Cook Book
of
Tested Recipes
Describing
Franklin Mills FINE FLOUR of the ENTIRE WHEAT
Published by Franklin Mills Company
Batavia, New York
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerated Bread</td>
<td>21</td>
</tr>
<tr>
<td>Baking Powder Biscuits</td>
<td>23</td>
</tr>
<tr>
<td>Bread Griddle Cakes</td>
<td>25</td>
</tr>
<tr>
<td>Bread Pudding</td>
<td>27</td>
</tr>
<tr>
<td>Buckwheat Cakes</td>
<td>24</td>
</tr>
<tr>
<td>Cheese Sticks</td>
<td>31</td>
</tr>
<tr>
<td>Chocolate Blanc-Mange</td>
<td>29</td>
</tr>
<tr>
<td>Chocolate Cake</td>
<td>29</td>
</tr>
<tr>
<td>Cookies</td>
<td>19</td>
</tr>
<tr>
<td>Corn Cake</td>
<td>31</td>
</tr>
<tr>
<td>Croustades of Bread</td>
<td>30</td>
</tr>
<tr>
<td>Date Bread</td>
<td>32</td>
</tr>
<tr>
<td>Date Pudding</td>
<td>27</td>
</tr>
<tr>
<td>Date and Nut Sandwiches</td>
<td>29</td>
</tr>
<tr>
<td>Doughnuts</td>
<td>30</td>
</tr>
<tr>
<td>Dumplings</td>
<td>24</td>
</tr>
<tr>
<td>Egg Sandwiches</td>
<td>23</td>
</tr>
<tr>
<td>Entire Wheat Bread</td>
<td>21</td>
</tr>
<tr>
<td>Entire Wheat Gruel</td>
<td>31</td>
</tr>
<tr>
<td>Entire Wheat Seed Cakes</td>
<td>23</td>
</tr>
<tr>
<td>Franklin Bread</td>
<td>20</td>
</tr>
<tr>
<td>Franklin Brownies</td>
<td>26</td>
</tr>
<tr>
<td>Franklin Buns</td>
<td>25</td>
</tr>
<tr>
<td>Franklin Gems</td>
<td>30</td>
</tr>
<tr>
<td>Franklin Muffins</td>
<td>24</td>
</tr>
<tr>
<td>Franklin Raisin Bread</td>
<td>20</td>
</tr>
<tr>
<td>Fruit Biscuits</td>
<td>28</td>
</tr>
<tr>
<td>German Coffee Cake</td>
<td>31</td>
</tr>
<tr>
<td>Gingerbread</td>
<td>25</td>
</tr>
<tr>
<td>Griddle Cakes</td>
<td>24</td>
</tr>
<tr>
<td>Home-Made Crackers</td>
<td>26</td>
</tr>
<tr>
<td>Kneaded Biscuit</td>
<td>23</td>
</tr>
<tr>
<td>Muffins with Dates</td>
<td>24</td>
</tr>
<tr>
<td>Nut Bread</td>
<td>21</td>
</tr>
<tr>
<td>Olive and Cheese Sandwiches</td>
<td>30</td>
</tr>
<tr>
<td>One Egg Muffins</td>
<td>22</td>
</tr>
<tr>
<td>Plain Pastry</td>
<td>29</td>
</tr>
<tr>
<td>Plum Pudding</td>
<td>27</td>
</tr>
<tr>
<td>Prize Recipe Raisin Bread</td>
<td>18</td>
</tr>
<tr>
<td>Quick Franklin Bread</td>
<td>22</td>
</tr>
<tr>
<td>Raisin Pudding</td>
<td>26</td>
</tr>
<tr>
<td>Sour Milk Cup Cakes</td>
<td>27</td>
</tr>
<tr>
<td>Strawberry Shortcake</td>
<td>28</td>
</tr>
<tr>
<td>Suet Pudding</td>
<td>26</td>
</tr>
<tr>
<td>Tea Rolls</td>
<td>22</td>
</tr>
<tr>
<td>Walnut Cake</td>
<td>28</td>
</tr>
</tbody>
</table>
The BEST FOOD FOR MAN
Since the Grinding of Grain

“All the Wheat That’s Fit to Eat”
Estab. 1877
If there is one necessity more vital to humanity than another it is FOOD. And the all-pervading basis of food among the white races of the world is WHEAT.

This is not a mere accident. God in his wisdom has supplied man since earliest recorded days with wheat. It is the great REBUILDER of the daily waste and wear of mental and physical forces because it is the only product of the soil containing all the elements that constitute the basis of strength-giving foods.

Gradually, as man's knowledge has been widened by scientific research and the study of dietary phenomena we have come to realize and understand why wheat is the PERFECT FOOD for Man.
THE PERFECT FOOD

The reason for this broad statement that wheat is the perfect food for man is briefly this:—Every motion of the body, every exertion of the muscles, every concentration of the mind, even the contraction of the heart and the movement of respiration is attended by a waste of the cell structures of the body tissues, and the elements so lost must be replaced from the food supply if health and growth are to be maintained.

Now modern chemical analysis has shown that the matured wheat kernel contains all of the vitamins and elements found in the human body necessary to make this replacement, to-wit:

- Oxygen
- Potassium
- Hydrogen
- Magnesium
- Nitrogen
- Sulphur
- Phosphorus
- Chlorine
- Carbon
- Flourine
- Calcium
- Silicon
- Sodium
- and Iron.

