, add eggs, beaten well, some flour, then milk and remainder of the dry ingredients. Chill overnight, roll medium thick. Bake 18 min. mod. hot oven. Makes 3 dozen.

To keep cookies soft, pack in stone crock. If one is not available, use any air tight jar and place in with cookies a slice of bread. The cookies will absorb the moisture from the bread, thus, as slice becomes hard, exchange for fresh slice.

Black Balls (39)

In Recipe 38, use ½c. less of Hunting's Whole Wheat Flour. Drop by tsp. on oiled baking sheet, and press flat with back of spoon.

Snaps (40)

1 c. molasses.
½ c. shortening.
2 tbsp. hot water.
1 tsp. soda and ginger.
3 c. Hunting's Whole Wheat Flour.
pinch salt.

Bring molasses and shortening to boil, then remove instantly from fire. Add hot water, cool slightly, add dry ingredients mixed together. Chill

overnight. Roll thin. Bake 16 min. mod. hot oven.

Ginger Wafers (41)

Add $\frac{3}{4}$ c. Hunting's Whole Wheat Flour to Recipe 40. Pack in bread tin, chill over-night. Slice very thin, halve each slice, bake as above.

For variety, add $\frac{1}{2}$ c. nuts, broken, to Recipe 41 when mixing.

Pie Crust.

1 c. Hunting's Whole Wheat Flour
 $\frac{1}{2}$ tsp. baking powder.

pinch salt.

$\frac{1}{4}$ c. shortening.

$\frac{1}{4}$ c. cold water or milk.

or use $\frac{1}{2}$ c. sour cream in place of the milk and shortening, and $\frac{1}{4}$ tsp. soda.

Mix dry ingredients together. With pastry blender, cut in shortening. Add liquid. Mix well. Chill Roll thin. Put loosely on pie plate. Bake in oven, hot at first, to set crust, then lower heat until brown.

This recipe makes 1 small two-crust pie or shell for 1 large pie.

CAKES

Cakes which are to be eaten within a few hours after being baked, are turned out of pan to cool. Use a cake-cooler, or as a substitute, try a wire toaster. Cakes which are to be kept for several days or longer, should cool in tin in which they were baked. The moisture is then retained in the cake, thus keeping it fresh for a much longer period.

When mixing cakes, cream the butter, using a pastry blender, at first, to cut the butter, then continue beating with spoon, until of a creamy consistency; add the sugar and cream until it is dissolved and thoroughly blended with butter. **Remember that Whole Wheat Flour must not be beaten.**

Read **all notes** in the book, before attempting these recipes.

Jelly Roll (42)

3 eggs.
 $\frac{2}{3}$ c. brown sugar.
6 tbsp. milk.
1 c. (less 2 tbsp.) Hunting's
Whole Wheat Flour.
2 tsp. baking powder.
 $\frac{1}{2}$ tsp. vanilla.
pinch salt.
Glass of Jelly.

Beat whites of eggs, with salt, until stiff; add yolks, beat well. Add sugar, stir until dissolved, then milk and dry ingredients mixed together; add vanilla. Pour into shallow oblong pan, about 9 x 13 in. Bake 18 min. hot oven. Turn out on waxed paper. Chop jelly into fine mass, Spread on cake. With sharp knife, cut $\frac{1}{2}$ in. slashes, 1 in. apart, along both sides of cake to prevent its breaking when being rolled. Roll cake tightly in waxed paper. Remove paper in half hour.

Cocoanut Jelly Cake (43)

$\frac{1}{3}$ c. butter.
1 c. brown sugar.
2 eggs.
1 c. milk.
 $1\frac{1}{4}$ c. Hunting's Whole Wheat Flour
2 tsp. baking powder.
 $\frac{1}{2}$ tsp. vanilla.
2 c. Dessicated Cocoanut.
1 glass jelly.

Mix as directed, in order given, adding 1 c. cocoanut to cake last. Bake in shallow cake tin in mod. hot oven 40 min. When cool spread with jelly, which has first been chopped fine. Sprinkle remaining cocoanut on top. This is a Treat!

Half of the recipe is sufficient for a small cake. Bake 30 min.

Black Cake (44)

$\frac{1}{4}$ c. shortening.
 $\frac{1}{2}$ c. molasses.
1 c. raisins, Sultana or Muscatels.

