

HAILSHAM W.V.S.

MIXED GRILL
of
WAR TIME
RECIPES


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thanks to
The Ministry of Food,
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Sussex Housewives*

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by

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Replica 

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CAKES



Chocolate Cakes without Eggs.

6 ozs. S.R. Flour Sugar to taste
2 ozs. Cocoa Milk to mix
3 ozs. Margarine 1 teaspoon Bi-carb.
 1 tablespoon Vinegar
Rub in fat with flour and cocoa.
Add sugar and mix with milk. Beat
well. Last of all add bi-carb.,
melted in the vinegar. Bake as
buns or Sandwich Cake.

Haricot Beans as a substitute for Marzipan.

Prepare the beans in the usual way.
Put them twice through a fine mincer.
Add sugar and almond essence to taste.
Form into potatoes and roll in cocoa.

Chocolate Crisplets.

Melt some chocolate spread (un-
rationed) in a saucepan; throw in
enough cereal to make a stiff mixture.
Form into little cakes to cool and
harden.

Chocolate Drops, 3 a id.

Cut stale bread into rounds with a
cutter. Dip in sweetened milk, then
in breadcrumbs and fry lightly.
Melt chocolate and drop $\frac{1}{2}$ teaspoon
on each when cold, and decorate
with a nut.

Egg-less, Butter-less, Sugar-less Milk-less Cake.

1 cup Lard 1 cup Water
1 cup Raisins $\frac{1}{2}$ cup Treacle
1 teaspoon Mixed Cinnamon, Ginger
 and Nutmeg.

Boil the raisins in water till they are
soft, cool to blood heat, sift in 3
cups self-raising flour, mixed with
1 teaspoon bi-carb. Bake in moderate
oven, do not move tin or open door
for an hour as the cake "drops"
easily. Best to cool in tin as it
breaks when hot. Keep 2 or 3 days
before cutting. A small teacup
measure makes a large cake.

Crunch.

2 ozs. Sugar or Golden Syrup
2 ozs. Margarine 4 ozs. Rolled Oats
Melt fat and sugar together in a pan.
Add oats and mix well. Press into
well-greased tin about $\frac{1}{2}$ in. thick.
Bake in No. 4 oven about 40 mins.
Cut into squares before cold.

Ginger Slices.

1 cup Lard or Margarine
1 cup Milk
1 cup Golden Syrup
2 cups Flour
2 teaspoons Bi-carb.
 $1\frac{1}{2}$ tablespoons Vinegar
Melt lard, milk and syrup. Fold in
flour. Melt bi-carb. in vinegar and
add to the mixture. Pour into a flat
tin and bake 20 minutes.

Date, Honey and Potato Cake.

1 Dried Egg
3 ozs. Fat
4 ozs. Mashed Potato
2 tablespoons Honey
2 tablespoons Black Treacle
4 ozs. Chopped Dates or Sultanas
1 teaspoon Bi-carb.
5 ozs. Plain Flour and 5 ozs. S.R. Flour
Cream fat, honey and potato, add the
treacle, fruit and reconstituted eggs
(whipped), and beat all thoroughly for
a few minutes. Stir in the flour,
then add the soda well mixed with
 $1\frac{1}{2}$ gills of milk. Place in a greased
paper-lined tin and bake 1 hour in
moderate oven. If $\frac{1}{2}$ to 1 teaspoon
ginger is mixed with treacle a richly
tasting ginger cake is the result.

Malt Cake.

2 breakfastcups Wheatmeal
2 tablespoons Treacle
1 tablespoon Cod Liver Oil and Malt
 $\frac{1}{2}$ cup Milk (warm with Treacle and
Malt)
1 teaspoon Bi-carb Soda

Mix together the dry ingredients, and then add the warmed milk, treacle and malt. Beat well and put in a flat tin. Bake in a moderate oven.

Plain Cake.

1 lb. Flour 3 ozs. Dried Fruit
 2 ozs. Fat 1 teacup Strong
 2 ozs. Sugar Tea
 1 teaspoon Bi-carb.
 Cream fat and sugar. Wash and chop fruit, boil in the tea for five minutes. When cool mix into cake mixture with the other ingredients. Bake in slow oven.

Spiced Cake.

