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DIVISION OF HOME WELFARE
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Food Conservation Bulletin No. 1

SAVE THE WHEAT

24 RECIPES
Using
WHEAT FLOUR SUBSTITUTES

By

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FOOD CONSERVATION BULLETINS

- No. 1, Save the Wheat
- No. 2, Save the Sugar
- No. 3, Save the Meat
- No. 4, Save the Fat



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The benefits of education and of useful knowledge, generally diffused through a community, are essential to the preservation of a free government.

Sam Houston

Cultivated mind is the guardian genius of democracy. . . . It is the only dictator that freemen acknowledge and the only security that freemen desire.

Mirabeau B. Lamar

FOREWORD

This year the United States and Canada together produced only 1,000,000,000 bushels of wheat. Of that amount we need 700,000,000 bushels for our own use, leaving only 300,000,000 bushels for export. It is not necessary to repeat that if we can help to furnish our allies food—wheat in particular—that we are accomplishing as much good as if we were actually fighting. Our allies need all the wheat we can send them, and the only way to increase the amount available for them is by individual saving of ounces. Mr. Hoover has asked us to observe “one wheatless day” each week. Wednesday is the day that has been officially designated by the Government as the one to be observed. However, if we serve three meals a week without the use of wheat we will accomplish the same result. If each family in the United States will save one-half a cup of wheat flour daily, there will be saved each day a total of 250,000,000 pounds, or 12,500 bushels, or 2,850,000 loaves of bread. Is not this amount worth saving now in order to provide against a shortage later?

EXPLANATIONS AND DIRECTIONS

All measures used in these recipes are *level*.

Dry materials are measured after sifting.

Each recipe contains at least six servings.

Ingredients are given in order in which they should be combined.

Abbreviations

c=cup;	pt.=pint;
T=tablespoon;	f. g.=few grains;
t=teaspoon;	f. d.=few drops;
B.P.=baking powder;	min.=minutes.

Measures

3 t=1 T;	2 pts=1 qt;
16 T=1 c;	16 oz=1 lb.
2 c=1 pt;	

GENERAL DIRECTIONS FOR YEAST BREAD

Ingredients.—Use a reliable brand of flour, pure milk, live yeast—in fact, all materials must be in good condition to insure a good finished product.

Mixing Process.—Knead dough very thoroughly. Dissolve compressed yeast in measure of water. If dry yeast is used first soften in $\frac{1}{4}$ c of tepid water.

Care of Bread.—While rising keep the mixture at an even temperature. The most favorable temperature for the growth of the yeast plant is about 90 degrees F. Whether rising or baking the bread should be in a greased receptacle.

Lightening Process.—Allow the mixture, whether in the form of sponge, dough or loaf, to rise until “double in bulk.”

Baking Process.—Have the oven hot enough to brown a piece of white paper in five minutes. Bread should begin to brown in 15 minutes. After that time lower the temperature so that the bread will bake slowly. A pound loaf of bread should bake one hour. Rolls and biscuits require from 20 minutes to 30 minutes.

Care of Bread after Baking.—Turn loaves out of the pans on to a rack or clean white cloth to cool. Leave uncovered. Store in air-tight tin box or stone jar after thoroughly cooled.

Summary of Steps in Bread Making Process.—Combine ingredients in the order given in each specific recipe. Knead dough very thoroughly. Let dough rise to “double in bulk.” Shape into loaves or rolls, let rise to “double in bulk.” Bake—see *baking process*.

RECIPES

Cornmeal Mush Bread

1 T corn syrup

1½ t salt

⅔ c water—boiled.

To tepid mixture add

¼ yeast cake—dissolved,

1 c mush

2½ to 3 c flour

See*

Note: To make cornmeal mush use ½ c cornmeal and ¾ c boiling water.

Cottonseed Flour Bread

1½ T corn syrup

1½ t salt

1 c water—boiled

When lukewarm, add

¼ yeast cake—compressed (one whole cake may be used)

Dissolve thoroughly, add gradually

1 c sifted cottonseed flour

2 c sifted white flour

Dough may seem sticky.

See*

*Knead thoroughly. Follow general directions for bread making for rest of process.

