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# Oregon Agricultural College Extension Service

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## War Breads and Cakes



CORVALLIS, OREGON

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## WAR BREADS AND CAKES

### BREADS

#### Suggested Substitutes for Wheat Flour in Bread—

The familiar term "war bread" means bread prepared by combining a minimum amount of wheat flour with other materials for bread making.

Since, in the process of manufacturing patent flour, about three-fourths of the mineral salt is lost, it is evident that by milling a larger percentage of the wheat, the food value as well as the positive amount of bread-making material would be greatly increased. This added mineral matter may become a vital factor in making up the diet of children.

The manufacture of old-time graham flour, or wheat meal, which is simply the entire grain cleaned and ground, has been almost entirely abandoned, no doubt because of its perishability. Due to its bran and mineral salt content, flour of this type possesses laxative properties, which are often desirable, although the protein of the coarser flours may not be so completely absorbed. Much of the graham flour on the market at present is merely white flour to which bran has been added.

Some of the materials which may be substituted for wheat flour are: Cornmeal, buckwheat flour, soybean meal, and potato flour.

Corn meal may be used in the proportion of one part corn meal to two parts wheat flour.

Buckwheat flour combines well with wheat flour in any proportion.

Soybean meal and cotton-seed meal are both useful in small amounts.

Potato flour, such as has been used abroad, is not generally available in our markets, but boiled mashed potatoes may be substituted for slightly less than half the flour. Boiled rice may also be used with flour in about the same proportion.

Equal measures of cooked bean pulp and flour are satisfactory in muffins.

#### Vetch Oatmeal Bread—

5 T butter, melted

5 T brown sugar

1 egg well beaten and enough water added to make one cup

½ c oatmeal, bran or cornmeal

\* ½ c vetch meal

½ c flour

3 t baking powder

½ t salt

1 c raisins, chopped

Mix dry ingredients and raisins; add egg and liquid. Bake one hour.

#### Bran Bread—

4 c white or graham flour

4 t soda

4 c bran

1 c molasses

4 c sour milk

2 t salt

Mix dry ingredients, add molasses and milk and bake one hour.

#### Abbreviation Key—

c=cup

T=tablespoon

t=teaspoon

\*See Note following bulletin.

**Honey and Nut Bran Muffins—**

$\frac{1}{2}$ c honey	2 c bran
1 c flour	1 T melted butter
$\frac{1}{4}$ to $\frac{1}{2}$ t soda	$1\frac{1}{2}$ c milk
$\frac{1}{4}$ t salt	$1\frac{1}{4}$ t baking powder
$\frac{3}{4}$ c finely chopped English walnuts	

Sift together the flour, soda, and salt and mix them with the bran. Add the other ingredients and bake for 25 or 30 minutes in a hot oven in gem tins. This will make about 20 muffins.

**Whole Wheat or Graham Bread—**

$1\frac{1}{2}$ c lukewarm milk	3 T brown sugar
$1\frac{1}{4}$ t salt	3 c whole wheat or graham flour
$\frac{1}{2}$ yeast cake	

Soak yeast in  $\frac{1}{4}$  cup of milk. Scald the remainder of the milk together with the sugar and salt. When lukewarm add yeast. Add the flour, beat well and let it double its volume. Beat down, put into a pan and let rise. Bake 45 to 50 minutes.

**Potato Bread—U. S. Dept. of Agriculture.**

In making this bread it must be remembered that a pound of mashed potatoes contains about  $1\frac{1}{4}$  cup of water and starch and other substances about equivalent to those in one cupful of wheat flour.

3 lbs. boiled and peeled potatoes (equivalent to about  $3\frac{3}{4}$  lbs. water and 3 c flour).

$2\frac{1}{4}$ level t salt
3 level t sugar
2 cakes compressed yeast
4 T water

Clean and boil potatoes until they become soft. Pour off water, clean, peel and mash while hot, being careful to leave no lumps. Take 3 pounds or 5 solidly packed half-pint cups of the potatoes and when lukewarm add to them the yeast, soak in 4 T of lukewarm water. Next, add the salt, sugar, and a scant half-pint of sifted flour. Mix thoroughly and let rise until very light. To this add the remainder of the flour, kneading thoroughly until a smooth elastic dough. The dough must be stiff as the boiled potato contains much water which causes the dough to soften as it ferments. Therefore add no more water unless absolutely necessary. Let rise until it trebles in volume. Divide the dough into four parts, mold and place in greased pans. Allow the loaves to rise until double in volume. Bake 45 to 50 minutes.

