Real Whole Wheat Recipes
These recipes were formulated by an expert in home baking. They have been tested and simplified so that anyone can use them with success.

Baked products when made of Wheatsworth Flour bring good health to you and your family, especially to the children, because Wheatsworth contains wonderfully beneficial food elements of the whole wheat grain which nature provided to make healthy bone, muscle and nerve tissue and to assist in the process of digestion.

WHEATSWORTH pies have a crust that is delicate and tender. Wheatsworth bread, muffins and popovers are amazingly good. Wheatsworth griddle cakes, ginger bread, crullers and cookies have that nut-like flavor of the wheat grain that makes you wonder why folks eat the ordinary kind.

WHEATSWORTH Real Whole Wheat Flour is 100% whole wheat, thoroughly cleaned and ground into flour. Nothing is added, nothing taken away. Therefore, Wheatsworth Flour contains all the highly beneficial food elements.

Do all your baking with Wheatsworth Flour, following established recipes in your cook book. Usually the only change necessary is to add a little more liquid, because the bran of the wheat absorbs more moisture in the dough. It is also advisable to use a little less shortening.

Making delicious and wholesome foods with Wheatsworth Flour is a pleasure and the results will delight your family.
Important Note

In all Wheatsworth Recipes all teaspoon, tablespoon and cup measures are level full, not heaping or rounded. Standard half-pint measuring cup should be used.

How to Make Wheatsworth Bread

Bread Pans—The pans found to produce best results for the quantities of dough here given were of the following dimensions: Bottom measurement, $3\frac{3}{4}$ inches wide, $7\frac{3}{4}$ inches long; depth, $3\frac{3}{4}$ inches. The sides of the pan were sloping, or flared, making the pan 1 inch longer and 1 inch wider at the top than at the bottom. It is not necessary to have your pans exactly these dimensions, but the size and shape of the pan will make an important difference in the quality and appearance of the loaves and it is well to have pans of about the dimensions given.

Measuring—In measuring the flour, 4 half-pint measuring cups, level full, will equal 1 pound if the cup is filled by putting the flour in lightly with a spoon, so that it is not packed tightly.

All teaspoon and tablespoon measurements are level full, not heaping or rounded. The safest way in bread making is to measure the flour by weight.

Temperature—When the dough is raising it should be kept covered with a cloth, in a warm place, near the stove. The best temperature for raising is 80 to 85 degrees Fahrenheit.
**WHEATSWORTH BREAD**

10 to 11 cups Wheatsworth Flour  
4 cups water (cool)  
1 ounce salt  
2 ounces brown sugar  
2 ounces condensed milk (whole)  
(can be omitted if desired)  
2 ounces shortening  
3 yeast cakes  

Put the sugar, salt and condensed milk into bowl, add 3 cups of water to above and stir thoroughly—(Dissolve the yeast in the remaining cup of water and hold aside). Then add the Wheatsworth Flour gradually, mixing well, and then add the yeast, mixing it thoroughly. When half mixed add the shortening and work in well. Let dough stand in warm place, well covered, about one hour. (80 degrees, no hotter, as whole wheat should not be too hot). Then knead down.

Let stand for 40 more minutes, take to board, mold into loaves and place in pans which have been well brushed with lard.

Let stand for another 20 minutes to one-half hour, well covered, until dough gets near top of pan.

Bake in oven about 380 to 400 degrees F.

The above mixture makes 4—1 1/2 lb. loaves bread.

For RAISIN BREAD use 1 1/2 lbs. raisins.

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**WHEATSWORTH BOSTON BROWN BREAD**

2 cups Wheatsworth Flour  
3/4 cup molasses  
1 cup cornmeal  
3/4 teaspoon soda  
1 cup sour milk  
1 1/2 teaspoons salt  

Mix the Wheatsworth Flour, cornmeal, soda and salt; add the sour milk and molasses; mix well. Put into well-greased mold (filling mold two-thirds full), cover tightly and steam 4 hours; remove cover and bake in moderate oven 30 minutes.

**BISCUITS**

2 cups Wheatsworth Flour  
1 1/2 tablespoons shortening  
3/4 cup milk  
3/4 teaspoon salt  

Mix the flour, baking powder, salt; add the shortening and rub in very lightly; add the milk and mix well. Place on floured board, roll out 3/4 inch thick, cut with biscuit cutter. Bake in hot oven 15 minutes.

