

Products

BUTTERMILK CORN CAKES

Southern style. Tops for waffles, too.

BROWN RICE FLOUR

MUFFIN MEAL

We take wheat, rye and corn and mix-grind them thru the stone. Excellent for muffins.

OAT FLOUR

Substitute this for wheat or rye flour and taste the difference.

WHOLE WHEAT (Graham) FLOUR

Fine ground—contains all of the wheat including the vitamin rich wheat germ.

WHOLE WHEAT PANCAKE MIX

We've added salt, sugar and baking powder to our whole wheat flour—bake pancakes, waffles or muffins.

BUCKWHEAT PANCAKE MIX

WHITE CORN MEAL

YELLOW CORN MEAL

Both white and yellow corn meal contain the corn germ and oil.

CRACKED WHEAT CEREAL

Unsurpassed as breakfast cereal as well as a substitute for potatoes.

BUCKWHEAT FLOUR

The old fashioned kind—nothing added.

OATMEAL, SCOTCH STYLE

Takes a little longer to cook, but oh! the difference with its nut-like flavor.

WHEAT GERM

Natural and unprocessed. Rich in vitamins.

NATURAL UNBLEACHED FLOUR

Pure white. Use in any of your favorite white flour recipes—does wonders to flavor.

WHOLE RYE FLOUR

Nothing removed in the stone grinding. Excellent for rye bread, muffins and the like.

FOX HUNTERS MEAL

From an old formula, we mix-grind wheat, corn and hulled oats. A different flavor for mush, muffins and pancakes.

WHITE RICE FLOUR

Makes excellent muffins, gravy and even spoonbread.

GRIDDLE CAKE MIX

We mix-grind wheat and corn, then add salt, sugar and baking powder. For hearty pancakes, waffles or muffins, try this.

BOSTON BROWN BREAD MEAL

In the exact proportions, rye, wheat and corn are mix-ground. Follow the recipe for really fine brown bread.

WILD RICE PANCAKE MIX

Stone ground blend of wheat, buckwheat and WILD RICE; tops for pancakes, waffles and muffins—a completely different flavor.

FAVORITE "5" PACKAGE

One pound each of Wild Rice Pancake Mix, Cornmeal, Whole Wheat Flour, Buckwheat Flour and Griddle Cake Mix.

OLD TYME WHITE GRITS

OLD TYME YELLOW GRITS

Both white and yellow grits made from NON-degerminated corn.

PIONEER'S PORRIDGE

A hardy high protein cereal made of cracked grains of wheat, corn, rye, oats and rice.

WHITE UNBLEACHED

WHEAT GERM FLOUR

Packed full of natural vitamins and minerals.

OLD MILL 5-GRAIN MUFFIN MIX

A ready mix containing 5 wholegrain flours. Delicious for muffins and pancakes.

FLAPJACK GIFT PAC

Contains four 1 lb. mixes for cakes, muffins, and waffles, with pint of maple syrup.

BYRD MILL

Louisa, Virginia



HISTORY


BUILT in 1740 the massive hand-hewn timbers of Byrd Mill have withstood the stresses and strains of these many years and still house the mill machinery in use today.

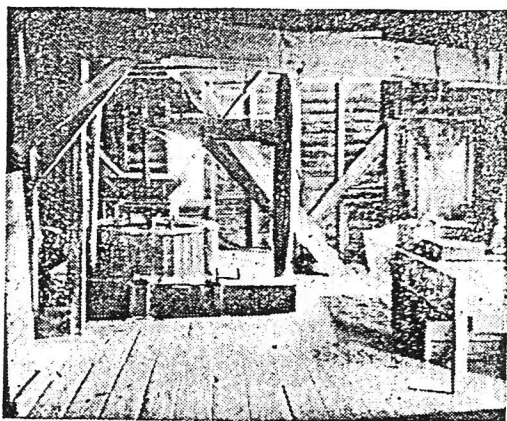
The Byrd Mill was an established part of the community when young Patrick Henry brought corn, wheat and buckwheat for grinding from his father's nearby plantation. This water-powered grist mill still grinds for the local farmers some of whom come to the mill with a bag thrown over the horse's withers in front of them as they ride.

No one living knows when the present set of French buhr-stones were installed, but they are still in excellent condition and in use daily.

