

WARTIME SUGAR SAVERS

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These practical, wartime recipes have been "tested and approved" in Canada's Kitchen. Some are old ... some are new, but all are voted good. Designed to stretch your sugar ration, each recipe calls for only a moderate amount of sugar. For example, in each of the dessert recipes, not more than 1/2 cup sugar is used. So, in a family of six, if one of these desserts is served each day during the week, the sugar used would amount to 1/2 the weekly allowance of granulated sugar or 1/3 the allowance of brown sugar. There are approximately 2 cups granulated sugar and 3 cups brown sugar per pound.

TIPS TO SAVE SUGAR

Don't experiment with your sugar ration ... use tested recipes.

Serve fresh, canned or dried fruits often for dessert.

Add sugar to stewed fruit after cooking and while it is still warm ... you will find less will be needed.

Cook dried fruits in the water in which they have been soaked ... little or no sugar will be needed for sweetening.

Bake the sweeter fruits with a little water and baste them with this liquid.

Sweeten pudding sauces with left-over canned fruit syrups.

Make cakes without frostings.

Serve more hot desserts ... they seem sweeter than cold ones.

Try reducing the sugar by 2 tablespoons when making your pre-war baked desserts ... they will taste just as good.

Try an extra pinch of salt in cooking ... it accentuates the sweet flavour.

Cultivate a taste for less sweet foods ... if necessary, use more starchy foods which, like sugar, are energy producers.

Use a plain sugar syrup or one from canned fruit to sweeten cold drinks ... if sugar is used in hot beverages, stir until it is completely dissolved.

Add raisins to cooked cereals for a change ... this saves sugar in sweetening. If adding 1/2 cup raisins to cereals, desserts, etc. the sugar in the recipe may be cut in half.

Watch where the sugar goes in your home ... how much is used in cooking? on cereals? in tea? in coffee? ... cut down where it is needed least.

Special recipes for using Maple Syrup may be obtained from the Consumer Section, Department of Agriculture, Ottawa. The bulletin - "Honey and some of the ways it may be used", may be obtained from the Publicity and Extension Division, Department of Agriculture, Ottawa.

BLANC MANGE

| | |
|--------------------------|---------------------|
| 4 tablespoons cornstarch | 1/2 cup cold milk |
| 1/4 teaspoon salt | 2 1/2 cups hot milk |
| 1/4 cup sugar | 1 egg |
| 1 teaspoon vanilla | |

Mix cornstarch, sugar and salt and blend with cold milk. Add slowly to hot milk in top of double boiler and stir constantly until mixture thickens. Cook for 20 to 30 minutes, stirring occasionally. Add well-beaten egg and cook 3 minutes. Remove from heat, add flavouring. Chill. Serve with WHIPPED JELLY SAUCE.

Note:-, Egg may be omitted and 4 1/2 tablespoons cornstarch used. The egg yolk may be added to the pudding and the beaten egg white folded in at the last with the flavouring.

WHIPPED JELLY SAUCE

| | |
|-------------------------------|-----------------------|
| 1/2 cup pure jelly ... grape, | 1 egg white, unbeaten |
| crabapple, red currant | Pinch of salt |

Melt jelly in bowl over hot water. Add egg white and salt and beat with rotary egg beater until stiff. Cool.

CHOCOLATE CREAM

Follow recipe for BLANC MANGE, using 1/3 cup sugar and 1 ounce unsweetened chocolate or 4 tablespoons cocoa.

RAISIN CREAM

Follow recipe for BLANC MANGE. When cooked, add 1/2 cup seedless raisins. Use 1 teaspoon lemon extract or lemon juice as flavouring, reduce sugar to 2 tablespoons.

DELMONICO PUDDING

Follow recipe for BLANC MANGE omitting egg yolk. Place in baking dish, spread with layer of jam or jelly. Cover with meringue made from 2 egg whites and 4 tablespoons fine sugar. Place dish in pan of hot water and bake in moderate oven (350°F) until meringue is brown.