1/2 teacups Water 4 ozs. Dried Fruit
 2 ozs. Grated 3 ozs. Sugar
 1 Carrot 2 ozs. Margarine
 Boil all together 5 minutes and allow to cool. When cool, mix with:—
 1/2 ozs. Self Raising Flour
 1 teaspoon Spice

VEGETABLE DISHES

1 teaspoon Bi-carbonate of Soda (dissolved in milk). Bake in No. 4 oven for 1 1/2 hours.

Ginger Biscuits.

1/2 lb. Flour Large teaspoon Ginger
 1/2 lb. Syrup Small saltspoon Bi-carb.
 2 ozs. Fat 1 tablespoon Milk
 1 oz. Sugar Pinch of salt
 Warm fat, syrup, sugar and milk. Mix with dry ingredients. If too soft, leave to cool. Knead, roll thin and cut into shapes. Bake in moderate oven till crisp. (Reg. 5.) Cool on tray.

Oatcakes.

8 ozs. Oatmeal 1 1/2 oz. S.R. Flour
 1 tablespoon Fat 1 teaspoon Salt
 Some boiling water
 Mix oatmeal, flour and salt together. Add melted dripping and boiling water, sufficient to bind. Knead dough till free from cracks. Roll.



Mock Salad Dressing.

1/2 teacup Custard, unsweetened
 Allow to cool, stir in drop by drop with wooden spoon, 1 tablespoon salad oil, 1 tablespoon vinegar, pepper, salt and 1/2 teaspoon made mustard.

Beetroot Jelly.

Beetroot
 1 oz. powdered Gelatine
 1 tablespoon Vinegar 2 Saccharins
 Peel the beetroot, slice, dice or scrape very finely and cook in a little water with the saccharin until tender. Add hot water and vinegar to make the whole up to 1 pint—stir in gelatine and allow to set.

Beetroot in White Sauce and Brussels Sprouts.

Peel, dice and cook beetroot. Strain in liquor. Mix with thick white sauce. Decorate with Brussels sprouts or peas and serve hot.

Carrot Croquettes.

6 Carrots 1 oz. Margarine
 1/2 pint Milk or Water 1/2 oz. Flour
 Oatmeal Fat for frying
 Scrape, boil, drain and mash carrots. Add seasoning. Make a thick white sauce with margarine, flour and milk, add carrot and allow to cool. Shape into croquettes. Roll in oatmeal and fry in hot fat. Drain well and serve.

Carrot Savoury.

1/2 lb. Carrots 1 teacup Milk or
 1 oz. Margarine Water
 1 oz. Flour Pinch Nutmeg
 Oatmeal Seasoning
 Scrape, boil, drain and mash carrots. Make a sauce of margarine, flour and milk. Add the carrot puree, nutmeg and seasoning, pour into greased mould or basin and steam 3/4 hour. Serve with a border of spinach or other green vegetable.

Savoury Beans.

1/2 lb. Haricot or Brown Beans
 1/2 oz. Fat 1 oz. Grated Cheese
 Chopped Parsley 1/2 tablespoon Milk
 Seasoning
 Steep and stew beans till soft. Drain. Melt fat in saucepan. Mix in all ingredients except half the cheese. Heat thoroughly. Turn into dish, sprinkle with cheese. Brown under grill.

Stuffed Marrow.

One well shaped marrow. Peel thinly, cut off thick ends and scrape out seeds. Stuff with breadcrumbs and cheese or chopped cooked vegetables and a little meat extract, mixed herbs and seasoning. Replace the top. Tie firmly with string. Steam till tender. Remove, drain. Place in dish and cover with cheese sauce. Brown under grill.

Tomato and Green Pea Jelly.

Take a tin or bottle of tomatoes. Cook for ten minutes. Rub through a sieve, add sugar and seasoning to taste, and 1 tablespoon vinegar. Put a teacup of peas into a mould or small moulds. Stir in 1 tablespoon gelatine for each pint of liquid. Allow to cool; pour a little over peas to set them, then add rest of jelly.

Stuffed Onions.

Take 6 large onions—peel and par-boil carefully. Take out the centre and chop finely—add a teacup of bread crumbs—salt and pepper and 1/2 pint milk and a few nuts of any sort, chopped fine. Fill the onions and brown in the oven till tender.

Beans au Gratin.

Take 1 lb. Pinto Beans, soak 12 hours and cook till tender. Pour into pie dish, moisten with the water in which they were boiled, sprinkle with grated cheese and breadcrumbs. Brown in oven or under griller.

Beetroot. Short Method.