If you ever come this way, it would be our pleasure to show you how we grind the products we sell.

We are about 50 miles west of Richmond. At Ferncliff on Rt. 250 turn North and follow signs.

STONE GROUND  WATER GROUND



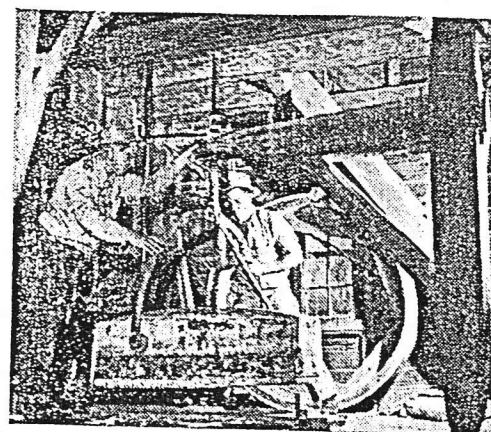
Inside of Mill looking towards the stone mill.
Showing derrick for raising stone.

Wholegrain Story

TAKING the whole kernels of grain and grinding them between stones to make meal and flour is an ancient industry. The "refined" version of meals and flours is relatively new and brought about by our industrial age—mass production. A year's production here at Byrd Mill would be a day's production in a moderately-sized roller mill.

The only way to retain the natural flavors, nutritional values and vitamins in the grains is to process them slowly, without heat. Modern high-speed milling processes destroy practically all of these vital ingredients.

Here at Byrd Mill we process choice grains in our water-powered French buhr-stone mill slowly so to insure that the meals and flours will retain full nutritional value and natural flavor.



Every month or two the upper stone must be raised and turned over to dress (sharpen) the stones so that they will grind properly. A full day's job for two men.

Try Our Favorite Wholegrain Recipes

Pound Cake

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|----------------------|----------------------|
| 1 Cup butter | ½ Tsp. baking powder |
| 1½ Cups sugar | 1 Tsp. vanilla |
| 2 Cups Natural Flour | 1 Tsp. lemon extract |
| 5 Eggs | |

Cream butter until it can be beaten with a spoon before adding sugar. Add sugar gradually, beating until creamy. Separate eggs; beat yolks until thick and whites until stiff. Add beaten yolks to butter and sugar; mix well then add portion of flour which has been sifted with baking powder, stir until smooth then add a portion of egg whites, continue adding alternately egg whites and flour, mix until smooth. Add flavoring and pour into ungreased baking pan. Bake in slow oven (325) one hour. Cool thoroughly before cutting.

Corn Meal Light Bread

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|------------------|---------------------|
| 4 Cups Corn Meal | 3 Tsp. sugar |
| 2 Eggs | 1 Cup Natural Flour |
| 2 Tsp. soda | 4 Cups buttermilk |
| 2 Tsp. salt | |

Beat eggs, add to buttermilk and mix in corn meal, then flour sifted with soda, salt and sugar. Cover dough lightly with sprinkling of corn meal and let rise in warm place 1½ to 2 hours. When dough is light bake in 350 oven 1 hour.

Quick Whole Wheat Bread

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|------------------------------------|---------------------------------|
| 5 Cups Byrd Mill whole wheat flour | ½ Cup sugar |
| 2 Tsp. baking soda | 3½ Cups buttermilk or sour milk |

Sift dry ingredients, add milk to make consistency of cake batter. Bake in bread pans 1½ to 1¾ hours in 325 oven. Makes two loaves.

Corn Meal Waffles

MRS. RUTH MOORE

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|--------------------------|------------------------------------|
| 1 Cup corn meal | 1 Tsp. soda |
| 1/2 Cup flour | 1 Tsp. baking powder |
| 1/2 Tsp. salt | |
| ADD: | |
| 1 Cup buttermilk | Enough water |
| 1 Egg slightly beaten | (about 1/4 cup) |
| 4 Tsp. melted shortening | to make batter thin enough to pour |

Hush Puppies

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|-----------------------|---------------|
| 1 1/2 Cups corn meal | 1/2 Cup flour |
| 1 1/2 Cups buttermilk | 1 Tsp. soda |
| 1 Small onion sliced | Pinch of salt |

Mix soda with buttermilk, then mix with corn-meal and flour to form stiff batter. Add salt and onion. Drop dough in TEASPOONFULS in hot deep fat (375); do not crowd. Cook until brown.