SPANISH CREAM

| | |
|--------------------------------------|--------------------|
| 1 1/2 tablespoons granulated gelatin | 1/4 teaspoon salt |
| 1/4 cup cold water | 2 3/4 cups milk |
| 3 egg yolks | 1 teaspoon vanilla |
| | 3 egg whites |
| 1/3 cup sugar | |

Soak gelatine in cold water. Make a custard of egg yolks, salt and milk. Cook, stirring constantly, until mixture coats the spoon. Dissolve gelatine in hot mixture. Cool and add flavouring. When mixture begins to thicken, fold in meringue made by adding the sugar to the stiffly beaten egg whites. Turn into moulds and chill.

If desired, WHIPPED JELLY SAUCE may be served with this dessert. In this case use 2 egg whites in recipe.

CARAMEL SPANISH CREAM

Follow recipe for SPANISH CREAM. Use 1/3 cup caramel syrup (see recipe below) instead of sugar, combining it with the milk in making custard mixture. Fold in stiffly beaten egg whites.

CARAMEL SYRUP

| | |
|---------------|---------------|
| 1/3 cup sugar | 1/3 cup water |
|---------------|---------------|

Melt sugar in heavy saucepan or frying pan and when it turns a light brown colour, add boiling water. Cook for 10 minutes until mixture is slightly thickened.

BUTTERSCOTCH SPANISH CREAM

Follow recipe for SPANISH CREAM, using 1/2 cup brown sugar instead of white sugar and adding 2 tablespoons butter. Melt butter and sugar together and cook until a rich brown colour. Add to hot milk. Finish as SPANISH CREAM, folding in stiffly beaten egg whites instead of meringue.

CREAMY RICE PUDDING

| | |
|----------------------|--------------------------------|
| 1/4 cup rice | 4 cups milk |
| 1/2 teaspoon salt | 1/2 teaspoon vanilla <u>or</u> |
| 1/4 cup sugar | 1/4 teaspoon nutmeg |
| 2 tablespoons butter | |

Wash rice and boil in water 10 minutes. Drain and add other ingredients. Pour into buttered baking dish. Place in pan of hot water and bake for 2 to 3 hours in slow oven, stirring frequently during the first hour. If desired, 1/2 cup raisins may be added when pudding is nearly cooked, reducing sugar to 2 tablespoons.

OATMEAL PRUNE PUDDING

| | |
|---------------------------------|-------------------------------|
| 1 cup quick-cooking rolled oats | 1/3 pound prunes (cut finely) |
| 1/2 teaspoon soda | 2 eggs, well beaten |
| 1/4 teaspoon salt | 1/3 cup light molasses |
| 1/4 teaspoon cinnamon | 2/3 cup water |
| 1 1/2 tablespoons lemon juice | |

Mix rolled oats with soda, salt, cinnamon and prunes. Combine the eggs, molasses, water and lemon juice and add to dry ingredients. Pour into buttered pudding mould, cover and steam for 3 hours. Serves 8.

ANGEL BREAD PUDDING

| | |
|----------------------|----------------------|
| 2 cups bread cubes | Dash of salt |
| 2 cups milk | 2 eggs |
| 1/4 cup sugar | 3 tablespoons butter |
| 1/2 teaspoon vanilla | |

Cut day-old bread (crusts and all) in 1/4 to 1/2 inch cubes; place in buttered baking dish (1 quart size). Mix the milk, butter and sugar and heat just enough, while stirring, to dissolve the sugar and melt the butter. Beat eggs slightly, add the salt and then stir in the warm (not hot) milk and the vanilla; pour over bread cubes. Set the baking dish in a pan of hot water and bake in a moderate oven (350°F) for about 1 hour or until a small knife comes out clean when it is inserted in the centre of the pudding. Serves 4 to 6.

