THE RUMFORD COMPANY
DEPARTMENT OF HOME ECONOMICS

Little Book of Rumford Breads

ISSUED BY
THE RUMFORD COMPANY
PROVIDENCE, R. I.
The Value of the Phosphates in Food

The leavening used in home baking has the power of making the food either nutritious and wholesome; or, what might be termed a food failure.

Nature’s laws of supply and demand require the constant presence of the nutritious phosphates as well as calcium (food lime) in the human system. As these phosphates are consumed with every effort, so are they absolutely necessary to the health.

They are contained in every tissue, nerve and muscle of the body. Physiologists teach us that with an abundant supply in the system, good health is the rule, and without that supply, disease is inevitable.

As is well known, in the process of milling fine wheat flour, a material portion of the nutritious and health-giving phosphates is eliminated, thus depriving the flour of much of its food value.

Many years ago the eminent Chemist, Prof. Horsford, then the Rumford Professor of Chemistry at Harvard University, Cambridge, and a recognized authority on wheat and its conversion into bread, discovered after long scientific research, a method by which the equivalent of these necessary phosphates which the miller had removed could be restored to the flour and food through the medium of Rumford Baking Powder, a discovery which physiologists considered as one of the most useful gifts which science had made to mankind.

The use of Rumford Baking Powder, which is the only baking powder in which Prof. Horsford’s phosphate is used, not only makes the baking more wholesome and nutritious than when raised with cream of tartar or the ordinary baking powders, but it excels in efficiency and economy, producing cake, hot breads, etc., of that even texture and appetizing appearance sought for by all good cooks.

The use of Rumford Baking Powder stands for wholesome food at a reasonable cost.
Foundation Recipe for Bread

3 level cups sifted flour  1½ level tablespoons sugar
1 level teaspoon salt  1½ cups milk, or milk and water
6 level teaspoons Rumford Baking Powder  1 egg, with wheat-substitute flours
1/2 to 2 tablespoons liquid fat.

METHOD: Mix and sift the dry ingredients. Add the liquid, beaten egg, and fat. Cut and fold in with knife. Place in a well-greased pan, oil the top of the loaf, and let stand undisturbed for twenty minutes. Bake in a moderate oven forty to forty-five minutes.

Explanation: As wheat flour is the standard flour, and because most cooks are familiar with its use, this Foundation Recipe calls for wheat flour, not that wheat flour must necessarily be used, but that we may have a foundation on which to build all Baking Powder Bread Recipes.

In this recipe, flour, baking powder, salt and liquid are the essential ingredients. Two level teaspoons of baking powder will leaven (or lighten) one cup of flour. One-half cup of liquid is needed to moisten each cup of flour. One-third teaspoon of salt seasons each cup of flour. Graham and whole wheat flours require a little more liquid than white flour. Sugar and fat are added to improve the flavor and appearance of the bread; the amounts used may vary to suit the taste. Three cups of flour make a medium-sized loaf, weighing about one-and-one-half pounds when baked.

The Use of Wheat Substitute Flours

Using this recipe as a foundation, bread may be made with any of the substitute flours. The texture, flavor and appearance of the loaf naturally vary with the different flours used. A mixture of two or more flours produces a rather better bread than any one flour used alone.

Equal measures of non-glutinous flours differ in weight and thickening power. The following table gives the amounts of the various flours which should be used to replace each cup of wheat flour called for in the Foundation Recipe, or in any other recipe where wheat flour formerly was used.

In place of 1 cup wheat flour use

<table>
<thead>
<tr>
<th>Barley</th>
<th>1⅜ cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buckwheat</td>
<td>7/8 cup</td>
</tr>
<tr>
<td>Corn flour</td>
<td>1 cup (scant)</td>
</tr>
<tr>
<td>Corn meal (fine)</td>
<td>1 cup</td>
</tr>
<tr>
<td>Corn meal (coarse)</td>
<td>7/8 cup</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Potato flour</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Rice flour</td>
<td>7/6 cup</td>
</tr>
<tr>
<td>Rolled oats</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Rolled oats (ground in meat chopper)</td>
<td>7/8 cups</td>
</tr>
<tr>
<td>Soy-bean flour</td>
<td>7/6 cup</td>
</tr>
</tbody>
</table>
Graham or Whole Wheat Bread

Follow Foundation Recipe for Bread using part Graham or Whole Wheat Flour, and part white flour in any desired proportion. Half and half makes delicious bread. More sugar may be added if desired.