Suggestion: One small can drained crushed pineapple may be added to batter in place of onion. Serves four.

English Muffins

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|-------------------------------|----------------------|
| 5 1/2 to 6 cups Natural Flour | 2 Tbs. Sugar |
| 1 Cup milk | 1 Cup lukewarm water |
| 4 Tbs. shortening | 1 Cake yeast |
| | 1 Tsp. salt |

Sift flour, scald milk; add shortening and sugar; stir until shortening is melted; add water; cool to lukewarm. Add crumbled yeast cake; beat well until yeast is dissolved. Add 3 cups flour gradually, beating until smooth. Gradually add salt and remaining flour; using enough to make a moderately soft dough. Knead on lightly floured board until smooth and elastic to touch. Place in a greased bowl, cover with damp cloth and let rise in warm place until double in bulk, 1 to 1 1/2 hours. Place on board sprinkled with cornmeal, roll out to 1/4 inch thickness; cut with 3" cookie cutter. Cover cut muffins on the board with cloth and let rise until double in bulk, about 1/2 hour. Bake on moderately hot griddle, electric fry pan or iron frying pan, cornmeal side down first 15 minutes per side.

WHOLE WHEAT ENGLISH MUFFINS

Use above recipe with SIFTED Whole Wheat Flour in place of the Natural Flour.

Makes 20 to 22 muffins. Muffins may be frozen after last cutting or baked and frozen.

"The Byrd Mill" wishes to apologize to Mrs. Vrest Orton and her publishers, for copying from her book, COOKING WITH WHOLEGRAINS, a number of recipes printed in our recipe folder. All of her recipes have been removed from our folder.

We highly recommend COOKING WITH WHOLEGRAINS by Ellen Orton. This book may be obtained from your local bookstore, or direct from us for \$2.00 postpaid.

BYRD MILL

Louisa, Virginia



Wholegrain Recipes

THE BUHR STONES of this famous old mill still produce a wide variety of grain products rich with old fashioned flavor and nutritional value.

In the modern-day race for more production taste and food values are sacrificed. The lazy, slow, cool grinding of grains by water power has become all but a lost art. But those who know and those who remember the hearty flavor of truly old time Muffin Meal, White or Yellow Corn Meal, Buckwheat Flour, Fox Hunters Meal, etc., will give this announcement a joyous welcome.

Even those who have never known these rare taste treats will appreciate that slow, cool grinding does not burn up all the natural food values. They will look forward to some fresh and unknown flavor thrills, as enjoyed, for example, in Colonial Williamsburg in 1740, and today from the same mill.

The miller of Byrd Mill has made his products available for a few stores. We are proud and happy to be one of them. These are the products available here:

- White Corn Meal — Yellow Corn Meal
- 100% Whole Wheat Flour — Cracked Wheat Cereal
- Whole Wheat Pancake Mix — Griddle Cake Mix
- Natural Unbleached White Flour
- Buckwheat Flour — Rye Flour
- Wild Rice Pancake Mix
- Scotch Style Oatmeal — Oat Flour — Muffin Meal
- Wheat Germ — Fox Hunters Meal — Rice Flour

Stone Ground :- Water Ground

Byrd Mill 100% Whole Wheat Bread

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|----------------------------|---|
| 2 Cups scalded milk | 1 Yeast cake |
| $\frac{1}{2}$ Cup molasses | $\frac{1}{4}$ Cup lukewarm water |
| 2 Tablespoons shortening | $4\frac{3}{4}$ Cups Byrd Mill whole wheat flour |
| 2 Teaspoons salt | |

Scald milk and add molasses, shortening and salt, stirring until shortening is melted. Cool to lukewarm. Crumble yeast cake into bowl and slowly add lukewarm milk mixture, and all flour gradually small amount at a time, beating thoroughly until mixture is smooth and all flour disappears. Cover bowl with clean towel, and set in warm place (around 80 degrees Farh.). Let rise until it has doubled its size, about 2 to 2 $\frac{1}{2}$ hrs.