For variation : Use 1/2 cup strained honey instead of sugar; substitute 1/2 teaspoon lemon extract for vanilla. Or, add 1/4 to 1/2 cup chopped raisins before putting in to bake.

BAKED LEMON PUDDING

| | |
|---------------------|--------------------------------|
| 1 tablespoon butter | 2 tablespoons lemon juice |
| 1/3 cup sugar | 1 tablespoon grated lemon rind |
| 2 tablespoons flour | 2 egg yolks |
| 1 cup milk | 2 egg whites |

Cream butter and sugar. Add flour and juice and grated rind of lemon. Add beaten egg yolks and the milk. Fold in stiffly beaten egg whites and pour into baking dish. Set in pan of hot water and cook slowly in 350°F oven until set. Test with silver knife as for soufflé. Bake about 40 to 45 minutes. Serves 5.

APPLE UPSIDE DOWN CAKE

| | | |
|---------------------------|--------------------------|-----------------------|
| 3 tablespoons butter | 1/3 cup brown sugar | 3 apples |
| 1/4 cup butter | 1 cup pastry flour | 1 teaspoon ginger |
| 3 tablespoons white sugar | 1 teaspoon baking powder | |
| 1 egg | 1/2 teaspoon soda | 1/2 teaspoon cinnamon |
| 1/3 cup molasses | 1/8 teaspoon salt | 1/3 cup boiling water |

Melt 3 tablespoons butter in baking dish. Add brown sugar and cook together for 2 to 3 minutes. Pare and core apples. Cut each apple in half to make two thick rings. Arrange rings of apples in butter and sugar mixture.

Cream 1/4 cup butter and white sugar together. Add well-beaten egg and molasses. Beat thoroughly. Sift dry ingredients and add to mixture. Lastly add boiling water, mixing quickly. Pour over apples in baking dish and bake in moderate oven (325°F) until done, approximately 40 minutes. Serves 6.

PEACH COBBLER

| | |
|------------------------------|-------------------------------|
| 2 cups sliced canned peaches | 1 tablespoon butter |
| 1 tablespoon lemon juice | Rich shortcake (recipe below) |

Place peaches in baking dish. Sprinkle with lemon juice and dot with butter. Drop shortcake dough in 6 mounds over peaches. Bake in hot oven (450°F) for 15 minutes, then reduce temperature to 350°F and bake for about 30 minutes longer.

RICH SHORTCAKE

| | |
|---------------------------|--------------------|
| 2 cups flour | 1 tablespoon sugar |
| 1/2 teaspoon salt | 1/3 cup shortening |
| 4 teaspoons baking powder | 1 egg, well beaten |
| 3/4 cup milk | |

Sift dry ingredients, cut in shortening until like coarse crumbs. Add combined egg and milk, stirring just until well blended. Drop on peaches in above recipe and bake as indicated.

SQUASH PIE

| | |
|-------------------------------------|------------------------|
| 2 1/2 cups steamed, strained squash | 1/2 teaspoon cinnamon |
| 1/2 cup sugar | 1/2 teaspoon ginger |
| 1 teaspoon salt | 1/2 teaspoon nutmeg |
| 1 3/4 cups milk | 1 egg, slightly beaten |

Mix sugar, salt and spices with mashed squash. Beat egg, add milk and combine mixtures. Bake in uncooked shell at 400°F for 10 minutes, then reduce temperature to 350°F and bake until set ... about 40 minutes. Garnish with whipped cream and preserved egg ginger (if available).

APPLE SOUFFLE

| | |
|-----------------------------|--------------------------|
| 6 tablespoons flour | 1/3 cup brown sugar |
| 1/8 teaspoon salt | 1 cup grated apple |
| 1 cup milk | 3 egg whites |
| 3 egg yolks | 1 teaspoon lemon extract |
| 1/4 teaspoon almond extract | |

Mix flour with small portion of milk. Heat remaining milk and stir in flour mixture. Add salt and cook over hot water, stirring until thick and well-cooked. Add sugar and cool. Add well-beaten egg yolks, flavouring and apple pulp. Lastly fold in stiffly beaten egg whites. Pour into buttered baking dish or individual stard cups. Place in a pan of hot water and bake at 325 - 350°F until firm --- out 1 hour. Serve with plain or whipped cream.

