WHEATLESS does not mean breadless, nor cakeless, nor even pieless. You can use other flours. There are corn, rice, potato, barley and oaten 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 loves 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
- 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**

- Egg, 1
- Baking powder, 5 teaspoons
- Salt, 1 teaspoon
- 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 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, 3/4 cup
- Fat, 3 tablespoons

Sift together the dry ingredients; cut in the fat. Add liquid. Toss on lightly floured board. Roll to 1/4 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
Milk, 1 cup
Sift together the dry ingredients. Cut in fat, add milk, making a soft dough.
Roll on floured board to ¼ inch thickness. Cut. Bake in a hot oven for about 12 minutes.
Yield: 12 biscuits.

OATMEAL PEANUT BISCUITS
Oatmeal, 1 cup
Butter, 2 cups
Baking powder 6 teaspoons
Salt, 2 teaspoons
Milk, ¼ cup
Roasted peanuts (crushed), 1 cup
Sift together the dry ingredients; cut in fat. Add crushed peanuts and milk making a soft dough. Roll on slightly floured board to % 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
Molasses, 2 tablespoons
Egg, 1
Milk, 1-3 cup
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, % cup
Barley flour, 1¼ cups
Baking powder, 2 teaspoons
Salt, 1 teaspoon
Butter, % cup
Milk, 1-3 cup
Egg, 1
Molasses, % cup
Sift dry ingredients together; cut in the fat. Beat the egg and add to 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 % 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 % 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, % cup
Salt, 2 teaspoons
Water, ½ cup
Butter, % cup
Mashed potato, % 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
Milk, 1½ 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
Milk, % cup
Baking powder, 6 teaspoons
Corn syrup, % cup
Ground rolled oats, 1 cup
Raisins, % 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, % cup
Ground rolled oats, 1 cup
Milk, 1 cup
Egg, 1
English walnut, pecan or hickory nuts
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 ¼ hour. Bake about 1 hour in a moderate oven.
Yield: 1 loaf 4" x 10", and 1 loaf 2½" x 4½".
(Rye flour may be substituted for the barley flour if desired.)
PEANUT BUTTER LOAF

Barley flour, 1 cup Sugar, ¼ cup
Rye flour, 1 cup Peanut butter, ½ cup
Baking powder, 4 teaspoons 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 30 minutes. Bake in a moderate oven about 1 hour.
Yield: 1 loaf.

OATEN LOAF

Ground oatmeal, 2 cups Eggs, 1
Baking powder, 4 teaspoons Milk, 1 cup
Salt, 1 teaspoon (¼ 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 30 minutes. Bake in a moderate oven about 35 minutes.
Yield: 1 loaf.

WHEATLESS YEST BREAD

Ground oatmeal, 1 cup Boiling water, 1½ cups or scalded milk.
Rye flour, 3 cups 1½ cups
Corn syrup, ¼ cup Yeast, compressed, 1 cake
Salt, 2 teaspoons Lukewarm water, ¼ cup (for softening yeast)
Fat, 2 teaspoons
Eggs, 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 firm 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, ¾ cup Fat, 1 tablespoon
Salt, ½ teaspoon Mashed potatoes, ¼ 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 Cloves, ¼ teaspoon
Boiling water, ¾ cup Cinnamon, ¼ teaspoon
Fat, ½ cup Ginger, ½ teaspoon
Barley flour, 3 2-3 cups Salt, 1 teaspoon
Soda, 1 teaspoon Shredded coconut, ¼ cup

English Walnuts, ½ cup

Yield: 92 bars.

BARLEY AND OATMEAL COOKIES

Barley flour, 1½ cups Nutmeg, ¼ teaspoon
Rolled oats, 2 cups Raisins, seeded and cut into halves, ¼ cup
Salt, ½ teaspoon Cinnamon, ½ teaspoon
Baking powder, 2½ teaspoons Corn syrup, dark, ¼ cup
Cinnamon, ½ teaspoon Hardened vegetable fat, ½ cup, (melted before measuring)
Ginger, ½ teaspoon
Cloves, ¼ teaspoon

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.
Yield: 50 cookies.

HOT WATER GINGERBREAD

Fat, 3 tablespoons Ginger, 2 teaspoons
Boiling water, ½ cup Salt, ½ teaspoon
Molasses, 1 cup Soda, 1 teaspoon

Barley flour, 2½ 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 into the greased shallow pans and bake about 20 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, ⅓ cup
Barley flour, 1⅔ cups
Baking powder, 3 teaspoons
Salt, 1 teaspoon


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, ⅔ cup
Vanilla, ½ 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 1/2 tablespoons
Sugar, ½ cup
Corn syrup, dark, ¾ cup
Egg, 1
Milk, ¼ cup

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 ⅛ cup rice flour for the 1 cup barley flour in the above recipe.

QUICK BARLEY FLOUR PASTRY

Barley flour, 1½ cups
Salt, 1 teaspoon

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 ⅛ cup rice flour for ½ 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

Soda, ½ teaspoon

Roll 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, ¼ cup
Fat, 3 tablespoons
Barley flour, 1⅔ cups
Soda, ⅛ teaspoon
Baking powder, ½ teaspoon

Cinnamon, 1 teaspoon
Cloves, ½ teaspoon
Nutmeg, ½ teaspoon
Sugar, ¼ cup
Oatmeal mush, ¼ 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 20 minutes. It may be necessary to add ¼ cup of milk if the oatmeal is very stiff.

Yield: 12 cakes.