Again beat thoroughly with spoon about 1 minute, and turn dough into greased 8x4" bread pans, having pans half full. Brush loaves with melted shortening, cover with towel, and let rise again until they have almost doubled in size, about 1 hr. Bake in moderately hot oven (400 degrees Farh.) 15 minutes, then reduce heat to 375 degrees Farh., and bake 45 minutes longer. Bread is done when it shrinks from sides of pan. Remove from oven, turn out on wire tray to cool and spread top and sides with melted butter. Cover with towel during cooling. When cool, wrap in waxed paper to store in tightly covered breadbox or stone jar.

The following is a tested recipe for Rye Bread. It makes two loaves five by ten inches.

Place in a bowl:

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|------------------------------------|---------------------------------|
| 4 Cups Byrd Mill rye flour | $1\frac{1}{2}$ Tablespoons salt |
| 2 Cups Byrd Mill whole wheat flour | 2 Tablespoons lard |
| $\frac{1}{2}$ Cup brown sugar | 1 Yeast cake, crumbled |

Work these ingrediends with the hand until they are well blended. Then work in gradually:

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|------------------------------------|-------------------------------------|
| $1\frac{3}{4}$ Cups lukewarm water | 4 Teaspoons caraway seed (optional) |
|------------------------------------|-------------------------------------|

Cover the bowl with a cloth. Permit the sponge to rise for 8 hours. Work it again with the hands for about 2 minutes. Fill two 5x10 inch pans $\frac{3}{4}$ full. Permit the dough to rise to the top of the pan. Bake the bread in a moderate oven (375 degrees) for 1 hour. Remove at once from the pans. Spread with melted butter or cream and replace in oven and bake for 20 minutes longer. This insures a fine brown crust.

Ginger Cake

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|-------------------------------|--|
| $\frac{1}{2}$ Cup shortening | 1 Cup Byrd Mill Whole Wheat Flour |
| 1 Cup black molasses | 1 Cup Byrd Mill rye flour |
| 1 Package raisins or currants | $\frac{3}{4}$ Cup grapefruit or orange juice |
| $\frac{1}{2}$ Teaspoon cloves | 2 Teaspoon baking soda |
| 1 Teaspoon cinnamon | $\frac{1}{2}$ Cup chopped walnuts |
| 1 Teaspoon ginger | |

Melt shortening, add molasses and juice. Sift in dry ingredients. Add raisins and nuts. Bake 20 to 30 minutes in moderate oven.

(Mrs. Lucille Godsen, Mahopac, N. Y.)

Wheat Germ Waffles

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|---|---|
| 1 Pkg. dry yeast stir into 2 cups warm water (Milk, sour milk or buttermilk may be used instead of water) | Add:
2 Tablespoons molasses or sugar
3 Egg yolks
1 Teaspoon salt
$\frac{1}{2}$ Cup shortening |
|---|---|

Sift in:

- $2\frac{1}{2}$ Cups wheat germ

Stir well, let rise in warm place 2 hours, stirring down each time the batter has doubled in bulk. Before baking beat stiff and fold in 3 egg whites. Bake on waffle iron.

(Mrs. A. Mertens, Belmar, N. J.)

Rye Bread

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|---------------------------------|---------------------------------------|
| 1 Pkg. active dry yeast | $\frac{1}{4}$ Cup shortening |
| $\frac{1}{2}$ Cup warm water | 2 Tsp. salt |
| 3 Cups sifted rye flour | 2 Cups boiling water |
| $\frac{1}{4}$ Cup dark molasses | 5 to 5 $\frac{1}{2}$ cups white flour |

Soften active dry yeast in warm water. Combine rye, flour, molasses, shortening and salt; add boiling water and blend well. Cool to lukewarm. Add softened yeast. Gradually stir in white flour to make soft dough; mix well. Turn out on floured board; cover and let rise 10 minutes. Knead until dough is smooth and satiny, about ten minutes. Place in lightly greased bowl, turning once to grease surface. Cover; let rise in warm place (80 to 85 degrees) until double, about 1 $\frac{1}{2}$ to 2 hours. Punch down. Cover, and let rise till almost double, about 30 minutes. Turn out on lightly floured surface and divide in 3 equal parts, form round loaves and place on greased baking sheet. Cover; let rise until almost double, about 1 hour. Brush loaves with slightly beaten egg. Bake in 350 oven 35 to 40 minutes.

Suggestion: Substitute Whole Wheat Flour for white flour; will make darker bread.

