WAR

RECIPES
Breads

War Bread

1 cup corn meal, 2 tablespoons Crisco (lard or butter,) 1 heaping teaspoon salt, 1 heaping tablespoon sugar.

Put these in a pan and pour 1 pint of boiling water over them. Let cool and add 1 pint of cold water. Add 1 cake of compressed yeast, which has been dissolved in a little water. Then add rye flour enough to make dough stiff enough to knead (2 qts. or a little over). Knead well and set away over night. In the morning divide into loaves and bake for forty minutes in moderate oven.

Rollled Oats Bread

1 cup rolled oats, 1 cup flour, 2 teaspoons baking powder, ½ teaspoon salt, ¼ cup milk.

Sift together flour, baking powder and salt. Add oats and liquids and beat thoroughly. Pour into greased bread pan. Let stand 10 minutes and bake in very slow oven 50 or 60 minutes.
Rice Bread

2 cups of boiled rice, 3 cups of rice water, 1 yeast cake, 1 tablespoonful lard, a little salt, flour enough to make a stiff dough.
The rest of the process is the same as used for any other bread.

Oatmeal Bread

1 cup oatmeal, 1 pt. boiling water poured over oatmeal and let cool, $\frac{1}{2}$ yeast cake, dissolved in a little lukewarm water; 1-3 cup molasses, 1 qt. flour, a little salt.
Sponge and let rise over night. In the morning, stir it up again and let rise in the pan. Then bake. This makes one loaf.

Oatmeal Bread

2 cups oatmeal, 1 qt. boiling water, 1 tablespoonful salt, $\frac{1}{2}$ cup molasses $\frac{1}{2}$ cup sugar, 1 tablespoonful lard or butter, 2 yeast cakes.
Pour boiling water on 2 cups of oatmeal, soak 1 hour," add other ingredients. Bake slowly 1 hour or a little more.
Bran Bread With Sour Milk

Take 2 cups of bran, 2 cups of wheat flour, 1 small teaspoon salt, and one rounding teaspoonful baking powder.

Mix until well blended. 1 cup of molasses, 1 1/2 cups of sour milk, into part of milk put 1 teaspoonful soda, mix well. Mix flour into which put as many raisins as liked, at least 1 cup, and mix all thoroughly. Bake 1 hour in slow oven. Makes two small loaves.

Oatmeal Bread

2 cups oatmeal, 2 cups boiling water, 1 tablespoon lard, 1 pinch of salt, 1/2 cup molasses, 5 cups flour or enough to make it stiff, 1 yeast cake.

Pour boiling water on oatmeal, let stand until cool, put in yeast cake, then other ingredients. Let rise overnight, then knead again.

Rice Muffins

4 pounds rice flour, 3/4 ounce salt, 3 ounces baking powder, 1 1/4 quarts milk or water, a little sugar.
**Potato Biscuits**

1 1/2 cups flour, 1 teaspoonful salt, 1/4 cup shortening, 3 teaspoonfuls baking powder, 1 cup of mashed potato, 1/4 cup milk.

Mix together flour, salt and baking powder, add the potato, rub in the shortening, use milk as needed to mix dough that cleans the bowl, turn on a floured board, knead lightly and roll into a sheet and cut into biscuits. Bake 15 minutes in quick oven.

**Cornmeal Muffins**

1 cup cornmeal, 1 cup flour, 1/4 teaspoonful salt, 4 teaspoonfuls baking powder, 2 tablespoonfuls sugar, 1 cup milk, 2 tablespoonfuls shortening.

Sift dry ingredients into bowl, add milk and melted shortening and beat well. Bake in greased tins 20 minutes.

**Rye Rolls**

5 pounds rye flour, 2 ounces yeast, 3/4 ounce salt, 1 1/2 quarts water.
**Corn Muffins**

1 cup cornmeal, 1 cup flour, \( \frac{1}{4} \) cup sugar or syrup, 1 cup milk, 2 tablespoons shortening, 4 level teaspoons baking powder, \( \frac{1}{2} \) teaspoonful salt, 1 egg.

Cream butter, add sugar, yolk well beaten, flour mixed and sifted with, cornmeal, baking powder and salt, milk and beaten whites. Bake in muffin rings on griddle or in tins in oven.

**Molasses Corn Cake**

Mix 2 cupfuls of yellow cornmeal, \( \frac{1}{2} \) cupful of molasses, \( \frac{1}{2} \) cupful of granulated sugar, 2 tablespoonfuls of shortening, 1 teaspoonful of salt and 1 cupful each of sweet and sour milk. Let all get hot in double boiler, then cool for 10 minutes. Cool and add 1 cupful of flour sifted with \( 1\frac{1}{2} \) level teaspoonfuls of soda and last of all 1 well beaten egg. Bake in a corn bread pan for \( \frac{1}{2} \) an hour in a moderate oven. Ginger may be added to this, \( \frac{1}{2} \) teaspoonful being the required amount. Any other spices may also be used.
Rice Muffins

1 cup boiled rice, 1 cup flour, 1 cup corn flour, 2 eggs, 1 tablespoon melted butter, 1 teaspoon salt, 1 cup milk, 3 teaspoons baking powder.

