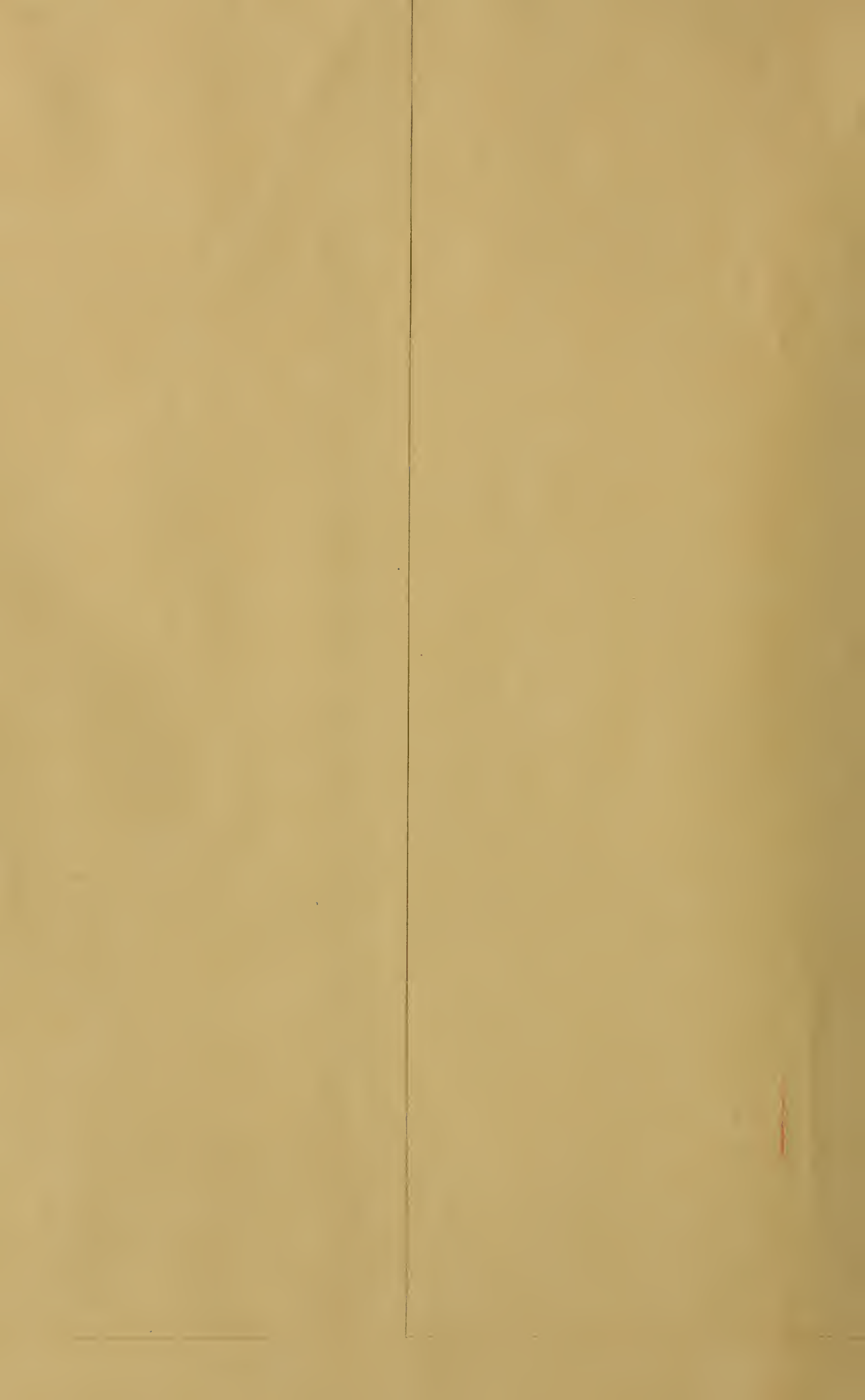


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Texas. State College for Women, Denton.
College of Household Arts and Science

COLLEGE OF INDUSTRIAL ARTS
DENTON, TEXAS

WAR BREAD AND BREAD CRUMB
RECIPES



COMPILED BY

DEPARTMENT OF FOODS

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War Bread and Bread Crumb Recipes

The bread recipes following the bread-making suggestions in this pamphlet were used in making war, or "emergency," breads shown in the College of Industrial Arts exhibit booth, and are specially recommended to the housewives of Texas as being thoroughly tested, practical and usable recipes. The war breads are the result of the wheat-conservation campaign, and it is suggested that they be used once a day at least in the United States in order that the more perishable grains may not be overlooked for bread at the expense of the wheat supply, so much more adaptable for export to our European allies.

BREAD MAKING

Good bread flour contains a substance known as gluten, which makes the framework of the bread. The presence of gluten depends on the kind of wheat from which the flour is made, and the way it is milled. All the wheat flour substitutes do not contain gluten; hence it is necessary in modifying a recipe to know something of the food composition of the substitute. As a rule, one-fourth wheat substitute and three-fourths wheat flour is a good proportion to use and will insure good results. If there is an excess of fat, as in cottonseed flour or coconut, the shortening should be omitted. When more than one-fourth wheat substitute is used, the texture is not as good and the bread is heavier.