**Cornmeal and Wheat Bread—U. S. Dept. of Agriculture**

$\frac{1}{2}$ c milk, water, or a mixture of the two	
$\frac{1}{2}$ cake compressed yeast	1 T sugar
or	1 T butter or other fat (if used)
$\frac{1}{4}$ c liquid yeast	1 c cornmeal
$1\frac{1}{2}$ t salt	2 c wheat flour

Pour  $1\frac{1}{4}$  c of water over the cornmeal, salt, sugar, and fat. Heat the mixture gradually to the boiling point or nearly to it and cook 20 minutes, using double boiler. The water is sufficient only to soften the meal a little. Allow the meal to cool to lukewarm temperature. Then add flour, yeast which was soaked in the other part of the water, or

the  $\frac{1}{4}$  cup liquid yeast. Mold thoroughly and let rise until double its bulk. Make into a loaf, place in a greased pan and again let rise until double its bulk, and bake from 45 to 50 minutes.

#### Rice Bread—

- 1 c lukewarm milk, water, or mixture of two
- 1 c uncooked rice
- $1\frac{1}{4}$  t salt
- 1 T sugar
- 1 T fat (if used)
- $\frac{1}{2}$  cake compressed yeast or  $\frac{1}{4}$  c liquid yeast
- 2 c wheat flour

Steam the rice with  $\frac{1}{2}$  c liquid until soft (in steamer). Put the sugar, salt, and fat (if used) into the mixing bowl and pour over them the remaining liquid ( $\frac{1}{2}$  cupful). When lukewarm add the yeast and  $\frac{1}{2}$  cupful of flour. Allow to rise until the sponge is very light. Then add the steamed rice (lukewarm) and the remainder of the flour. This dough is thick and some pressure must be used to work in the flour. Let rise until double its bulk. Form into loaf, place in a pan, allow to rise until double its size, and bake from 45 to 50 minutes.

#### Rye Bread—U. S. Dept. of Agriculture

- |            |                                   |
|------------|-----------------------------------|
| 1 qt. milk | 2 T butter or fat                 |
| 2 T sugar  | 1 cake compressed yeast           |
| 4 t salt   | 3 c flour (1 c wheat and 2 c rye) |

Proceed as in making wheat bread until the bread has been molded the second time. At this point the dough should be placed in a 6-quart bowl lined with a cloth into which flour has been rubbed. When the dough has risen to the top and is very light, turn out on a hot sheet iron or dripping pan inverted, over which a tablespoon of flour has been sprinkled. Spread out and put immediately into a very hot oven. After 10 minutes lower the temperature somewhat and bake for one hour.

#### Rolled Oats Bread—U. S. Dept. of Agriculture

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|-----------------------------|--------------------------------|
| 2 c boiling water           | 1 yeast cake                   |
| $\frac{1}{2}$ c brown sugar | $\frac{1}{4}$ c lukewarm water |
| 2 t salt                    | $1\frac{1}{2}$ c rolled oats   |
| 5 c flour                   |                                |

Soak the yeast cake in the lukewarm water. Pour the boiling water over the rolled oats, salt, and sugar and let stand until lukewarm. Add the soaked yeast and flour. Let rise until very light, beat thoroughly and turn into two buttered bread pans. When the dough has doubled in size bake an hour in a moderate oven.

#### Boston Brown Bread—

- |                          |                      |
|--------------------------|----------------------|
| 1 c cornmeal             | $\frac{1}{2}$ t salt |
| 2 c shorts               | 2 t baking powder    |
| $\frac{1}{2}$ c molasses |                      |

Add sufficient milk to make thick batter. Steam two hours. Bake 15 minutes.

