Tasty, Tested Recipes
MADE WITH
WHEATSWORTH FLOUR
100% Whole Wheat
ABOUT WHEATSWORTH FLOUR...

Wheatsworth is the entire wheat pulverized by careful grinding into flour ready for use in baking. The process by which Wheatsworth is manufactured makes a flour so fine and even that it can be sifted just as white flour can be. The nutritive value of the whole wheat is retained in the milling, which means that Wheatsworth contains the vitamins, minerals and other nutrients of the original wheat—so often called the “miracle” grain by nutritionists and food authorities.

Because of the special milling process which makes Wheatsworth uniformly fine—breads, rolls, pastry, etc., baked with this quality whole wheat flour are always light and tender, having a rich wheat flavor and golden brown color. Wheatsworth is not a special occasion flour—the delicate wheat flavor makes it ideally suited for frequent and every-meal use. The recipes in this folder are but a few of the many menu-wise ways with Wheatsworth.

ABOUT WHEATSWORTH RECIPES...

The variety of delicious breads which can be made with Wheatsworth is infinite and we’ve included a wide selection of time-honored favorites in this folder—yeast breads and rolls, quick loaf bread, muffins, biscuits, waffles, griddle cakes and dumplings. You’ll find dessert recipes too—delicious cake, cup cakes and cookies—and the directions for baked pastry or tart shells and two-crust pies are also included in this leaflet.

We hope you’ll try all these Nabisco Test Kitchens recipes using Wheatsworth Flour. If you’ve favorite recipes of your own in which you’d like to use Wheatsworth, follow the directions on the back cover of this folder.
WHOLE WHEAT BREAD
(Blended Wheatsworth and all-purpose flours)

1 cake compressed yeast  3 3/4 cups sifted Wheatsworth Flour
1/4 cup lukewarm water
2 tablespoons sugar  2 tablespoons softened shortening
2 cups milk, scalded
1 tablespoon salt
2 1/4 cups sifted all-purpose flour

Crumble yeast into lukewarm water; add 1 teaspoon sugar. Stir well; let stand in warm place until foamy. Pour milk into mixing bowl; add remaining sugar and salt. Cool until lukewarm; add yeast. Add 3 cups WHEATSWORTH FLOUR; beat thoroughly. Add shortening; stir in enough all-purpose flour to make soft dough. Let dough stand 10 minutes. Turn out on floured board; knead 10 minutes working in remaining WHEATSWORTH FLOUR, until dough is soft but not sticky. Shape into ball; place in greased bowl. Brush with shortening; cover with towel; let rise until double in bulk, in warm place (80 - 85° F.) free from drafts. Shape dough into 2 loaves. Place in greased bread pans. Brush with shortening; cover. Let rise until double, as above. Bake in hot oven (400° F.) 10 minutes, then reduce to moderately hot (375° F.) and bake 40 minutes longer. Makes 2 loaves.

WHEATSWORTH FLOUR BISCUITS
(Golden-brown, tender biscuits)

2 cups sifted Wheatsworth Flour  1 teaspoon sugar
3 teaspoons baking powder  1/4 cup shortening
1/2 teaspoon salt  2/3 cup milk (about)

Sift together WHEATSWORTH FLOUR, baking powder, salt, and sugar. Cut in shortening with 2 knives or pastry blender until size of small peas. Add milk to make soft dough. Roll out 1/2" thick on slightly floured board; cut with floured biscuit cutter. Bake on ungreased baking sheet in very hot oven (450° F.) 15 to 20 minutes. Makes 12 to 14 medium biscuits.
WHOLE WHEAT ROLLS
(Tender and light)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cake compressed yeast</td>
<td>1 tablespoon salt</td>
</tr>
<tr>
<td>1 cup lukewarm water</td>
<td>1 cup milk, scalded</td>
</tr>
<tr>
<td>6 tablespoons melted shortening</td>
<td>6 cups sifted Wheatsworth Flour (about)</td>
</tr>
<tr>
<td>5 tablespoons sugar</td>
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Dissolve yeast in lukewarm water. Dissolve shortening, sugar and salt in scalded milk; cool to lukewarm. Mix together yeast and milk mixtures. Stir in half the WHEATSWORTH FLOUR; beat until smooth. Gradually add remaining WHEATSWORTH FLOUR, mixing well to form soft dough. Knead on lightly floured board until smooth and satiny. Shape dough into ball; place in greased bowl and brush top with additional melted shortening. Cover with towel; let rise until double in bulk in warm place (80 to 85°F.) free from drafts. Turn dough out on lightly floured board and shape into small balls about ½ inch in diameter. Place 2 or 3 balls in each well of greased muffin pans. Brush with shortening; cover. Let rise until double in bulk, as above. Bake in hot oven (400°F.) 15 to 20 minutes. Makes about 30 medium-size rolls. (If desired, brush tops of baked rolls with butter or margarine.)
100% WHEATSWORD BREAD
(Full-flavored whole wheat bread)

