MAMMY YOKUM'S FAV'RITE CREAM OF WHEAT RECIPES

THEY IS DEE-LISHUS!

YUM! YUM!

TRY 'EM ALL!
### Mammy's Creole Meat Loaf

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup uncooked Cream of Wheat</td>
<td>2 teaspoons prepared mustard</td>
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<tr>
<td>1 pound ground raw beef</td>
<td>1 cup condensed tomato soup</td>
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<tr>
<td>1 egg, slightly beaten</td>
<td>1 1/2 teaspoons salt</td>
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<tr>
<td>3 tablespoons minced onion</td>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>1/4 teaspoon sage or thyme</td>
<td>1/2 cup water</td>
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Combine Cream of Wheat, beef, egg and seasonings. Blend tomato soup and water. Reserve 1/2 cup and add the remainder to the meat mixture. Blend lightly and pack into small, greased, loaf pan. Bake in moderate oven (350° F.) 50 minutes. Baste during baking with the reserved 1/2 cup of tomato soup mixture.

### Li'l Abner's Cream of Wheat Apple Pudding

<table>
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<th>Ingredient</th>
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<tr>
<td>1 1/2 cups cooked Cream of Wheat</td>
<td>1/2 teaspoon vanilla</td>
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<tr>
<td>1 1/2 cups scalded milk*</td>
<td>1 cup sliced apples</td>
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<tr>
<td>3 eggs, beaten</td>
<td>2 tablespoons sugar</td>
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<tr>
<td>1/4 cup sugar</td>
<td>1/8 teaspoon nutmeg</td>
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<td>1 tablespoon butter</td>
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Combine cooked Cream of Wheat, scalded milk, beaten eggs and 1/4 cup sugar. Add vanilla. Place sliced apples in a well greased baking dish (1 1/2 quart). Pour Cream of Wheat mixture over apples. Combine nutmeg and 2 tablespoons sugar and sprinkle over the top. Dot with butter. Bake in moderately slow oven (350° F.) for 40 to 50 minutes. Serve hot or cold, with cream if desired.

*Whole or diluted evaporated milk
PAPPY'S CREAM OF WHEAT SCRAPPLE

6 servings

¾ cup uncooked Cream of Wheat
1 cup ground raw pork
1 quart boiling water
1 teaspoon salt

Add Cream of Wheat gradually to the rapidly boiling, salted water, stirring constantly, until mixture begins to thicken. Add ground pork and mix well. Lower heat and continue cooking for 20 minutes, stirring occasionally. Turn mixture into a 9 x 4½ inch bread pan. Cool, cover and chill until very firm. Heat a small amount of fat in a frying pan and fry thin slices of scrapple until golden brown on both sides. Or dip thin slices of scrapple in well beaten egg to which has been added one or two tablespoons of milk or water. Then dip in uncooked Cream of Wheat and fry in heated fat.

DAISY MAE'S CREAM OF WHEAT SPOON BREAD

6 servings

½ cup uncooked Cream of Wheat
1½ cup diced salt pork or bacon
3 cups milk
2 tablespoons drippings
1 teaspoon salt
3 eggs

Add Cream of Wheat gradually to the scalded milk and salt, stirring constantly. Cook until thickened, about 3 minutes. Fry diced salt pork or bacon slowly until brown and crisp. Drain and add together with two tablespoons of the drippings to the Cream of Wheat mixture. Mix thoroughly. Separate egg yolks from egg whites. Beat egg yolks until light. Add hot mixture and mix well. Fold in stiffly beaten egg whites. Pour into a greased 1½ quart casserole. Bake in a moderate oven (350° F.) 40 minutes or until firm. Cooked sausage meat or grated cheese may be used instead of salt pork or bacon, if desired.
YOKUM SPECIAL
CREAM OF WHEAT,
GRITS STYLE

6 servings

¾ cup uncooked Cream of Wheat
3 cups water
2 tablespoons butter or margarine
1 teaspoon salt

Add Cream of Wheat gradually to the rapidly boiling and salted water, stirring constantly until mixture begins to thicken. Lower heat and continue cooking for 5 minutes. Stir in butter or margarine. Serve hot as an alternate for potatoes, rice or macaroni.

May also be used as a base for creamed foods. Arrange mounds of Cream of Wheat—Grits Style on individual serving plates, make a hollow in the center with the back of a spoon and fill with creamed mixture.