Quick Process Bread.

More yeast is used in the quick process bread. One yeast cake to three cups of flour and one cup of liquid enables one to have the finished loaf in three hours from the time the bread is set, if the dough is kept at a uniform and slightly warm temperature. The bread may be made by the sponge method or the straight dough method. In the sponge method the flour, salt, and sugar are sifted together, yeast softened in a portion of the lukewarm liquid, then the remainder of the lukewarm liquid and the melted fat added, and sufficient flour added to make a thin batter. The

sponge is kept covered in a warm place or over a dish of warm water, until light. (A fireless cooker is excellent for keeping the temperature uniform.) When the sponge is light add the rest of the flour or enough so that the dough may be kneaded into an elastic mass which will not stick to the board. Shape into a loaf, place in a greased pan, cover and set in a warm place to rise until double in bulk. Bake forty-five minutes, gradually increasing the temperature for the first fifteen minutes, then slightly decreasing it for the remainder of the time. After pressing the finger on the loaf and no impression is left the bread is done. A slight shrinking from the sides of the pan is another test for a thoroughly baked loaf.

The straight dough method differs from the sponge method in that all the flour is added in the first mixing to make a dough stiff enough to be kneaded. It is then kneaded and placed in a greased bowl, covered and set in a warm place to rise. When doubled in bulk the loaf is handled lightly, shaped and put in a greased tin to rise. When light bake as directed above.

Slow Process Bread

In making slow process bread follow directions given for sponge method under *Quick Process Bread* using one-fourth yeast cake instead of one, and allowing the sponge to rise over night or an equal length of time.

Characteristics of a Properly Baked Loaf

It has a crust of from one-eighth to one-fourth of an inch in thickness, is light brown in color, the crust is crisp and of uniform thickness. The loaf should be evenly risen and of standard size (3x4x8). The texture should be fine, even in grain (no large holes).

BREAD RECIPES

(All measurements are level)

WHITE BREAD

1 cup liquid,	1 teaspoon salt,
1 tablespoon shortening,	$\frac{1}{2}$ yeast cake or less,
1 tablespoon sugar,	3 cups flour.

Quick or slow process may be used as desired, regulating quantity of yeast by time given for rising.

GRAHAM BREAD (quick)

2 cups buttermilk,	1 cup molasses,
2 cups Graham flour,	2 cups white flour,
1½ teaspoons soda,	1 teaspoon salt.

Sift Graham flour with soda and salt, add molasses, milk and flour.

GRAHAM BREAD

1 cup liquid, scalded,	2 tablespoons molasses,
1 teaspoon salt,	¾ cake yeast,
1 tablespoon butter,	½ cup white flour.

Mix and add enough Graham flour to make a dough stiff enough to knead (about 2½ cups). Raisins and nuts may be added after first rising if desired.

ENTIRE WHEAT BREAD

1 cup milk (scald),	½ yeast cake,
2 tablespoons molasses,	1 teaspoon salt.
2 2-3 cups entire wheat flour,	

After first rising, beat, turn into greased pans, having pans one-half full; let rise and bake. Never allow entire wheat bread to double in bulk during the last rising.

BRAN BREAD

1 cup skim milk (scald),	½ yeast cake,
1 teaspoon salt,	½ cup bran,
2 tablespoons molasses,	2½ cups + flour.
1 tablespoon any vegetable fat,	

CORNMEAL BREAD

1 cup liquid (milk or water),	½ yeast cake,
1 tablespoon lard,	2½ cups flour,
1 teaspoon salt,	1 cup cornmeal.
1 tablespoon sugar,	

Cook the cornmeal a few minutes in one cup of boiling water. Add sugar, salt, and lard. Cool and add remainder of ingredients. If more flour is needed, this should be added before the bread is formed into a loaf.

There are two methods for making cornmeal bread:

1. Partially cook meal before adding it to the dough.
2. Add cornmeal directly to the dough.

Second method employed saves time but the first method makes a loaf of better quality.

CORN BREAD II

1 cup boiling water,	½ yeast cake,
½ cup lukewarm scalded milk,	2 1-3 cups cornmeal,
2 tablespoons lard,	1 teaspoon salt,
	2 tablespoons sugar.

Add the boiling water to the cornmeal, cook in a double boiler for a few minutes, and proceed in the manner given in the directions for bread.

OLD GLORY BREAD (University of Vermont)

1 cup rye,	3 cups whole wheat flour,
8 cups white flour,	4 cups water,
1 teaspoon salt,	1 yeast cake or more according to the length of time allowed for rising.
3 tablespoons shortening (may be omitted.)	

Mix by the usual method. This makes four medium sized loaves.

ROLLED OATS BREAD

I.

½ cup rolled oats,	½ cup boiling water.
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Pour boiling water over rolled oats.

II.

1 tablespoon fat,	1 teaspoon salt.
½ cup scalded milk,	

Combine.

