

United States Food Administration

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WITHOUT WHEAT

Wheat is one of the very few foods we can ship successfully. From now until harvest we must SAVE, SAVE, SAVE, in order to keep up our shipments to the other side. Every day we must put aside more wheat for our boys over there. Do not be satisfied with a little saving. Do all you can.

Wheatless does not mean breadless, nor cakeless, nor even pieless. You can use other flours. There are corn, rice, potato, barley and oatmeal flours from which to choose. All you need is some reliable recipes and a little practice to have good and wholesome wheatless meals.

Do not use too much hot bread, but try some of the loaves of bread made with baking powder, and be sure to cook them as long as directed.

Wheat is not more wholesome than other cereals, only more fashionable. Let us have a new summer fashion—THE WHEATLESS.

POTATO CORNMEAL MUFFINS

Cornmeal, 1 cup
Baking powder, 4 teaspoons
Salt, 1 teaspoon
Egg, 1

Sweet milk, 1 cup
Syrup, 1 tablespoon
Mashed potato, 1 cup
Melted fat, 2 tablespoons

Sift together the dry ingredients. To the slightly beaten egg, add the milk, syrup and mashed potato. Add liquids gradually to the dry ingredients. Add melted fat; beat quickly, put into greased muffin tins and bake in a moderately hot oven about 25 minutes.

Yield: 10 muffins.

ONE-EGG BARLEY MUFFINS

Barley flour, 2 cups
Baking powder, 5 teaspoons
Salt, $\frac{1}{2}$ teaspoon

Egg, 1
Milk, 1 cup
Molasses, 2 tablespoons
Melted fat, 1 tablespoon

Mix and sift dry ingredients. Beat egg, add to it milk and molasses. Stir liquid mixture into dry ingredients. Add melted fat. Stir quickly. Pour into well-greased muffin tins and bake in a moderate oven 30 to 35 minutes.

Yield: 12 muffins.

BUCKWHEAT MUFFINS

Use barley, muffin recipe, substituting 2 cups buckwheat flour for 2 cups barley flour.

OATMEAL MUFFINS

Use barley muffin recipe, substituting 1 cup barley flour and 1 cup ground rolled oats for 2 cups barley flour.

RICE FLOUR MUFFINS

Use barley muffin recipe, substituting $1\frac{1}{2}$ cups rice flour for 2 cups barley flour.

BARLEY-RYE BISCUITS

Barley flour, 1 cup
Rye flour, 1 cup
Baking powder, 4 teaspoons

Salt, 1 teaspoon
Milk, $\frac{3}{4}$ cup
Fat, 3 tablespoons

Sift together the dry ingredients; cut in the fat. Add liquid. Toss on lightly floured board. Roll to $\frac{3}{4}$ inch thickness. Cut. Bake in a hot oven 12 to 15 minutes.

Yield: 16 biscuits.

CORN FLOUR—ROLLED OATS BISCUITS

Ground rolled oats, 1 cup
Corn flour, 1 1-3 cups
Baking powder, 6 teaspoons
Salt, 1 teaspoon
Fat, 3 tablespoons
Milk, 1 cup

Sift together the dry ingredients. Cut in fat, add milk, making a soft dough. Roll on floured board to $\frac{1}{4}$ inch thickness. Cut. Bake in a hot oven for about 12 minutes.

Yield: 12 biscuits.

OATMEAL PEANUT BISCUITS

Oatmeal, 1 cup
Rye flour, 2 cups
Baking powder 6 teaspoons
Salt, 2 teaspoons
Fat, 1 tablespoon
Roasted peanuts (crushed), 1 cup
Milk, $\frac{1}{2}$ cup

Sift together the dry ingredients; cut in fat. Add crushed peanuts and milk making a soft dough. Roll on slightly floured board to $\frac{1}{4}$ inch thickness. Bake in hot oven about 15 minutes.

Yield: 23 biscuits.

CORN BREAD WITH BARLEY FLOUR

Barley flour, 1 cup
Cornmeal, 1 cup
Baking powder, 5 teaspoons
Salt, 1 teaspoon
Milk, 1 cup
Molasses, 2 tablespoons
Egg, 1
Melted fat, 2 tablespoons

Sift dry ingredients together; add milk, molasses, beaten egg and melted fat. Stir well. Put into greased shallow pan, and bake in moderate oven 25 to 30 minutes.

Yield: 1 sheet 9" x 9".

CORNMEAL ROLLS

Cornmeal, $\frac{3}{4}$ cup
Barley flour, $1\frac{1}{4}$ cups
Baking powder, 3 teaspoons
Salt, 1 teaspoon
Fat, 2 tablespoons
Egg, 1
Milk, 1-3 cup

Sift together the dry ingredients and cut in the fat. Beat the egg and add to it the milk. Combine the liquid with the dry ingredients. Shape into rolls and bake in a hot oven 12 to 15 minutes.