MRS. HAMFAT GOOCH’S
SAVORY CEREAL SQUARES

6 servings

¾ cup uncooked Cream of Wheat
2 tablespoons fat
¼ cup onion, minced
½ cup carrot, minced
1 cup cooked meat, minced
¼ cup celery, chopped
3 cups water
1 teaspoon salt

Melt fat in a saucepan. Add prepared vegetables and cook slowly for about 3 minutes. Add water and salt and bring to a brisk boil. Add Cream of Wheat gradually, stirring constantly until mixture begins to thicken. Lower heat and continue cooking for about 5 minutes, stirring occasionally. Add meat, mix thoroughly. Pour into well-greased utility or square cake pan. Cool for several hours or overnight. Cut into squares and fry in hot fat. Or, brush lightly with hot fat, place on a greased pan and broil until nicely browned. Serve hot. Top with a slice of broiled tomato if desired.
EARTHQUAKE
McGOON’S ORANGE
TEA MUFFINS

Makes 12 muffins

1/2 cup cooked Cream of Wheat
1 1/2 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
1/3 cup sugar
2 tablespoons melted shortening
1 tablespoon grated orange rind
1 egg
1/2 cup milk*


GRANDMA SCRAGG’S
CREAM OF WHEAT DUMPLINGS

Makes 18 small dumplings

1/2 cup uncooked Cream of Wheat
1 cup scalded milk
1 tablespoon table fat
1/2 cup finely minced, leftover meat
1/2 tablespoon salt
1 egg

Add Cream of Wheat gradually to the scalded milk, table fat and salt, stirring constantly until mixture thickens. Lower heat and continue cooking for about 3 minutes. Add meat and mix well. Remove from heat and stir in well beaten egg. Cool mixture slightly, then form into small balls about the size of a large walnut. Drop on top of boiling, thick vegetable or meat stew. Cover tightly and cook for about 12 minutes.
Available Jones' Barbecued Hamburgers

8 servings

1 cup cold cooked Cream of Wheat
1 pound raw ground beef
1 egg, slightly beaten
½ cup minced onion
2 tablespoons catsup, or condensed tomato soup
1 tablespoon Worcestershire sauce
1 tablespoon prepared mustard
½ teaspoon salt
½ teaspoon pepper
8 slices process cheese or
8 thin slices raw onion

Combine Cream of Wheat, beef, egg, onion, catsup, salt, and pepper and mix well. Divide mixture into 8 portions and form into 3 inch patties about ½ inch thick. Place on a hot, lightly greased broiling pan and broil under medium heat for 4 or 5 minutes. Turn, using a broad spatula. Combine Worcestershire sauce and mustard and brush on patties. Broil for 2 or 3 minutes, top with slices of cheese and continue broiling until cheese bubbles and is lightly browned. Or, onion slices may be put on patties in place of cheese, if preferred. When onion is used, make slices thin, brush with melted fat and broil until lightly browned.

Sadie Hawkins' Fried Cream of Wheat

Mold left-over Cream of Wheat in greased loaf pan; cool, cover and chill. When cold, cut in thick slices; brush with melted fat (bacon, beef, ham drippings—or butter). Heat a small amount of fat in a frying pan and fry slices of Cream of Wheat until golden brown on both sides. Serve hot with syrup, brown sugar or butter.
Use uncooked Cream of Wheat for crumbing to give a crisp crust to croquettes, chops, fish, tomatoes, egg plant, and other fried foods. Dip in well-beaten egg to which has been added one or two tablespoons of milk or water. Then dip in uncooked Cream of Wheat and fry in heated fat.

**FOR SPECIAL DIETS**

Recommended by doctors for over 50 years—that's Cream of Wheat's record as an excellent food for special diets requiring important nourishment in highly digestible form. Check "Enriched 5 Minute" Cream of Wheat's advantages for yourself:

**INFANT FEEDING.** "Enriched 5 Minute" Cream of Wheat is rich in available Iron to help combat nutritional anemia in babies and children. Provides whole wheat amounts of Vitamin B₁, Calcium and Phosphorus, plus Niacin and abundant food-energy. Completely digestible after 5 minutes of boiling.

**PRE-NATAL DIETS.** "Enriched 5 Minute" Cream of Wheat provides 50% of the expectant mother's daily minimum requirement of dietary Iron (per average serving—two level tablespoons dry weight, 20 grams). The cereal is wholesome, appetizing, delicate in flavor—thoroughly enjoyable at breakfast and other meals.

**BLAND DIETS.** "Enriched 5 Minute" Cream of Wheat's combination of high nutritive values and low crude fiber content (one part in 200) makes it particularly useful in diets for spastic colitis, peptic ulcers and other digestive disorders. Cooks to complete digestibility (no raw starch) after only 5 minutes of boiling.
Help yourself to Cream of Wheat—the smo-o-o-o-th-est eatin'-est breakfast treat you ever wrapped a hearty appetite around!

Double delicious, that’s Cream of Wheat. Bland and creamy with a flavor youngsters can’t resist. Tempting and satisfying enough to make the whole family clamor for MORE.

Serve Cream of Wheat with honey, syrup, cinnamon and butter, brown sugar or your favorite jam or jelly. It’s the Great American Family Cereal!

And look at this famous line-up of “Enriched 5 Minute” Cream of Wheat food values! Each generous bowlful gives you all the blood-building Iron you need daily, plus Calcium and Phosphorus for strong bones and teeth, appetite-building Vitamin B1, plus Niacin. And plenty of “get-up-and-go” food-energy for a fast start! Cooks to full flavor and digestibility—even for babies—in only 5 minutes of boiling. Each big package gives you 40 generous servings for less than 1¢ a bowl.

THE CREAM OF WHEAT CORPORATION
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