New things to Make and Bake

WITH

WHEATSWORTH FLOUR

100% WHOLE WHEAT
WHEAT WORTHY FOOD

- Wheat for twenty thousand years a staple article in man's diet, now ranks first among foods for better nutrition. Long before scientists discovered that food was needed for other purposes than merely to quiet hunger pangs, the rich nut flavor of wheat had won its place as a favorite cereal. In this tiny brown kernel Nature has neatly packed important health promoting elements required in the daily diet. The outer wrappings (bran) contribute iron and phosphorus to the diet.

- The largest portion of this tiny potent package consists of starch which supplies energy and warmth.

- And last, there is Nature's prize of the package—the wheat germ, rich in Vitamin B₁ or Thiamin, the vitamin which is most generally neglected in the usual diet. If obtained in sufficient quantities, Vitamin B₁ keeps body processes running smoothly, restores appetites, aids digestion and protects nerve tissue.

- These important factors explain why foods made from whole wheat flour are required in generous portions in the daily diet. The National Research Council recommends that each day's requirement of whole grain cereal should be an equivalent of two or more slices of whole wheat bread three times a day, plus one serving of whole grain cereal.

- Foods made from WHEATSWORTH FLOUR are as delicious as they are nutritious and wholesome. If you haven't the WHEATSWORTH habit—start with these favorite dishes.
**WHEATSORTH MUFFINS**

<table>
<thead>
<tr>
<th>WHEATSORTH FLOUR</th>
<th>2 tablespoons sugar</th>
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<tr>
<td>1 1/3 cups</td>
<td>1 egg, beaten</td>
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<tr>
<td>2/3 cup white flour</td>
<td>1 cup milk</td>
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<tr>
<td>3 teaspoons baking powder</td>
<td>3 tablespoons shortening</td>
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<td>1/2 teaspoon salt</td>
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Stir the WHEATSORTH FLOUR, but do not sift. Add to other dry ingredients which have been sifted together. Combine egg, milk and melted fat. Add to dry ingredients and stir just enough to moisten mixture. Do not beat. Fill greased muffin pans two-thirds full. Bake in a hot oven (400°-425°F.) for 20 minutes.

**DATE MUFFINS** . . . Add 2/3 cup stoned and finely cut dates to the flour mixture, omitting one tablespoon sugar.

**PEANUT MUFFINS** . . . Add 1/2 cup peanuts broken in small pieces, to the flour mixture. Top each muffin with chopped peanuts before baking.

**RAISIN MUFFINS** . . . Add 1/2 cup chopped raisins to flour mixture, omitting 1 tablespoon sugar.

**PINEAPPLE MUFFINS** . . . Add 1 additional tablespoon sugar and 1 cup crushed pineapple, drained thoroughly, to the flour mixture.

**HAM MUFFINS** . . . Omit 2 tablespoons sugar, adding only 1/4 teaspoon salt. Stir in 3/4 cup finely chopped cooked ham. Bake in (400°F.) oven, 20 to 25 minutes.

**PEANUT BUTTER MUFFINS** . . . Omit fat and substitute 1/3 cup of peanut butter.
**WHEAT NUT BREAD**

- 2 cups sifted all purpose flour
- 3/4 teaspoon baking powder
- 1 teaspoon soda
- 2 teaspoons salt
- 1/3 cup sugar
- 1 cup unsifted WHEATSWORTH FLOUR
- 1/2 cup chopped nut meats
- 1 1/3 cups sour milk (or buttermilk)
- 1/4 cup molasses
- 1 egg, well beaten
- 2 tablespoons butter, melted

Sift all purpose flour with baking powder, soda, salt and sugar. Add WHEATSWORTH FLOUR and nut meats, mixing well. Combine milk, molasses, egg and butter and add to dry ingredients, mixing only until all flour is dampened. Pour into greased loaf pan. Bake in moderate oven (350°F.) about 1 1/4 hours. Cool in pan. Store overnight before slicing if thin, wafer-like sandwiches are desired. This bread makes delicious jam, jelly or cream cheese sandwiches.