Combine I and II, when cool add ½ yeast cake softened in 2 tablespoons of lukewarm water. Add sufficient flour to make a stiff dough (about 1¾ cups). Put in warm place to rise, when light, turn on bread board and knead (using about 1 cup flour). Form into loaves; when light, bake fifty minutes. Two loaves weigh 1 pound 2 ounces.

OATMEAL BREAD

1 cup rolled oats (uncooked),	1 tablespoon sugar,
2½ cups flour,	1½ teaspoon salt,
½ yeast cake,	1 cup liquid (milk or water).
1 tablespoon lard,	

Mix as usual.

Any cooked cereal may be used to substitute the rolled oats. But more flour must be added so that the dough will not be too soft to knead.

CORNMEAL AND WHOLE WHEAT BREAD

(Use one-fourth for one loaf)

1 pint scalded milk,	1 cup milk and water, mixed,
1 pint warm water,	1 yeast cake,
2 tablespoons lard or drippings,	Bread flour (about 3 cups),
2 tablespoons sugar,	1 cup cornmeal,
2 tablespoons molasses,	About 2½ quarts whole wheat flour.
1 teaspoon salt,	

Combine the scalded milk and water and add the shortening, sugar, molasses, and salt. Dissolve the yeast cake in the milk and water mixed, and turn into the first mixture; when it is sufficiently cooled add the cornmeal and bread flour to make a pancake batter; then add whole wheat flour to make a dough stiff enough to knead. After kneading, divide in three or four loaves, place in well-oiled tins, let rise till double in bulk, and bake forty-five minutes in a moderate oven. If started by seven-thirty in the morning, this will be done by one o'clock.

(Mrs. Jessie S. Hawthorne, Illinois.)

VARIETY BREAD

3 cups of wheat flour,	2 teaspoons salt,
1 cup cornmeal,	2 cups water,
1 cup rye flour,	½ cup dark molasses.
1 yeast cake,	

Mix as usual.

RICE BREAD

1 cup rice (cooked),	1 teaspoon salt,
3 cups flour,	1 tablespoon sugar,
½ yeast cake,	½ to 1 cup rice water.
1 tablespoon lard,	

The usual amount of liquid is lessened because there is a larger per cent. of water in the cooked rice. Mix as usual. Other cereals may be substituted for rice.

POTATO BREAD

1 tablespoon water,	½ yeast cake,
1 tablespoon sugar,	2 cups flour,
½ tablespoon salt,	1 2-3 cups potatoes.
1 tablespoon shortening,	

Dissolve yeast in water; mix as usual. If more flour is needed, add it during the first kneading. The dough must be very stiff because the potato contains so much moisture

that the dough becomes soft upon rising. Follow the ordinary bread recipe for making and baking.

NOTE — Dasheen is made similar to potato bread.

RYE BREAD

1 cup wheat flour,	½ teaspoon salt,
2-3 cup rye flour,	1 tablespoon sugar,
½ cup liquid,	1 tablespoon fat,
2 tablespoons cornstarch,	½ yeast cake.

To liquid add fat, sugar, dissolved yeast cake, rye flour, salt, cornstarch, and part of wheat flour. Beat, place in upper part of double boiler or where even temperature can be maintained. When light add rest of flour, knead, form into loaf, place in a greased pan. When double in bulk, bake in a slower oven than for white bread.

BARLEY BREAD

4 cups whole wheat flour,	1 cup milk,
2 cups barley meal,	2 tablespoons molasses,
1 cup water,	1 teaspoon salt.
½ yeast cake,	

Boil milk and water and cool; add molasses, salt, and yeast mixed with a little lukewarm water; stir in flour and barley meal which have been sifted together. Knead to a soft dough, adding more flour if necessary. Cover and let rise until the mixture is double in bulk. Knead the second time, form into loaves, place in well-greased pans and let rise a second time until dough has very nearly doubled its bulk. Bake in hot oven from one-half to one hour, depending upon size of loaf.

BUCKWHEAT

½ cup skim milk (scald),	2 tablespoons molasses,
½ cup water,	½ cup buckwheat flour,
1 teaspoon salt,	2½ cups flour,
1 tablespoon any vegetable fat,	½ yeast cake.

COTTONSEED FLOUR BREAD

1 cup milk and water,	½ yeast cake,
½ teaspoon sugar,	2 cups flour,
1 teaspoon salt,	1 cup cottonseed flour.

No shortening is required. Mix as usual and bake.

MILO MAIZE BREAD

1 cup water,	1 tablespoon lard,
1 teaspoon salt,	1 cup milo maize,
1 tablespoon sugar,	$\frac{1}{2}$ yeast cake.
2 cups flour,	

Mix as usual.

FETERITA BREAD

1 cup water,	$\frac{1}{2}$ yeast cake,
1 teaspoon salt,	2 cups flour,
2 teaspoons sugar,	1 cup feterita.
1 tablespoon lard,	

Mix as usual.

COCOANUT BREAD

3 cups wheat flour,	1 teaspoon salt,
$\frac{1}{2}$ cup cocoanut,	$\frac{1}{2}$ yeast cake.
1 cup liquid,	

Mix as usual. Sugar and fat are not necessary because of both in cocoanut.