Oatmeal Bread

2 c oatmeal
3 c boiling water
 When lukewarm, add
1/4 c corn syrup
1 1/2 t salt
1 cake yeast, dissolved in
1 c warm water (boiled)
1 T shortening
Flour to make a dough.
See*

Oatmeal Cornmeal Bread

1 c rolled oats
1/2 c cornmeal
1 1/2 t salt
1 T shortening
 Mix well, add
2 c boiling water
 Let stand 1 hr., add
1/2 c molasses
1/2 cake yeast, dissolved in
1/4 c water
5 1/2 to 6 c flour.
See*

Peanut Bread

2 1/2 c flour
1 c crushed roasted peanuts
1 t salt
2 T corn syrup
1/2 cake yeast—dissolved in
1 c lukewarm water
 Any other nuts may be used in place of peanuts.
See*

*Knead thoroughly. Follow general directions for bread making for rest of process.

Peanut Flour Bread

- 1 T corn syrup
- 1 t salt
- 1 T shortening
- 1 c water—boiled
- 1 yeast cake
- 1 c peanut flour
- 2 c wheat flour

(Rice flour may be used in place of the peanut flour.)

See*

Sweet Potato or Pumpkin Bread

- $\frac{1}{2}$ c liquid
- $\frac{1}{2}$ cake yeast

Dissolve yeast thoroughly, add

- 1 c cooked sweet potato or pumpkin, riced
- 1 t salt
- 1 T corn syrup
- 1 T shortening

Mix ingredients thoroughly, add about

- $2\frac{1}{2}$ c flour.

See*

Variations: The following cooked foods, strained or run through the colander may be substituted for the sweet potato or pumpkin, Irish potato, cornmeal mush, oatmeal.

Rice Bread

- 1 T corn syrup
- $1\frac{1}{2}$ t salt
- 1 T shortening
- $\frac{2}{3}$ c water—boiled
- 1 yeast cake
- 1 c steamed rice
- $2\frac{1}{2}$ c flour

See*

Note: Rolls or biscuits may be made from these recipes.

*Knead thoroughly. Follow general directions for bread making the rest of process.

QUICK BREADS, CAKES AND COOKIES

In making drop or emergency biscuits and muffins, flour as well as time and energy are saved which otherwise would be consumed in rolling and cutting the dough.

If it is desired to have a dough stiff enough to roll it may be obtained by adding from $\frac{1}{4}$ to $\frac{1}{3}$ more flour. However, this is not recommended because of the flour wasted by careless and inexperienced persons who leave an undue amount on the board and on the hands.

Bean Muffins

2 eggs—well beaten
 $\frac{1}{2}$ c milk
1 c cold bean pulp (lima, navy, black-eyed peas)
Stir well, add mixed and sifted
2 c flour
2 t B.P.
1 t salt
Lastly add
 $\frac{1}{3}$ c melted fat
Bake in muffin tins.

Bran Muffins

$1\frac{1}{2}$ c bran
1 c flour
3 T molasses or corn syrup
 $\frac{1}{2}$ t salt
1 t soda
Mix well, add
1 c buttermilk
1 T liquid fat
Bake in muffin tins
Recipe makes 9.

Cornmeal Gingerbread

1 c molasses or honey

2 T fat

1 t salt

1½ c sour milk

Heat in double boiler, pour over

2 c cornmeal

Mix well, cook in double boiler 10 min. after water
begins to boil.

Cool, add the following mixture

1 c wheat flour

½ t ginger

1 t cinnamon

½ t cloves

1¾ t soda

Lastly add

1 egg—well beaten

Bake in shallow pan.

Cornmeal Peanut Biscuits

1½ c wheat flour

1½ c cornmeal

1 c crushed roasted peanuts

2 t salt

6 t B.P.

Mix well, add

1¾ c liquid or sufficient to mix.

Drop from tablespoon 1 inch apart.

Bake 15-20 minutes in hot oven.

Cornmeal-Rice Muffins

$\frac{2}{3}$ c scalded milk—pour over
 $\frac{1}{2}$ c cornmeal, add
2 T shortening
1 c cooked rice
 $1\frac{1}{2}$ T corn syrup
 $\frac{1}{2}$ t salt

Mix well, when cool add

1 egg—well beaten
 $\frac{1}{2}$ c flour
3 t B.P.

Bake in well greased muffin pans in hot oven.

Cottonseed Flour Drop Biscuits

$\frac{2}{3}$ c cottonseed flour
 $1\frac{1}{3}$ c wheat flour
3 t B.P.
 $\frac{1}{2}$ t salt

Sift thoroughly, add

2 T cottonseed oil
 $\frac{3}{4}$ to $\frac{7}{8}$ c milk

Drop on greased baking sheet.