If desired, the flavouring may be changed to suit individual tastes ... e.g. 1/2 teaspoon cinnamon or 1/4 teaspoon nutmeg instead of lemon and almond extract.

HOT WATER GINGERBREAD

| | |
|--------------------------------|------------------------------|
| 1/2 cup butter or shortening | 1 1/2 teaspoons baking soda |
| 1/2 cup granulated sugar | 1/2 teaspoon powdered cloves |
| 1 egg, well-beaten | 1 1/2 teaspoons cinnamon |
| 3/4 cup molasses | 2 teaspoons ginger |
| 2 1/2 cups sifted pastry flour | 1/4 teaspoon salt |
| 1 cup hot water | |

Cream shortening and sugar, blending well. Add beaten egg and molasses. Then add dry ingredients, which have been sifted together, alternately with the water. Mix thoroughly. Bake in two 7 x 7 inch pans at 325°F for 50 minutes or in muffin pens for 20 minutes. Yield: Two 7 x 7 inch pans or one 7 x 7 inch pan plus 12 medium sized muffins.

FROZEN CHOCOLATE PUDDING

| | |
|-------------------------------|-----------------------------------|
| 1 teaspoon gelatine | 1/8 teaspoon ground cinnamon |
| 2 tablespoons cold water | 1/4 cup milk |
| 1 ounce unsweetened chocolate | 1/4 cup seedless raisins |
| 1/4 cup cold water | 3/4 cup evaporated milk (whipped) |
| 1/8 teaspoon salt | 3/8 cup granulated sugar |

Soak gelatine in 2 tablespoons cold water. Heat chocolate and water and dissolve the soaked gelatine in this mixture. Mix sugar, salt, cinnamon, milk and raisins together and combine with chocolate mixture. Allow to partially set and then fold in the whipped evaporated milk. Freeze in chilling unit of refrigerator for 4 to 5 hours.

Before attempting to whip the evaporated milk, place the milk in a bowl in the chilling unit of the refrigerator and allow to chill until crystals begin to form. Then whip.

APPLE ICE CREAM

| | |
|---------------------------------------|---|
| 2 cups grated apple (4 medium apples) | 1/2 cup fine granulated sugar |
| 1/2 cup milk | 3/4 cup whipping cream or evaporated milk |
| 1 teaspoon gelatin | 2 tablespoons cold water |

Soak gelatin in cold water. Heat milk and dissolve gelatin in it. Cool.

Grate the unpeeled apples. After grating a small amount of apple, measure and sprinkle with part of the sugar to prevent discoloration. Continue grating until 2 cups apple are measured. Whip cream .. (if evaporated milk is used, chill milk in freezing section until crystals start to form, then whip). Fold cream into apple mixture.

When gelatin mixture is partially set, combine with the whipped cream and apple mixture. Freeze in refrigerator or put in mould, cover with buttered paper and tightly-fitting cover and pack in ice and salt (6 parts ice to 1 part salt). Let stand 4 to 6 hours. Serves 6.

GRAPE ICE

| | |
|----------------------------|---------------------------|
| 1 cup sweetened grapejuice | 2 tablespoons lemon juice |
| 1/2 cup sugar | 1 teaspoon gelatin |
| 1 1/2 cups water | 2 tablespoons water |
| 1 egg white | |

Soak gelatin in the 2 tablespoons water for 5 minutes. Meanwhile make a syrup of sugar and water and boil for 5 minutes. Add grapejuice and lemon juice. Chill thoroughly. Add stiffly beaten egg white. Freeze 5 hours, stirring frequently.

