

Graham Nut Bread

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| 1 teaspoon baking soda. | 1 cup flour. |
| $\frac{1}{2}$ cup of molasses. | 2 cups graham flour. |
| 2 cups sweet or sour milk. | 1 cup English walnut meats |
| $\frac{1}{2}$ cup sugar. | cut into small pieces. |
| 1 teaspoon salt. | |

Mix well and pour into long, narrow well-greased pan. Bake in moderate oven for one hour.

Boston Brown Bread

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| 1 cup whole wheat flour. | 1 teaspoon soda. |
| 1 cup cornmeal. | $\frac{3}{4}$ cup molasses. |
| 1 cup rye flour. | 2 cups sour milk or $1\frac{3}{4}$ |
| 1 teaspoon salt. | cups of sweet milk. |
| 1 teaspoon baking powder. | $\frac{1}{2}$ cup seedless raisins. |

Sift dry ingredients, add raisins, molasses and milk. Put in well-greased molds with tight covers and steam one and a half hours, keeping water constantly at boiling point.

Good Oatmeal Brown Bread

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| 1 cup cooked oatmeal. | $1\frac{1}{2}$ teaspoons soda. |
| 1 cup cornmeal. | 1 cup molasses. |
| 1 cup white flour. | 1 cup sour milk. |
| 1 teaspoon salt. | |

Mix and steam in a covered mold set in hot water in a covered container. Place this in the oven and steam four hours or more if necessary. Beans should be baking at the same time.

Jane's Corn Bread

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| $\frac{1}{2}$ cup cornmeal. | 1 cup milk. |
| $1\frac{1}{2}$ cups flour. | $\frac{1}{2}$ cup sugar. |
| 4 teaspoons baking powder. | 2 tablespoons corn oil (generous) |
| 1 teaspoon salt. | 1 egg. |

Mix egg, milk and oil. Sift dry ingredients and add to first mixture. Bake in a twelve by eight inch pan in oven 375 degrees Fahrenheit for twenty minutes.— JANE CARSON, 38 Warren Street, West Medford, Mass.