Beat the eggs, add the other ingredients and beat all together thoroughly. Bake in gem irons.

Cakes and Cookies

Fruit Cake

3 tablespoons shortening, $\frac{1}{2}$ cup sugar, $\frac{3}{4}$ cup molasses, 1 cup rye flour and 1 cup wheat flour (or 2 cups rye), 2 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, $\frac{3}{4}$ cup milk, spice and raisins.

Cream shortening, add sugar and molasses, beat well, add spices and salt, and flour and baking powder with milk gradually. Bake in patty pan tins.
War Cake

1 package raisins, 2 cups sugar, 2 cups water, 2 tablespoonfuls butter, cook slowly 10 minutes, cool; 3 cups flour, 1 teaspoonful baking powder, stir all slowly; 1 teaspoonful baking soda in flour before putting in pans. 45 minutes baking slowly.

Cocoanut Oatmeal Cookies

1 cup melted butter or butter substitute, 2 cups brown sugar, 2 eggs, 1 cup cocoanut, 4 cups oatmeal, 1½ to 2 cups flour, 1 teaspoon baking powder, 1 teaspoon soda, teaspoon salt.

Cream butter and sugar and add the beaten eggs. Stir in the oatmeal and cocoanut and the soda dissolved in a little water. Sift the baking powder and salt with 1½ cups of flour and add to the mixture. Add the last ½ cup of flour very sparingly as the mixture is very stiff and may not need it all. Drop by spoonfuls on greased tins and bake in moderate oven.
Peanut Cookies

2 eggs, \( \frac{3}{4} \) cup peanut butter, \( \frac{3}{4} \) cup sweet milk, 1 cup sugar, 2 teaspoonfuls baking powder (heaping), \( \frac{21}{2} \) cups flour, 1 teaspoonful lemon or rind of lemon.

Canada War Cake

1 pound raisins (cut in two) 1 teaspoonful spices, 2 cups hot water, 2 cups flour, 2 cups brown sugar, 2 tablespoonfuls lard, 1 teaspoonful of soda in water.
Sugar, water, lard, spice, raisins, cook five minutes. Cool, then put in flour and soda. Bake 45 minutes.

Layer Cake

\( \frac{3}{4} \) cup of sugar, \( \frac{1}{2} \) cup of very thick cream, 2 eggs, \( \frac{1}{2} \) cup of milk, 1 cup of wheat flour, 1 cup of rice flour, 2 teaspoonfuls of baking powder.

Cocoanut Macaroons

Whites of 2 eggs beaten stiff, 1 cup of sugar, 1 cup of cocoanut, 2 cups of corn flakes, teaspoonful of vanila.
Cocoanut Drop Cakes

3 cups of corn flakes, 2 eggs, ½ cup sugar, 1 cupful shredded cocoanut.
Separate the eggs, beat the yolks slightly, add sugar, cocoanut and corn flakes and mix well. Beat the egg whites very stiff, fold in lightly, then drop by spoonfuls on greased pans and bake twenty minutes in hot oven.

Chocolate Cake

½ cup butter or butter substitute, 1 cup sugar, 3 eggs, ½ cup milk, 1 cup barley flour, ½ cup flour, 3 teaspoons baking powder, 2 oz. Baker’s chocolate, 1 teaspoon vanilla.
Cream the butter and sugar and beat in the egg yolks; sift flour and baking powder, and alternate with the milk. Melt chocolate and stir in, add vanilla and fold in the beaten whites of 2 eggs. Bake in flat loaf and ice with boiled icing made by boiling 1 cup sugar, 1-3 cup water, ½ teaspoon of cream tartar until it forms a soft ball in cold water. Pour over the beaten white of 1 egg and beat until cool.
Chocolate Layer Cake

1/4 cup of butter 1 cup sugar, 3 eggs, 3 teaspoons baking powder, 1 cup flour, 1 cup corn flour, 1/2 cup milk.

Bake in three layers and spread chocolate filling between the layers. Filling is made by boiling 2-3 cup of sugar, 1 square of chocolate and 1 cup of water together and adding 1 heaping tablespoon of cornstarch dissolved in a little cold water. When thick remove from stove and cool before spreading on cake.

Raisin Cake

1 cupful brown sugar, 1 cupful water, 1 tablespoonful chicken fat, 1/2 teaspoonful salt, 1/2 pound of raisins, 3/4 teaspoonful baking powder, 3/4 cupful barley flour, 3/4 cupful wheat flour, 1/2 teaspoonful cloves, 1/2 teaspoonful cinnamon.

Boil sugar and water five minutes, also fat salt and raisins. When cold add dry ingredients sifted together. Bake in loaf pan about an hour.
Miscellaneous

Indian Pudding

Cook together in a double boiler 5 cupfuls of milk and 1-3 of a cupful of cornmeal for 20 minutes, add \( \frac{1}{2} \) cupful of molasses, 1 teaspoonful of salt and 1 of ginger, pour into a buttered pudding dish and bake for 2 hours in a slow oven. Serve with a hard sauce.