1 c. sour milk.
1¾ c. Hunting's Whole Wheat Flour
1 tsp. soda, and baking powder.
¼ tsp. salt.
½ tsp. lemon or grated rind.

Mix as directed, in order given,
Bake in loaf, in mod. oven 1¼ hrs.
This cake will keep for weeks if
¼ tsp. more salt is added to recipe.
Economical and Good

Christmas Cake (45)

½ c. butter.
1 c. maple or brown sugar.
2 eggs.
1½ c. raisins, Sult. or Muscatel.
¼ lb. (¾ c.) citron peel, cut fine.
⅔ c. buttermilk or rich sour milk.
1¾ c. Hunting's Whole Wheat Flour
1 tsp. soda and vanilla.

Mix as directed, in order given,
alternating dry ingredients with milk
Bake 1½ hrs. mod. oven. Makes 1
loaf. Much better if allowed to age
several weeks before cutting.

Not too rich, but very good!

Fig Cake (46)

Same as Recipe 45, but use 1½ c.
Figs, cut fine, and ½ c. nuts, broken
in place of raisins and citron.
Sweet milk and baking powder may
replace sour milk and soda, while ¼
tsp. cinnamon may replace vanilla

Date Cake (47)

¼ c. butter.
½ c. brown sugar.
1 egg.
1 c. dates, cut fine.
¾ c. sweet milk.
1¾ c. Hunting's Whole Wheat Flour
2 tsp. baking powder.
½ tsp. lemon or vanilla.

Mix as directed, in order given,
Pour into flat cake pan. Sprinkle 3
tbsp. brown sugar over cake. Bake
40 min. mod. hot oven.

Or omit sugar from top of cake,
and instead, when cake is cool,
spread with whipped cream.

Whipped Cream:- Beat ¾ c. heavy
cream until stiff, add 2 tbsp. brown
sugar and ½ tsp. vanilla.

A cake you won't forget!

Aunt Ellen's Cocoa Cake (48)

¼ c. cocoa.
1 c. milk
3 tbsp. butter.
1 c. brown sugar
1 egg.
1¾ c. Hunting's Whole Wheat Flour
1 tsp. soda.
½ tsp. vanilla.

In double boiler, scald cocoa and
half of the milk. Cool. Cream the
butter, add sugar, cream well, add
egg, beat; add to first mixture; then
dry ingredients and remainder of
milk alternately. Vanilla. Bake 35
min. mod. hot oven.

Great with whipped cream top!

Mother's Birthday Cake (49)

½ c. butter.
1¼ c. brown sugar.
3 eggs.
1 c. rich sour milk (whole milk
soured)
2 c. + 2 tbsp. Hunting's
Whole Wheat Flour.

1 tsp. soda.
2 tbsp. cocoa, 1 tsp. milk.
½ tsp. vanilla, ¾ c. raisins.
1 tsp. lemon juice or grated rind.
Mix as directed, in order given;
divide batter equally in three.
To part 1 add the fruit and vanilla
To part 2 add cocoa and 1 tsp. milk.
To part 3 add lemon juice or rind.

In deep cake tin, pour mixture, in
same order, part 1 the bottom layer,
part 2 the centre, part 3 top layer.
Bake 1¼ hrs. mod. oven.
No icing is necessary, but for a particu-
larly festive appearance, cover
with white boiled icing, and decorate
with tiny candies.

1½ c. sour cream may be used in
place of the milk and butter.

Just-A-Cake (50)

But a good one at that!

¼ c. butter.
1 c. brown sugar.
1 egg.
1 c milk
½ c. Hunting's Whole Wheat Flour
3 tsp. baking powder.
½ tsp. vanilla.

Mix as directed, in order given, bake in shallow cake tin in hot oven, 35 min.

Add 1 c. nuts or currants or blueberries to this cake, for variety.

Marble Cake (51)

Divide Recipe 50 in 2 parts, add 2 tbsp. cocoa to one part. Drop by tsp. into loaf tin, alternating the white and the brown mixture. Bake 50 min. mod. hot oven.

Tea Cakes (52)

Pour the batter of Recipe 50 into muffin rings and bake 25 min. hot oven.

For Surprise Tea Cakes, put 1 tsp. jelly into each muffin ring in centre of batter before placing in oven.

Cream Cake (53)

2 eggs.
1 c. brown sugar.
1 c. milk.