PEANUT BUTTER BREAD

2 cups flour,	1 egg,
1 cup peanut butter,	$\frac{1}{2}$ cup sugar,
3 teaspoons baking powder,	1 cup skim milk.
1 teaspoon salt,	

Cut one cup peanut butter into the first mixture; beat one egg and add to cup skim milk; add this to the other ingredients. Bake 30 to 40 minutes in moderate oven. If sour milk is substituted use $\frac{1}{2}$ teaspoon soda and 1 cup sour milk.

SOY BEAN BREAD

$\frac{3}{4}$ cup liquid, milk and water	$\frac{1}{2}$ yeast cake,
1 teaspoon salt,	2 cups flour,
1 tablespoon sugar,	1 cup soy bean puree.
1 tablespoon lard,	

BLACK-EYED PEAS BREAD

$\frac{1}{2}$ cup skim milk (scald),	1 tablespoon any vegetable
1 cup water,	fat,
1 teaspoon salt,	1 cup pea pulp,
2 tablespoons molasses,	2 cups + wheat flour.
$\frac{1}{2}$ yeast cake,	

GREEN PEAS BREAD

1 cup liquid (milk and water, $\frac{1}{2}$ cup each),	1 tablespoon sugar,
1 tablespoon lard,	$\frac{1}{2}$ yeast cake,
1 teaspoon salt,	$2\frac{1}{2}$ cups flour,
	1 cup green pea pulp.

LIMA BEAN BREAD

$\frac{1}{2}$ cup skim milk (scald),	1 tablespoon any vegetable fat,
$\frac{1}{4}$ cup warm water,	$\frac{1}{2}$ yeast cake,
1 teaspoon salt,	1 cup bean pulp,
2 teaspoons sugar,	2 cups + flour.

KIDNEY BEAN BREAD

$\frac{1}{2}$ cup water,	1 tablespoon any vegetable fat,
$\frac{1}{4}$ cup skim milk (scald),	$\frac{1}{2}$ yeast cake,
1 teaspoon salt,	1 cup bean pulp,
2 tablespoons molasses,	2 cups + flour.

KAFFIR CORN BREAD

1 cup kaffir meal,	$1\frac{1}{2}$ teaspoons salt,
1 cup water,	$\frac{1}{2}$ yeast cake,
1 tablespoon sugar,	Wheat flour.
1 tablespoon shortening,	

Cook the sugar, salt, and meal in water for an hour, add the shortening and cool. When lukewarm stir in yeast dissolved in four tablespoons of water. Add enough wheat flour to make a soft dough. Turn onto board, knead and follow previous directions.

OATMEAL AND CORNMEAL BREAD

$1\frac{1}{2}$ cups rolled oats,	$3\frac{3}{4}$ cups flour,
$1\frac{1}{4}$ cups cornmeal,	2 cups boiling water,
$\frac{1}{2}$ cup brown sugar,	2 teaspoons salt.
1 yeast cake,	

Dissolve the yeast cake in lukewarm water. Pour the boiling water over the rolled oats, salt, and sugar, and let stand until lukewarm; add the dissolved yeast, cornmeal, and flour. Let rise until light. Beat well, let rise again, and put into pans. Bake when light.

Bread Crumb Recipes

(All measurements are level)

STALE CRUMBS

Stale crumbs are taken from the inside of a stale loaf. They can best be gotten by cutting the loaf in four parts, leaving the crust on the outside to hold to, and grating the crumb with a cheese grater. For most dishes stale crumbs are used.

DRY CRUMBS

The odds and ends of bread may be dried in the warming oven and then put through a meat grinder. After they are sifted, the fine ones are used for crumbing croquettes, thickening soups, etc., and the coarser ones for buttered crumbs.

BUTTERED CRUMBS

Melt the butter, take it from the fire and quickly stir in the crumbs, using one measure of butter to eight of crumbs.

TO FRESHEN STALE BREAD

To freshen stale bread, dip it for a second in cold water or cold milk and then rebake it in rather a cool oven. One of the best ways to heat rolls is to put them in a paper bag in the oven for a few minutes.

Steamed bread is palatable and affords variety. The section of a loaf or single slices or rolls are placed over rapidly boiling water and closely covered. This may be done in a regular steamer or by putting a colander above boiling water.

QUEEN VICTORIA'S FAVORITE SOUP

1 quart liquid in which one chicken has been cooked. Season with salt, pepper, celery salt, and perhaps onion.
3 hard boiled yolks of egg, mashed.

1-3 cup dry bread crumbs, moistened with $\frac{1}{2}$ cup cold milk. Chicken meat, chopped fine, from 1 to 2 cups.

This chicken meat may be obtained from what is left on the bones of the chicken after the best meat is used for salad. The bones are boiled over in the stock and the meat is scraped off.

Mix last three ingredients, add slowly to them 1 pint hot milk or cream, then add all to the hot stock. Boil five minutes, taste for seasoning and thickness. It should be quite thick.

BREAD OMELET

4 eggs,	$\frac{3}{4}$ teaspoon salt,
$\frac{1}{2}$ cup milk,	$\frac{1}{8}$ teaspoon pepper,
$\frac{1}{2}$ cup stale crumbs,	2 tablespoons butter.