**WHEATSWORTH CINNAMON NUT ROLLS**

- 4 tablespoons butter
- 4 tablespoons brown sugar
- 1 cup sifted all purpose flour
- 3/4 cup WHEATSWORTH FLOUR
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 4 tablespoons shortening
- 1/2 cup milk
- 2 tablespoons butter, melted
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 cup chopped nut meats

Melt butter in 8-inch square pan and add brown sugar, mixing well. Sift all purpose flour with baking powder and salt. Add WHEATSWORTH FLOUR, blending thoroughly. Cut in shortening. Add milk slowly, stirring until soft dough is formed. Turn out on floured board and knead gently about 30 seconds. Roll into oblong sheet about 1/4-inch thick. Brush with melted butter. Combine brown sugar, cinnamon and nut meats and sprinkle over dough. Roll up like jelly roll and cut in 1 inch slices. Place rolls in pan with cut-side down. Bake in hot oven (400°F.) 25-30 minutes. Makes 14 rolls.
Waffles

2 cups WHEATSWORTH FLOUR  1 1/2 cups milk
4 teaspoons baking powder  2 eggs, separated
1/2 teaspoon salt  3 tablespoons melted butter
1/2 teaspoon sugar

Mix thoroughly flour, baking powder, salt and sugar. Add milk gradually, stirring to a smooth batter. Add beaten egg yolks, and butter. Beat egg whites until stiff but not dry. Fold into batter. Put one tablespoon of waffle mixture into each section, near center of hot waffle iron. Cover and bake until browned. Makes 5 four-section waffles.

Variations:

Butter well and serve with maple syrup or shaved maple sugar.

Make a spread of softened butter, cinnamon and sugar. Spread generously on waffles.

As a main dish for breakfast, luncheon or supper, serve with spicy applesauce, broiled sausage, and wedges of cheese, or a topping of creamed chicken or veal and sliced mushrooms.

A topping of fruits in season makes a dessert special.
WHEATSWORTH GRIDDLE CAKES

2 cups WHEATSWORTH FLOUR
4 teaspoons baking powder
1 teaspoon salt

1 teaspoon sugar
2 cups milk
1 egg, well beaten
2 tablespoons melted butter

Mix thoroughly flour, baking powder, salt and sugar, combine milk and egg and stir into dry ingredients, blending well. Add shortening. Drop from tip of spoon on hot, well greased griddle. Makes 12 griddle cakes.

APPLE WHEAT GRIDDLE CAKES

2 cups cubed bread
2 cups hot milk
2 eggs, separated
1 tablespoon sugar

2 teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening, melted
1 cup finely diced apples

**CHOCOLATE APPLESAUCE CAKE**

- ½ cup shortening
- 1 cup sugar
- 1½ cups mashed and sweetened applesauce
- 1½ teaspoons soda
- 1 cup sifted cake flour
- 1 cup WHEATSWORTH FLOUR
- ½ teaspoon cinnamon
- ½ teaspoon cloves
- ½ teaspoon nutmeg
- ½ teaspoon allspice
- 2 tablespoons cocoa
- ¼ teaspoon salt
- 1 cup chopped raisins
- ½ cup chopped nut meats

Cream the shortening and sugar together. Add the applesauce in which the soda has been dissolved. Combine the white and WHEATSWORTH FLOUR. Sift with spices, cocoa, salt, and beat until smooth. Fold in the raisins and nut meats. Bake in greased 8-inch square pan in a moderate oven at 350 degrees for 45 minutes. Serve plain or iced.