Peel and slice beetroot very thinly. Place in pan and add 1 teacup water. Add salt, put lid on pan and boil 5 to 10 mins., when tender, (an old beetroot may take longer), turn out with water and add a small quantity of vinegar. Saves 75 per cent. gas and 75 per cent. vinegar. Keeps well, does not lose colour and the flavour is improved.

Carrot Cups.

Choose the thick ends of six large carrots, using the rest in soups. Hollow out centre and steam or boil till tender. Fill with minced meat or beans and serve on rounds of fried bread.

Grated Carrot and Cheese Balls.

Grate cheese and raw carrot, two-thirds cheese to one-third carrot. Roll into little apples with the hands, using parsley for stalks. Use for decorating salads.

Pinto Beans.

4d. per lb. Replace meat. 1 point. Steep 12 hours to save time of cooking and fuel. Use in vegetable stews or on toast for supper. Can also be mixed with salad dressing and served in salad to balance a meatless meal.

Stuffed Cabbage Leaves.

Outside leaves of tender Cabbage Any Savoury Filling
 Cook leaves for a few minutes to make them pliable for rolling. Put a spoonful of filling on each leaf. Roll and tie with twine. Cook in simmering stock to a depth halfway up the rolls. Serve hot on a bed of mashed potatoes and grated raw carrot.

Turnip Tommes.

Choose medium sized young turnips. Peel thinly and cut in quarters, but do not sever. Parboil 10 mins. Hold open centre carefully and press in any sort of stuffing. Steam in oven in tin with a little water and serve with brown gravy.

Vegetable Potted Meat.

4 ozs. Haricot Beans
½ oz. Grated Cheese
1 oz. Fresh Breadcrumbs
Pinch Dried Herbs
½ teaspoon finely Chopped Onions
Chopped Parsley
½ oz. Soya Flour (not essential)
Mix well together with 1 oz. melted margarine and 2 teaspoons anchovy essence.

Tomato Pulp.

Cut up ripe tomatoes, add ½ oz. salt and ¼ oz. sugar for each 2 lbs. fruit. Stew without water in covered saucepan. Rub through sieve, leave till cold. Fill up into clip or preserving bottles. Close bottles, immerse in cold water, bring to boil; boil 7 minutes. Remove. Leave till quite cold before testing to see that seal is airtight.

The following two recipes were invented by Famous Chefs:—

Beetroot Puree (Russian).

Melt 2 ozs. Fat in a pan—add 1 medium sized Beetroot, grated

1 teaspoon Lemon Substitute
1 teaspoon Sugar

Cook slowly 15 mins. adding gradually 1 lb. Cooked Potato. Season with pepper and salt. Serve very hot with toast.

Musaka (Greek).

1½ lb. Potatoes 2 sliced Tomatos
1 Egg (if dried, scramble; if fresh, boil it)
½ pint Sauce made with 2 teaspoons Flour
½ oz. Margarine ½ pint Milk

STUFFING—4 ozs. grated Cheese
3 ozs. Breadcrumbs
1 Onion or Leek
Chopped Parsley, Seasoning, Nutmeg
½ oz. Margarine

Fill a fireproof dish with layers of sliced potatoes, stuffing, egg and tomato. Finish with a layer of potatoes. Pour over the sauce and bake until potatoes are tender. ¾ hour.

CHEESE DISHES



Cheese Mixture for Sandwich

Fillings and Cheese Souffles, etc.

2 ozs. Margarine 2 ozs. Cheese
1 teacup Milk

Boil, and add 5 tablespoons flour, 1 teaspoonful dry mustard, 1 teaspoonful pepper, and 1 desert-spoonful salt mixed together dry. Mix in smoothly, then add 5 cups hot water, and 1 cup milk. Simmer the mixture up, and when boiling, take it off and whisk it till it becomes quite smooth. This makes a popular sandwich spread, and two tablespoonfuls of the mixture with 1 egg will make 5 individual cheese souffles.

Cheese Scones.

2 ozs. Cheese 8 ozs. Flour
1 teaspoonful Baking Powder, Salt and Pepper. A little Milk to mix Mix all ingredients together and add milk to make a softish dough. If you happen to have sour milk it will make the scones light and fluffy. Knead lightly, roll out and cut into scones. Bake in a brisk oven for 15 minutes. When the scones are cold, open them and add a filling of whatever salad you happen to have. Finely shredded raw spinach flavoured with chopped mint is a novel and attractive mixture. Lettuce and finely chopped radishes, grated carrot and

watercress, beetroot and chopped dandelion leaves are other unusual combinations.