Soak bread crumbs fifteen minutes in milk, add beaten yolks and seasonings and fold in whites. Melt butter in skillet, add mixture. Cook first slowly over the fire until under part is brown, then set in the oven about five minutes to set the top. Fold and serve at once.

BREAD MUFFINS

3 cups bread crumbs,	1 tablespoon melted butter,
$2\frac{1}{2}$ cups milk,	2 teaspoons baking powder,
1 cup flour,	$\frac{1}{4}$ teaspoon salt.
3 eggs,	

Cover the crumbs with milk and let soak fifteen minutes. Beat to a paste and add the beaten egg yolks, flour, salt, baking powder and melted butter. Fold in the stiffly beaten egg whites. Bake in buttered muffin pans in a quick oven for twenty minutes.

SCALLOPED EGGS

3 "hard boiled" eggs,	$\frac{3}{4}$ cup buttered crumbs.
1 pint white sauce,	

Chop eggs fine. Sprinkle bottom of a buttered baking dish with crumbs, cover with one-half the eggs, eggs with sauce, and sauce with meat; repeat. Cover with remaining crumbs. Place in oven on centre grate and bake until crumbs are brown. Ham is the best meat to use for this dish. Chicken, veal or fish may be used.

CHEESE FONDU

1 cup stale crumbs,	$\frac{1}{4}$ teaspoon salt,
1 cup hot milk,	Cayenne,
1 tablespoon butter,	1 yolk of egg.
1 cup grated cheese,	

Mix crumbs with hot milk and let them soak. Melt the butter. Add the seasoning to the cheese and all to the milk and crumbs, stir the egg into part of the mixture, then mix everything and put in pan with butter. Cook over hot water until it is thick enough not to run when poured over crackers or toast.

CHEESE SCALLOP

1 cup stale crumbs,	2 eggs,
$\frac{1}{4}$ teaspoon salt,	2 tablespoons butter,
1 cup grated cheese,	$\frac{1}{8}$ teaspoon paprika.
2 cups hot milk,	

Butter the crumbs and mix them with the cheese; add the hot milk to the eggs and combine the two mixtures. Then add the salt and paprika. Pour the mixture in a buttered dish and set it in hot water in the oven. Let it cook until it sets.

SCALLOPED OYSTERS

1 pint oysters,	2 cups stale crumbs,
$\frac{1}{2}$ teaspoon salt,	$\frac{1}{4}$ cup oyster liquid,
pepper,	1 to 2 tablespoon milk.
$\frac{1}{4}$ cup butter,	

Mix oyster liquid and milk. In every pint there are twelve oysters.

Butter the crumbs. Use only two layers of oysters but three of crumbs. First put a layer of crumbs in the pan, then a layer of oysters putting salt and pepper and milk over them. Then another layer of crumbs, then the oysters, salt, pepper and milk and lastly crumbs. Put in oven about half an hour to allow it to cook through and brown.

SALMON CROQUETTES

1 pound can salmon,	2 cups stale crumbs,
1 egg beaten,	1 teaspoon lemon juice,
$\frac{1}{4}$ teaspoon salt,	$\frac{1}{2}$ cup milk.

Mix the materials thoroughly using only milk enough to stick it together. Then divide the material and make it into little balls with the hands. Crumb these balls, egg them and crumb again. They must be stiff enough to hold their shape. Then fry them in deep fat until they are brown. Serve them while hot with or without a sauce made as follows: Melt 1 tablespoon of butter, add to it 3 table-
spoons flour, $\frac{1}{4}$ teaspoon salt, and a little pepper, mix well,

then add all the cold milk and $\frac{1}{4}$ cup salmon oil. Stir constantly until it boils and thickens.

SALMON TIMBALE OR LOAF

1 cup salmon, flaked,	1 tablespoon lemon juice,
1 rounding tablespoon	1 cup stale crumbs,
minced parsley,	$\frac{1}{2}$ teaspoon salt,
1-16 teaspoon pepper,	2 eggs.
$\frac{1}{4}$ to $\frac{1}{2}$ cup milk,	

Mix thoroughly, adding milk enough to moisten. Put into buttered cups or one bowl; set dishes in hot water in a moderate oven, or on back of stove, until food is heated through. Turn out and serve with white sauce to which minced parsley is added at last. Other fish may be used instead of salmon.

SCALLOPED FISH

2 cups white sauce,	cups stale crumbs,
2 cups of flaked fish,	$\frac{3}{4}$ cup buttered crumbs.
1 cup cooked rice or $1\frac{1}{2}$	

In a buttered baking dish put a layer of rice then a layer of fish, then some white sauce, another layer of rice, then fish and white sauce. Over the top of this put the buttered crumbs. Cook in moderate oven from twenty to thirty minutes, or until hot and brown.