**Shorts Bread—U. S. Dept. of Agri.**

1 c liquid	$\frac{1}{4}$ to $\frac{1}{2}$ cake of yeast
1 t fat	2 c shorts
1 t sugar	1 c white flour
1 t salt	

Make a sponge, using white flour. When this is light stir in shorts and proceed in the usual manner. Cottonseed meal bread may be made by using the above proportions and substituting one cup of cottonseed meal and two cups white flour.

**Crackling Bread—U. S. Dept. of Agri.**

1 qt. cornmeal	2 t salt
1 pt. cracklings	Boiling water

Mix the cornmeal and salt; pour over this mixture enough boiling water to moisten but not enough to make a mush. When the meal has cooled, work the cracklings into it with the fingers. Form the dough into cakes about 4 inches long, 2 inches wide, and one inch thick. Bake 30 minutes. This bread, because of its large percentage of fat, is eaten without butter and should be served very hot. "Cracklings" like "scraps" is a name given to the crisp, brown meat tissue left after the lard is "tried out." Cracklings consist of connective tissue with a large amount of fat adhering to it.

**Cornmeal and Hominy Bread—**

1 c cooked hominy	1 c white cornmeal
1 c milk	2 eggs
1 T melted fat	$1\frac{1}{2}$ t salt
Mix the ingredients and bake 30 minutes in a moderate oven.	

**CAKES**

In these days of necessary conservation of materials we should keep in mind the fact that cake, as it is usually made is a highly nutritious food and should be used as a part of the meal and not a supplement to it. If used at all only the simplest kinds are urged. Rich fillings and icings should be supplanted by a jam or jelly spread on the cake just before serving.

The use of pastry and doughnuts at this time is also very undesirable, because of the large amount of fat used in their preparation.

Other fats such as meat drippings, lard and oils may be used in the place of butter in the proportion of 4-5 cup of fat for each cup of butter.

In localities where honey is plentiful and cheap it may be substituted for sugar.

**Plain Spice Cake—**

Sift together	1 t cinnamon
2 c flour	$\frac{1}{2}$ t each cloves and ginger
$\frac{3}{8}$ t salt	$\frac{3}{8}$ t soda

Mix  $\frac{3}{4}$  cup molasses with  $\frac{1}{2}$  cup hot water, 2 tablespoons drippings or other shortening, and  $\frac{1}{2}$  cup seeded raisins. Combine the two mixtures, beating smooth and quickly as possible, and bake in hot greased

muffin pans. The raisins may be cut into pieces or left whole as preferred. Dates may be substituted.

#### Camp Cake—

1 c brown sugar	$\frac{1}{4}$ t nutmeg
1 c water	1 t cinnamon
2 c seeded raisins	$\frac{1}{4}$ t cloves
$\frac{1}{3}$ c lard	Salt

Combine all and boil 3 minutes. When cold add 1 teaspoon soda dissolved in cold water, 2 cups flour, 1 teaspoon baking powder. Bake in moderate oven one hour. Nuts will add to the food value.

#### Date Cake—

1 $\frac{1}{2}$ c sugar	1 $\frac{3}{4}$ c flour
$\frac{3}{4}$ c butter	3 t baking powder
2 eggs	$\frac{1}{2}$ t cinnamon
$\frac{1}{2}$ c milk	$\frac{1}{2}$ t nutmeg
$\frac{1}{2}$ lb. dates chopped (use any dried fruits)	

Conventional method. Bake 35 to 40 minutes in oven.

#### Honey Cake—

$\frac{1}{2}$  c butter (or  $\frac{1}{3}$  c fat with  $\frac{1}{2}$  t salt)  
 1 c honey  
 1 egg well beaten  
 $\frac{1}{2}$  c sour milk  
 1 level t soda

4 c flour measured after once sifting and resifted with  $\frac{1}{2}$  t each of cinnamon and ginger.

Beat the shortening to a cream; then add honey and beat; then the beaten egg and the milk; adding a little of the flour to keep a uniform creamy consistency that will entangle the air when you beat. Fold in the rest of the flour, sifted with the soda and spices. Bake in a rather shallow pan and serve in squares without frosting. A few blanched and sliced almonds may be scattered over the top just before baking. Honey cake would only be economical where honey is cheaper than sugar.