**WHEATSWORTH MUFFINS**

3 cups Wheatsworth Flour  
2 tablespoons shortening  
1 teaspoon salt  
2 eggs  
5 teaspoons baking powder  
2 cups milk  
6 teaspoons sugar

Put the Wheatsworth Flour, salt, baking powder and sugar into bowl, add the milk, beaten eggs and melted shortening; mix well. Brush iron muffin or gem pans with lard, put a spoonful of mixture in each and bake in moderate oven 15 to 20 minutes.

To make fruit muffins, add one cup raisins or any dried fruit to above mixture. Dredge fruit or raisins in flour before adding to batter.
WHEATSWORTH POPOVERS

3 eggs  1 teaspoon butter, melted
2 cups milk  2 teaspoons baking powder
2½ cups Wheatsworth Flour  3 teaspoons sugar
1 teaspoon salt

Break eggs into bowl, beat well, then add the milk; add the flour, salt, sugar and baking powder; mix and add melted butter. Mix thoroughly. Brush hot iron popover pans with lard, put one spoonful mixture in each and bake in hot oven.

BAKING POWDER CINNAMON BUNS

2 cups Wheatsworth Flour  2 tablespoons butter
2 tablespoons shortening  ½ cup sugar
4 teaspoons baking powder  4 teaspoons cinnamon
½ teaspoon salt  2 tablespoons raisins or currants
⅔ cup milk

Mix the Wheatsworth Flour, baking powder and salt, add the shortening, rubbing it in lightly; add the milk; roll out on floured board, very thin, brush with the butter, sprinkle with the sugar, cinnamon and raisins or currants; roll up, cut into pieces 1½ inches long; place in greased pan with the cut side up. Bake 25 minutes in hot oven.

BRIDGE CAKE

½ cup butter  2 tablespoons cocoa
⅔ cup sugar  ⅜ teaspoon cinnamon
2 eggs, well beaten  ⅔ teaspoon cloves
⅔ cup milk  ⅛ teaspoon nutmeg
1½ cups Wheatsworth Flour  ⅝ teaspoon vanilla
4 teaspoons baking powder

Cream the butter; add gradually the sugar, then the eggs; sift flour and baking powder together with cocoa and spices; add alternately with the milk, a little at a time. Add vanilla. Bake in shallow pan in a moderate oven about 30 minutes. Ice as desired.

WHEATSWORTH LAYER OR CUP CAKE

2 tablespoons butter or crisco  3 teaspoons baking powder
1 cup sugar  2 cups Wheatsworth Flour
2 eggs  ⅛ teaspoon salt
1 cup milk  rind of ½ lemon or orange

Cream the shortening and sugar well. Add rind of lemon or orange, then eggs one at a time and cream. Add milk. Mix the baking powder and salt with the flour and work in until well mixed. Bake in moderate oven.
WHEATSWORTH OLD-FASHIONED STRAWBERRY SHORTCAKE

2 cups strawberries  6 teaspoons baking powder
3 cups Wheatsworth Flour  ½ teaspoon salt
3 tablespoons shortening  ¼ cup milk

Mix the flour, salt and baking powder, add the shortening, rubbing in very lightly with the tips of the fingers; add the milk. Place in cake pan and bake 20 minutes in hot oven. Split the cake and fill with crushed strawberries (which have been sweetened to taste), put the top on. Dust with pulverized sugar. Serve with cream. Peaches, raspberries, huckleberries, plums, etc., may be used instead of strawberries.

WHOLE WHEAT PIE CRUST

3 cups Wheatsworth Flour  1 teaspoon salt
1 cup shortening—beef fat  ¼ cup ice-cold water

Sift together the flour and salt and cut in the shortening with a knife. Then add ice-cold water, enough to moisten—not wet—so that the dough will roll out smooth and thin. Roll out on lightly floured board. Line pie plate with crust, fill and cover with top crust. The less the dough is handled, the more tender the crust will be. All kinds of fruit pies are delicious with Wheatsworth crust.