FISH STUFFING

1 cup stale bread crumbs,	1 teaspoon capers finely
$\frac{1}{4}$ teaspoon salt,	chopped,
$\frac{1}{8}$ teaspoon pepper,	1 teaspoon pickles finely
1 teaspoon grated onion,	chopped,
1 teaspoon parsley finely	1 teaspoon lemon juice,
chopped,	$\frac{1}{4}$ cup melted butter (butter-
	ine or any vegetable fat).

Mix all the ingredients except the butter, melt that and add it last. This makes a dry dressing.

SCALLOPED MEAT

2 cups diced meat,	Onion juice or parsley,
3 tablespoons fat,	2 cups buttered crumbs,
3 tablespoon flour,	$\frac{1}{8}$ teaspoon pepper,
$1\frac{1}{2}$ cups milk or stock,	$1\frac{1}{2}$ teaspoons salt.

Make a sauce of the butter, flour, seasonings, and milk or stock. In a buttered dish put a layer of one-third of the crumbs, one-half of the sauce, and one-half of the meat; repeat and finish with a layer of crumbs. Bake twenty minutes in a moderate oven to heat through and brown.

MEAT LOAF

1 pound chopped meat,	1 slice onion,
1 teaspoon salt,	½ tablespoon parsley,
⅛ teaspoon pepper,	Stock or water to moisten.
¾ cup stale crumbs,	

Mix the ingredients and form them into a loaf. Then put it into a pan on slices of bacon and put bacon over the top. Cook in a moderately warm oven for three-quarters of an hour. Baste with fat or stock every ten minutes. It may be served with or without tomato sauce.

SOME SAVORY DRESSINGS

Celery Dressing

Remove the crust from stale lightbread. Cut the bread to pieces, and pour lukewarm water over five cupfuls of the bread, letting it stand a few minutes. Squeeze dry and toss with a fork until light. Add to this one teaspoon of salt, half teaspoon of pepper, three-fourths of a cup of butter, and a cup of finely chopped or ground celery. Put in two cups of finely chopped pecans, one tablespoon of flour and half a cup of cream. Blend together and stuff the fowl.

Savory Dressing

Soak dry bread in cold water until soft. Squeeze dry and season with salt, pepper, onion juice, minced celery or celery seed. Chop one sour apple and a half teacup of raisins and add to the mixture; then beat in two eggs. Put a piece of butter the size of an egg in the frying pan and turn in the dressing. Cook until the right consistency and stuff the fowl while the dressing is hot.

Peanut Dressing

Crumble finely a loaf of stale bread; season with a heaped-teaspoon of salt, half a teaspoon of pepper, sage if liked. Add one and a half cups of shelled roasted peanuts ground or rolled quite fine, a few drops of onion juice and a half cup (or more) of sweet cream to moisten it slightly; blend together and stuff the fowl.

SCALLOPED TOMATOES

Butter slices of stale bread, cut them into cubes and put a layer on the bottom of a baking dish. Pour over the bread a pint and a half of canned tomatoes or a two-inch layer of

sliced, fresh tomatoes. Sprinkle over this a teaspoon of salt. Add a layer of thinly sliced onions and a layer of chopped green peppers, and lastly a layer of buttered bread cut in cubes. Cover the dish and bake slowly one hour, uncover at last to brown. Serve in baking dish.

BREAD GRIDDLE CAKES

1½ cups fine stale crumbs,	½ cup flour,
1½ cups scalded milk,	½ teaspoon salt,
2 tablespoons butter,	4 teaspoons baking powder.
2 eggs,	

Add milk and butter to crumbs, and soak until crumbs are soft; add egg well beaten, then flour with which salt and baking powder have been mixed. Drop by spoonfuls on a greased, hot griddle. Cook on one side. When puffed, full of bubbles, and cooked on edges, turn, and cook on other side. Serve with butter or syrup.

HOT CABINET PUDDING

¼ cup currants,	1 cup raisins,
¼ teaspoon nutmeg,	½ cup sugar,
2 cups stale crumbs,	2 tablespoons butter,
¼ teaspoon salt,	4 cups hot milk.

Butter a mold, using all the butter, sprinkle sides and bottom with currants. Lay the bread crumbs in the mold in layers, with the raisins between the layers. Beat the eggs; add the sugar, salt, and nutmeg, then the hot milk. Pour this mixture over the bread. Let it stand in a cool place about one hour, and then steam one hour — steam one-half hour if moulded in cups. This pudding may be baked by placing the mold in a pan of hot water in a moderate oven. Do not allow the water in pan to boil. Serve with caramel sauce.

BREAD PLUM PUDDING

2 cups dry crumbs,	3 tablespoons flour,
1 cup nut meats (peanuts, almonds or mixed nuts),	1 cup sugar,
1 cup raisins,	1-3 cup butter,
1 cup sour milk,	1-3 teaspoon soda,
1 teaspoon cinnamon,	Dash of nutmeg.

Mix the flour with the raisins. Then mix all of the ingredients except the milk and butter. Add the milk and lastly the melted butter. Pack it into a can and steam it for two hours or surround the can with boiling water and keep the water boiling for two hours. Serve with hard sauce.

HYDROX

3 eggs,
¼ cup butter,
½ cup sugar,

3 ounces chocolate (3 sqs.),
1 cup fine dry bread crumbs,
3 tablespoons flour.