1½ c. Hunting's Whole Wheat Fl'r.
3 tsp. baking powder.
pinch salt.
½ tsp. lemon juice.

Beat eggs, whites first, then add yolks and beat until blended. Add sugar, stir; add milk and dry ingredients alternately. Bake in shallow cake tin 35 min. hot oven. When cake is cool, cover with whipped cream as directed for Recipe 47.

Doughnuts (54)

2 tbsp. shortening.
¾ c. brown sugar.
1 egg.
1½ c. buttermilk or sour milk.
¾ c. Hunting's Whole Wheat Fl'r.
1 tsp. soda.
¼ tsp. salt and nutmeg.

Cream shortening and sugar, add egg, beat well until sugar is thoroughly dissolved (If sugar is not dissolved, doughnuts will absorb the fat when being fried) Add dry ingredients and milk alternately. Chill. Roll less than ½ in. thick. Let rise ½ hr. before frying, meanwhile have the fat heating in deep pan. Fat should be about 360 degrees or hot enough to brown an inch cube of bread in 60 sec. When one side of the doughnut is brown, turn and finish frying on other side. This recipe makes 30.

CORNMEAL

The Cereal Foods, in their natural state, abound in the life-giving Vitamins A and B.

Without Vitamin A in our diet we would have failure in the process of growth and development; Without Vitamin B, we lose our "Pep", have indigestion, and a broken-down, nervous system. When Vitamin C is absent, scurvy is present, also the bones and teeth do not develop properly. Vitamin B is rather the controlling Vitamin, for unless it is present in the diet, the other Vitamins will not function properly.

Yellow Cornmeal is very rich in Vitamin B, even richer than Whole Wheat, but through improper milling, the outer, mineral-rich layer of the Corn is often discarded in the making of Table Cornmeal, thus losing the Vitamin B.

IN HUNTING'S OLDFASHIONED CORNMEAL, ALL OF THE CORN HAS BEEN USED, thus producing a Cornmeal, **rich in minerals, rich in Vitamin B, and rich in heat and energy producing qualities.** A cold-weather food with few rivals!

To bring out the true flavor and make it more easily digested, cornmeal should be cooked long and slowly. In the following recipes observe these directions to produce the best results. In a double boiler, scald the milk, pour the cornmeal into it, stirring for a few minutes, then let cook slowly for 15 min., or longer if directed to do so. Cool before adding the other ingredients.

Sour milk may be used in place of the sweet milk quite satisfactorily. In the scalding, the whey may separate from the solids, but this will not injure the finished product. In substituting sour milk, add $\frac{1}{2}$ tsp. soda to every cup of milk, and only half the baking powder directed in the recipe.

Corn Gems (55)

$\frac{1}{2}$ c. sweet milk.
2 c. Hunting's Oldfashioned Cornmeal.
2 tbsp. brown sugar.
1 egg.
1 tbsp. shortening.
2 tsp. baking powder.
pinch salt.

Scald milk and cornmeal as directed. Cool. Add shortening, sugar, egg beaten with salt; baking powder. Bake 25 min. in gem tins, mod. hot oven. Makes 16.

Cornmeal Griddle Cakes (56)

Same as recipe 55, but omit shortening. Add 1 egg, $\frac{1}{2}$ c. milk, 2 tbsp. Hunting's Whole Wheat Flour. Fry as directed for Recipe 19.
Very Good!

Corn Muffins (57)

1 c. milk.
1 c. Hunting's Oldfashioned Cornmeal.
1 tbsp. shortening.
2 tbsp. brown sugar.
1 egg.
 $\frac{1}{2}$ c. Hunting's Whole Wheat Flour.
2 tsp. baking powder.
pinch salt.

Scald milk and cornmeal as directed. Cool. Mix remainder of ingredients in order given; add to first mixture. Bake 25 min, mod. hot oven. Makes 9 large muffins.

Spoon Bread (58)

2 c. milk.
1 c. Hunt's Oldfashioned Cornmeal.
2 eggs.
pinch salt.
1 tsp. baking powder.

Scald milk and cornmeal as directed. Cool. Add eggs well beaten with salt, then the baking powder. Pour into hot shallow pan. Bake 35 min. hot oven. Serve hot with butter. Better if baked in deep pie plate or in frying pan, then cut in wedge shaped slices.