4 tablespoons brown sugar 1 cake compressed yeast
2 teaspoons salt 1 1/2 cups lukewarm water
4 tablespoons melted shortening 7 cups sifted Wheatsworth Flour (about)
1 1/2 cups milk, scalded

Stir sugar, salt and shortening into scalded milk until dissolved. Cool to lukewarm. Dissolve yeast in lukewarm water; add to cooled milk mixture. Stir in half the WHEATSWORD FLOUR, beat until smooth. Gradually add remaining WHEATSWORD FLOUR; mixing well to form a soft dough. Knead on lightly floured board until smooth and satiny. Shape dough into ball; place in greased bowl and brush top with additional melted shortening. Cover with towel; let rise until double in bulk, in a warm place (80 to 85°F.) free from drafts. Divide dough into 2 equal portions; shape into 2 loaves. Place in greased breadpans. Brush with shortening; cover. Let rise until double in bulk, as above. Bake in moderate oven (350°F.) about 1 hour. Makes 2 loaves.
(Note: Use a light touch in kneading.)

GOLDEN GRAIN GRIDDLE CAKES
(A cheerful beginner for the day)

2 cups sifted Wheatsworth Flour 1 egg, well beaten
3 teaspoons baking powder 1 1/2 cups milk
1 teaspoon salt 2 tablespoons melted shortening
2 tablespoons sugar

Sift together WHEATSWORD FLOUR, baking powder, salt and sugar. Beat egg well; add milk and stir into dry ingredients. Add cooled, melted shortening; mix well. Drop by spoonfuls on hot, well-greased griddle. Bake until browned on underside and bubbles appear on top of cake; turn and brown other side. Makes about 12 cakes.
WHEAT NUT BREAD
(A quick, good-keeping bread)

3 cups sifted Wheatsworth Flour
1/2 cup chopped nutmeats
2 teaspoons baking powder
1 egg, beaten
1/4 teaspoon baking soda
1-1/3 cups buttermilk
1 1/2 teaspoons salt
2 tablespoons melted shortening
1/3 cup sugar
1/4 cup molasses

Sift together WHEATSWORTH FLOUR, baking powder, baking soda, salt and sugar; add nutmeats. Combine beaten egg, buttermilk, shortening and molasses; add to dry ingredients, mixing only enough to moisten. Pour into greased loaf pan. Bake in moderately hot oven (375° F.) about 45 minutes. Makes 1 loaf.
WHEATSWORTH MUFFINS
(With popular variations)

1/4 cup shortening  2 1/2 cups sifted Wheatsworth Flour
1/4 cup sugar  3/4 teaspoon salt
2 eggs  3/4 teaspoon baking powder
3 teaspoons baking powder  1 1/2 cups milk

Cream together shortening and sugar; add eggs and beat well. Sift together baking powder, WHEATSWORTH Flour and salt; add alternately with the milk to creamed mixture, stirring only enough to dampen flour. Fill well-greased muffin pans 2/3 full. Bake in hot oven (425° F.) 20 to 25 minutes. Makes about 14 medium-size muffins.

VARIATIONS

NUT MUFFINS—Add 1/2 cup chopped nutmeats to flour mixture. Top each muffin with chopped nuts before baking.

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

TENDER BROWN WAFFLES
(Good for breakfast, lunch or supper)

2 cups sifted Wheatsworth Flour  2 eggs, separated
3 teaspoons baking powder  1 1/2 cups milk
2 teaspoons sugar  3 tablespoons melted
3/4 teaspoon salt  shortening


Litho in U.S.A.
WHEATSWORTH ORANGE CAKE
(Favorite flavors blended together)

1/2 cup shortening
1 cup sugar
1 teaspoon grated orange rind
2 eggs, separated
1 cup sifted Wheatsworth Flour

1 cup sifted all-purpose flour
2 teaspoons baking powder
3/4 teaspoon salt
1 cup milk
1/2 cup chopped nuts
1/2 cup raisins (if desired)

Cream together shortening, sugar and orange rind until thoroughly blended. Beat egg yolks; add to creamed mixture. Sift together WHEATSWORTH and all-purpose flours, baking powder and salt; stir into creamed mixture alternately with milk. Add nuts and raisins. Beat egg whites stiff; fold in. Pour into well-greased 9” square pan; bake in moderately hot oven (375° F.) 40 minutes. Cool; remove from pan. Cover with boiled frosting.
**WHEATSWORTH PASTRY SHELLS**