Rye Bread

Follow Foundation Recipe for Bread using half Rye and half white flour. If desired, add one level teaspoon caraway seeds. Bake nearly an hour in very moderate oven.

Fruit or Nut Breads

Many delicious breads may be made by adding fruit, nuts, etc., to the foundation mixture. These should be well mixed with the dry ingredients before the liquid is added. A few suggestions follow:

- 1 level cup nut meats, chopped.
- 1/2 level cup nut meats, chopped, and 1/2 level cup raisins.
- 3/4 level cup raisins or currants.
- 3/4 level cup raisins, 1/4 level cup candied orange peel, and 1/4 level teaspoon nutmeg.
- 1 level cup dates, stoned and cut.
- 1 level cup prunes, stoned and cut.

Rumford Nut Bread

3 level cups pastry flour 1 level teaspoon salt
1/2 to 1 level cup sugar 1 level cup chopped nut meats
6 level teaspoons Rumford 1 egg, beaten light
Baking Powder 1 cup sweet milk.

Pass the dry ingredients through a sieve together, twice; add the nuts, then the beaten egg mixed with the milk, and mix to a dough; turn into a well-greased, brick-loaf bread pan, let stand fifteen minutes, then bake about forty-five minutes. For a change, use one-third Graham flour.

Steamed Graham Bread

3 level cups Graham Flour 1/2 level cup sugar
1 level teaspoon salt 1/2 level cup seedless raisins
1 level teaspoon soda 1 1/2 cups sour milk or buttermilk
2 level teaspoons Rumford 3/4 cup molasses.
Baking Powder

METHOD: Mix other dry ingredients and raisins very thoroughly through the Graham flour. Add milk and molasses. Mix well. Pour into well-greased moulds, and steam two hours. If desired, bake for ten or fifteen minutes after completing the steaming.
Boston Brown Bread

1 level cup sifted corn meal
1 level cup ground rolled oats
1 level cup sifted flour
2 level teaspoons Rumford Baking Powder

METHOD: Mix the dry ingredients and sift twice. Add the sour milk and molasses; mix thoroughly. Turn into three well-greased Rumford cans (pound size), cover and set in steamer. Start the cooking with cold water, bring quickly to the boiling point, and steam three hours. If necessary, replenish with boiling water. After steaming bake ten or fifteen minutes in a moderate oven.

Southern Corn Bread

1⅛ level cups sifted corn meal
1 level teaspoon Rumford Baking Powder
½ level teaspoon soda
1 cup buttermilk
1 egg
2 tablespoons liquid fat.

METHOD: Mix and sift the dry ingredients; add the buttermilk, beaten egg, and fat. Stir until smooth. Pour into a hot greased pan and bake in a moderate oven thirty to thirty-five minutes.

Spoon Bread

1 level cup sifted white corn meal
1 cup boiling water
½ level teaspoon salt
1 level cup cooked rice
2 eggs
2 level teaspoons Rumford Baking Powder
1 ½ cups milk.

METHOD: Scald the corn meal with the boiling water; add the salt, rice, eggs well-beaten, baking powder, and milk. Bake in an earthen dish until firm. Serve with spoon from baking dish as bread for any meal.

Way Down South Corn Bread

4 cups milk
1 level cup sifted corn meal
½ level teaspoon salt
2 tablespoons fat
1 egg
2 level teaspoons Rumford Baking Powder.

METHOD: Scald three cups of milk; stir corn meal and salt with the other cup of milk, then gradually stir into the hot milk and continue stirring over the fire until the mixture thickens. Add the fat. Cool slightly; add the well-beaten egg, sift over the baking powder, and beat thoroughly. Turn into a well-greased baking dish and bake in a fairly hot oven about twenty-five minutes. Serve with spoon from baking dish as bread for any meal. It may be served also as dessert with grated maple sugar, or with sugar and cream. Delicious.
Foundation Recipe for Coffee Cake

3 level cups sifted flour
4½ level teaspoons Rumford Baking Powder
1 level teaspoon salt
½ level cup sugar or syrup
1 level teaspoon mace or cinnamon
1 level cup seedless raisins
1½ cups milk or milk and water
1 egg
3 tablespoons liquid fat.