Steamed Brown Bread (59)

$\frac{3}{4}$ c. sweet milk.
3 c. Hunt's Oldfashioned Cornmeal.
 $\frac{3}{4}$ c. molasses.
1 c. Hunting's Whole Wheat Flour.
1 tsp. soda.
 $\frac{1}{4}$ tsp. salt.

Scald milk and cornmeal as directed. Cool., add molasses and dry ingredients. Pour into 3 quart pail with tight cover, set into kettle of boiling water, having the water come up several inches around the pail. Use a false bottom, in the kettle, to prevent burning; a perforated cover answers the purpose. Steam bread 3 hrs., then remove from kettle, uncover the pail, set in oven 20 min. A beaten egg may be added to this recipe, tho the bread is very good without this addition.

Grandmother's Johnny Cake (60)

2 c. Huntg's Oldfashioned Cornmeal.
2 c. sour milk.
1 c. brown sugar or $\frac{1}{2}$ c. molasses.
2 tbsp. butter.
1 c. Hunting's Whole Wheat Flour.
 $\frac{1}{4}$ tsp. soda.
pinch salt.

Scald cornmeal and milk as directed. Cool. Mix other ingredients in order given; add to first mixture. Bake 40 min mod. hot oven.

Mohawk Pudding (61)

$2\frac{1}{2}$ c. sweet milk.
 $\frac{1}{2}$ c. Huntg's Oldfashioned Cornmeal
 $\frac{1}{2}$ c. raisins or figs (optional)
2 tbsp. brown sugar.
2 eggs, well beaten.
 $\frac{1}{2}$ tsp. vanilla.
pinch salt.

Scald milk in double boiler, stir in cornmeal, cook slowly $\frac{3}{4}$ hr. Cool slightly, add rest of ingredients.

Hunting's Cereals.

In Hunting's All Wheat Cereals, the whole wheat grain has been broken open, then gound coarsely, by a special milling process. As with cornmeal, Hunting's All Wheat Cereal is improved considerably by long, slow cooking. For best results, therefore, start your breakfast Cereal the preceding evening.

In making Hunting's Granulated Cereal, some of the bran has been removed. Because of the short time required for its preparation, this Cereal is a very popular Breakfast Food.

All Wheat Cereal (64)

$\frac{1}{2}$ c. Hunting's All Wheat Cereal
2 c. boiling water.
 $\frac{1}{4}$ tsp. salt.

Measure water in both sections of the double boiler and set them down on the stove. When water, in each section is boiling, stir the All Wheat Cereal into the upper section, with the salt. Stir until well mixed, then place over the lower section. Let cook slowly for several hrs. or overnight. This latter method is preferable. Serve with cream.

A Royal Breakfast!

Pour into pudding dish and bake $1\frac{1}{2}$ hrs., hot oven for 20 min., then cooler over remainder of period. Serve with cream.

Cornmeal Mush (62)

$1\frac{1}{2}$ c. boiling water.
pinch salt.
 $\frac{1}{2}$ c. cold water.
 $\frac{1}{2}$ c. Huntg's Oldfashioned Cornmeal

Moisten cornmeal with cold water, pour into boiling water, then let cook slowly in double boiler several hours or overnight. Serve with cream.

Cornmeal Cakes (63)

Pour any remaining Cornmeal Mush, Recipe 62, into a baking powder can, which has first been rinsed out with cold water. Let stand until cold, then slice thin, and bake 20 min, hot oven or cook on top of stove. These cakes are very good when browned in fat.

Granulated Wheat Cereal (65)

Same as Recipe 64, but use Hunting's Granulated Cereal in place of the All Wheat Cereal. Let cook for 20 min. then serve with cream. This Cereal may be coked longer than the 20 min. though that time seems sufficient. For young children, however, we would advocate longer cooking.

Milk may replace water, with benefit, in either of the above recipes.

Cereal Recipe (66)

To any left-over Cereal, from either Recipe 64 or 65, add a few raisins or figs, and more milk, if necessary. Bake 1 hr. in mod. oven. Serve with cream.

You will like this immensely.

