Rolled wheat and oats are good to eat and are good for you. They are rich in natural B-vitamins and are good sources of iron and other minerals. From these two foods you can get “stick to the ribs” meals and energy. Your family will like the taste of wheat products and the crunchy texture they give to baked foods.

Rolled wheat and oats blend well with so many other foods that they can make a good dish for breakfast, lunch, dinner, or snacks. People like the flavor and they are good to help more expensive foods, such as meat, go farther. Try one of these products today. Your family will be glad you did.

**Rolled Wheat or Oat Cereal**

4 cups water
1 teaspoon salt
2 cups quick rolled wheat or oats

Bring water and salt to boil. Stir rolled wheat into briskly boiling salted water. Cook 3 minutes, stirring occasionally. Cover pan; remove from heat and let stand a few minutes. Serve with sugar and milk. Serves 6.

**Rolled Wheat or Oat Cereal Cooked in Milk**

4 1/2 cups water
1 teaspoon salt
2 cups quick rolled wheat or oats
2/3 cup nonfat dry milk

Bring water and salt to boil. Stir rolled wheat and dry milk into briskly boiling salted water. Cook 3 minutes, stirring occasionally. Cover pan; remove from heat and let stand a few minutes. Serve with sugar and milk. Serves 6.

**Fried Wheat Slices**

4 cups water
1 teaspoon salt
2 cups quick rolled wheat

Bring water and salt to boil. Stir rolled wheat into briskly boiling salted water. Cook about 5 minutes, stirring occasionally. Pour into 1 1/2 x 1/2 x 1/2-inch loaf pan which has been lined with waxed paper; chill several hours or overnight. Cut in 1/2-inch slices. Fry slowly in a small amount of shortening until golden brown. Serve with syrup. Serves 6.

**Rolled Wheat Biscuits**

1 1/2 cups sifted all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/3 cup nonfat dry milk
1 cup quick rolled wheat
1/3 cup lard or shortening
2/3 cup cold water

Heat oven to very hot (450° F). Sift together flour, baking powder, salt, and dry milk into bowl; set in rolled wheat. Cut into 1/2-inch cubes. Add water gradually, mixing lightly. Dough can be formed into a ball. If dough seems too dry, add a little more water.

Turn out on lightly floured board or canvas; knead gently for 5 seconds. Roll out to 1/2-inch thickness; cut with floured or floured biscuit cutter. Place on ungreased cookie sheet. Bake at 450° F (hot oven) 12 to 15 minutes. Makes 12 biscuits.

**Old-Fashioned Vegetable Soup**

4 cups water
1/4 teaspoon salt
1/4 teaspoon black pepper
1 cup diced potatoes
1/2 cup diced carrots
1/4 cup chopped onion
2 cups canned tomatoes
2 cups canned whole kernel corn
3/4 cup quick rolled wheat

Cut meat from soup bone into small pieces. Melt shortening in a large kettle; brown meat in melted shortening. Add soup bone, water, salt and pepper. Cover and cook slowly about 2 hours. Stir in remaining ingredients; cook slowly for 5 minutes. Serves 6.

**Meat Loaf**

1 pound hamburger meat
1 1/2 cups quick rolled wheat or oats
1/2 cup chopped onion
1 1/2 teaspoons salt
1/2 teaspoon black pepper
1/3 cup nonfat dry milk
3/4 cup water
1/2 cup drained canned peas

Note: For a special treat, stir 1 to 2 cups finely chopped luncheon meat into hot cereal before pouring into loaf pan.
Combine all ingredients thoroughly. Pack into 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan or shape to form a loaf in a shallow pan. Bake at 350° F (moderate oven) about 45 minutes. Let stand 5 minutes before slicing. Serves 6.

For hamburgers: Omit peas. Shape into hamburgers. Fry in a small amount of fat or broil.

**Meat Patties**

- 3/4 pound ground beef
- 1 teaspoon salt
- 1 1/2 tablespoons nonfat dry milk
- 3/4 cup quick rolled wheat or oats
- Salt and pepper
- 1/3 cup water
- 1 tablespoon fat or oil
- 1/4 cup chopped green pepper (not really necessary)
- 1/4 cup chopped carrots
- 1/4 cup chopped onion
- 1 tablespoon flour

Combine meat, milk, wheat or oats, 1 teaspoon salt, and pepper. Stir in the 1/3 cup water. Make very thin patties; brown on both sides in the fat or oil in a frying pan. Add 1 cup water and vegetables; season with salt and pepper. Cook covered over low heat for 30 minutes. Blend flour with a little cold water, add slowly to the mixture, and cook until thickened, stirring occasionally.

**Rolled Wheat or Oat Cookies**

- 1/2 cup sifted flour
- 1/3 cup sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 1/2 cups quick rolled wheat or oats
- 1 egg, slightly beaten
- 1/2 cup milk (or 2 tablespoons nonfat dry milk mixed with 1/2 cup water)
- 1/2 teaspoon vanilla
- 1/4 cup melted fat or oil

Sift together flour, sugar, baking powder, and cinnamon. Mix in rolled wheat or oats and raisins. Combine egg, milk, flavoring, and fat and add to first mixture. Stir only until ingredients are moistened. Drop by teaspoonfuls onto greased baking sheets. Bake at 350° F (moderate oven) about 20 minutes. Makes about 2 dozen cookies.

**Applesauce Bread**

- 2 cups sifted all-purpose flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup nonfat dry milk
- 1 cup quick rolled wheat or oats
- 1 egg, slightly beaten
- 1 cup canned applesauce (or thick sweetened homemade applesauce)
- 3/4 cup cold water
- 1/2 cup raisins
- 2 tablespoons melted shortening

Sift together flour, sugar, baking powder, salt, cinnamon, and dry milk into bowl. Stir in rolled wheat or oats. Add remaining ingredients; stir only until blended. Pour into greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Bake at 350° F (moderate oven) about 50 to 55 minutes. Makes 2 loaves.

**Fruit Crisp**

- 3 cups sliced fresh or canned peaches, apricots, or apples drained*
- 1/3 cup sifted all-purpose flour
- 1/2 cup quick rolled wheat
- 1/2 cup firmly packed brown sugar
- 1/2 teaspoon salt
- 1/4 cup butter or margarine, melted

Place fruit in 8-inch square baking dish. Combine dry ingredients, add melted butter or margarine; mix until crumbly. Sprinkle crumb mixture on top of fruit. Bake at 375° F (moderate oven) about 20 minutes or until fruit is tender. Serve warm or cold with milk, if desired. Serves 6.

*If fruit is quite tart, sweeten slightly.