APPLE BAVARIAN CREAM

| | |
|--------------------------|--|
| 1 tablespoon gelatin | 1/2 cup hot milk |
| 3 tablespoons cold water | 1 1/2 cups apple sauce (unsweetened) |
| 2 egg yolks | 1/2 teaspoon cinnamon or pinch of nutmeg |
| 1/3 cup sugar | 1/2 cup whipping cream |
| 2 egg whites | |

Soak gelatin in cold water. Beat egg yolks slightly. Add sugar, hot milk, apple sauce and cinnamon and cook, stirring constantly, in double boiler until mixture thickens. Dissolve gelatin in hot mixture. Chill. When partially set fold in stiffly beaten egg whites and whipped cream. Chill before serving.

CAKES AND COOKIESRASPBERRY CAKE

| | |
|---------------------|---------------------------------------|
| 1/2 cup shortening | 1/2 cup juice from canned raspberries |
| 1/2 cup brown sugar | 2 cups sifted pastry flour |
| 2 eggs | 1 teaspoon baking soda |
| 1/2 cup sour milk | 1/2 cup drained raspberries |
| 1/4 teaspoon salt | |

Cream shortening and sugar. Break in 1 egg, beat well and then add other egg. Beat well. Add milk. Sift soda and salt with flour. Beat half of the flour into mixture. Add fruit juice, then remaining flour. Fold in berries very carefully. Bake in a loaf pan for 45 minutes at 325°F.

SPICE CAKE

| | |
|----------------------------|------------------------------|
| 1/4 cup butter | 1/4 teaspoon cloves |
| 1/4 cup lard or shortening | 1/2 teaspoon ground cinnamon |
| 1 1/2 cups honey | 1/2 teaspoon ginger |
| 2 eggs | 1/2 teaspoon nutmeg |
| 3/4 cup sour milk | 1/4 teaspoon salt |
| 2 1/2 cups flour | 1/2 teaspoon vanilla |
| 2 teaspoons baking powder | 1/2 teaspoon baking soda |

Cream butter and lard together well (all lard or shortening may be used). Add honey gradually. Add well-beaten eggs and beat thoroughly. Add mixed and sifted dry ingredients alternately with the milk. Bake in two 9" layer pans at 375°F for 30 to 35 minutes or in a 9 x 9 inch cake pan at 350°F for 65 minutes.

GINGERSNAPS

| | |
|--------------------|--------------------|
| 2/3 cup molasses | 1/3 teaspoon soda |
| 1/3 cup shortening | 2 teaspoons ginger |
| 2 cups flour | 3/4 teaspoon salt |

Heat molasses to boiling point and pour over shortening. Add sifted dry ingredients. Chill, roll and cut into desired shapes. Bake in moderate (350°F) oven for 8 to 10 minutes. Yield:- 36 cookies.

BUTTERSCOTCH SLICES

| | |
|-------------------------------|----------------------------|
| 1 1/2 cups sifted flour | 1/2 cup shortening |
| 1 1/2 teaspoons baking powder | 1/2 cup packed brown sugar |
| 1/4 teaspoon salt | 1/4 teaspoon vanilla |
| 1 egg | |

Mix and sift flour, baking powder and salt. Cream shortening and sugar, then add vanilla and egg. Stir in flour. Shape in roll about 2 inches in diameter. Wrap in wax paper. Chill thoroughly. Cut chilled roll in 1/8" slices, place on ungreased baking sheet and bake at 400°F for about 8 minutes. Makes 3 1/2 to 4 dozen cookies.

CARROT AND HONEY COOKIES

| | |
|---------------------------|----------------------------------|
| 2 cups sifted flour | 2 cups quick-cooking rolled oats |
| 2 teaspoons baking powder | 1 cup raisins |
| 1/4 teaspoon salt | 2/3 cup shortening |
| 1/4 teaspoon soda | 1 cup grated carrot |
| 1/2 teaspoon cinnamon | 1 cup honey |
| 1/2 teaspoon nutmeg | 2 eggs, well beaten |

Mix dry ingredients. Cream shortening. Stir in carrots, then honey and eggs. Then gradually add the flour mixture. Drop from a teaspoon onto a greased pan and bake at 350°F for 25 to 30 minutes. Yield:- 5 to 6 dozen cookies.