All Wheat Muffins (67)

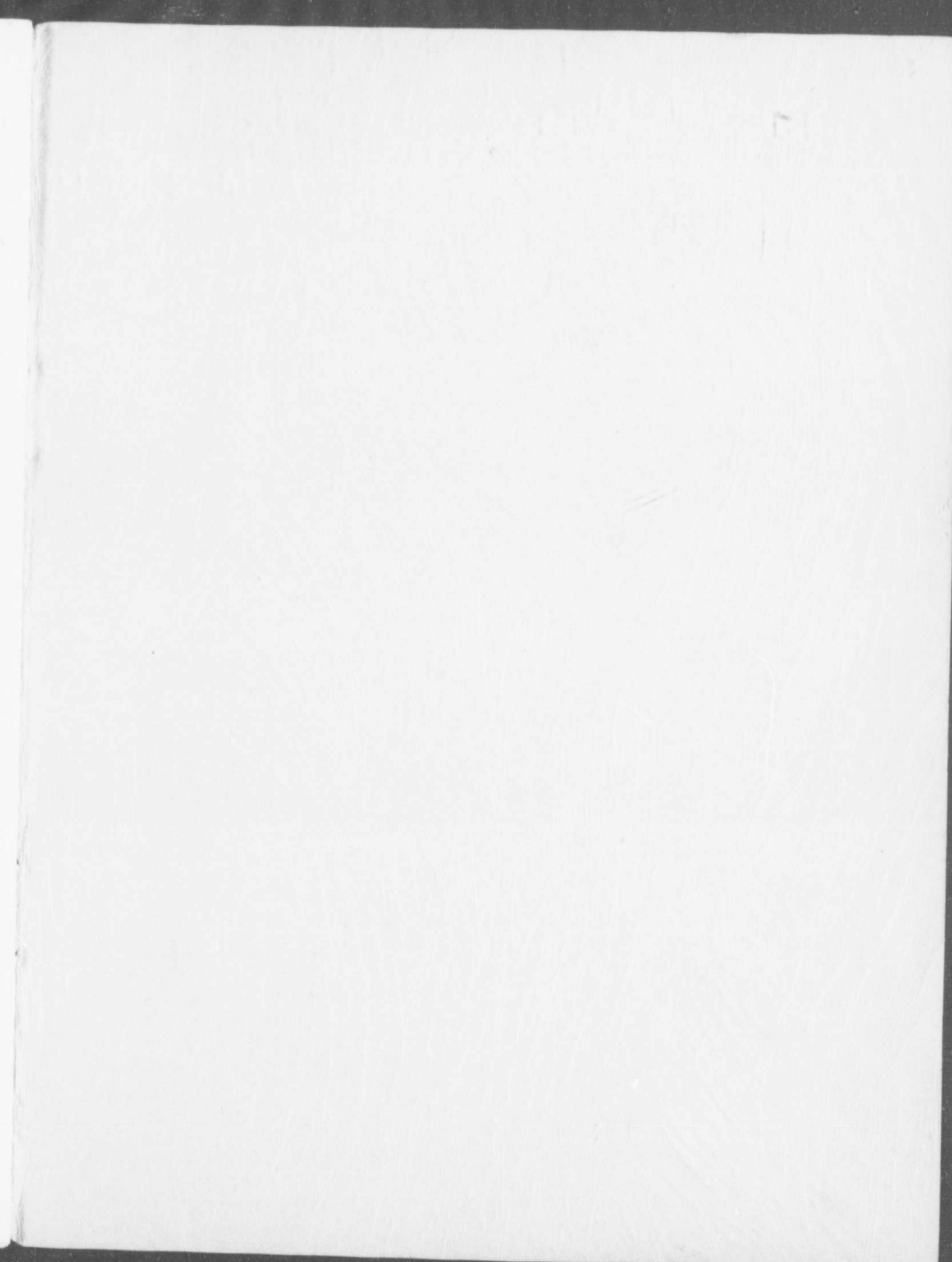
2 tbsp. shortening.
2 tbsp. brown sugar.
1 egg.
1 c. milk.
1½ c. Hunting's All Wheat Cereal.
¾ c. Hunting's Whole Wheat Flour.
3 tsp. baking powder.
pinch salt.

Cream shortening and sugar, add egg, beat well. Add part of Cereal, then some milk, alternating milk and dry ingredients until all are added. Bake 25 min. mod. hot oven.

Breakfast Food (68)

Put slices of stale Whole Wheat Bread, or muffins through the food chopper. Spread these thinly on pie plates or shallow pans and set in cool oven to brown slowly, being very careful not to burn them. Serve with cream and raisins or figs for breakfast. These toasted crumbs will keep for weeks.

Try them!



N.L.C. - B.N.C.



3 3286 12421172 9