Dr. Nichols, Editor of the Boston Journal of Chemistry, says:

"I entertain the profoundest respect for a grain of wheat, as it is a most marvelous combination of substances, admirably adapted for the building up and sustenance of the tissues of the human body."
NATURE ROBBED

But what is most important is the discovery that this ideal food contains these elements in almost the EXACT PROPORTION in which they are normally wasted in the average human body, so that it nourishes uniformly the tissues, of muscle, nerve, bone and brain, and not any one kind at the expense of the other.

Thus it is that pure wheat in its natural state is a complete replenisher of the human structure.

Tooth enamel contains ninety-five per cent of phosphate of lime, and bone sixty-two per cent.

But is this store of natural goodness preserved in the bread flour of to-day? Unfortunately it is NOT. Nature is ROBBED in the great majority of modern flours.

Dr. Gaillard, Editor of the American Medical Weekly, New York, says:

"In the study of cereal foods it is only necessary to remember that the gluten of such foods is their nitrogenized element, the element on which depends their life-sustaining value, and that in the foolishly fashionable white flour this element is almost entirely removed; while the starch, the inferior element, is left behind, and constitutes almost entirely the bulk and inferior nutriment of such flours. 'To use white flour from which the gluten has been removed, is almost criminal.'"
When you want rich milk, you don't skim off all the cream do you?

Neither do we "skim off" all the gluten and phosphate when we mill Franklin Flour
Because of the popular belief that white flour is cleanest and purest, the modern miller's genius has been taxed to the utmost to invent methods and machinery to produce the whitest possible flour. In many cases this has led to an artificial BLEACHING—often by means of poisonous agents.

But aside from such artificial treatment the housewife should know that the WHITER the flour, the LESS nutriment.

The reason is clear, as we shall shortly show, because the starchy part of the wheat berry, the part that makes the white flour, contains only THREE of the fifteen essential food elements—viz., oxygen, hydrogen and carbon—while the gluten and phosphate sections of the wheat fruit wherein lie deposited the mineral salts and nitrates so essential to proper tissue building are sacrificed.

Franklin Mills flour retains all of these vital elements by its special milling process.

The starchy carbohydrates serve their purpose as heat-producing agents in the formation of fatty layers protecting these tissues but the nitrogenous and mineral salts constitute the real Protein required in building up the tissues themselves.
A KERNEL OF WHEAT

It is this life-giving section of the wheat which is largely sacrificed in the milling of white flour, and it was recognition of this truth that caused Sylvester Graham to advocate his Graham Flour. Before proceeding further let us examine the structure of the wheat kernel as illustrated below:

This shows a kernel of wheat highly magnified revealing the different layers in which the gluten and protein deposits lie and their relative position to the rest of the wheat kernel.

Prof. Lucien M. Underwood, Columbia College, New York, says:

"Having personally used bread made from this flour for the past fourteen years, I am prepared to say that I cannot find its equal in nutrition or flavor."
GLUTEN

Layer No. 1 represents the outer husk or shell, a tough layer with a fibrous beard attached. This is Silex (flint) and woody fibre, and is indigestible and unfit for food. Furthermore the germ-laden dust which settles in this fibrous beard as well as in the “crease” of the wheat, can not be wholly gotten out and should not be allowed to enter the digestive tracts. This is entirely removed in making Franklin Flour.

No. 2 Layer just beneath this outside husk constitutes the inner bran of the wheat and contains nitrates, phosphates and other valuable nutritive elements, particularly the mineral salts without which nothing we eat affords nourishment.

Layer No. 3 represents that portion of the wheat kernel filled with gluten cells, the most essential food element in the wheat.

The remaining section of the wheat represented by No. 4 constitutes nearly seven-tenths of the entire kernel and consists of starch, albuminoids and carbohydrates, from which is made the white flour of commerce.

Section No. 5 represents the germ of the wheat, exceptionally rich in vitamin E and retained in the manufacture of our flour and cereal.
Benjamin Franklin always did things just a little better than any one else could do them.

That’s why these mills bear his honored name. We’ve been making a “better” Entire Wheat Flour since 1877.
"Franklin Mills Fine Flour of the Entire Wheat with part of the Bran Removed" as manufactured by the Franklin Mills Company since the first introduction of its distinctive process in 1877, retains "all the Wheat that's fit to eat" for the first time in the grinding of grain. It reduces to a fine flour sections two, three, four and five, discarding only layer No. 1, which is a woody husk of no food value, and is simply an added irritant to the digestive system. This layer is no more fit for food than the husk of an ear of corn, the shell of a nut, or skin of a banana.

The hardest Northwestern spring seed wheat is used for its manufacture because this particular wheat is found to be richest in gluten and phosphate, the properties which make the flour so valuable. Winter wheat is deficient in these essential elements. It contains a larger proportion of starch and makes a weaker and whiter flour and weaker and whiter men and women.

To obtain this concentrated essence of the entire wheat fruit is no small process, for the product is in no sense a half-ground flour.
HOW MADE

We manufacture only the one grade of entire wheat bread flour rich in gluten and have been at that specialty for 75 years, being to our knowledge the only mill in the world equipped exclusively for the milling of entire wheat flour.

The mill itself is a model for cleanliness. It is run by electric power from Niagara Falls. No dirt. No smoke.

Indeed as fine a mesh of silk and wire cloth is required as in a white flour mill, and every improvement in process of separating, grading and cleansing of the wheat is promptly adopted. The milling is done between modern steel rolls of varying corrugations and a full complement of sifters, reels, purifiers, etc., is necessary.

There is no blending however, as has quite recently been found the case in so-called "Whole wheat" flours which are the by-products of white flour mills, being simply the mixture of enough bran with poor white flour to make the color similar.