METHOD: Mix and sift the dry ingredients; add the raisins, milk, egg, and fat. Mix thoroughly. Place in shallow pans, sprinkle with sugar and cinnamon; let stand for five minutes. Bake in a moderate oven twenty minutes.

Coffee Cake (without eggs)

3 level tablespoons solid fat
⅔ level cup sugar
2 level cups sifted flour
1 level teaspoon salt
½ level cup milk
3 level teaspoons Rumford Baking Powder
1 level teaspoon salt
1 cup milk
1 teaspoon lemon extract.

METHOD: Cream together the fat and sugar; add one cup of flour with which the salt and baking powder have been sifted, then one-half cup milk. Mix well. Add the rest of the flour, and the other half cup milk, and lemon extract. Mix well. Spread in well-greased pans, cover with "Topping," and bake about twenty minutes in moderate oven.

Topping

¼ level cup sugar, brown or white
¼ level cup flour
1 level teaspoon salt
1 level teaspoon cinnamon
1 tablespoon melted butter.

METHOD: Mix together all dry ingredients. Add melted butter and mix again. Spread evenly over the top of coffee cake before placing cake in the oven. Gently press it into the batter with the back of the spoon.

Dutch Apple Cake

2 level cups sifted flour
3 level teaspoons Rumford Baking Powder
½ level teaspoon salt
¼ level cup sugar
1 egg
2/3 cup milk
3 tablespoons liquid fat
3 or 4 tart apples.

METHOD: Mix and sift dry ingredients. Beat egg, add milk and fat, and add liquid to dry ingredients. Spread batter in flat, well-greased pan. Pare and core apples and cut into eighths. Press pieces into batter, pointed side down. Sprinkle with sugar, and with cinnamon if desired, and dot top with bits of butter. Bake in a moderate oven about twenty minutes, or until apples are done.
Foundation Recipe for Biscuit

2 level cups sifted flour  
4 level teaspoons Rumford Baking Powder  
1 level teaspoon salt  
2 level tablespoons solid fat  
$\frac{7}{8}$ cup milk or water.

METHOD: Sift dry ingredients twice. Work in the fat with two knives, or the tips of the fingers. Add enough liquid to make a soft dough. Toss dough on floured board, knead slightly, and pat or roll to one-half inch thickness. Cut with biscuit cutter, and place on baking sheet. Place biscuits so they do not touch one another. Brush over the top of biscuits with oil or milk. Bake in a hot oven twelve to fifteen minutes.

Sultana Biscuit may be made by adding one-half level cup of Sultana raisins to Biscuit Recipe.

Nut Biscuit may be made by adding one-half level cup chopped nut meats to Biscuit Recipe.

Cheese Biscuit may be made by adding one-half level cup grated cheese to Biscuit Recipe.

Rumford Rolls

Follow directions for Baking Powder Biscuit. After mixing, roll to about one-half inch in thickness, brush with melted butter, and cut with large biscuit cutter. Crease each roll in the middle with back of knife, and fold over. Place rolls on well-greased pan, brush tops with melted butter, and place in ice box for two hours or more. Have oven hot when rolls are taken from ice box, place at once in heated oven, and bake until brown. Should take about fifteen minutes. These rolls are very similar to those made with yeast.

Honey Drip Rolls

$\frac{1}{2}$ level cup sugar  
$\frac{1}{4}$ cup honey or corn syrup  
2 level tablespoons butter  
$\frac{1}{4}$ cup water.

METHOD: Put all ingredients in small saucepan, and boil gently for about five minutes. Pour into the pan in which rolls are to be baked. Let cool slightly before placing rolls in the syrup. This may be used with any kind of roll or biscuit, but is especially good with Maple-Nut rolls. Place rolls not too close together, and bake in moderate oven, as syrup would scorch in hot oven. When rolls are done, turn out on large plate, and the syrup will cover them and will have baked in between them.
Maple-Nut Rolls

Follow directions for Baking Powder Biscuit. After mixing, roll to about one-half inch in thickness, brush with melted butter, and sprinkle with grated maple sugar or with light brown sugar, and with chopped nuts. Press this filling into the dough, then roll very carefully into a long roll. Press edges firmly. With large, sharp knife cut through the roll into pieces about three-fourths of an inch in thickness. Place these pieces, flat side down, on well-greased pan, and bake in fairly hot oven about fifteen minutes.