Yield: 15 rolls.

OATMEAL ROLLS

Substitute $\frac{1}{4}$ cup ground oatmeal for the cornmeal in the above recipe.

CORNMEAL PINWHEEL BISCUITS

Follow directions given above for cornmeal rolls. Cut dough into rectangular shapes. Brush with melted fat. Sprinkle with sugar and cinnamon. Roll up like jelly roll; cut into $\frac{1}{2}$ inch slices and bake in a moderately hot oven about 15 minutes. Chopped nuts or raisins may be added to the sugar mixture.

POTATO SPOON BREAD

Cornmeal, $\frac{3}{4}$ cup
Salt, 2 teaspoons
Water, $1\frac{1}{2}$ cups
Fat, 1 tablespoon
Eggs, 2
Milk, $\frac{1}{2}$ cup
Mashed potato, $\frac{3}{4}$ cup

Mix the cornmeal, salt, water and fat and boil 5 minutes. Beat eggs slightly, add milk and mashed potato. Combine with mush mixture. Beat well and bake in a greased baking dish for 40 minutes in a slow oven. Serve from the same dish with a spoon.

Yield: 8 servings.

STEAMED BROWN BREAD

Ground oatmeal, 1 cup
Cornmeal, 1 cup
Barley flour, 1 cup
Baking powder, 1 teaspoon
Salt, 1 teaspoon
Soda, $\frac{3}{8}$ teaspoon
Molasses, $\frac{1}{2}$ cup
Milk, $1\frac{1}{2}$ cups

Mix and sift dry ingredients. Add molasses and milk and mix thoroughly. Grease molds and covers. Fill 2-3 full of mixture. Cover and steam 3 hours.

Yield: 5 one-half pound baking powder tins.

OAT AND CORN FLOUR BREAD

Corn flour, 1 1-3 cups
Salt, 1 teaspoon
Baking powder, 6 teaspoons
Ground rolled oats, 1 cup
Eggs, 2
Milk, $\frac{3}{4}$ cup
Corn syrup, $\frac{1}{4}$ cup
Melted fat, $\frac{1}{4}$ cup
Raisins, $\frac{1}{2}$ cup

Sift together the corn flour, salt and baking powder. Add ground rolled oats. Beat eggs, add milk and syrup. Combine the liquid and dry ingredients. Add melted fat and raisins. Beat well. Allow to stand in greased bread pan for about 20 minutes. Bake in a moderate oven for an hour, or possibly a little longer.

Yield: 1 loaf.

BARLEY TEA BREAD

Barley flour, 2 cups
Baking powder, 5 teaspoons
Salt, 1 teaspoon
Sugar, $\frac{1}{2}$ cup
Milk, 1 cup
Egg, 1
English walnut, pecan or hickory nut meats, 1 cup
Ground rolled oats, 1 cup

Sift together the flour, baking powder, salt and sugar; add ground rolled oats. Add the milk, the egg well beaten and the nut meats. Place in a well-greased pan and let rise $\frac{1}{2}$ hour. Bake about 1 hour in a moderate oven.

Yield: 1 loaf 4" x 10", and 1 loaf 2 $\frac{1}{2}$ " x 4".

(Rye flour may be substituted for the barley flour if desired.)

PEANUT BUTTER LOAF

Barley flour, 1 cup
Rye flour, 1 cup
Baking powder, 4 teaspoons
Sugar, $\frac{1}{4}$ cup
Peanut butter, $\frac{1}{2}$ cup
Milk, 1 cup
Salt, 1 teaspoon

Sift together the dry ingredients. Add peanut butter, working in with tips of fingers, or knife. Add milk. Turn into greased bread pan. Allow to stand 20 minutes. Bake in a moderate oven about 1 hour.

Yield: 1 loaf.

OATEN LOAF

Ground oatmeal, 2 cups
Baking powder, 4 teaspoons
Salt, 1 teaspoon
Egg, 1
Milk, 1 cup
($\frac{1}{2}$ cup raisins may be added if desired)

Mix and sift dry ingredients; beat egg and add to milk. Add the liquid ingredients gradually to the dry ingredients. Pour into greased bread pans. Allow to rise 20 minutes. Bake in a moderate oven about 35 minutes.

Yield: 1 loaf.