"We buy Franklin Mills Flour by the half barrel and use it exclusively. Our three boys have never had an attack of indigestion to amount to anything. I know a family, very much reduced in circumstances, who use this flour in preference to any other. Their breakfast and supper consists nearly always of bread and butter. They are well and healthy and believe their good health is due to nutritious bread.

A. C. THORP, Bloomfield, N. J."
We have said that the old style coarse wheat flour was an improvement over the so-called high grade white flour of to-day, but Graham flour even as designed by Prof. Graham is not a wholesome product as it contains much that should never enter the stomach, and much which, though good in itself, has not been so milled as to be properly assimilated. The wheat is ground with the woody outer husk (page 7) and its fibrous dusty brush entire. Besides being unclean this outer husk and fibrous brush contain no nutrient and bread made from such flour is, to a sensitive stomach, very irritating and indigestible, and its continued use may create a worse condition.

Franklin Flour in its special process thoroughly cleans and strips the wheat of this worthless outer husk at the same time retaining enough of the inner bran to render the food a natural laxative.

Adapted for Constipation and Impoverished Nervous System

In several years' use of your Fine flour of the Entire Wheat in our Sanitarium, we have found it uniformly excellent, admirably adapted to the diet of persons suffering from constipation and impoverished nervous system.

DR. S. E. STRONG,
The Sanitarium, Saratoga Springs, N.Y
Entire Wheat Makes Bread that takes the Place of Meat. It Builds—It Sustains All the Wheat that's Fit to Eat. "Franklin Mills FLOUR Entire Wheat of the Wheat"
MEDICINAL VALUE

On account of the retention of the glutenous and nitrogenous cells of the wheat Franklin Flour is widely recommended by physicians in cases of indigestion, constipation and diabetes and kindred ailments for which gluten and diabetic flour are prescribed. There is no better food for the growing child, the infant or the invalid.

Gruel from this flour is preferable to that made with white flour, and often when the stomach is so weak as to refuse all other food, this has been retained. Recommend for Diabetes.

I have used your Franklin Flour for several years in cases of diabetes. I have tried all the so-called Diabetic Flours, but find none of them so desirable as the Entire Wheat Flour of your make.

H. K. OLMSHEAD, M. D.,
Jackson, Mich.

ECONOMY

Because of the fact that our flour contains more protein, more gluten, more phosphate and less water than the white flour, it is really the most economical bread flour. It makes more loaves to the barrel and there is more nutriment in each loaf.

Eighty Lbs. More Bread to the Barrel.

I have made a test with this flour and the best St. Louis flour, and the result was eighty pounds more bread to the barrel in favor of the Franklin Mills Entire Wheat Flour. Its great strength must make it an exceptionally valuable food.

JOHN BERRY,
Vt. State Asylum, Brattleboro.
FRANKLIN VS. WHITE FLOUR

We quote from Bulletin No. 74, issued by the Alabama Agricultural Experiment Station for the benefit of the people of that state. The author is Prof. Lucien M. Underwood, M.S. of Columbia College, New York, who calls Franklin Flour the ideal flour. His tests were made without our knowledge. He says:

"In order to verify the results of microscopic examination and experience, samples of the 'flour of the entire wheat' manufactured by the Franklin Mills Company of Batavia, New York together with samples of the best grades of white flour offered for sale in Alabama, were submitted to Prof. B. B. Ross, State Chemist of Alabama, with the following results:

"To show more forcibly the comparative values, we present the ingredients of a standard barrel of flour (196 pounds) in actual weights: we use the average of the best two samples of white flour for this comparison.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Franklin Flour</th>
<th>Best White Flour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>12.47 pounds</td>
<td>21.36 pounds</td>
</tr>
<tr>
<td>Fats</td>
<td>2.96 &quot;</td>
<td>1.64 &quot;</td>
</tr>
<tr>
<td>Protein</td>
<td>27.81 &quot;</td>
<td>18.68 &quot;</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>150.98 &quot;</td>
<td>153.61 &quot;</td>
</tr>
<tr>
<td>Ash</td>
<td>1.78*</td>
<td>0.71†</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td>196.00 pounds</td>
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</tbody>
</table>

*Of this 0.98 pounds is phosphoric acid.
†Of this 0.45 is phosphoric acid.

"It will be noted that in the flour of the entire wheat are far more proteins (gluten) fats and phosphates than in the best white flour, while the carbohydrates (mainly starch) remain very nearly the same."
REMARKABLE EDITORIAL

We quote the following from the American Agriculturist. For such a splendid, conservative old paper to go out of its way to editorially endorse a food product is very unusual.

White flour is poor food—mostly starch! The best part of the wheat is the phosphates and gluten in the shorts and bran extracted by modern milling processes. Bad teeth, nervousness and general ill-health, so common among old and young, are partly due to the prevalence of white bread in our American households. It is a mistake that costs this people dear in both money and health. The housewife is not satisfied unless her bread is as white as snow, through ignorance of the fact that the whiter it is the less its nutritive value. This fashion has been fostered by the coarseness and bran-like character of the so-called Graham Flour, some of which is only a by-product from the manufacture of white flour. But where the whole grain, after being properly cleansed, is ground together in mills designed for this special purpose, we get a product that is incomparably better than the old style Graham Flour, is more palatable in appearance in loaf or slice, and for actual nutriment is worth far more than the best white flour. One of the pioneers in making whole wheat flour was the Franklin Mills, Batavia, N. Y., whose flour today stands at the head. My own family has used no other flour for years, and would not think of going back to white or Graham. I believe that it is doing a favor to our readers to call their attention to Franklin Flour, for once a family gets into the habit of using this whole wheat flour they will bless the editor for thus directing them to it.
HOW PACKED

Franklin Mills fine Flour of the Entire Wheat is packed freshground at the mill in the following putups:

Sealed Cartons (5 lb. gross) — guaranteed fresh.