HONEY PEANUT COOKIES

| | |
|---------------------|--------------------------|
| 1 cup honey | 1 teaspoon vanilla |
| 1/2 cup brown sugar | 1 teaspoon salt |
| 1 cup peanut butter | 1 teaspoon soda |
| 1 cup shortening | 2 cups pastry flour |
| 2 eggs | 1 teaspoon baking powder |

Cream honey, brown sugar, peanut butter and shortening. Add eggs and vanilla. Add sifted dry ingredients. Mix thoroughly. Drop dough on cookiesheet and pat out with a fork. Bake for 12 to 15 minutes at 350°F.

JAM POCKETS

| | |
|---------------------------------|---------------------------------|
| 2 cups sifted all-purpose flour | 1 egg |
| 3 1/2 teaspoons baking powder | 1 cup milk |
| 1/2 teaspoon salt | 2 tablespoons melted shortening |
| 2 tablespoons sugar | Jam |

Mix and sift, flour, baking powder, salt and sugar. Beat egg, add milk. Make a depression in the flour mixture, pour in milk and egg, then melted shortening. Stir as little as possible in mixing. Turn half the required amount of batter into well-greased muffin tins. Add 1 teaspoon of jam to each muffin and cover with remaining batter. Bake in moderate oven (350° - 375°F) for 25 minutes. Yield: 24 small muffins.

DOUGHNUTS

| | |
|--------------------------|---------------------------|
| 2/3 cup sugar | 3 teaspoons baking powder |
| 3 tablespoons shortening | 1 teaspoon salt |
| 2 eggs | 2/3 cup milk |

Flour to make a soft dough ... about 3 cups

Cream shortening, add sugar gradually and then add eggs, beaten well. Sift dry ingredients and add alternately with milk to egg mixture. Roll out dough as soft as can be handled. Cut with cutter and fry in hot lard. Drain on crumpled paper and brush with honey. Makes about 40 doughnuts. Let doughnuts stand 1 hour after cutting before frying.

ROLLED OAT COOKIES

| | |
|------------------------------|--------------------|
| 1/4 cup butter | 1 cup flour |
| 3/4 cup shortening | 2 cups rolled oats |
| 1/2 cup brown sugar | 1/4 teaspoon salt |
| 1 teaspoon soda dissolved in | 1 teaspoon vanilla |
| 1 teaspoon hot water | |

Cream butter, shortening, sugar and vanilla. Add soda, dissolved in hot water. Mix flour, rolled oats and salt and add to first mixture. Blend thoroughly and drop by teaspoons onto baking sheet. Press flat with a fork and bake at 375° - 400°F for 8 to 10 minutes. Yield:- 4 to 5 dozen cookies

FRUIT BARS

| | |
|-------------------------------------|-------------------------------------|
| 1 cup seedless raisins | 1/2 cup butter |
| 1/4 cup chopped candied orange peel | 1 cup sugar |
| 1/4 cup chopped candied lemon peel | 1 egg |
| 1/4 cup chopped citron peel | 2 1/4 cups sifted all-purpose flour |
| 1/4 cup syrup from canned fruit | 1 teaspoon cinnamon |
| 1 teaspoon vanilla | 1/4 teaspoon salt |
| 1 teaspoon baking powder | 1/2 teaspoon baking soda |

Rinse raising in hot water and dry. Combine raisins, peel, fruit juice and vanilla. Cream butter and sugar well. Beat egg lightly and add, mixing well. Sift flour, measure resift with other dry ingredients. Add to creamed mixture and combine thoroughly. Add fruit mixture and stir until fruit is well distributed. Pat out on a slightly floured board 3/4 inch thick and cut into strips 1 1/4 inches wide. Mark each strip in desired sized fingers but do not cut through. Bake on an oiled cookie sheet 2" apart at 400°F for 18 to 20 minutes. Cut while hot. Yield:- about 3 to 4 dozen cookies.