Cheese Rusks.

Sprinkle fingers of stale bread with grated cheese and a dash of made mustard and bake them in the oven the next time you have a baking day. These cheese rusks are useful to take to work as an "elevenses" or to eat with salad at lunch-time.

Finely grate any odds and ends of cheese and keep them in a jar ready for use as a flavouring. A spoonful of cheese improves a simple vegetable soup. It is useful as a finish to a vegetable pie or sprinkled on a plain green salad.

Cheese Moulds.

3 or 4 ozs. of grated Cheese
1 pint of unsweetened Custard
1 breakfastcupful Breadcrumbs
½ teaspoonful made Mustard
A pinch of salt and shake of Pepper
Mix the breadcrumbs with the custard powder and make the custard in the usual way. Finely grate the cheese and thoroughly blend it with the mustard, pepper and salt and the

custard and breadcrumb mixture. Pour into a cold wet mould and allow it to set. Turn it out like a blanc-mange and serve in a big dish surrounded with shredded green salad and plentiful garnishings of tomato, or beetroot slices. Serve cold with a potato salad in a separate dish.

Custard Cheese Flan.

Pastry: 4 ozs. Flour. 1½ ozs. Fat.
1 oz. Cheese
Filling: 1 Egg (reconstituted). ½ pint Milk. 1 oz. grated Cheese
Oven: Moderate, to prevent custard from curdling.

Tomato and Cheese Souffle.

Fill a pie dish with alternate layers of sliced tomato and breadcrumbs mixed with grated cheese. Season each layer with salt and pepper and a little sugar. Dot with margarine and cook in a medium oven till the tomatoes are tender. Allow to cool and set a little, then float on to the top two dried eggs, mixed according to directions to which has been added ½ cup of milk. Return to the oven to set the custard.

POTATOES



Baked Potatoes.

Bake potatoes in their jackets and serve plain or:

(1) Cut in half, sprinkle with cheese and toast under griller.

(2) Remove centre and fill up with minced meat.

(3) Remove potato and mash up with left over fish. Return to skin and re-heat.

(4) Chop up potato and mash up roughly inside the skin pour over salad dressings and garnish with grated raw beetroot, carrot and cabbage.

Potato Ring.

3 large Potatoes 1 teaspoon Herbs or Parsley
1 tablespoon Flour 1 teaspoon Seasoning
1 oz. Fat
Wash potatoes and grate without peeling, on a coarse grater. Add flour, herbs and seasoning. Shape into a ring on a baking tin. Put small knobs of fat on top. Bake ½ hour in moderate oven. Serve filled up with green vegetables, such as chopped cabbage or sprouts.

Potato Pancakes.

Use same mixture as potato ring, but form into cakes and fry.

Potato Plus.

4 Medium Potatoes $\frac{1}{4}$ lb. Sausage
2 ozs. Dripping Meat
Peel the potatoes and cut in half lengthwise. Scoop out centre and fill with sausage meat. Bake in a dripping tin, basting with fat until a golden brown. Serve with brown gravy.

Potato Sandwich.

Boil 2 lbs. potatoes in their skins. Skin and mash. Grease well two sandwich tins and coat with crumbs. Fill with potato. Cover with crumbs and bake until golden brown, $\frac{1}{2}$ hour. Turn out and serve with a filling: (a) chopped corned beef and white sauce (b) mixed vegetables in brown gravy (c) cheese sauce.

Potato Fritters.

2 ozs. Cooked Potatoes
1 Dried Egg
2 ozs. Flour
1 teaspoonful Chopped Parsley
 $\frac{1}{4}$ pint Milk
Pepper and Salt

Surprise Potatoes.

Cook and mash 1 lb. potatoes. Add 2 grated carrots. Shape into balls and coat with crumbs. Make an opening in top and insert $\frac{1}{2}$ teaspoon chutney. Bake in a moderate oven till crisp.

Irish Potato Cakes—Various.