Paper Sax — in 5 lb., 10 lb., and 25 lb. sizes.

Baker’s Bag (100 lb. net) — cloth or jute. These are carefully packed with flexible paper interlinings so that no dirt may enter in transit.

HOW SHIPPED

The Sealed Flour Cartons are shipped, 10 in a fibreboard container.

The 5 lb., 10 lb., and 25 lb. Paper Sax are put in paper bags carrying 50 lbs. — larger sizes shipped loose.

All our package goods we guarantee to be fresh and satisfactory to the customer and your grocer will cheerfully take back any carton found out of condition and thank you for calling his attention to it because he knows that he can return same to us and receive fresh goods in their place gratis.

If your grocer or flour dealer fails to have our products, write direct to us enclosing his name and address and we will see that you are supplied.

It will pay you to insist on the genuine.
The following recipes have been tested and may be relied on to produce uniformly good results. Your favorite old recipes for bread, biscuits, cakes, cookies, etc., requiring white flour can be used just the same with Franklin Flour. It takes a little less flour usually, the product will be a little darker in color—and the flavor will be a great improvement on what was fine before. Doughnuts, gingerbread and cakes in which molasses is used as sweetening, made with Franklin Flour are perfectly irresistible.

**Always Sift Your Flour**

This frees it from lumps, and makes it work light and even in the dough. It is a good plan to warm flour before mixing the dough in cold weather.

**Note**—The dough must be worked as soft as can be handled. In no case mix a stiff dough.

**Prize Recipe Raisin Rread**

Scald one pint of milk, add two tablespoons of shortening, two teaspoons of salt, one-half cup of molasses, one pint of cold water. When the mixture is lukewarm add one yeast cake dissolved in one-quarter cup of warm water, add two cups of seeded raisins. Stir into this mixture enough Franklin Entire Wheat Flour to make a stiff batter. Beat thoroughly, cover and let rise until double its bulk. Then knead, shape into loaves, place in well greased bread pans and let rise until nearly double. Bake in moderate oven for one hour. This will make three loaves.
Sugar Cookies

Take: 2 cups sugar, 2 eggs, 1 cup Crisco, 1 cup sweet milk, (dissolving level teaspoon baking soda in milk), 4 cups FRANKLIN FLOUR (teaspoon baking powder in flour), ½ teaspoon flavoring (nutmeg, mace or vanilla).

Can be dropped or rolled. Bake in moderate oven about 12 min.

Molasses Cookies

Cream together: 1 cup shortening, 1 cup sugar (brown preferred), Then take: 2 cups Molasses (put 2 teaspoons baking soda in molasses), and beat in: 2 eggs, 1 cup sour milk (buttermilk preferred), add: 1 teaspoon Ginger, 1 teaspoon Cinnamon, scant ½ teaspoon Gloves, 7 cups FRANKLIN FLOUR.

Make as soft dough as can be handled. Set these over night in a cool place. Bake next morning for about 10 min. (test for proper time)

Franklin Ice-Box Cookies

Prize Recipe from Myrtle Conger, 903 Chestnut St., Columbus, Indiana

3 ½ cups of FRANKLIN ENTIRE WHEAT FLOUR, ½ teaspoon salt, 2 teaspoons baking powder, ⅛ cup butter (or part other shortening) creamed, 1½ cups granulated sugar, 2 teaspoons grated orange rind (yellow only), 2 tablespoons strained orange juice, 3 eggs, beaten till blended.

Sift dry ingredients together twice and return to sifter. Cream sugar into butter; sprinkle grated orange rind over. Stir juice and eggs in, blending well. Sift dry mixture in, mixing to smooth dough. Shape into firm cylindrical roll, wrap in waxed paper and chill in refrigerator over night or longer. Slice rather thin with sharp knife, place about ½ inch apart on greased baking sheet, and bake in 325 F. oven 12-15 minutes. Remove from sheet with spatula.

Makes about 3 dozen.
Franklin Raised Bread No. 1

2 quarts Franklin Flour, 2 teaspoons salt, 4 teaspoons sugar or 2 tablespoons molasses, \( \frac{1}{2} \) yeast cake, dissolved in tepid water, 2 tablespoons shortening.

Stir into the flour sufficient milk or water and knead to a soft dough; cover and let rise over night. In the morning mould into loaves, put into pans and let rise again. Bake slowly and for a little longer time than you have been accustomed to bake white bread. This makes two large or four small loaves.

Franklin Entire Wheat Bread No. 2

1 pint of scalded milk, 1 pint of cold water, 2 tablespoons of shortening, 2 teaspoons of salt, \( \frac{1}{2} \) cup of sugar, 1 yeast cake dissolved in \( \frac{1}{4} \) cup of lukewarm water, 9 cups of Franklin Entire Wheat Flour.

Add the scalded milk to the shortening, salt and sugar, and when the shortening is melted add the cold water. When the mixture is lukewarm add yeast, and then the flour. Beat thoroughly, or until dough is light and elastic; then cover and let it rise until double in bulk. Then turn it onto a floured board and knead until it does not stick to the board or hands. Shape into loaves, place in well-greased bread pans, let rise until nearly double and bake in a moderate oven for one hour. This recipe makes three loaves, or two loaves and a pan of biscuit.

Franklin Bread No. 3 Another Way

Take one quart tepid water, one dry yeast cake, dissolved, two teaspoonfuls sugar, two tablespoonfuls melted butter, small teaspoonful salt. Stir in five pints sifted Franklin Flour and let stand over night. Next morning stir thoroughly, put into pans, let rise and bake in two loaves. Never knead the dough by this recipe; always stir it thoroughly with a spoon.