QUICK HEALTH COOKIES

1 cup seeded raisins  ½ cup brown sugar
1 cup dates  1 egg
2 cups Wheatsworth Flour  ½ cup milk
½ teaspoon salt  ½ teaspoon vanilla
2 teaspoons baking powder  ½ cup nuts
6 tablespoons butter or other fat

Pit the dates; with wet scissors cut the dates and raisins fine. Chop the nuts coarsely. Sift the flour, salt and baking powder over the dates and raisins and nuts and mix with the finger tips. Cream the fat, stir in the sugar gradually, then the unbeaten egg. Mix well, add the milk and vanilla. Stir in the dry ingredients. Drop by teaspoonfuls on a well-greased pan. Bake in moderate oven about 10 minutes.

CORN FRITTERS

2 cups Wheatsworth Flour  2 cups milk
4 teaspoons baking powder  1 cup corn, either green or canned
1 teaspoon salt

Mix flour, baking powder and salt in bowl, add the milk; mix until smooth, then add the corn. Bake on hot griddle or in deep hot fat.

WAFFLES

3 cups Wheatsworth Flour  6 teaspoons baking powder
3 cups milk  1 teaspoon salt
2 eggs  1 tablespoon melted butter

Mix the flour, baking powder and salt, add the milk and well-beaten egg, mix thoroughly. Have waffle iron hot, pour in the mixture, being careful not to put too much batter into iron. Dust with powdered sugar. Serve hot.
CRULLERS

\[ \frac{3}{4} \text{ cup sugar} \quad 3 \text{ eggs} \\
4 \text{ tablespoons shortening} \quad 6 \text{ cups Wheatsworth Flour} \\
2 \text{ cups milk} \quad 5 \text{ teaspoons baking powder} \]

Cream the sugar and shortening, add the eggs and beat until light, then add the milk slowly; add flour and baking powder; mix thoroughly. Roll out \( \frac{3}{4} \) inch thick; cut and fry in deep fat. Cool, dust with powdered sugar and serve.

WHEATSWORTH GINGER BREAD

\[ \frac{3}{4} \text{ cup molasses} \quad 1 \text{ tablespoon butter} \\
1 \text{ teaspoon ginger and cinnamon} \quad 2 \text{ teaspoons baking soda} \\
\frac{3}{2} \text{ teaspoon salt} \quad 2 \text{ teaspoons hot water} \\
1 \text{ egg} \quad 1 \text{ cup Wheatsworth Flour} \]

Mix the water, molasses and well-beaten egg; add the flour, salt, ginger and cinnamon; mix well and add baking soda (dissolved in the hot water), then the melted butter; beat thoroughly. Pour into buttered pan and bake 30 to 40 minutes.

HERMITS

\[ \frac{3}{4} \text{ cup raisins} \quad \frac{3}{4} \text{ cup ground nuts} \\
1 \text{ tablespoon butter} \quad 3 \text{ cups Wheatsworth Flour—} \\
1 \text{ tablespoon shortening} \quad \text{level} \\
1 \text{ cup sugar} \quad \text{pinch salt} \\
3 \text{ eggs} \quad \text{flavor with cinnamon or} \\
1 \text{ cup milk} \quad \text{vanilla} \\
1 \frac{1}{2} \text{ level teaspoons baking soda} \quad \text{dissolved in milk} \]

Cream sugar, butter and shortening. Add eggs one at a time and continue creaming—add pinch of salt. Then add to mixture milk with soda dissolved—stir well and add flour, raisins, nuts and flavoring. Mix thoroughly and drop by tablespoonfuls on ungreased pan—sprinkle flour on pan but don’t grease it.

The above mixture makes from 5 to 6 dozen hermits.

WHEATSWORTH GRIDDLE CAKES

\[ 2 \text{ cups Wheatsworth Flour} \quad 2 \text{ cups milk} \\
4 \text{ teaspoons baking powder} \quad 1 \text{ egg} \\
1 \text{ teaspoon salt} \] 

Mix the flour, baking powder and salt. Stir in the milk and add the well-beaten egg; mix thoroughly. Bake on hot griddle.
OTHER

Wheatsworth Products

100% WHOLE WHEAT

WHEATSWORTH SELF RISING FLOUR—the Whole Wheat, especially prepared for quick baking. Use it for waffles, muffins and pancakes. You will be delighted with the results.

WHEATSWORTH CEREAL—easy to serve. Its Whole Wheat flavor makes it especially good with milk or cream.

WHEATSWORTH GRAHAM CRACKERS—Their crispness and rich flavor have made them first choice in millions of homes. Always oven-fresh.

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