Cream the butter, add the sugar gradually, eggs well beaten and chocolate melted. Beat well and add the bread crumbs and flour. Spread mixture one-fourth inch thick in shallow pans. Bake in a slow oven. Shape with a biscuit cutter and put together in pairs with boiled frosting. The tops may be frosted also, if desired.

STEAMED FIG PUDDING

½ cup sugar,
½ pound figs,
2 eggs (or none),
Rind of half a lemon,
2 1-3 cup stale crumbs,

2 tablespoons lemon juice,
¼ pound suet,
½ cup milk,
¾ teaspoon salt,
1 teaspoon nutmeg.

Chop the figs, chop the suet, adding a little flour from time to time so it will not stick together. Chop it until it will go through the colander. Then mix the fruit and suet. Soak the bread in the milk, add the eggs and seasonings, then mix everything. If necessary water must be added to moisten it. Put it in greased baking powder cans. Steam them or surround them with boiling water and keep them there from one and one-half to two hours, the longer the better. Serve with hard sauce.

PLAIN BREAD PUDDING

1 cup stale crumbs,
2 cups milk,
1 egg or 2 yolks,

3 tablespoons sugar,
⅛ teaspoon salt.

Soak crumbs and milk one hour, or until crumbs are soft — if milk is hot it will take a shorter time. Beat egg with sugar and salt, and to it add the soaked crumbs. Put in a buttered dish, into a moderate oven, and bake thirty or forty minutes, or until a knife comes clean from the middle of the pudding. Serve with chocolate sauce or frosting sauce.

LEMON BREAD PUDDING

1 cup stale crumbs,
2 cups milk,
2 egg yolks,

4 tablespoons sugar,
⅛ teaspoon salt,
1 rind of lemon.

Soak crumbs and milk one hour or until crumbs are soft — if milk is hot it will take shorter time. Beat egg with

sugar and salt, and to it add the soaked crumbs. Put in a buttered dish into a moderate oven, and bake thirty or forty minutes, or until a knife come clean from the middle of the pudding. Serve with frosting lemon sauce.

CHOCOLATE BREAD PUDDING

1 cup stale crumbs,	1-3 cup sugar,
2 cups hot milk,	$\frac{1}{8}$ teaspoon salt,
1 egg or 2 yolks,	1 oz. chocolate.

Put chocolate, crumbs and milk in pan over hot water; heat until chocolate is melted and crumbs soft. Beat egg with sugar and salt, and add the soaked crumbs. Put in a buttered dish, into a moderate oven, and bake thirty or forty minutes, or until a knife comes clean from the middle of the pudding. Serve with vanilla sauce.

BROWN BREAD PUDDING

1 cup stale crust crumbs,	$\frac{1}{2}$ teaspoon salt,
2 cups milk,	$\frac{1}{2}$ cup raisins,
$\frac{1}{2}$ cup molasses,	$\frac{1}{4}$ teaspoon spices.

Soak crumbs and milk one hour or until crumbs are soft — if milk is hot it will take shorter time. Mix everything. Put in a buttered dish, into a moderate oven, and bake thirty or forty minutes, or until a knife comes clean from the middle of the pudding. Serve with brown sugar or caramel sauce.

BROWN BETTY

1 cup stale crumbs,	$\frac{3}{4}$ teaspoon cinnamon,
2 cups chopped tart apples,	1-16 teaspoon cloves,
$\frac{1}{2}$ cup brown sugar,	$\frac{1}{2}$ tablespoon butter.

Butter a dish, put in layers of crumbs, apples, sugar, butter and spice; repeat; put crumbs on top. Cover dish and cook in moderate oven three-fourths hour; uncover to brown. Serve with sugar and cream or milk sweetened and flavored.

BROWN SUSAN

Line buttered mould with pieces of bread slightly buttered. Fill cavity with sliced apple, butter, sugar, and lemon rind; cover with buttered bread. Bake slowly and heat at last to brown. Serve with lemon sauce.

PUDDING SAUCES

LEMON SAUCE

1 cup boiling water, 1 tablespoon butter,
½ cup sugar, 1 to 2 tablespoons lemon juice
2 tablespoons flour,

Mix flour and sugar, add boiling water. Cook until clear, add butter and lemon juice just before taking off.

VANILLA SAUCE

1 cup boiling water, 1 tablespoon butter,
½ cup sugar, 1 teaspoon vanilla.
2 tablespoons flour,

Mix flour and sugar, add boiling water, cook until clear. Add butter just before taking off and vanilla before serving.

CHOCOLATE SAUCE

1 cup boiling water, ½ teaspoon vanilla,
½ cup sugar, 1 oz. chocolate.
2 tablespoons flour,

Mix flour and sugar, add boiling water and chocolate, stir and cook until it boils and thickens so the chocolate will not separate. Add vanilla just before serving.

BROWN SUGAR SAUCE

1 cup boiling water, 1 tablespoon butter,
¾ cup brown sugar, 2 teaspoons lemon,
2 tablespoons flour, Grated nutmeg.

Mix flour and sugar, add boiling water, cook until clear, add butter, nutmeg, and lemon just before taking off.