Note—Always have the temperature of the oven just right before you put the bread in.
Entire Wheat Bread No. 4

In the morning put into the bread mixer 4 glass measuring cups of luke warm water, 1 teaspoon salt, 1/2 cup of lard, 1/2 cup New Orleans Molasses, 2 cakes compressed yeast dissolved in 1/2 cup warm water. Then put in 15 cups Franklin Mills Fine Flour of the Entire Wheat and mix about 5 minutes, should be an even, smooth, slightly sticky dough. Let rise about 3 hours in temperature of 70 or 71 degrees.

When the dough is risen enough, it will begin to drop a little, then put it on a board lightly dusted with the Franklin Mills Flour, flour the hands and handle the dough quickly and lightly. Put into 4 tins, let rise, cover tops with melted butter or lard. Bake one hour in a moderate oven at first. Should be well browned.

Franklin Bread No. 5 Special for Dyspeptics

Take stale bread, slice it, and place in a deep dish, cover tightly, and warm in an oven. The latent moisture contained in the gluten will soften the bread, improve its flavor and render it easy of digestion.

Aerated Bread

Two cups flour, one cup sweet milk, two teaspoonfuls Rumford baking powder, two tablespoonfuls sugar, one-quarter teaspoonful soda, a little salt. Sift baking powder and soda with the flour and mix with the milk, steam 2 1/2 hours, rub a little butter over top of the loaf and bake one-half hour.

Delicious Nut Bread

1 cup brown sugar, 1 egg, 1 tablespoon butter, 1 cup milk, 2 1/2 cups Franklin Flour with 3 teaspoons baking powder, pinch of salt, 1 cup Pecan nuts chopped. Mix well, turn into a pan, let rise 1/2 hour before baking. Bake 1 hour in slow oven.
Quick Franklin Entire Wheat Bread

3 cups of Franklin Entire Wheat Flour, 6 teaspoons of baking powder, 2 tablespoons of sugar, 1 teaspoon of salt, milk.

Sift together the flour, baking powder, sugar and salt, and add the milk slowly, mixing to a soft dough. Cut the dough through and through with a knife until it is elastic; then turn it onto a floured board and shape it into a loaf. Place in a buttered paper, and let stand for twenty minutes. Bake it in a moderate oven for one hour, removing the paper after half an hour.

One Egg Muffins

2 cups of Franklin Entire Wheat Flour. 3 1/2 teaspoons of baking powder, 1/2 teaspoon of salt, 2 tablespoons of sugar, 1 cup of milk, 2 tablespoons of melted shortening, 1 egg well beaten.

Sift together the dry ingredients, then add the milk and egg mixed, then the shortening. Beat well and bake in buttered gem pans in a moderate oven for twenty minutes.

Franklin Tea Rolls

2 tablespoons of butter, 2 tablespoons of sugar, 1 teaspoon of salt, 2 cups of milk scalded, 1 yeast cake dissolved in 1/4 cup of lukewarm water, Franklin Entire Wheat Flour.

Put the butter, sugar and salt into the bread pan; add the hot milk and when lukewarm add the yeast and three cups of the flour. Beat thoroughly and let rise until double in bulk. Then add enough more flour to knead and let rise again. Turn onto a floured board, knead thoroughly and roll out one-third inch thick. Cut with a biscuit cutter, make a deep crease through the center of each with a knife handle, brush one-half with melted butter, fold the other half over onto the buttered half and press the edges together. Place in a buttered pan one inch apart, let rise until light and well puffed and bake in a moderate oven twenty minutes.
Kneaded Biscuit

2 1/4 cups of Franklin Entire Wheat Flour, 4 teaspoons of baking powder, 1/2 teaspoon of salt, 1/4 cup of butter, 1 cup of milk.

Sift together the dry ingredients and work in the butter, add the milk gradually, mixing to a smooth dough. Turn it onto a floured board and knead it thoroughly for five minutes; then roll out and cut into biscuit. Place them in a buttered pan, prick the tops with a fork and bake in a quick oven for fifteen minutes.

 Entire Wheat Seed Cakes

1/2 cup of butter, 1 1/4 cup of sugar, 2 eggs, Franklin Entire Wheat Flour, 1/2 cup of milk, 3 teaspoons of baking powder, 1 teaspoon of salt, 1 1/2 teaspoons of caraway seeds.

Cream the butter, add gradually the sugar, then the eggs well beaten, and the milk. Sift two cups of the flour with the baking powder and the salt, and add it to the first mixture with the caraway seeds. Mix well and add enough more flour to handle, then roll to one-fourth inch in thickness. Cut, and place on a buttered baking sheet. Bake in a quick oven.

Egg Sandwiches

Chop the whites of three hard-boiled eggs and add the yolks forced through a sieve or potato ricer. Season with salt and pepper and moisten with salad dressing. Spread between thin slices of buttered Franklin Entire Wheat bread.

Baking Powder Biscuit

2 cups of Franklin Entire Wheat Flour, 4 teaspoons of baking powder, 1 teaspoon of salt, 2 tablespoons of shortening, 1 cup of milk and water in equal proportions.

Sift together the dry ingredients and work in the shortening with the fingers. Add the liquid gradually, mixing to a soft dough with a knife. Turn it onto a floured board and roll it one-half inch thick, then cut with a biscuit cutter. Place them in a buttered pan and bake for fifteen minutes in a hot oven.
Entire Wheat Muffins with Dates

2 cups of Franklin Entire Wheat Flour, 3 teaspoon of baking powder, 1 teaspoon of salt, 1 cup of milk, 2 eggs, 3 tablespoons of melted butter, $\frac{3}{4}$ cup of dates stoned and cut in small pieces.