WHEATLESS YEAST BREAD

Ground oatmeal, 1 cup
Rye flour, 3 cups
Barley flour, 2 cups
Corn syrup, $\frac{1}{4}$ cup
Salt, 2 teaspoons
Fat, 2 teaspoons
Boiling water, $1\frac{1}{2}$ cups or scalded milk,
 $1\frac{1}{2}$ cups
Yeast, compressed, 1 cake
Lukewarm water, $\frac{1}{2}$ cup (for softening yeast)
Egg, 1

Pour boiling water over syrup, salt and fat. When cooled to room temperature, add yeast, softened in lukewarm water, and beaten egg. Add sifted flour, beating mixture until smooth after each addition. When all flour is added, knead dough until it is elastic and less sticky, about 15 minutes. Moisten top of dough. Cover. Let rise until double in bulk. Knead until large air bubbles are broken, about 4 minutes. Shape into loaves and place in greased pans. Let the dough double in bulk. Bake in a moderate oven for about 1 hour.

Yield: 2 loaves.

RYE-BARLEY BREAD

Proceed according to recipe given above, using 4 cups rye flour and 2 cups barley flour. The egg may be omitted in this recipe, where the greater amount of rye flour is used.

POTATO CORNMEAL CRISPS

Cornmeal, $\frac{1}{2}$ cup
Salt, $\frac{1}{2}$ teaspoon
Fat, 1 tablespoon
Mashed potatoes, $\frac{1}{2}$ cup

Sift the cornmeal and salt; cut in the fat. Add mashed potatoes, making a dough which can be rolled very thin. Cut into diamond shapes and bake in a quick oven until golden brown. If desired, after rolling cut the dough, sprinkle with grated cheese and paprika, making cheese straws.

Yield: 50 wafers, 2" x 2".

NUT MOLASSES BARS

Molasses, 1 cup
Boiling water, $\frac{1}{4}$ cup
Fat, $\frac{1}{2}$ cup
Barley flour, 3 2-3 cups
Soda, 1 teaspoon
Cloves, $\frac{1}{4}$ teaspoon
Cinnamon, $\frac{1}{4}$ teaspoon
Ginger, $\frac{1}{2}$ teaspoon
Salt, 1 teaspoon
Shredded cocoanut, $\frac{1}{2}$ cup
English Walnuts, $\frac{1}{2}$ cup

Heat molasses; add boiling water and pour over fat. Sift together the flour, soda, spices and salt. Add liquid gradually to dry ingredients. Chill. Roll $\frac{1}{4}$ inch thick. Cut in strips about $3\frac{1}{2}$ inches by 1 inch. Sprinkle with cocoanut and chopped English walnuts. Bake about 12 minutes in a moderate oven.

Yield: 92 bars.

BARLEY AND OATMEAL COOKIES

Barley flour, $1\frac{1}{4}$ cups
Rolled oats, 2 cups
Salt, $\frac{1}{4}$ teaspoon
Baking powder, $2\frac{1}{2}$ teaspoons
Cinnamon, $\frac{1}{4}$ teaspoon
Ginger, $\frac{1}{2}$ teaspoon
Cloves, $\frac{1}{2}$ teaspoon
Nutmeg, $\frac{1}{4}$ teaspoon
Raisins, seeded and cut into halves, $\frac{3}{4}$ cup
Corn syrup, dark, $\frac{1}{2}$ cup
Hardened vegetable fat, $\frac{1}{2}$ cup, (melted before measuring)
Milk, $\frac{1}{2}$ cup
Brown sugar, $\frac{1}{2}$ cup

Sift together the flour, salt, baking powder and spices; add raisins and oatmeal. To corn syrup, add melted fat. Add milk and brown sugar. Combine liquid mixture gradually with dry ingredients. Stir well. Drop by small teaspoonfuls on greased baking sheet. Bake about 15 minutes in a moderate oven.

($3\frac{1}{4}$ cups of barley flour may be used instead of the barley flour and rolled oats.)

Yield: 50 cookies.

HOT WATER GINGERBREAD

Fat, 3 tablespoons
Boiling water, $\frac{1}{2}$ cup
Molasses, 1 cup
Ginger, 2 teaspoons
Salt, $\frac{1}{2}$ teaspoon
Soda, 1 teaspoon
Barley flour, $2\frac{1}{2}$ cups

Melt the fat by adding the boiling water; add molasses. Sift together the flour, spice, salt and soda. Add liquid gradually to the sifted dry ingredients. Beat vigorously. Pour into greased shallow pans and bake about 25 minutes in a moderate oven.

Yield: 3 cakes, 4" x 6"; 12 servings.

(1 cup ground rolled oats may be substituted for 1 cup barley flour.)

