Here's to your HEALTH!
...and a score of good things to eat.
Now you can treat your family to all the health-building mineral salts and vitamins in 100% whole wheat—including Nature's own regulator, bran. You can bake pies, cakes, cookies, muffins—do ALL your baking—with genuine 100% whole wheat flour.

All the wheat... Whole Wheat—clean, ground, finesifted—that's what you get in Wheatsworth Flour. Here's flour that gives your baking new interest, new flavor, a tempting, nut-brown color. Here's flour so rich and good in itself you can cut down on shortening. And here's flour that brings to you and your family all the health-giving properties Nature stores in the whole grain of wheat.

Try Wheatsworth Flour in any of these tempting recipes. You'll find it's easy to mix, it rises evenly, it bakes to a golden brown. And you can use it in any of your own favorite recipes by simply adding a little LESS shortening, a little MORE liquid.

COME TO SEE US! Stop at the Wheatsworth Mill any time you drive near Hamburg, N. J. See our historic old water-power mill. Visit our quaintly enchanting Gingerbread Castle. You are welcome at Wheatsworth!
and How to Bake It!

The making of truly delicious Wheatsworth Whole Wheat Bread is a very simple matter. Just use any good tested bread recipe and use Wheatsworth Flour in place of white, then increase the amount of liquid so that you obtain a dough as soft as can be handled. There is one other point to keep in mind. Fill the measuring cup by putting the flour in lightly with a spoon. Do not sift it. These recommendations about liquid and measuring hold good for any recipe using Wheatsworth Whole Wheat Flour. Try these tested recipes.

Wheatsworth Bread

$$\begin{align*}
\frac{1}{4} \text{ cup sugar or} & \quad 2 \text{ cups scalded milk} \\
\frac{3}{4} \text{ cup molasses} & \quad 1 \text{ yeast cake} \\
2 \text{ tsps. salt} & \quad \frac{1}{4} \text{ cup lukewarm water} \\
2 \text{ tsps. shortening} & \quad 4 \frac{3}{4} \text{ cups Wheatsworth Flour}
\end{align*}$$

Add sweetening and salt and shortening to scalded milk and cool. Dissolve yeast in lukewarm water. Add dissolved yeast and flour to liquid mixture, beat well, cover, place in a moderately warm place and let rise to double its bulk. Beat again and turn into greased bread pans, having pans half full. Cover and let rise to nearly double its bulk. Bake in a moderate oven (375°F.) 50-60 minutes.

Wheatsworth Nut Bread

$$\begin{align*}
5 \text{ cups Wheatsworth Flour} & \quad 1 \text{ cup walnuts, chopped} \\
1 \text{ cup sugar} & \quad 1 \text{ egg} \\
2 \text{ tsps. salt} & \quad 2 \text{ cups milk} \\
4 \text{ tsps. baking powder}
\end{align*}$$

Mix the dry ingredients, add the nuts, beat the egg, add the milk to it, and add to the dry ingredients. Pour into well greased bread-pans. Let rise 20 minutes and bake in a moderate oven (375°F.) 50 minutes to one hour.
**GOOD THINGS TO EAT**

<table>
<thead>
<tr>
<th><strong>Wheatsworth Peanut Butter Bread</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups Wheatsworth Flour</td>
</tr>
<tr>
<td>4 tsps. baking powder</td>
</tr>
<tr>
<td>1 1/2 tsps. salt</td>
</tr>
<tr>
<td>1/4 cup sugar</td>
</tr>
<tr>
<td>1/4 cup peanut butter</td>
</tr>
<tr>
<td>1 cup milk</td>
</tr>
<tr>
<td>Sift together the dry ingredients. Add the peanut butter, working in with tips of fingers or knife. Add the milk and turn into a small greased bread-pan. Allow to rise 20 minutes. Bake in a moderate oven (375°F.) about 50 minutes.</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Hermits</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup dates</td>
</tr>
<tr>
<td>1 cup seeded raisins</td>
</tr>
<tr>
<td>1/2 cup nuts</td>
</tr>
<tr>
<td>2 cups Wheatsworth Flour</td>
</tr>
<tr>
<td>1/2 tsp. salt</td>
</tr>
<tr>
<td>2 tsp. baking powder</td>
</tr>
<tr>
<td>6 tbsp. shortening</td>
</tr>
<tr>
<td>3/4 cup brown sugar</td>
</tr>
<tr>
<td>1 egg</td>
</tr>
<tr>
<td>1/4 cup milk</td>
</tr>
<tr>
<td>1/4 tsp. vanilla</td>
</tr>
<tr>
<td>Pit the dates; with wet scissors cut the dates and raisins fine. Chop the nuts coarsely. Mix flour, salt and baking powder with the dates and raisins and nuts and mix with the finger tips. Cream shortening, 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 (375°F.) about 10 minutes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Wheatsworth Brown Bread</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups Wheatsworth Flour</td>
</tr>
<tr>
<td>1 cup cornmeal</td>
</tr>
<tr>
<td>1/2 tsp. soda</td>
</tr>
<tr>
<td>2 tsps. salt</td>
</tr>
<tr>
<td>1 tbsp. sugar</td>
</tr>
<tr>
<td>1 cup sour milk</td>
</tr>
<tr>
<td>1/4 cup molasses</td>
</tr>
<tr>
<td>Mix the Wheatsworth Flour, cornmeal, soda, salt and sugar, add sour milk and molasses and mix well. Turn into well greased mold—filling no more than two-thirds full. Cover tightly and steam 2 hours.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Wheatsworth Corn Sticks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup cornmeal</td>
</tr>
<tr>
<td>1/4 cup Wheatsworth Flour</td>
</tr>
<tr>
<td>1 tsp. baking powder</td>
</tr>
<tr>
<td>1/2 tsp. salt</td>
</tr>
<tr>
<td>1/2 tsp. sugar</td>
</tr>
<tr>
<td>1 egg</td>
</tr>
<tr>
<td>1/4 cup melted butter</td>
</tr>
<tr>
<td>1 cup milk</td>
</tr>
<tr>
<td>Mix dry ingredients, add lightly beaten egg, butter and milk. Mix well and shape in sticks. Bake on a greased baking sheet 10-15 minutes, in a hot oven (450°F.).</td>
</tr>
</tbody>
</table>
Wheatsworth Honey Buns