Burghul

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|-----------------------------------|---------------------|
| 1 Cup cracked wheat | 4 Tbs. butter |
| $2\frac{1}{2}$ Cups chicken broth | 1 Small onion diced |

Melt butter in heavy pan, add onion and cook slowly, do not brown, for 5 minutes. Add cracked wheat and stir in butter and onion for a few minutes. Add chicken broth, seasoning to taste and cook over low heat covered until all the broth is absorbed, about 30 to 40 minutes. Serve in place of mashed potatoes with meat and gravy. Serves four.

Whole Wheat Muffins

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|---|--------------------------|
| $1\frac{1}{2}$ Cups Byrd Mill Whole Wheat Flour | 1 Egg |
| $\frac{1}{2}$ Cup Byrd Mill Natural Flour | 1 Teaspoon salt |
| $\frac{1}{4}$ Cup sugar | 3 Tablespoons butter |
| 1 Cup milk | 3 Teaspoon baking powder |

Mix dry ingredients. Add milk, beaten egg and melted butter. Beat well. Bake in 375 oven 20-25 minutes.

Spoon Bread

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|--------------------------|----------------------|
| 2 Cups milk | 2 Eggs |
| 1 Cup Byrd Mill Cornmeal | 2 Tablespoons butter |
| | 1 Teaspoon salt |

Scald milk; add cornmeal, egg yolks, butter, salt and sugar. Cook until thick and smooth. Remove from fire and stir in stiffly beaten egg whites. Bake in well greased pan or casserole 45 minutes in 250 oven.

Rye Muffins

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|---------------------------|-----------------------------|
| 1 Cup Byrd Mill Rye Flour | 2 Eggs |
| 1 Cup whole wheat flour | 3 Tsp. baking powder |
| 2 Tbs. molasses | $\frac{1}{2}$ Teaspoon salt |
| 1 Cup milk | 4 Tsp. shortening |

Sift both flours together with baking powder and salt. Add beaten eggs, milk, melted shortening and molasses. Mix together quickly. Bake in greased muffin tins in 400 oven for 20 minutes. (Makes 12 muffins).

Corn Pone

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|---|-------------------------|
| $1\frac{1}{4}$ Cups Byrd Mill Cornmeal | 4 Tablespoons sugar |
| $\frac{3}{4}$ Cup Byrd Mill Natural Flour | 1 Teaspoon salt |
| 1 Cup skimmed milk | 2 Teaspoons bak. powder |
| | 2 Tablespoons butter |
| | 1 Egg |

Mix flour, cornmeal, salt, and sugar together. Add milk into which 1 egg has been beaten. Add melted butter. Beat thoroughly. Bake in 375 oven for 15 minutes.

Old Fashioned Buckwheat Cakes

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|--------------------------------------|--------------------------------|
| 3½ Cups Byrd Mill
Buckwheat Flour | 1 Teaspoon salt |
| 1 Cup Byrd Mill
Natural Flour | ½ Ounce of yeast
compressed |
| 1 Qt. lukewarm water | 2 Tablespoons molasses |

Dissolve yeast in a little warm water. Mix with flour, salt and buckwheat flour to make a thin batter. Let rise over night. In the morning add the molasses and 1 tablespoon melted butter.

Southern Sweet Bread

Dissolve 2 packages Fleischman's Fast Rising Dry Yeast in ½ cup warm water, following exactly the directions on the yeast package.

In a large bowl put ½ cup sugar, 1 tablespoon salt and 1 cooking spoon lard. Dissolve these in 2 cups boiling water. When cooled to lukewarm, stir in yeast.

Take 5 pints Byrd Mill Natural Flour, sift it, and beat as much as possible into the above mixture. When too stiff to beat, begin to knead in the remaining flour.

Knead stiffened dough 15 minutes. Grease top lightly, cover with cloth, and let rise 1½ hours. Then knead again 15-20 minutes. Let rise 1 hour.

Divide dough in half. Form two loaves and put into two greased bread pans. Let rise 1 hour. Pre-heat oven at 400, put in bread, and then reduce heat to 350 after 10 minutes. Bake 50 minutes at this temperature.