Cinnamon Rolls

Follow directions for Maple-Nut Rolls, but sprinkle with sugar and cinnamon and with dried currants instead of with maple sugar and nuts.

English Scones

<table>
<thead>
<tr>
<th>4 level cups sifted flour</th>
<th>1 level cup sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 level teaspoons Rumford</td>
<td>1 level cup dried currants</td>
</tr>
<tr>
<td>Baking Powder</td>
<td>1 egg</td>
</tr>
<tr>
<td>1 level teaspoon salt</td>
<td>1 cup milk</td>
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</tbody>
</table>

\[\frac{1}{4}\text{ cup liquid fat.}\]

METHOD: Mix and sift dry ingredients, add well-washed currants, and mix well. Beat the egg, add milk and fat and beat again. Pour this into the dry ingredients, using just enough to make a stiff dough—probably all will be needed. Mix, and turn onto floured board. Divide into four parts, and form each part into a round ball. Place on well-greased pan, and with a large knife cut each ball nearly through in both directions, flattening it as you cut. Brush tops with melted butter or with sweetened milk, and bake in moderate oven about twenty minutes. These are supposed to be kept twenty-four hours before serving. Break each scone into four parts.

Cream Scones

<table>
<thead>
<tr>
<th>2 level cups sifted flour</th>
<th>2 level teaspoons sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 level teaspoons Rumford</td>
<td>[\frac{1}{4}\text{ cup solid fat}]</td>
</tr>
<tr>
<td>Baking Powder</td>
<td>2 eggs</td>
</tr>
<tr>
<td>1 level teaspoon salt</td>
<td>[\frac{1}{6}\text{ cup cream.}]</td>
</tr>
</tbody>
</table>

METHOD: Mix and sift dry ingredients. Work in the shortening. Beat the eggs and add the cream to them. Add the liquid to the dry ingredients. Turn onto lightly floured board, roll or pat to one-half inch in thickness. Cut in squares, brush with cream or white of egg. Place well apart on baking-sheet, and bake until brown in hot oven.
Scotch Shortbread

1 level cup butter 7 level tablespoons sugar 3 1/2 level cups sifted flour.

METHOD: Cream butter, add sugar, then flour gradually. Work on board until dough stops cracking when folded. Divide into two equal portions. Pat each out on board, with sides even and corners square, until about one-third inch thick. Prick entire top with fork. Cut into strips about one-half inch in width and two to four inches long, to suit taste. Place on baking-sheet or inverted dripping pan, pieces well separated. Bake about thirty-five minutes in rather slow oven. Should be light brown. Scotch Shortbread will keep for weeks in cool, dry place.

Swedish Tea Rolls

2 level cups sifted flour 1 egg, beaten light
4 level teaspoons Rumford 3/4 cup milk (about) Baking Powder cinnamon, sugar and dried 1/2 level teaspoon salt currants
3 level tablespoons shortening melted butter.

Mix the Swedish Tea Rolls in the same manner as the Rumford Biscuit, but adding the egg with the milk. Roll the dough into a rectangular sheet a scant half an inch in thickness; spread lightly with the shortening, then sprinkle with cinnamon, sugar and dried currants. Roll the dough like a jelly roll, cut into pieces three-quarters of an inch long; set these on end in a shallow baking pan. Let bake about twenty minutes. Serve with tea or cocoa, preferably cocoa.

Short Cake

Follow Foundation Recipe for Biscuit, adding a little more shortening. If individual short cakes are to be made, pat dough to about one-half inch in thickness, cut with large biscuit cutter, oil tops, and place one piece on top of the second for each short cake. After baking, separate, and place fruit between as well as on top of the two layers.

For large short cake pat or roll the dough to fit baking pan, and bake in one or two layers. If baked in two layers oil the first before placing the second on it.
Foundation Recipe for Muffins

2 level cups sifted flour       2 level tablespoons sugar
4 level teaspoons Rumford      1 cup milk (scant)
   Baking Powder               1 egg
¥ level teaspoon salt

METHOD: Mix and sift the dry ingredients. Add the milk, egg, and fat. Mix thoroughly and quickly. Put into well-greased muffin pans and bake twenty to twenty-five minutes in a fairly hot oven.