Cornmeal and Apple Pudding

Cook 1 cupful of cornmeal with 4 cupfuls of milk, and add 1 pint of pared and cored, chopped sweet apples, 1 teaspoonful of salt, and 1 cupful of molasses. When the mixture cools, add 2 beaten eggs, pour into 1 buttered pudding pan and bake for 2 hours, then turn in 2 cupfuls of cold milk and bake for another hour without stirring. Serve with cream or a hard sauce.
**Pie Crust**

No. 1

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\frac{1}{2} \text{ cupful rice flour, } \frac{1}{2} \text{ cup rice, } 1-3 \text{ cup of shortening, } \frac{1}{4} \text{ teaspoonful baking powder, } \frac{1}{2} \text{ teaspoonful salt, 5 tablespoonfuls water.}
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No. 2

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\frac{1}{2} \text{ cupful potato flour, 1 cupful rye flour, } 1-3 \text{ cupful shortening, } \frac{1}{4} \text{ teaspoonful baking powder, } \frac{1}{2} \text{ teaspoonful salt, 4 tablespoonfuls cold water.}
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No. 3

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2 \text{ cups flour, 1 cup corn flour, 1 cup lard, 1 teaspoon baking powder, 1 teaspoon salt, water.}
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**Shortcake**

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1\frac{1}{2} \text{ cups flour, } 1\frac{1}{2} \text{ cups corn flour, 1 cup mashed potato, 2 heaping tablespoons lard, 4 teaspoons baking powder, 1 teaspoon salt, milk.}
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Sift flour, corn flour, baking powder and salt together and rub the potato into it. Then rub in the lard and add milk enough to make a soft dough.
Cornmeal Griddle Cakes

1 1/2 cups cornmeal, 1 1/2 cups boiled water, 3/4 cup milk, 1 tablespoon shortening, 1 tablespoon molasses, 1 teaspoon salt, 4 teaspoonfuls baking powder.

Scald cornmeal in bowl with boiling water, add milk, melted shortening and molasses. Add flour, salt, and baking powder which have been sifted together. Mix well and bake.

Cornmeal Pancakes

Have boiling rapidly 1 1/2 cupfuls of water, seasoned with 1 1/8 teaspoonfuls of salt. Into this stir 1/2 cupful of cornmeal, which has been wet to a paste with cold water. Boil for five minutes, then turn into a large bowl and stir in 1 1/4 cupfuls of milk, sift together 2 cupfuls of flour, 1 1/2 level teaspoonfuls of baking powder and 1-3 cupful of sugar, and mix into the batter. Melt 1 heaping tablespoonful of half butter, half lard and stir in next, and last of all add a well beaten egg. If the batter bakes too thick, add more milk or hot water. The cakes should be considerably thicker than wheat cakes.
Cornmeal Fritters

Cook together 1 cupful of cornmeal and 1 qt. of milk, seasoning with ¼ cupful of sugar and 1 teaspoonful of salt. Cook for 15 minutes, the milk being at the boiling point before the cornmeal is stirred in. Let cool, then add 4 eggs and a little grated nutmeg. Drop in hot fat and fry crisp and brown. Serve with syrup.

Bread Griddle Cakes

2 cups soft bread crumbs, 2 cups milk, 1 teaspoonful salt, 1 cup flour, 1 egg, 2 teaspoonfuls baking powder.

Sour milk and 1 teaspoonful of soda may be used in place of sweet milk and baking powder. Very dry bread may be used by soaking in the milk over night.

A Use for Soup Meat or any left Meat Scraps

Take 1 quart of cold meat, chop it, add salt and pepper to taste, 1 cup of hot gravy, stock or water, 1 teaspoonful cinnamon, 1 teaspoonful allspice, and 1 teaspoonful mace, if liked. Mix thoroughly, and press into a square mold, set on ice. Turn from mold and slice.
Cornmeal Griddle Cakes

1 cup cornmeal, 1 cup flour, 1 tablespoonful sugar or syrup, 1 teaspoonful salt, 1 egg, 2 cups sour milk.

Scald half of the corn meal with just enough boiling water to wet it. One teaspoonful soda dissolved in water and added just before baking.

Nut Roast

2 cups of ground walnuts, 2 cups of bread crumbs, 2 eggs well beaten, \( \frac{1}{4} \) pound butter, sage, pepper, onion and salt to taste.

Moisten bread crumbs thoroughly with boiling water, add butter, ground onion, seasoning and beaten egg. Mix well, bake in buttered dish about \( \frac{1}{2} \) hour. Turn out on platter and serve with tart jelly or tomato sauce.

Baked Hominy

2 cups cold boiled hominy, 1 scant cup cornmeal, 3 eggs, 1 tablespoon butter, 2 cups milk and a little salt.

Mix hominy and cornmeal dry, then add butter, milk and eggs. Bake 1 hour.