Griddle Cakes

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|-----------------------------------|----------------------|
| 2 Eggs, separated | 4 Teaspoons sugar |
| 2 Cups Byrd Mill
Natural Flour | 1 Teaspoon salt |
| 1¾ Cups milk | 1 Tsp. baking powder |
| | ¼ Cup butter |

For CORN CAKES, substitute 1½ cups cornmeal and ½ cup white flour for 2 cups flour.

For WHOLE WHEAT CAKES, substitute 1½ cups whole wheat flour and ½ cup white flour for 2 cups flour.

With any of above three recipes, mix dry ingredients, egg yolks, milk and melted butter. Beat thoroughly. Just before frying, fold in stiffly beaten egg whites.

Quick Whole Wheat Bread

MRS. CROSS

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|-----------------------------|---|
| 4 Cups whole wheat
flour | 1¼ Cups each milk
and lukewarm water |
| 1 Yeast cake | ½ Cup honey, molasses
or brown sugar |
| 1 Cup white corn meal | |
| 1 Tbs. salt | |

Dissolve yeast in lukewarm water. Add rest of ingredients and knead, making a rather soft dough. Let rise until double in bulk. Put down in two loaves, in greased bread pans. Let rise again. Bake in 400 oven 15 minutes, reduce heat to 350 and bake 45 minutes.

Oatmeal Bread

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|------------------------|----------------------|
| 1½ Cups Scotch Oatmeal | 2¼ Cups milk |
| 5 Cups natural flour | 2 Tablespoons sugar |
| 1 Yeast cake | 2 Teaspoons salt |
| ¼ Cup lukewarm water | 2 Tablespoons butter |

Dissolve yeast cake in lukewarm water, add sugar, let stand for 15 minutes. Scald milk, pour boiling hot over oatmeal, butter and salt, cover and cool to lukewarm. Stir in yeast and flour and let rise until double in bulk. Divide into two loaves, place in greased floured bread pans and let rise again. Bake in 375 to 400 oven 40 minutes. Remove from oven, brush tops with melted butter.

Whole Wheat Rolls

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|--------------------|-------------------------------------|
| ½ Cup shortening | 1 Small potato cooked
and mashed |
| ½ Cup sugar | |
| 1¼ Teaspoons salt. | |

Pour 1 cup boiling water over these ingredients, and let cool. Add ½ cup cold water, 1 cake yeast, 1 beaten egg. Stir in 3 cups whole wheat flour. Let rise, make into rolls and let rise again. The dough is very soft and may be rolled and cut with biscuit cutter if you prefer to do so. Bake in 425 oven 15 to 20 minutes.

Sally Lunn

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|--------------------|-----------------------|
| 3 Eggs | 1 Tbs. melted butter |
| 1 Yeast cake | 1 Cup sweet milk |
| 1 Tablespoon sugar | 1 Quart Natural Flour |

Beat egg, melted butter in milk. Mix with other ingredients, sift in flour. Pour in baking pan and set in warm place to rise until bubbles form on top. Bake 25 minutes in 350 to 375 oven. Serve hot with butter. (Old Parker family recipe.)

Quick Buckwheat Cakes

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|-------------------|-------------------------|
| 2 Teaspoons soda | 4 Cups buttermilk |
| ½ Cup flour | 2 Tsp. baking powder |
| 1½ Teaspoons salt | 2½ Cups Buckwheat Flour |

Mix milk, soda, baking powder and salt and then stir well, add milk, drop by tbs. on hot well-greased griddle.

Johnny Cakes

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|-----------------|---------------------|
| 1 Cup cornmeal | 1 Cup boiling water |
| ½ Teaspoon salt | ½ Cup milk |
- Mix cornmeal and salt, add boiling water and stir well, add milk, drop by tbs. on hot well-greased griddle, bake until light brown.

Whole Wheat Apple Cake

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|-----------------------------|----------------------|
| 1½ Cups applesauce | 1 Egg |
| 2 Cups Whole Wheat
Flour | ½ Cup raisins |
| ¼ Cup brown sugar | 3 Tbs. melted butter |
| ½ Teaspoon salt | 1 Teaspoon soda |

Mix applesauce and well beaten egg together. Add dry ingredients, then raisins and melted butter last. Bake in 8 in. square pan in 400 oven 20 to 25 minutes.