Other Muffins

The Foundation Recipe for Muffins gives general proportions. It is possible to make many kinds of muffins by using different kinds of flour, with or without part wheat flour. (See list of flours, page 3).

Graham or Whole Wheat Muffins

Follow Foundation Recipe for Muffins using half Graham or whole wheat flour and half white flour. Fruit or nuts may be added if desired. (See Fruit or Nut Bread, page 4).

Corn Meal Muffins

Follow Foundation Recipe for Muffins but use half corn meal and half white flour. These are delicious made with sour milk or buttermilk. (See page 3).

Twin Mountain Muffins

2 level cups sifted flour       ¥ level cup sugar
4 level teaspoons Rumford       ¥ cup milk
   Baking Powder               ¥ cup liquid fat
¥ level teaspoon salt

METHOD: Mix and bake the same as Foundation Recipe for Muffins. These are richer than Foundation Muffins. 

Note.—Shortening and liquid both thin the batter. In any recipe, if fat is increased liquid should be decreased in the same proportion, else the batter will be too thin and the Muffins of poor texture.

Eggless Muffins

2 level cups sifted flour       ¥ teaspoon salt
4 level teaspoons Rumford       ¥ cup liquid fat
   Baking Powder               ¥ cup milk.

METHOD: Mix and sift dry ingredients. Measure fat into measuring cup and fill with milk. Stir a little, and add to the dry ingredients. Mix quickly, place in well-greased muffin pans, and bake in hot oven. Delicious.
Southern Gems

- \( \frac{1}{4} \) cup liquid fat
- \( \frac{1}{4} \) level cup sugar
- 1 egg
- \( \frac{1}{2} \) cup milk
- \( \frac{1}{2} \) level cup corn meal
- \( 1 \frac{1}{4} \) level cup corn meal
- \( 1 \frac{1}{2} \) level cups sifted flour
- 2 level teaspoons Rumford Baking Powder
- \( \frac{1}{2} \) level teaspoon salt.

**METHOD:** Beat together the liquid fat, sugar and egg; add milk, and beat again. Stir in the corn meal, and allow mixture to stand while measuring other ingredients. Sift in flour, baking powder and salt. Mix well, and bake in well-greased muffin pans, in moderate oven, about twenty minutes.

Choice Corn Meal Muffins

- \( \frac{1}{4} \) level cup solid fat
- \( \frac{1}{2} \) level cup sugar
- \( \frac{1}{2} \) level teaspoon salt
- 1 egg, beaten light
- \( \frac{1}{2} \) cups milk
- 1 level cup flour
- 1 level cup corn meal
- 4 level teaspoons Rumford Baking Powder.

**METHOD:** Cream the fat, gradually beat in the sugar and salt, add the egg, the milk, and the flour and meal sifted with the baking powder. Beat thoroughly. Bake in hot, well-greased muffin pans about twenty-five minutes.

Rolled Oats Muffins

- \( \frac{3}{4} \) level cup rolled oats
- 1 cup sour milk or buttermilk
- \( 1 \frac{1}{2} \) level cups sifted flour
- 2 level teaspoons Rumford Baking Powder
- \( \frac{1}{2} \) level teaspoon soda
- 1 or 2 eggs
- 2 tablespoons liquid fat

**METHOD:** Soak the rolled oats in buttermilk for two hours or more. Sift in the remaining dry ingredients, add the egg and fat and mix well. Put into well-greased muffin pans and bake about twenty minutes in fairly hot oven.

Potato Flour Muffins

- 4 egg yolks
- 2 level tablespoons sugar
- 3 tablespoons cold water
- \( \frac{3}{4} \) level cup potato flour or potato starch
- \( \frac{1}{2} \) level teaspoon salt
- 4 egg whites
- 1 level teaspoon Rumford Baking Powder.

**METHOD:** Beat yolks until thick and lemon-colored; continue beating while adding sugar and water; sift in the potato flour and salt, and fold into the egg mixture. Beat whites to stiff froth, adding the baking powder when they are nearly stiff enough; turn whites onto the batter, and blend carefully by cutting and folding. Bake in muffin pans, in very moderate oven, about twenty minutes.