Sift together the flour, baking powder and salt; add the milk gradually, then the egg-yolks beaten light, and the melted butter. Mix in the dates, then add the egg-whites beaten stiff. Beat well and bake for twenty-five minutes in buttered gem pans.

Dumplings

2 cups of Franklin Entire Wheat Flour, 4 teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt, 2 teaspoons of butter, 1 cup of milk.

Sift together the flour, baking powder and salt, and work in the butter with the fingers. Mix to a soft dough with the milk, mould soft as can be handled, cover closely and steam on top of boiling stew fifteen minutes.

Franklin Griddle Cakes

2 cups of Franklin Flour, 1 teaspoon of sugar, 2 eggs, $\frac{1}{2}$ teaspoon salt, 2 teaspoonfuls of baking powder.

Mix with milk or milk and water, and add well beaten egg if preferred. Have griddle Hot.

Franklin Buckwheat Cakes

Use one-half buckwheat flour, one-half Franklin Entire Wheat Flour and they are improved one hundred per cent. The cakes are light, tender and palatable, more healthful and do not produce injurious heating and irritating effect which results from the continued use of all buckwheat.

Franklin Muffins

Sift flour twice. Beat together one egg, one teaspoonful salt, one tablespoonful of sugar, add one quart of milk, and one-half pint of water. Beat while sifting in the flour, and make to the consistency of drawn butter. Have muffin tins hot and bake in a hot oven. The above fills two roll pans.
Gingerbread

$\frac{1}{2}$ cup of shortening, $\frac{3}{4}$ cup of boiling water, 1 cup of molasses, 1 egg, 1$\frac{1}{4}$ teaspoons of soda, 1 teaspoon each of cinammon, ginger and clove, 2 cups of Franklin Entire Wheat Flour.

Add the boiling water to the shortening and when it is melted add the molasses, egg well beaten, and dry ingredients sifted together. Beat well and bake in a shallow pan for twenty-five minutes. This is delicious served hot with whipped cream as a dessert.

Bread Griddle Cakes

2 cups of Franklin Entire Wheat bread crumbs, 1 cup of Franklin Entire Wheat Flour, sour milk, 1 teaspoon of salt, 1 tablespoon of sugar, 1 egg well beaten, 2 tablespoons of melted butter.

Soak the bread crumbs in cold water for an hour, then place them in a colander, and let them drain for ten minutes. Add the flour and enough of the sour milk to make a good batter, and let it stand over night. When ready to use add the salt, sugar, egg and butter, and one-half teaspoon of soda for each cup of sour milk that was used. Mix thoroughly and cook on a well greased griddle. The sour milk should be thick to obtain the best results.

Franklin Buns

1 cup of milk, scalded, $\frac{1}{4}$ cup of butter, $\frac{1}{4}$ cup of sugar, 1 yeast cake dissolved in $\frac{1}{4}$ cup of lukewarm water, $\frac{1}{2}$ teaspoon of salt, Franklin Entire Wheat Flour, $\frac{3}{4}$ cup of dates stoned and cut in pieces.

Add one-half the sugar, and the salt to the milk, and when lukewarm add the yeast and one and one-half cups of flour. Cover and let rise until double, then add the remaining sugar, the butter melted, but not hot, the dates, and enough flour to make a soft dough. Let rise again, then shape into biscuit and place in a buttered pan one inch apart, or in gem pans. Let rise until well puffed and bake for twenty minutes in a hot oven.

If the mixture is to stand over night one-half of a yeast cake will be sufficient.
Home-Made Entire Wheat Crackers

2 cups of Franklin Entire Wheat Flour, ½ teaspoon of salt, 1 teaspoon of sugar, 2 tablespoons of shortening, cold water.

Sift together the flour, salt and sugar and work in the shortening with the fingers. Add enough cold water to make a stiff dough. Roll very thin, place on a buttered baking sheet, prick all over with a fork and bake in a hot oven until a delicate brown.

Entire Wheat Raisin Pudding

2 cups of Franklin Entire Wheat Flour, ½ cup of sugar, 3 teaspoons of baking powder, ½ teaspoon of salt, 1 cup of milk, 1 egg, ¼ cup of melted butter, 1 cup of raisins seeded and cut in halves.

Sift together the flour, salt and sugar and baking powder; add gradually the milk, egg well beaten, then the butter and the raisins. Beat well, turn into a buttered mould and steam for two and one-half hours. Serve with Lemon or Vanilla Sauce.

Suet Pudding

1 cup of finely chopped suet, 1 cup of molasses, 1 cup of sour milk, ½ teaspoon of soda, 1 teaspoon of cinnamon, ½ teaspoon of nutmeg, ½ teaspoon of clove, ½ teaspoon of salt, 2 cups of Franklin Entire Wheat Flour, 1½ cups of raisins seeded and cut in halves.

Add molasses and sour milk to the suet, then add the soda, spices and salt sifted with one and one-half cups of the flour, and the raisins mixed with the remaining flour. Turn the mixture into a buttered mould and steam for three and one-half hours. Serve with Vanilla of Hard Sauce.

Franklin Brownies

½ cup of butter, ½ cup of powdered sugar, ½ cup of molasses, 1 egg, 1 cup (full measure) Franklin Entire Wheat Flour, 1 cup of pecan meats chopped fine.

Cream the butter, add the sugar, molasses, egg well beaten and flour. Mix well, add the nuts and bake in individual tins with a half nut meat on each cake.
Franklin Bread Pudding

2 cups of stale Franklin Entire Wheat bread crumbs, 1 quart of milk scalded, 2 squares of chocolate, ¾ cup of sugar, ¼ teaspoon of salt, 2 eggs, 1 teaspoon of vanilla.