Buttermilk Biscuits

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|----------------------|-------------------|
| 2½ Cups flour | 5 Tbs. shortening |
| ½ Teaspoon salt | 1 Cup buttermilk |
| 2 Tsp. baking powder | ½ Teaspoon soda |

Sift flour, salt, soda and baking powder and cut in shortening. Add buttermilk and stir. Turn out on floured board and knead ½ minute. Roll out, brush with melted butter, fold over and cut with biscuit cutter, bake in 450 oven 12 to 15 minutes.

Corn Cakes

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|---------------------|-----------------------------|
| 2½ Cups cornmeal | 1 Teaspoon baking
powder |
| 1 Teaspoon salt | 1 Teaspoon soda |
| 3 Tablespoons flour | 2½ Cups buttermilk |
| 1 Egg | |

Mix cornmeal, flour, salt and baking powder. Mix soda with buttermilk and add to dry ingredients. Add slightly beaten egg last. Bake on hot griddle.

Mrs. Iron's Graham Bread

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|--------------------------|------------------|
| 4 Cups whole wheat flour | 4 Teaspoons salt |
| 4 Cups lukewarm water | 1 Yeast cake |

Mix and let stand overnight.

½ Cup sugar, ½ Cup cornmeal, 1 teaspoon soda in a little water and as much Graham (Whole Wheat) Flour as needed to make a stiff dough. Let rise until double in bulk and bake. This amount makes three loaves. Keep stored in refrigerator.

Rice Flour Cookies

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|------------------------|-----------------------|
| 1 Cup rice flour | 1/4 Teaspoon vanilla |
| 1/2 Cup powdered sugar | 1 Egg |
| 1 Cup ground nuts | Halved nuts and sugar |
| 1/2 Cup melted butter | |

Sift flour and powdered sugar, measure and sift together. Mix in nuts, flavoring, shortening and slightly beaten egg. Chill several hours or overnight. Roll in small balls, place in well greased cookie sheet, place halved nut on top and press flat with bottom of glass, sprinkle with granulated sugar. Bake in 350 oven 12 minutes.

Fruit and Nut Cookies

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|--------------------------|---------------------|
| 1 Cup dates | 1/4 Teaspoon salt |
| 1 Cup seeded raisins | 5 Tbs. shortening |
| 1/2 Cup nut meats | 3/4 Cup brown sugar |
| 2 Cups Whole Wheat Flour | 1 Egg unbeaten |
| 2 Tsp. baking powder | 1/2 Cup milk |
| | 1 Teaspoon vanilla |

Cut dates and raisins in fine pieces; chop nuts coarsely. Sift together flour, baking powder and salt, mix with fruit and nuts. Cream together sugar and shortening. Add unbeaten egg and mix well, stir in milk and vanilla; add dry ingredients and mix well. Drop by teaspoonsful on well greased cookie sheet. Bake in 375 oven 10 to 15 minutes. About three dozen cookies.

Oat Flour

Either combine oat flour with other whole grain flours or substitutes for other flours for pancakes, waffles, quick breads, muffins and pan breads.

Muffin Meal

Use Muffin Meal and Fox Hunters Meal in your favorite recipe for muffins, pancakes and bread. Use Fox Hunters Meal in place of cornmeal for making mush. May be eaten hot or chilled sliced and fried.

Salt Rising Bread

Take 1/2 pint of sweet milk and let it boil 1 minute. Add 1 tsp. sugar, a pinch of salt and soda. Stir in cornmeal enough to make a moderately thin batter, cover and set in a warm place overnight. Early next morning take 1 quart of warm water, put a level tsp. of salt in it and stir in flour enough to make a rather stiff batter. Then stir in cornmeal yeast. Set in a pot of warm water and cover it. Stir once if too long rising. Try to keep the water an even temperature, not too hot to bear the hand in. Let the yeast stand until it rises in a fine foam. Sift together 2 quarts flour and 1 tbs. salt; add 1/2 cup lard, and make up with the batter. Form in loaves, let stand in warm place until it rises. Bake in 375 oven.

Yellow Cornmeal Skillet Bread

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|----------------------------|-------------------------------|
| 2 Tablespoons butter | 1 Cup milk |
| 1 1/2 Cups yellow cornmeal | 2 Eggs, unbeaten |
| 1/2 Cup Natural flour | 1 Cup buttermilk or sour milk |
| 1 Teaspoon baking soda | 1 Cup milk (for last) |
| 3 Tsp. granulated sugar | |
| 1 1/4 Tsp. salt | |

Heat oven to 400. Put butter in 9" skillet. Heat skillet to 400. Sift together cornmeal, flour, salt, baking soda. Stir in 1 cup milk, sugar and eggs. Stir in buttermilk. Pour into skillet. Pour one cup of milk over top, but do not stir this last milk. Bake in 400 oven 35 minutes. (Serves 6).