$\frac{1}{2}$ lb. Mashed Potatoes 2 ozs. Fat
 $\frac{1}{2}$ lb. Self Raising Flour
Milk or Water to mix
Rub fat into flour, add potato, mix well to a dough with milk or water. Roll out on to a floured board. Stamp into rounds and use in the following ways:

- (1) Bake in oven and serve as scones.
- (2) Use as pastry to cover pies, etc.
- (3) Fry in shallow fat (about 2 ozs.).
 - (a) serve for breakfast with a small portion of chopped bacon on each.
 - (b) serve for tea with a small spoonful of jam on each.
 - (c) sprinkle with grated cheese and lightly grill for supper.

Easter Eggs.

Cut small baked potatoes lengthways, remove the centre and fill up with mashed carrot.

Mock Goose.

1 lb. Potatoes 2 ozs. Cheese
1 large Cooking $\frac{1}{4}$ teaspoon Dried
Apple Sage
 $\frac{1}{2}$ pint Stock or Water Seasoning
 $\frac{1}{2}$ tablespoonful Flour
Scrub and slice potatoes thinly; slice apples, grate cheese. Grease a dish, arrange ingredients in layers, finish with potato and cheese, add half liquid. Cook in a moderate oven $\frac{1}{2}$ hour. Add flour blended with half liquid, cook for $\frac{1}{4}$ hour.

Meat Turnover or Tart.

1 lb. Mashed Potatoes A little Flour
Any scraps of left over Meat and Vegetables
Put meat and vegetables through the mincer. Mix enough flour with the potato to make a pliable dough. Roll out. Cover half with the meat and vegetables. Cover this with a lid of potato pastry. Bake in a moderate oven.

Vegetable Mould.

2 ozs. Semolina 1 gill Milk
A knob Margarine
A little cooked Carrot, chopped finely
A little cooked Cauliflower
1 teaspoon chopped Parsley
1 or 2 Brussel Sprouts Seasoning
Heat the milk. Sprinkle in the semolina. Cook for 5 mins., till semolina grains are clear. Mix vegetables with semolina. Turn into a wet mould and leave to set.

Meat Mixture.

2 tablespoons Dripping
Carrots, Turnips, Onions
2 lbs. Sausage Meat
4 tablespoons Oatmeal
Pepper and Salt
Get the dripping smoking hot, and fry the carrots, turnips and onions (about 2 of each). Add the other ingredients and let them brown without stirring. Soak and mash the crusts of 4 or 5 loaves. Add them to the mixture and brown it again. Add more water till you know that the mixture will set when cold.

Savoury Loaf.

Stale Bread Mixed Herbs
3 Carrots Chopped Parsley
1 small Onion 1 teaspoon Meat
Extract
4 ozs. Sausage Meat, Minced Liver or other Meat

Soak the bread—squeeze out all the moisture and beat well, till free from lumps. Scrape the carrots on a coarse grater and chop the onion finely and fry in a very little fat till brown. Mix all ingredients together and beat well. Press into a greased cake tin, or other mould and bake in oven, standing in a tin of water for 2 hours, or steam. Turn out and serve cold. This makes good sandwiches. Can be cut into slices, fried, or served on spinnach or mashed potato.

Pork and Apple Hot Pot.

1 Pork Chop cut into small pieces
Place in a stewjar between layers of potatoes, apple, onion and beans. Flavour with chopped sage, pepper and salt. Cook slowly until tender.

Woolton Pie.

Wholemeal pastry to cover.
Filling:—
1 layer cooked Haricot Beans.
1 layer Leeks.
1 layer Carrots and Turnips.
 $\frac{1}{4}$ lb. Minced Meat.
1 layer sliced Potatoes.
Moisten with gravy or vegetable stock.

Leeks au Gratin and Bacon Rolls.

Cook leeks, drain well; pour over a cheese sauce; brown slightly under grill; decorate with rounds of toasted bread, with little rolls of bacon on each.

Scrambled Egg.

Mix 2 tablespoons dried egg with 4 tablespoons water. Allow to stand 10 mins. Whip up thoroughly. Heat 1 tablespoon milk in pan with $\frac{1}{2}$ oz. margarine. Stir in egg, cook very slowly, stirring all the time until thick. Serve on toast.

SAVOURIES AND MISCELLANEOUS DISHES

Luncheon Cheeses.

3 ozs. Cheese 4 ozs. Lentils
1 chopped Onion Salt, Pepper
or Leek
2 or 3 medium-sized cooked Mashed Potatoes
2 teaspoons chopped Parsley
A little Milk or Vegetable Water, if necessary
Cook the lentils and onion or leek in water till tender. Add the grated cheese, mashed potato, herbs and seasoning to the pan with the lentils and onion and blend well, adding a little milk or vegetable stock if necessary to make a soft dough. Put the mixture in a greased pie-dish and bake in a hot oven for 30 mins. Serve hot with a dish of green vegetables or cold salad.