BROWNIES

| | |
|---|----------------------------|
| 1/2 cup shortening or 1/2 butter and 1/2 shortening | |
| 1/3 cup honey | 1/2 cup flour |
| 2 eggs | 1/8 teaspoon salt |
| 2 ounces unsweetened chocolate | 1/2 teaspoon baking powder |
| 1 teaspoon vanilla | |

Cream shortening and honey thoroughly. Add well-beaten egg, melted chocolate, flour, baking powder, salt and vanilla. Spread in a well-buttered 8 x 8 inch pan about 1 inch thick. Bake in 350°F oven for 20 to 25 minutes. Cut in squares while warm. Yield:- about 24 squares.

COTTAGE CHEESE TARTS

| | |
|----------------------|--------------------------|
| 1 cup cottage cheese | Grated rind 1/2 lemon |
| 1/2 teaspoon salt | 2 eggs |
| 2 tablespoons cream | 1/2 cup sugar |
| 1/2 teaspoon nutmeg | 1/4 cup seedless raisins |

Blend together the cottage cheese, salt, cream, nutmeg and lemon rind. Add beaten eggs and raisins. Line tart tins with pastry and fill 2/3 full with the mixture. Bake in a hot oven for 8 minutes. Reduce heat and finish baking in a slow oven about 15 to 20 minutes.

CREAM SOONES

| | |
|---------------------------|------------------------------------|
| 2 cups flour | 1/2 teaspoon salt |
| 4 teaspoons baking powder | 4 tablespoons butter or shortening |
| 2 teaspoons sugar | 2 eggs |
| | 1/3 cup cream or milk |

Mix and sift dry ingredients. Work in butter with pastry blender, fork or finger tips. Add well-beaten eggs (reserving a small amount of unbeaten white) and cream. Toss on floured board, pat and roll 3/4 inch thick. Cut in squares, diamonds or triangles, brush with reserved egg white diluted with 1 teaspoon water. Bake for 15 minutes or until done in 425°F oven.

FRENCH PANCAKES

| | |
|----------------------------------|---------------------|
| 1 cup sifted flour | 3 eggs, well-beaten |
| 1/2 teaspoon salt | 1 cup milk |
| 2 tablespoons shortening, melted | |

Mix flour and salt. Combine eggs and milk. Add flour and beat until smooth. Add shortening. Bake on hot griddle, making cakes about 3 inches in diameter. Spread each with tart jelly and roll while hot. Yield:- about 1 1/2 dozen small or 1 dozen 5" pancakes.

CORN BREAD

| | |
|---------------------------|--------------------------|
| 3/4 cup corn meal | 3/4 teaspoon salt |
| 1 cup flour | 1 cup milk |
| 1/3 cup sugar | 1 egg well-beaten |
| 4 teaspoons baking powder | 2 tablespoons shortening |

Mix and sift dry ingredients; add milk, egg and shortening. Bake in shallow buttered pan 20 minutes in 425°F oven. For shortening, lard, chicken fat, butter or blended shortening may be used.

WAFFLES

| | |
|---------------------------|--|
| 2 CUPS PASTRY FLOUR | 2 eggs |
| 3 teaspoons baking powder | 1 1/4 cup milk |
| 1 teaspoon salt | 1/3 cup melted butter or other shortenin |

Sift dry ingredients. Separate whites from yolks of the eggs. Beat yolks in mixing bowl. Add milk and continue to beat with egg beater. Add the sifted dry ingredients, beat with egg beater until smooth. Add melted shortening, stirring it in with a spoon. Bake in waffle iron as directed.