2 3/4 cups Wheatsworth Flour
4 tsps. baking powder
1 tsp. salt
2 tbsps. shortening
3/4 cup milk
3/4 cup butter
3/4 cup sugar
2 tsps. cinnamon
3/2 cup raisins

Mix Wheatsworth Flour, baking powder and salt. Add shortening, rubbing it in lightly. Add milk and mix. Roll out—about 1/4 inch in thickness—on floured board. Spread with 2 tbsps. softened butter, sprinkle with one half the sugar, the cinnamon and raisins. Roll up tightly and cut into slices, one and one half inches thick. Put remaining softened butter in pan, sprinkle this with remaining sugar and arrange buns close together on top of butter and sugar. Bake in a moderate oven (375°F.) for 25-30 minutes. 12 buns.

Wheatsworth Muffins

3 cups Wheatsworth Flour
1 1/4 tsps. salt
5 tsps. baking powder
2 tbsps. sugar
2 eggs
2 tbsps. shortening
2 1/2 cups milk

Mix the flour, salt, baking powder and sugar; add beaten eggs, melted shortening and milk. Mix well and put by spoonfuls into well greased muffin pans in a hot oven (425°F.) for 20 minutes.

Wheatsworth Biscuits

2 cups Wheatsworth Flour
4 tsps. baking powder
3/2 tsp. salt
1 1/2 tbsps. shortening
3/4 cup milk

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 (425°F.) 15 minutes.
HEALTH-GIVING PROPERTIES

Wheatsworth Gingerbread

Wheatsworth Griddle Cakes
2 1/4 cups Wheatsworth Flour
4 tsps. baking powder
1 tsp. salt
2 cups milk
1 egg
Mix the flour, baking powder and salt. Stir in the milk and add the well-beaten egg; mix thoroughly. Bake on a hot griddle.

Wheatsworth Swedish Tea Ring
2 1/4 cups Wheatsworth Flour
4 tsps. baking powder
1 tsp. salt
2 tbsps. shortening
1/2 cup milk
1/2 cup butter
1/2 cup sugar
2 tbsps. cinnamon
1/2 cup raisins
Mix Wheatsworth Flour, baking powder and salt; add shortening, rubbing it in lightly. Add milk and mix. Roll out—about 1/4 inch in thickness—on floured board. Spread with 2 tbsps. softened butter, sprinkle with one-half the sugar, the cinnamon and raisins. Roll up tightly. Join ends to form a ring. Place on a buttered baking sheet. Cut with scissors in slices, part way through the roll. Spread slices in fan shape style. Brush with melted butter and bake in a hot oven (425°F.) 20-25 minutes.

Wheatsworth Gingerbread
4 tbsps. water
1/4 cup molasses
1 egg
1 cup Wheatsworth Flour
1/2 tsp. salt
1 tsp. ginger and cinnamon
2 tps. baking soda
2 tps. hot water
1 tbsp. butter
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. May be spread with slightly salted cream cheese, thinned with a little cream.

Wheatsworth Waffles
2 cups Wheatsworth Flour
4 tbsps. baking powder
1/2 tsp. salt
1 1/2 cups milk
2 eggs
3 tbsps. melted butter
Mix flour, baking powder and salt. Mix with milk to a smooth batter. Stir in beaten eggs and butter. Bake on a hot waffle iron.
Wheatsworth Crullers

\[
\begin{align*}
\text{\(\frac{3}{4}\) cup sugar} \\
4 \text{ tbsp. shortening} \\
3 \text{ eggs} \\
2 \text{ cups milk} \\
7 \text{ cups Wheatsworth Flour} \\
5 \text{ tsp. baking powder}
\end{align*}
\]

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 \(\frac{1}{4}\) inch thick; cut and fry in deep fat. Cool, dust with powdered sugar and serve.