Bacon and Egg Pie.

1 Egg 8 ozs. Pastry
(reconstituted) $\frac{1}{2}$ oz. Breadcrumbs
2 Grilled Rashers Salt and Pepper
Beat the egg. Line a plate with half the pastry. Mix the egg, crumbs, seasoning and chopped bacon together. Pour this mixture on the plate, cover with the rest of the pastry and bake in a moderate oven for half an hour.

Pinto Pies.

Line patty tins with potato pastry. Cook in fairly hot oven and fill with a mixture of:—
 $\frac{1}{4}$ lb. Pinto Beans, cooked till tender
with 1 Leek chopped finely.
1 tablespoon Minced Meat.
 $\frac{1}{4}$ pint Brown Gravy.

PASTRY, BREAD, Etc.



Wholemeal Pastry.

6 ozs. Wholemeal. 2 ozs. Fat
 $\frac{1}{4}$ teaspoon Salt
1 teaspoon Baking Powder
Water to mix
Rub fat lightly into flour. Add salt and baking powder. Mix to a dough with water. Roll out and use for tarts, pies, rolls, etc. Bake in a hot oven at first, finish in more moderate heat.

Mock Patty Cases.

Slices of stale bread cut into rounds with a cutter. Hollow out the centre slightly with a sharp knife. Dip into a little milk, then into baked bread-crumbs. Fry in a little margarine until golden brown.

Fillings

- (1) A handful of any dried fruits and a teaspoon of mixed spice put through the mincer. Moisten with a dessert-spoon of warm golden syrup.
- (2) A tablespoon of tinned salmon, 2 tablespoons of white sauce, 1 teaspoon of home-made salad dressing.

Other suggestions for fillings:

Cheese, sausage meat, chocolate, sardines, pilchards.

Mock Crumpets.

4 heaped tablespoons Flour (plain)
 $\frac{1}{2}$ teaspoon Egg Powder
 $\frac{1}{2}$ teaspoon Baking Powder
 $\frac{1}{2}$ teaspoon Cream of Tartar
 $\frac{1}{4}$ teaspoon Salt
8 teaspoons Water
Mix thoroughly flour, baking powder, egg powder, cream of tartar and salt. Make well in centre, add gradually the water, beating the flour into it from the sides. Beat well. Melt a little fat in heated pan, heap lumps of dough into it. Cover with lid, keep enough space between dough and lid to allow for rising. Cook on lowest flame for about 7 minutes. Turn over and cook for another few minutes. When cooked and cold, cut horizontally like scones, and butter

Wholemeal Scones.

$\frac{1}{2}$ lb. Wholemeal or $\frac{1}{2}$ lb. White Flour
1 oz. Fat
 $\frac{1}{2}$ teaspoon Bicarbonate of Soda
1 teaspoon Cream of Tartar
Milk to mix $\frac{1}{4}$ teaspoon Salt
Rub fat into flour, add salt, bicarbonate of soda and cream of tartar. Mix to a soft dough, roll out into rounds and bake in a fairly quick oven or cook on a griddle.

Date Bread.

4 teacups Flour
1 teacup Sugar
2 teacups Dates
4 tablespoons Syrup
2 teacups Milk
1 teaspoon Bicarbonate of Soda
Mix all together. Dissolve soda in warm milk and add dates. Moderate oven $1\frac{1}{2}$ hours. Makes two loaves. Will keep fresh for weeks.

Rhubarb Marmalade.

1 lb. Rhubarb 1 lb. Sugar
The skins from 4 Oranges
Chop rhubarb, put orange peel through mincer. Boil as for jam. When jam jellies, put into jars and seal up.

Wholemeal Bread.

2 lbs. Wholemeal About 1 oz. Fat
1 tablespoon Salt 1 oz. Yeast
 $1\frac{1}{2}$ teaspoons Sugar
1 pint Water at blood heat
Put wholemeal into basin, rub in salt and fat. In another basin put yeast and sugar—mix well with water at blood heat. Pour into well in centre of flour. Knead well, mould into loaves (2 or 3) place in greased and floured tins, prick all over and set to rise in warm place until twice the size. Have oven ready heated. Regulo 6—1 hour.