CARAMEL SAUCE

½ cup boiling water, 2 tablespoons flour,
½ cup caramel, ¼ teaspoon vanilla.
3 tablespoons sugar,

Mix flour and sugar, add boiling water and caramel, cook until clear, add butter just before taking off and vanilla before serving.

FROSTING SAUCE

1 to 2 whites of eggs, 2-3 cup fruit,
2-3 cup powdered sugar, Lemon juice.

Put unbeaten white of egg in a bowl, add fruit and sugar gradually, using the egg beater, and beat until smooth and thick. Lemon juice is added to bring out the flavor of

fruit, and less sugar is needed if fruit is sweetened. The juice of half a lemon may be used without fruit.

HARD SAUCE

1-3 cup butter,
1 cup powdered sugar,

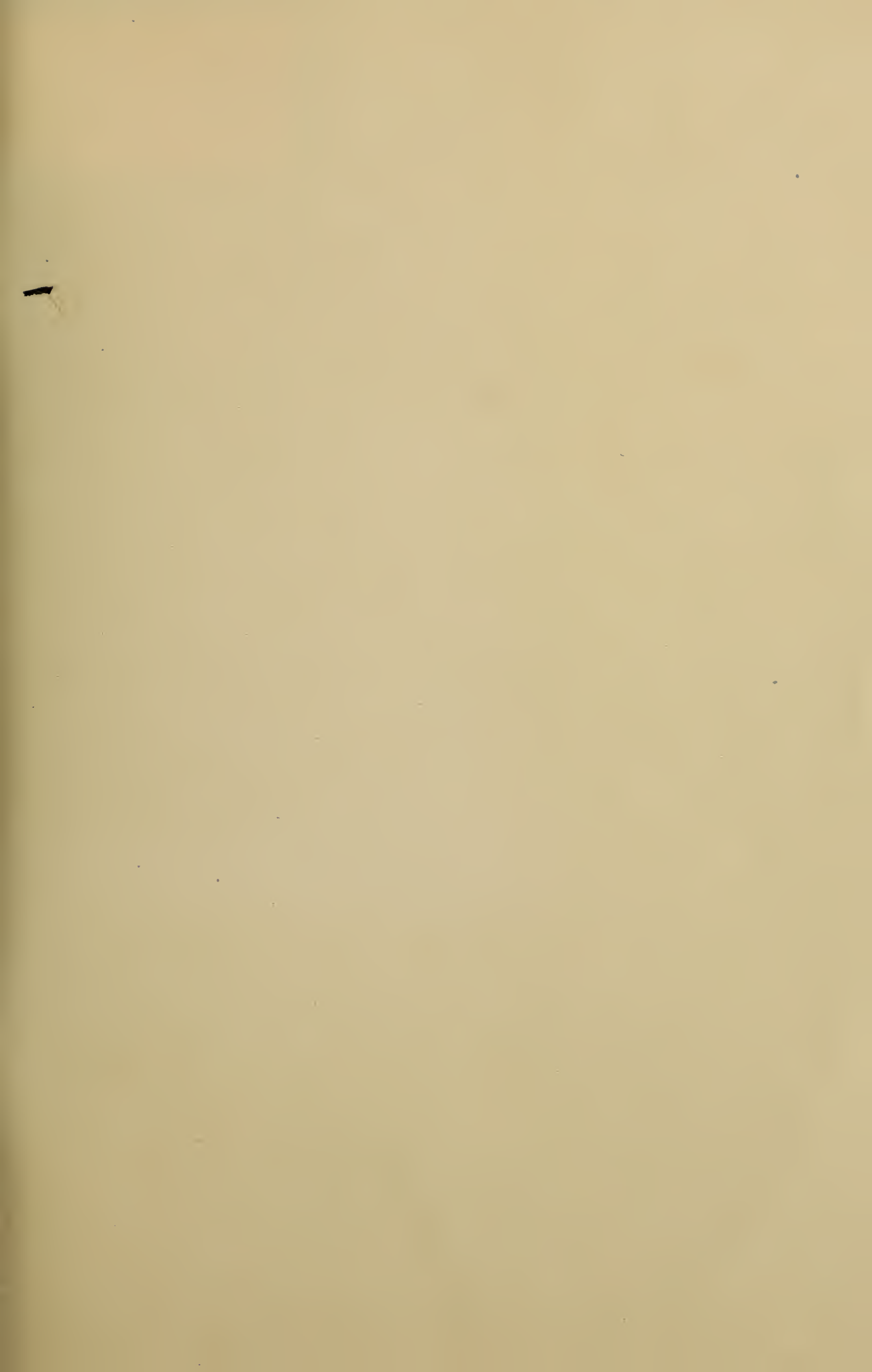
1 teaspoon lemon juice,
2-3 teaspoon vanilla.

Cream the butter first, add the sugar gradually, then flavors. Arrange in small dish and keep cool till served.

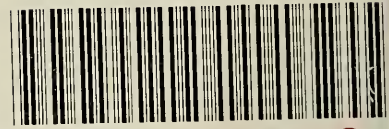


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