#### Potato Cake—

1 c butter or 4-5 c fat	2 c sugar
1 c almonds	$\frac{1}{2}$ c milk or cream
1 t cinnamon	$\frac{1}{2}$ t cloves
$\frac{1}{2}$ t nutmeg	1 $\frac{1}{2}$ c flour
2 t baking powder	$\frac{1}{2}$ cake melted chocolate
1 c mashed potatoes	4 eggs

Cream butter and sugar; add the finely mashed potatoes while warm; then the yolks of eggs well beaten; then the milk or cream, melted chocolate and spices. Mix and sift the flour and baking powder, cut nuts fine and dredge with flour. Add flour and nuts to the batter and lastly the whites of the eggs beaten stiff. Bake in square pan or loaves 50 to 60 minutes in moderate oven.

**Dried Apple Cake—**

1 c dried apples (cook until plump)	
1 c molasses	3½ c flour
½ c butter or ⅓ c fat	1 t soda
1 c buttermilk	1 c sugar
1 t cinnamon	1 t cloves
1 egg	1 t nutmeg

Cook molasses and dried apples until thick. Allow the mixture to cool. Cream the butter, add the sugar and egg slightly beaten. Mix and sift the dry ingredients. Add the milk and dry ingredients alternately to the egg mixture. Lastly add the molasses and apples. Mix thoroughly. Turn into a prepared pan and bake 30 minutes in a moderate oven.

**Raspberry Cake—**

Either canned or dried raspberries, loganberries or strawberries may be used in making this cake.

2 eggs	½ t nutmeg
1 c brown sugar	1 t cinnamon
½ c butter or ⅓ c fat	1 T sour milk
1 c canned strawberries, rasp- berries or loganberries, or well soaked dried berries.	1 t soda
	1 c flour

Cream the butter, add the sugar and egg well beaten. Mix and sift the dry ingredients. Add the milk and dry ingredients and fruit to the egg mixture and mix thoroughly. Turn into a prepared pan and bake 30 minutes in a moderate oven.

**Scotch Oat Meal Cakes—**

2 c rolled oats	⅔ c sugar
2 c flour	1 t cinnamon
½ t salt	

Combine all and rub in ¾ cup fat. Dissolve 1 teaspoon soda in ¾ cup hot water and add. Roll as for cookies, cut 1¼ x 3 inches. Bake in moderate oven.

**Date Cakes—**

2½ c rolled oats	1 c butter or 4-5 c fat
2½ c flour	½ c cold water
1 c brown sugar	1 t soda

Mix like cake. Roll very thin and spread ½ with filling, cover with other half. Cut and bake.

**Filling—**

1 lb. dates  
½ c boiling water  
1 c brown sugar

Cook in double boiler to form paste.

**Vetch Bran Cookies—**

2 T shortening	1 c flour
5 T sugar	$\frac{1}{2}$ c water
1 egg well beaten	Spices to taste
* $\frac{1}{2}$ c vetch meal	1 c finely cut nuts
$\frac{1}{2}$ c bran or oatmeal	

Mix as any other cookies and drop from spoon on well buttered tin and bake.

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\*See Note below.

**Note:** Vetch is a kind of bean which, until recently, has been practically unknown as a food except for animals.

There are two varieties of vetch, the white or pearl, and the black.

The black is grown in the northwest, while the white is grown in the central west and some of the southern states. The black vetch makes a much more palatable-looking food if the dark husk is removed. This may be done by soaking it in soda water, and parboiling, when the husks are loosened.

In palatability, digestibility, and nutritive value, vetch compares very favorably with beans, while its delicate and pleasing flavor leads many to consider it equal to them. In using vetch as a food, it may be prepared in the same way as the navy bean, baked or boiled. It may be made into meal by grinding it in some small grinder at home, or as a regular grist at the miller's.

The use of vetch is recommended as a food for all who produce it and all others who can easily procure it. All foods that will give a food value similar to the staples should be utilized at the present time, so that the extra staples may be sent to the Allies. It is principally for this purpose that the following recipes have been worked out.