*Note:* These muffins may be made with Wheat flour, but they will not be as delicate. Use one level cup wheat flour, if substituting.
**Bran Muffins**

2 level cups bran  
1 level cup sifted flour  
\( \frac{1}{2} \) level teaspoon Rumford Baking Powder  
\( \frac{1}{2} \) level teaspoon soda  
\( \frac{1}{2} \) level teaspoon salt  
\( \frac{1}{2} \) level cup seedless raisins  
1\( \frac{3}{4} \) cups sweet milk  
\( \frac{3}{4} \) cup corn syrup.

**METHOD:** Put bran in mixing bowl, sift in flour, baking powder, soda and salt, then add raisins, and mix well. Add milk and syrup. Mix. Bake about twenty minutes, in moderate oven, in well-greased muffin pans.

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**Crumb Muffins**

1 egg  
1 cup milk  
1 level cup dry bread crumbs  
2 tablespoons liquid fat  
\( \frac{1}{2} \) level teaspoon salt  
2 level tablespoons sugar  
4 level teaspoons Rumford Baking Powder

**METHOD:** Beat egg, add milk, then bread crumbs and liquid fat. Mix well. Into this sift remaining dry ingredients. Mix well. Bake in well-greased muffin pans, in rather hot oven, about twenty minutes.

*Note—See “Crumbs” page 15.*

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**Berry Muffins**

2 level cups sifted flour  
4 level teaspoons Rumford Baking Powder  
\( \frac{1}{3} \) level teaspoon salt  
\( \frac{1}{2} \) level cup sugar  
\( \frac{3}{4} \) cup fresh berries  
\( \frac{3}{4} \) cup milk  
1 egg  
2 tablespoons liquid fat.

**METHOD:** Mix and sift dry ingredients. Add berries, and mix very lightly through flour mixture; then add milk, egg and liquid fat which have been beaten together. Bake in well-greased muffin pans, in moderate oven, about twenty minutes.

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**Pop-overs**

1 or 2 eggs  
\( \frac{7}{8} \) cup milk  
1 level teaspoon salt  
1 level cup sifted flour.

**METHOD:** Beat eggs, add milk, then sift in flour and salt, and beat until very smooth and light, using a wheel beater. Pour into hot, well-greased, iron muffin pans, and place in hot oven. As soon as pop-overs begin to rise (five to ten minutes), reduce the heat of the oven, and continue baking until they are thoroughly done, which should take about thirty minutes. If pop-overs are not very thoroughly baked they will fall when taken from the oven.
Foundation Recipe For Griddle Cakes

2 level cups sifted flour
4 level teaspoons Rumford Baking Powder
1 level teaspoon salt

METHOD: Mix and sift the dry ingredients; add the milk, egg, and fat. Mix thoroughly. Bake on hot griddle.

Waffles

2 level cups sifted flour
3 level teaspoons Rumford Baking Powder
1 level teaspoon salt

METHOD: Sift together the dry ingredients, add the milk, yolks and fat, and beat well. Fold in the whites which have been beaten to a stiff froth. Beat thoroughly for a minute, and bake on well-greased hot waffle irons.

Explanation: By comparing these recipes with the Foundation Recipe for Bread on page 3, and the Foundation Recipe for Muffins on page 10, it will be noticed that the essential dry ingredients (flour, baking powder, salt) are the same.

The liquid is increased. This is because griddle cakes and waffles are made from Pour Batter instead Drop Batter. The amounts of sugar and salt used may vary to suit the taste. If plenty of fat is put into the cakes very little if any will be needed on the griddle to keep them from sticking, and no fat on the griddle means less odor and no smoke in connection with the baking. Waffle irons must be well greased.

Meals and coarse flours are often under-done because of the short time required to bake griddle cakes. For this reason they should be soaked, scalded, or cooked before being made into griddle cake batter. See Rolled Oats Muffins, page 11, and Corn Meal Griddle Cakes, page 13. Any left-over cooked cereal may be used to advantage in griddle cakes, as also may dry crumbs of all kinds.

Corn Meal Griddle Cakes

1½ cups boiling water
½ level cup sifted corn meal
1¼ level cups sifted buckwheat flour
4 level teaspoons Rumford Baking Powder

METHOD: Gradually add the corn meal to the boiling water; boil five minutes; cool slightly; add the milk and beat well. Sift in the remaining dry ingredients, add the egg and fat, and mix thoroughly. Bake on hot griddle.
Fresh or Canned Corn Griddle Cakes

1 level cup sifted flour  
3 level teaspoon Rumford Baking Powder  
½ level teaspoon salt  
1 cup corn pulp  
2 eggs  
2 tablespoons liquid fat  
½ to ½ cup milk.