Add the hot milk to the bread and let it stand for twenty minutes. Melt the chocolate over hot water and dilute it with a little of the hot milk, then add it to the bread and milk. Add the sugar, eggs beaten slightly, salt and vanilla. Turn into buttered baking dish and bake for one hour in a moderate oven. Serve with Hard or Vanilla Sauce.

Sour Milk Cup Cakes

¼ cup of butter, ½ cup of sugar, 1 cup of molasses, 1 cup of thick sour milk, 2 ⅔ cups of Franklin Entire Wheat Flour, 1 ½ teaspoons of soda, 1 teaspoon of cinnamon, ½ teaspoon of clove, 1 cup of raisins seeded and cut in small pieces.

Mix in the order given, sifting the dry ingredients together. Bake in individual buttered tins.

Plum Pudding

1 cup suet (chopped), 1 lb. seeded raisins, 1 lb. currants, 1 cup prunes (seeded and cut), 1 egg or two, salt and nutmeg to taste, 1 cup sour milk or buttermilk, 1 teaspoon soda.

Mix to a very stiff batter with Franklin Flour, let stand over night, in large cake pan with funnel centre, set in steamer and steam from 5 to 7 hours (or can be boiled in bag). Cut down cold is better than any fruit cake, or may be eaten with sauce.

Date Pudding

4 tablespoons of melted butter, ½ cup of molasses, ½ cup of sweet milk, ½ teaspoon of soda, 1 ½ cups of Franklin Entire Wheat Flour, ¼ teaspoon each of salt, cinnamon, clove and nutmeg, 1 cup of dates stoned and cut in small pieces.

Mix in the order given adding the dry ingredients sifted together. Turn into a buttered mould and steam for two and one-half hours. Serve with Hard or Vanilla Sauce.
Walnut Cake

\( \frac{1}{2} \) cup of butter, 1 cup of sugar, yolks of three eggs, \( \frac{1}{2} \) cup of milk, 1 \( \frac{3}{2} \) cups of Franklin Entire Wheat Flour, 2 \( \frac{1}{2} \) teaspoons of baking powder, whites of two eggs, 1 cup of English walnut meats broken in small pieces.

Cream the butter; then add the sugar gradually, then the egg-yolks well beaten, milk and the flour and baking powder sifted together, then the egg-whites beaten stiff. Beat well and add the nut meats. Bake in a shallow pan in a moderate oven for forty-five minutes. When cool, frost if desired and place half nut meats on top.

Strawberry Shortcake

2 cups of Franklin Entire Wheat Flour, 4 teaspoons of baking powder, \( \frac{1}{2} \) teaspoon of salt, 2 teaspoons of sugar, 1 cup of milk, \( \frac{1}{4} \) cup of butter.

Sift together the dry ingredients; work in the butter with the fingers, then add the milk, mixing to a soft dough. Turn it onto a floured board and roll out, handling as little as possible. Bake in a round layer cake pan in a hot oven. When done split with a hot knife and spread with soft butter. Sweeten the berries and crush them slightly, then place them on the back of the range to become slightly warmed. Put them between and on top of the cake. Serve at once either plain or with cream.

Fruit Biscuit

2 cups of Franklin Entire Wheat Flour, 4 teaspoons of baking powder, \( \frac{1}{2} \) teaspoon of salt, 2 tablespoons of sugar, \( \frac{1}{2} \) teaspoon of cinnamon, 2 tablespoons of butter, 1 cup of milk, \( \frac{1}{4} \) cup of raisins, \( \frac{1}{4} \) cup of currants.

Sift together the dry ingredients and work in the butter with the fingers; then add the milk slowly, then the currants, and raisins cut in small pieces. Turn the dough onto a floured board, roll one-half inch thick and cut into biscuit. Place in a buttered pan and bake fifteen minutes in a hot oven.
Chocolate Blanc-Mange

1 quart of milk, ½ cup of Wheatlet, 1 square of chocolate, or four tablespoons of grated chocolate or cocoa, ½ cup of sugar, ¼ teaspoon of salt, 1 teaspoon of vanilla.

Heat the milk and when it boils stir in the Wheatlet and cook for ten minutes, stirring very often. Add the chocolate, stir until melted, then remove from the fire and add the sugar, salt and vanilla. Pour into a mould first wet with cold water. Chill thoroughly and serve with cream.

Entire Wheat Chocolate Cake

½ cup of butter, 1 cup of sugar, 2 eggs, ½ cup of milk, 2 ½ teaspoons of baking powder, 2 squares of chocolate melted, ½ teaspoon of vanilla, 1 ½ cups of Franklin Entire Wheat Flour.

Cream the butter, add the sugar, then the egg-yolks well beaten, and the whites beaten stiff. Add the milk, and the flour sifted with the baking powder and beat well; then add the chocolate and the vanilla. Beat again and bake for forty minutes in a shallow cake pan. When cool cover with white frosting.

Date and Nut Sandwiches

1 cup of dates, 1 cup of English walnut meats, ½ cup of cream, Franklin Entire Wheat bread.

Wash the dates and remove the inside white lining. Chop them very fine and add the walnut meats chopped very fine. Mix to a paste with cream, and spread between thin slices of buttered Franklin Entire Wheat bread. Remove the crusts and cut into fancy shapes.

Plain Pastry

2 cups of Franklin Entire Wheat Flour, 1 teaspoon of salt, ½ cup of shortening, cold water.