Wheatsworth Prune, Date or Raisin Bread

\[
\begin{align*}
3 \text{ cups Wheatsworth Flour} \\
4 \text{ tbsp. baking powder} \\
1 \text{ cup cut dates, prunes, or raisins} \\
2 \text{ tbsp. salt} \\
13/4 \text{ cups milk} \\
\frac{1}{2} \text{ cup molasses}
\end{align*}
\]

Mix and sift the dry ingredients; add the fruit and mixed molasses and milk. Pour into one good-sized greased pan and let rise 20 minutes. Bake in a moderate oven (375°F.) for 40 to 50 minutes.

Wheatsworth Good Health Cookies

\[
\begin{align*}
1 \text{ cup sugar} \\
2 \text{ tbsp. shortening} \\
3 \text{ eggs} \\
\text{Pinch of salt} \\
1 \text{ cup milk} \\
13/4 \text{ tsp. baking soda} \\
(\text{dissolved in milk}) \\
3 \text{ cups Wheatsworth Flour} \\
\text{\(\frac{3}{4}\) cup raisins} \\
\text{\(\frac{3}{4}\) cup ground nuts meats} \\
\text{Flavor with cinnamon or vanilla}
\end{align*}
\]

Cream sugar and shortening. Add eggs one at a time and continue creaming—add pinch of salt. Then add milk mixed with soda. Stir well and add flour, raisins, nuts and flavoring. Mix thoroughly and drop by tablespoonfuls on greased pan. Bake in a moderate oven (350°F.) 15 minutes.

Chocolate Coconuts Cup Cakes

\[
\begin{align*}
2 \text{ tbsp. butter} \\
\frac{3}{4} \text{ cup sugar} \\
2 \text{ egg yolks} \\
3 \text{ tbsp. cocoa} \\
\frac{3}{4} \text{ cup Wheatsworth Flour} \\
\frac{3}{4} \text{ tsp. baking powder} \\
\frac{1}{3} \text{ cup coconuts} \\
1 \text{ tsp. vanilla} \\
2 \text{ egg whites}
\end{align*}
\]

Cream butter and sugar, beat in egg yolks and cocoa; mix in flour, baking powder and coconuts. Add vanilla and fold in stiffly beaten egg whites. Put in well greased muffin pans. Sprinkle tops of cakes with granulated sugar. Bake in a moderate oven (375°F.) 15-20 minutes.

Wheatsworth Splice Cake

\[
\begin{align*}
\frac{3}{4} \text{ cup butter} \\
\frac{3}{4} \text{ cup sugar} \\
2 \text{ eggs, well beaten} \\
1\frac{1}{2} \text{ cups Wheatsworth Flour} \\
4 \text{ tbsp. baking powder} \\
2 \text{ tbsp. cocoa} \\
\frac{3}{4} \text{ tsp. cinnamon} \\
\frac{1}{2} \text{ tsp. cloves} \\
\frac{1}{3} \text{ tsp. nutmeg} \\
\frac{3}{4} \text{ cup milk} \\
\frac{1}{2} \text{ tsp. vanilla}
\end{align*}
\]

Cream the butter; add gradually the sugar, then the eggs; mix flour and baking powder together with cocoa and spices; add alternately with the milk, a little at a time. Add vanilla. Bake in shallow greased pan in a moderate oven (375°F.) about 30 minutes. Frost as desired.

Wheatsworth Pie Crust

\[
\begin{align*}
1 \text{ cup Wheatsworth Flour} \\
\frac{1}{2} \text{ cup shortening} \\
4 \text{ tbsp. water}
\end{align*}
\]

Rub flour and shortening together with hands until mealy. Mix in water a little at a time. Handle as little as possible. Roll out thin on a floured board. Makes a two crust, 8 inch pie.

Like all pastry this pie crust is improved by chilling for several hours before filling. To seal in filling, brush edge of lower crust with beaten egg before putting on top crust. To give a glaze to top crust, brush with beaten egg before baking.
YOU GET 100% WHOLE WHEAT IN WHEATSWORD PRODUCTS

WHEATSWORD CRACKERS—Crisp, tempting, nut-brown, made of flour ground from ALL the wheat. Sweetened only with pure brown sugar, abounding in mineral salts.

WHEATSWORD CEREAL—Children and grown-ups like the natural wheat flavor of this nut-brown, fine textured cereal. And you'll rejoice in the vigor and strength that come from eating Nature's own food.

WHEATSWORD SELF-RISING FLOUR—Now try QUICK pancakes, muffins, waffles, made with this prepared flour, with all the natural richness and flavor of 100% whole wheat.

WHEATSWORD 100% WHOLE WHEAT FLOUR—Here's the flour for all your baking. Give all your cakes, pies, muffins, biscuits, the unmatched flavor, health-building vigor, of 100% whole wheat.

NATIONAL BISCUIT COMPANY
"Uneeda Bakers"

YES, IT'S A REAL CASTLE—
—the Wheatsworth Castle at Hamburg, N. J. Bring the children.

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