**WHEATSWORTH HERMITS**

- 1 cup dates
- 1 cup seeded raisins
- ½ cup nut meats
- 2 cups WHEATSWORTH FLOUR
- 2 teaspoons baking powder
- ½ cup brown sugar
- 1 egg, unbeaten
- ½ cup milk
- 1 teaspoon vanilla

Pit dates, with wet scissors cut dates and raisins in fine pieces. Chop nuts coarsely. Sift together flour, salt and baking powder and with finger tips mix with dates, raisins and nuts. Cream shortening, add sugar gradually and then egg, unbeaten. Mix well, add milk and flavoring and stir in the dry ingredients. Drop by teaspoonfuls on a well greased pan or baking sheet. Bake in a moderate oven (375°F.) 10-15 minutes. Makes about 36.
WHOLE WHEAT BREAD

Pour yeast into lukewarm water, add 1 teaspoon sugar and let stand 5 minutes. Then add scalded milk, salt and remaining sugar. Pour in enough whole wheat flour (3 to 4 cups) to make a batter and beat until bubbles rise. Add fat and then the white flour and enough of the remaining whole wheat flour to make a soft ball or until the dough clings to the bread bowl.

Turn onto floured board and let rest 8 minutes before kneading. Knead quickly and lightly into a medium firm elastic dough. This will be somewhat softer than white bread dough. Knead into a round ball and then turn the dough around the inside of a greased bowl, so the top will become coated with fat. Cover the dough well and keep in a uniformly warm place about 80 to 82 degrees. Let rise until it doubles in bulk, or will hold the print of the finger when lightly touched. Punch the dough in the center, fold crosswise to the center, and punch again. Turn it over in the bowl and let rise another 45 minutes. The bread is then ready for molding into loaves.

After placing on bread board, cut the dough in half with a large slicer and let rise until both pieces have expanded to equal size. Mold into loaf shape and bake in individual pans. Let loaves rise in greased bread tin until about double. Bake 50 to 60 minutes in a moderately hot oven (375° to 400°F.).

If your family enjoys rolls, take the portion for one loaf and make into rolls.

CHOCOLATE WHEAT WAFERS


Yield: 3½ dozen cookies.
Sift all purpose flour with salt, soda, baking powder and sugar. Add WHEATSWORD FLOUR and blend thoroughly. Cut in shortening. Combine slightly beaten egg yolk with buttermilk and add to dry ingredients, stirring only until flour is dampened. Coat blueberries with small amount of WHEATSWORD FLOUR and gently fold into batter with stiffly-beaten egg white. Pour into greased 9-inch square pan. Bake in hot oven (400°F.) about 35 minutes. Remove from pan and cut into squares. Makes 12 squares.
WHEATSWORTH DOUGHNUTS

2 tablespoons shortening
3/4 cup sugar
2 eggs, well beaten
3/4 cup milk
2 cups WHEATSWORTH FLOUR, sifted

1 1/2 cups all-purpose flour, sifted
2 teaspoons salt
3 teaspoons baking powder
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg

Cream shortening, add sugar continuing to cream. Add eggs and beat well. Add milk, then flours sifted with salt, baking powder and spices. Roll on lightly floured surface, 1/2" thick. Allow to stand for 10 minutes before cutting with doughnut cutter. Fry in deep hot fat (375° F.) until brown. Drain on absorbent paper. Makes 2 dozen good sized doughnuts.

WHEATSWORTH BREAD

1 yeast cake
3 tablespoons brown sugar
1 1/2 teaspoons salt

3 tablespoons butter, melted
2 cups milk, scalded and cooled
4 2/3 cups WHEATSWORTH FLOUR

Dissolve yeast and sugar in the lukewarm liquid. Add salt and shortening and the flour gradually, adding enough to make a dough that can be handled. Knead thoroughly, keeping the dough soft. Place in a greased bowl, cover and set in a warm place to rise for about 2 hours. When double in bulk, turn on floured board. Mold into loaves, place in well-greased pans, cover. Let rise for about one hour. Bake about one hour in moderate oven (375°F.).
Why Wheatsworth Flour is a favorite

- It is a real 100% Whole Wheat flour.
- It contains carbohydrates for energy — protein and minerals for healthy bone, muscle and nerve tissue — vitamin B to help stimulate the appetite and tone up the digestive system.
- It is clean, ground and fine sifted.
- It is easy to mix — it rises evenly and it bakes to a golden brown.
- It brings a tempting nut-brown crispness to muffins, biscuits and other baked dishes.
- It helps to bring good health to you and your family.
- It is a pleasure to bake with WHEATSWORTH because the results will more than please you.

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