Add the salt to the flour, and work in the shortening with the fingers; then add enough cold water to moisten slightly. This is sufficient for two pies. If not to be used at once fold it in a piece of cheese cloth, cover closely, and keep in a cold place.
Doughnuts

2 1/2 tablespoons of butter, 1 cup of sugar, 2 eggs, 2 cups of milk, 4 teaspoons of baking powder, 1/4 teaspoon of cinnamon, 1/4 teaspoon of nutmeg, 1 teaspoon of salt, Franklin Entire Wheat Flour.

Cream the butter and add half of the sugar, the eggs well beaten, the remaining sugar and the milk; then add three cups of flour sifted with the baking powder, spices and salt. Mix well and add enough more flour to make the mixture stiff enough to roll. Turn the dough onto a floured board, roll one-fourth inch thick, cut with a doughnut cutter and fry in deep hot fat. Drain on brown paper.

Olive and Cheese Sandwiches

Mix finely chopped olives with an equal quantity of cream cheese mashed fine with a silver fork. Moisten with mayonnaise dressing and spread between thin slices of buttered Franklin Entire Wheat bread. Remove the crusts and cut into small sandwiches.

Croustades of Bread

Cut stale Franklin Entire Wheat bread into slices two inches thick and cut from each slice a square, oblong or circular piece. Remove the centers, leaving the sides and bottom one-fourth inch thick. Brush over the entire surface inside and out with melted butter, then brown the cases in the oven. These may be filled with creamed chicken, oysters, fish or vegetables.

Franklin Gems

1 pint sweet milk, 1 quart Franklin Flour 1 tablespoonful melted shortening, 1 tablespoonful sugar, 3 teaspoonfuls baking powder, salt.

Grease the pans, and heat very hot. Then put in dough and bake for twenty minutes. If you bake more than you want for a single meal, steam the remainder for the next, as they are delicious treated in this way.
Franklin Cheese Sticks

1 cup of Franklin Entire Wheat Flour, \(\frac{1}{4}\) teaspoon of salt, milk to make a stiff dough, 2 teaspoons of baking powder, \(\frac{1}{2}\) cup of grated cheese, 2 tablespoons of shortening, a dash of cayenne pepper.

Sift together the flour, salt and baking powder, and work in the shortening with the fingers; then add the milk. Knead slightly and roll out into a thin sheet, sprinkle one-half with the cheese and cayenne and fold the other half over. Roll very thin; cut in narrow strips and braid. Cut any desired length and bake in a moderately hot oven.

Entire Wheat Gruel

1 \(\frac{1}{2}\) tablespoons of Franklin Entire Wheat Flour, 1 cup of boiling water, \(\frac{1}{3}\) cup of milk, \(\frac{1}{3}\) teaspoon of salt.

Mix the flour to a smooth paste with a little cold water and add it to the boiling water, stirring until thickened, then boil for ten minutes. Add the milk and reheat, then remove from fire; add the salt and strain.

Corn Cake

1 cup of Franklin Entire Wheat Flour, 1 cup of corn meal, \(\frac{1}{3}\) cup of sugar, 1 teaspoon of salt, 1 \(\frac{1}{4}\) cups of milk, 4 teaspoons of baking powder, 1 egg, 2 tablespoons of melted shortening.

Sift together the dry ingredients, then add the milk slowly, then the egg well beaten and the shortening. Beat well and turn into a buttered shallow pan. Bake in a moderate oven for twenty-five minutes.

German Coffee Cake

1 cup scalded milk, allow to cool until lukewarm, \(\frac{1}{2}\) cup butter, \(\frac{1}{4}\) cup sugar, \(\frac{1}{2}\) teaspoon salt, 1 yeast cake dissolved in \(\frac{1}{4}\) cup lukewarm milk, \(\frac{1}{2}\) cup seeded raisins, 1 egg well beaten without white.

Add enough Franklin Flour to make a stiff batter, cover and allow to rise over night. In the morning spread in buttered pan one-half inch in thickness; cover and let rise again. Before baking brush over with the beaten egg and cover with the following mixture: melt 3 tablespoons butter, add \(\frac{1}{3}\) cup sugar, 1 teaspoon cinnamon; when sugar is partly melted add 3 teaspoons flour. Bake thirty minutes in hot oven.
Franklin Soup Sticks

4 tablespoons of butter, 1 cup of milk scalded, 1 1/2 tablespoons of sugar, white of one egg well beaten, 1/2 teaspoon of salt, 3 cups of Franklin Entire Wheat Flour, 1 yeast cake dissolved in 1/4 cup of lukewarm water.

Put the butter, sugar and salt into the bread pan with the hot milk and when lukewarm add the yeast, egg-white and flour. Beat thoroughly and let rise until double in bulk, then knead well and shape into sticks of any desired length. Place them in a buttered pan one inch apart, let them rise until double and bake thirty minutes in a very moderate oven that they may be crisp through.

To shape Soup Sticks: Roll the dough one-fourth inch in thickness; cut with a small biscuit cutter and roll each with the hands until uniform in size and length.

Delicious Date Bread

Scald 1 pint milk, add 1/3 cup sugar, 1 tablespoon salt, 2 tablespoon shortening, 1 pint cold water. When lukewarm add 1 yeast cake dissolved in 1/4 cup warm water. Add 2 cups dates stoned and chopped into small pieces. Stir into this mixture enough Franklin Mills Flour to make a stiff batter. Beat thoroughly, allow to rise until double in bulk, then knead and shape into loaves, place in buttered pans and rise again until nearly double. Bake in a moderate oven for 1 hour. This bread is fit for a king.

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HARRY S. HAWKS

MACHIAS, N. Y.

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