Bake 15 to 20 min. in hot oven.

Fifty-fifty Emergency Biscuits

2 c cornmeal, soy bean, peanut, or rice flour
2 c flour
6 t B.P.
2 t salt

Sift twice, add -

4 T shortening—clarified chicken fat
2 c liquid

Drop on greased baking sheet.

Bake 15 to 20 min. in hot oven.

Peanut Bread

2 c Graham flour
 2 c flour
 6 t B.P.
 1 t salt
 1 c peanuts—ground or chopped
 ½ c molasses

Mix thoroughly, add

2 or 2½ c milk

Put in bread pan, let rise 1 hour.

Bake ¾ hour in moderate oven.

Pumpkin or Sweet Potato Muffins

Dry mixture:

1½ c flour

3 t B.P.

½ t salt

Liquid mixture:

1 egg—well beaten

¾ c milk

1 T fat

⅓ c sweet potato or pumpkin—cooked, mashed

2 T corn syrup

Combine mixtures,

Bake in muffin pans 30 min. in moderate oven.

Recipe makes 9 muffins.

Rice Flour or Cornmeal Gems

2 c rice flour or cornmeal

2 c wheat flour

2 t salt

4 t B.P.

3 T jam

3 T shortening (melted)

1 egg—well beaten

2¼ c milk, or sufficient to make drop batter.

Let stand in pan 5 min.

Bake 20 to 30 min. in moderate oven.

Recipe makes 18 muffins.

Spoon Corn Bread

1 c cornmeal

$\frac{1}{2}$ t salt

$1\frac{1}{2}$ c boiling water

Mix well, cook 10 min. cool, add

1 egg—well beaten

1 T molasses

1 c sour milk

Mix well, add

$\frac{1}{3}$ t soda, dissolved in

1 T water

2 T melted shortening

Bake in pudding dish $\frac{3}{4}$ hour in moderate oven.

Whole Wheat and Peanut Flour Biscuits

$1\frac{1}{2}$ c whole wheat or Graham flour

$\frac{1}{2}$ c peanut flour

3 t B.P.

1 t salt

Mix well, add

2 T shortening—

Work in with spatula or case knife, add about

$\frac{3}{4}$ c liquid (water or milk)

Mix with a knife to a soft dough.

Toss on slightly floured board, roll to $\frac{1}{2}$ inch in thickness. Handle as little as possible.

Shape with biscuit cutter.

Bake 15 to 20 min. in a hot oven.

Raisin Breakfast Cakes

1/4 c corn syrup

2 T shortening

Cream together, add

3/4 c milk

Then add mixed and sifted dry ingredients:

2 c flour

4 t B.P.

1 t salt

Lastly, add

1 c raisins—washed

Bake 25 to 30 min. in greased muffin tins in moderate oven.

Recipe makes 12 individual cakes.

Cocoa Tea Cakes

5 T peanut or cottonseed oil

1 1/4 c corn syrup

Cream together, then beat in one at a time

2 eggs, add

6 T milk

Beat well, add following well sifted mixture

1/2 c flour

1/2 c rice flour or cornstarch

3 t B.P.

1/4 c cocoa

1/4 t salt

Lastly add

1 t vanilla

Bake in greased muffin tins 15 to 20 min. in moderate oven.

Recipe makes 12 cakes.

Oatmeal Cookies

½ c shortening

¾ c molasses

Cream well, add

2 c rolled oats—over which has been poured

1½ c hot water

Cool, lastly add the following mixture:

2 c flour

½ t soda

½ t salt

1 c nuts, chopped—may be omitted

Drop from teaspoon one inch apart.

Bake in moderate oven.

Rice Flour Sponge Cakes

1 c corn syrup

3 T boiling water

Mix well, add the following mixed and sifted dry ingredients:

½ c flour

½ c rice flour

2 t B.P.

½ t salt

When well blended, add

¼ t lemon extract or juice, or—

½ t vanilla

2 egg yolks—beaten until light and lemon colored

Lastly fold in

2 egg whites—beaten stiff and dry

Rinse muffin tins in cold water

Fill ⅔ full with batter

Bake 20 min. in moderate oven.

Recipe makes 12 cakes.