*(Delicate flavor with any filling)*

| 1 cup sifted Wheatsworth Flour | ½ teaspoon salt |
| ¼ cup sifted all-purpose flour   | 6 tablespoons shortening |
| 2½ tablespoons cold water       | 2½ tablespoons cold water |

Mix wheatsworth flour and all-purpose flour and salt. Divide shortening in ½; cut in first half until mixture is fine as meal. Cut in remaining shortening until particles are size of peas. Add water, a tablespoon at a time, mixing with fork to make dough. (Use a “light hand” in mixing and do not over-mix!) Roll out dough to ⅛ inch thickness on lightly flour ed board. Fit dough into pie plate or tart pans; trim to make an even edge. Press edge with tines of fork or pinch to make fluted rim. Prick pastry with fork before baking. Bake in very hot oven (450°F.) about 15 minutes. Makes one 8 or 9-inch pastry shell or 6 medium tart shells.

**WHEATSWORTH TWO-CRUST PIE**

*(Particularly delicious with fruit)*

Double above recipe ingredients and mix according to directions to make dough. Then, divide dough in ½. Roll out first half to ⅛ inch thickness on lightly floured board; fit into 8 or 9-inch pie plate or pan. Fill with fruit pie filling mixture. Roll out remaining dough; place on top filling. Trim pastry edges to within ½ inch of edge of pan. Fold under; press with tines of fork or make fluted rim. Cut several gashes in center of top crust to allow steam to escape in baking. Bake in hot oven (425°F.) about 50 minutes or until filling is baked.
WHEATSWORTH HERMITS
(Delicious fruit and nut cookies)

1 cup dates
1 cup seeded raisins
1/2 cup nutmeats
2 cups sifted Wheatsworth Flour
2 teaspoons baking powder
1/4 teaspoon salt
6 tablespoons shortening
2/3 cup brown sugar
1 egg, unbeaten
1/2 cup milk
1 teaspoon vanilla

Pit dates; cut dates and raisins in fine pieces. Chop nuts coarsely. Sift together WHEATSWORTH FLOUR, baking powder and salt; mix with fruit and nuts. Cream together shortening and sugar; add unbeaten egg and mix well. Stir in milk and vanilla; add dry ingredients and mix well. Drop by teaspoonfuls on well-greased cookie sheet. Bake in a moderately hot oven (375° F.) 10 to 15 minutes. Makes about 36 cookies.
SPICY CUPCAKES
(Wonderful apple-spice flavor)

1/2 cup shortening
2/3 cup brown sugar, firmly packed
1/2 cup molasses
2 eggs, unbeaten
2 cups sifted Wheatsworth Flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1/4 teaspoon nutmeg
1/2 teaspoon cinnamon
1 cup grated unpeeled apple
2/3 cup chopped nuts

Cream shortening and sugar thoroughly. Stir in the molasses. Add eggs, separately, beating well after each addition. Sift together WHEATSWORTH FLOUR, baking powder, soda, salt and spices 3 times. Add flour to egg mixture alternately with apple, beating only until smooth after each addition. Add nuts. Fill greased muffin pans 2/3 full. Bake in moderately hot oven (375° F.) 20 minutes. Top with frosting. Makes 18 medium-sized cupcakes.
WHEATSWORTHY RECIPE TIPS

To Substitute WHEATSWORTH for all-purpose flour in the favorite recipes for bread, rolls, biscuit, coffee cake, etc., you now have, a good general rule is to use \( \frac{1}{2} \) WHEATSWORTH and \( \frac{1}{2} \) all-purpose flour in place of the amount of all-purpose flour specified in the recipe.

To Measure WHEATSWORTH, first sift, then measure by spooning lightly into measuring cup and leveling off top with knife blade. WHEATSWORTH is so finely ground that it may be sifted as for white flour.

NUTRITIONAL VALUES IN WHEATSWORTH

WHEATSWORTH FLOUR contains the entire whole wheat kernel (the three parts of the wheat grain—the bran, germ and endosperm) in finely milled form ready to use in baking.

<table>
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<th>COMPOSITION OF WHEATSWORTH</th>
<th>NUTRITIVE CONTENT OF WHEATSWORTH</th>
<th>Per Oz.</th>
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<tr>
<td>Moisture</td>
<td>Calories</td>
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<tr>
<td>Mineral Matter</td>
<td>Vitamin B(_1) (I.U.)</td>
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<tr>
<td>Protein</td>
<td>Niacin (milligrams)</td>
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<td>Fat</td>
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<tr>
<td>Carbohydrate</td>
<td>Phosphorous (mg.)</td>
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NOTE: One ounce of Wheatsworth flour, sifted once, measures approximately \( \frac{1}{4} \) cup.

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NATIONAL BISCUIT COMPANY