Rice Flour Waffles

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|-----------------------|----------------------|
| 1 1/4 Cups Rice Flour | 3 Tsp. baking powder |
| 2 Eggs | 1 1/2 Cups milk |
| 2 Tsp. melted fat | 1 Tsp. salt |

Sift together the dry ingredients; add slowly to the milk, beaten egg yolks and melted fat. Fold in stiffly beaten whites of eggs and cook in hot waffle iron.

Coffee Cake

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| *2 Cups whole wheat flour | 1/2 Tsp. cinnamon |
| 1 1/2 Cups brown sugar | 1 Cup buttermilk with 1 tsp. soda dissolved in it. |
| 1/4 Cup shortening | |
| 1/4 Tsp. salt | |

Rub dry ingredients and shortening together. Take out two handfuls, then add buttermilk with soda and dissolved in it into remaining flour mixture, sprinkle crumbs on top. Bake in 400 oven 20 to 25 minutes.

*Whole Wheat Flour, Natural Flour, Oat Flour or a combination of the flours may be used in this recipe.

Graham Pudding

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|--------------------------|----------------------|
| 2 Cups whole wheat flour | 1/2 Cup molasses |
| 1 Cup milk | 1 Tsp. baking powder |
| 1/2 Cup brown sugar | 1 Tsp. soda |
| | 1 Tsp. salt |

Mix thoroughly and add one cup seedless raisins. Steam 2 hours in double boiler. Serve with hard sauce.

White Bread

Bake Shop of Colonial Williamsburg

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|--------------------|---------------------|
| 1 Cup scalded milk | 5 to 6 Cups |
| 2 Tbs. sugar | Natural Flour |
| 1 Tsp. salt | 1 Package dry yeast |
| 2 Tbs. butter | 1/4 Cup warm water |

Dissolve yeast in warm water. Melt butter in milk and sugar and salt. Gradually sift in flour to form a stiff dough. Knead until smooth and silky. Set in warm place to rise until double in bulk. Form into loaves and place on greased metal baking sheet. Bake 25 minutes at 375. Brush with melted butter before baking.

Buckwheat Waffles

MRS. RUTH MOORE

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|-----------------------|--------------------------|
| 1 Cup Buckwheat Flour | 1 Tsp. baking powder |
| 1/2 Cup white flour | 1/2 Cup water (approx.) |
| 1 Cup buttermilk | 1 Egg |
| 1/2 Tsp. salt | 5 Tbs. melted shortening |
| 1 Tsp. soda | |

Make stiff batter of flours, buttermilk, and salt. Add soda and baking powder which have been dissolved in 1/4 cup cold water. Add remaining water or enough to make batter thin enough to pour. Add beaten egg and melted shortening. Bake on hot waffle iron.

Southern Corn Bread

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| 1 Cup sour milk | 1/2 Tsp. salt |
| 1/2 Tsp. soda dissolved in 1/2 tsp. water | 1 1/2 Cups corn meal |
| 1 Egg slightly beaten | 3 Tbs. melted butter |

Mix in order given and bake in muffin tins for corn muffins; shallow pan for corn bread or corn stick pan for corn sticks. Bake 400 to 425 oven 20 minutes. Suggestion: Sprinkle 1 cup cheddar cheese over top of corn bread before baking.

Frontier Corn Pone

MRS. SMILEY BLANTON

Put in small deep bowl 3/4 cup white meal, add 1 tsp. each of flour, salt, sugar and stir up. Onto this pour 1/2 cup boiling water and let stand 10 to 20 minutes, covered. Melt 1 tbs. butter and add to meal. It will be very stiff. Wet your hands in cold water between forming each pone, and form into oval cakes. Makes 6 pones. Bake slowly about 40 minutes. Then brush tops with butter and put under broiler to brown.

For CORN DODGERS, make dough a bit softer, form into 3 cakes and cook on top stove for about 20 minutes.