METHOD: Mix and sift dry ingredients. Chop corn. (The food chopper is convenient for this). Add eggs, fat and milk to the corn, and pour into the flour mixture. Mix well, and bake on hot griddle. The amount of milk will need to vary according to the moisture in the corn. The batter should be a pour batter, not too thin.

Fresh or Canned Corn Fritters

1 level cup sifted flour  
3 level teaspoons Rumford  
Baking Powder  
1 cup corn pulp  
2 eggs  
A little milk if necessary.

METHOD: Mix and sift dry ingredients. Chop corn. (The food-chopper is convenient for this). Add eggs to corn and combine with the flour mixture. Mix well. This should be a stiff drop batter. If the corn is rather dry a very little milk may be needed. Drop batter by small spoonfuls into hot, deep fat. Turn frequently during the browning. Do not fry too rapidly, or fritters will be underdone in the center. When brown, drain on soft paper. Serve hot.

Note: If deep fat frying is inconvenient, fritters may be sautéed in a small amount of fat in a frying pan. Brown well on both sides. However, they will not be as delicious or as easily digested as those fried in deep fat.

Quick Buckwheat Griddle Cakes

1 level cup buckwheat flour  
1 level cup sifted white flour  
1 level teaspoon salt  
4 level teaspoons Rumford Baking Powder  
1 egg  
1 ¾ cups milk.

METHOD: Sift together the dry ingredients; beat egg, add milk, and add this gradually to the dry ingredients. Beat well to remove any lumps, and bake at once on a hot, greased griddle. Two tablespoons of molasses may be added if desired. This helps to brown the cakes as well as to sweeten them.
Crumb Griddle Cakes

1 level cup dry bread crumbs  
2 cups milk  
1 or 2 eggs  
3 tablespoons liquid fat  
2 level tablespoons sugar.

METHOD: Soak crumbs in milk for at least several minutes, or over night if convenient. Add eggs and fat and beat well. Sift in the remaining ingredients and mix well. Bake on hot griddle.

**Crumbs:** All pieces of bread, biscuit, muffins, cake, etc., should be saved and dried carefully in open receptacle to avoid mould. When absolutely dry they may be put through the food chopper, or rolled, and kept ready for use. Sweetened and unsweetened crumbs should be kept separate. The sweetened may be used in griddle cakes, puddings and any place where sugar would not be objectionable. The unsweetened may be used for all purposes, especially in soufflés, scalloped dishes, breading chops, etc.

Corn Meal Waffles

\[
\begin{align*}
\frac{1}{2} \text{ level cup corn meal} & \quad \frac{3}{4} \text{ level cup sifted flour} \\
1\frac{1}{2} \text{ cups boiling water} & \quad 3 \text{ level teaspoons Rumford Baking Powder} \\
1 \text{ cup milk} & \quad \frac{1}{4} \text{ level cup sugar} \\
1 \text{ level teaspoon salt} & \quad 2 \text{ eggs.}
\end{align*}
\]

METHOD: Cook the corn meal in the boiling water until quite soft; add the salt and milk, and set aside to cool. Sift together flour, sugar and baking powder; add the well-beaten eggs, then the corn meal mixture, with more milk if necessary to make the batter thin enough to pour. Bake in hot, well-greased waffle irons, and serve as soon as cooked.

Swedish Timbales

Swedish Timbales are made from the same recipe as pop-overs, (See page 12) using only one egg. The difference is in the method of cooking. Timbales are fried on a timbale iron in deep fat. Heat the iron in the fat, dip into batter, fry until brown; remove gently with a fork and allow timbale to drain on soft paper. The iron should not be dipped back into the fat between the frying of the timbales. This recipe will make about forty timbales. They may be filled in any desired way: with creamed meat or vegetables, or fresh or canned fruit, etc.
RUMFORD
DEPARTMENT OF
HOME ECONOMICS

(Your Choice FREE)

Send us one card found in the one pound or 12 ounce can of Rumford Baking Powder, and we will mail you either of the following:

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