WAR TIME STRAWBERRY SHORTCAKE

Cornmeal, $\frac{3}{4}$ cup
Barley flour, $1\frac{1}{4}$ cups
Baking powder, 3 teaspoons
Salt, 1 teaspoon

Sugar, 3 tablespoons
Fat, 3 tablespoons
Egg, 1
Milk, 1-3 cup

Sift together the dry ingredients; cut in the fat. Beat egg; add milk. Add liquids to dry ingredients. Roll to $\frac{1}{2}$ inch thickness on floured board. Cut into shapes. Bake in a hot oven about 14 minutes.

To 3 cups strawberries, add sugar to sweeten. Crush slightly. Break open the shortcake. Spread with butter; fill center with sweetened berries. Cover top with berries.

Yield: 7 shortcakes (generous servings).

WHITE CAKE

Butterine, 4 tablespoons
Sugar, $\frac{1}{2}$ cup
Egg, 1
Vanilla, $\frac{1}{2}$ teaspoon

Milk, $\frac{1}{4}$ cup
Rice flour, $\frac{3}{4}$ cup
Baking powder, $1\frac{1}{4}$ teaspoons
Salt, $\frac{1}{4}$ teaspoon

Cream the fat; add sugar gradually and the egg yolk well beaten. Add milk alternately with sifted dry ingredients. Add white of egg stiffly beaten and vanilla. Bake in a moderate oven for about 30 minutes.

Yield: 2 cakes, 4" x 6".

BARLEY CHOCOLATE CAKE

Fat, $3\frac{1}{2}$ tablespoons
Sugar, $\frac{1}{4}$ cup
Corn syrup, dark, $\frac{1}{4}$ cup
Egg, 1
Milk, $\frac{1}{4}$ cup

Barley flour, 1 cup
Baking powder, $1\frac{1}{4}$ teaspoons
Salt, $\frac{1}{4}$ teaspoon
Chocolate, 1 square, 1 oz.
Vanilla, $\frac{1}{4}$ teaspoon

Cream the fat; add sugar gradually, syrup, and egg well beaten. Mix and sift dry ingredients and add alternately with milk to first mixture. Add chocolate which has been melted over hot water. Add vanilla. Bake about 30 minutes in a moderate oven.

Yield: 2 cakes, 4" x 6".

RICE FLOUR CHOCOLATE CAKE

Substitute $\frac{3}{4}$ cup rice flour for the 1 cup barley flour in the above recipe.

QUICK BARLEY FLOUR PASTRY

Barley flour, $1\frac{1}{2}$ cups
Salt, 1 teaspoon

Fat, 6 tablespoons
Cold water

Sift together the flour and salt; work in fat, using fingers or case knife. Moisten to dough with cold water. Toss on floured board, pat and roll out. Fold so as to make 3 layers; turn half way round, pat and roll out; repeat. Line pie tin.

RICE AND BARLEY FLOUR PASTRY

Substitute $\frac{1}{2}$ cup rice flour for $\frac{1}{2}$ cup barley flour in above recipe. This makes a pastry of lighter color.

WAR CAKE

Brown sugar, 1 cup
Water, 1 1-3 cups
Fat, 2 tablespoons
Salt, 1 teaspoon
Cinnamon, 1 teaspoon

Cloves, $\frac{1}{2}$ teaspoon
Raisins, 1 cup
Citron, $\frac{1}{4}$ cup
Barley flour, 1 cup
Rye flour, 1 cup
Soda, $\frac{1}{2}$ teaspoon

Boil all of the ingredients, except the flour and soda, five minutes, after they begin to bubble. When cold add soda, and flour sifted together. Bake slowly one hour and 15 minutes.

2 cups barley flour may be used instead of 1 cup barley flour and 1 cup rye flour.
Yield: 1 loaf, 8" x 5" x 2".

BARLEY SPICE CAKE

Barley flour may be substituted for wheat flour in any good spice cake recipe.

SPICED OATMEAL CAKES

Molasses, $\frac{1}{4}$ cup
Fat, 3 tablespoons
Barley flour, $1\frac{1}{2}$ cups
Soda, $\frac{1}{4}$ teaspoon
Baking powder, $\frac{1}{2}$ teaspoon

Cinnamon, 1 teaspoon
Cloves, $\frac{1}{2}$ teaspoon
Nutmeg, $\frac{1}{2}$ teaspoon
Sugar, $\frac{1}{4}$ cup
Oatmeal mush, $\frac{1}{2}$ cup
Raisins, $\frac{1}{4}$ cup

Heat the molasses to boiling point and add to fat. Sift together the dry ingredients and add to molasses mixture. Add oatmeal mush and raisins, beat well, bake in greased cup cake pans for 30 minutes. It may be necessary to add $\frac{1}{4}$ cup of milk if the oatmeal is very stiff.

Yield: 12 cakes.