

Breads



Baking Powder Biscuits

Banana Nut Bread

Berkshire Muffins

Bran Muffins

*Chocolate Macaroon
Muffins*

Cornbread

Cornbread II

Exposition Scones

Fruit Loaf

Hush Puppies

Parker House Rolls

Pineapple doughnuts

Popovers

Pumpkin Bread

Quick Brown Bread

Sopapillas

Southern Corn Bread

Whole Wheat Bread

Whole Wheat Muffins

Zucchini Bread



1950 - Back towards camera, Robert and Myrtle Leipper, Bryan Harrison, Bryan Leipper, Bob Lang, Janet Leipper, Dale Leipper, Eugene Leipper

© *Hints for the Well - Food, especially bread, should never be eaten hot.*

Whole Wheat Bread

Diane Leipper

4 1/2 cups whole wheat flour	1 1/2 cups water
2 3/4 cups white flour	3/4 cups milk
3 Tablespoons sugar	1/3 cups molasses
4 teaspoons salt	1/3 cups margarine
2 packages yeast	

Combine flours in bowl, put 2 1/2 cups of flour mixture and sugar, salt, and yeast. Combine water, milk, molasses, and margarine in a saucepan. Heat over low heat until liquids are warm. Gradually add to dry ingredients and beat 2 minutes at medium speed of mixer. Add 1/2 cup of flour mixture or enough to make thick batter. Beat at high speed for 2 minutes. Stir in enough additional flour to make a thick dough. Put on a lightly floured board. Knead until smooth and elastic. Place in greased bowl, cover and let rise in a warm place until double in bulk, about 1 hour. Punch dough down, divide in half, shape into loaves and place in greased pans. Cover and let rise until double in bulk, about 1 hour. Bake in hot oven (400) about 25 or 30 minutes.

Before bread machines I used to make this all the time. It is really good. Now I make it just for the enjoyment of making bread the long way - DFL

Quick Brown Bread

Diane Leipper

1 egg, beaten	1/2 teaspoon soda
1/2 cup molasses	1 teaspoon baking powder
1 cup sour milk or buttermilk	1 teaspoon salt
1/4 cup shortening	1/2 cup seedless raisins
2 cups wheat flour	

Beat the egg, add molasses, sour milk and shortening. Sift the wheat flour, measure, add soda, baking powder and salt and sift into the liquid. Pour raisins on top and stir up quickly all at once. Bake in a bread pan at 350 for 45 minutes.

Source: *Cooking With Whole Grains*

Baking Powder Biscuits

Elizabeth Higgins

2 cups flour
3 teaspoons baking powder
1 teaspoon salt

1/2 cup shortening
2/3 cup milk

Put flour, salt, and baking powder in bowl. Cut in shortening until mixture resembles coarse meal. Make a well in middle and pour in milk. Stir with fork until dough follows fork around bowl. Turn out on floured surface and knead lightly. Pat or roll out, cut into biscuits and bake on ungreased sheet 10 to 12 minutes at 450 degrees.

Popovers

Virginia Leipper

1 cup sifted flour
1/2 teaspoon salt

1 cup milk
2 eggs

Beat together with rotary beater just until smooth the flour salt, milk and eggs. Pour into well greased deep muffin cups (3/4 full) . Bake at 425 degrees until golden brown, 35 to 45 min. Serve immediately. Makes 5 to 9 popovers.

Oven temp. 400° 20 minutes
Then at 325°
Mix well, 1c. flour
1/2 tsp. salt
Drop 2 unbeaten Eggs, 1c. MILK
+ 4 tbsp. Melted shortening
Beat until the batter is smooth
Pour into hot sizzling greased muffin tins.
Do not open oven until the heat is reduced.
Secret is hot tins
Evelyn Ritcey Mrs. C.D.
12 large Popovers

From Virginia Leipper's recipe collection

From: Betty Crocker Cook Book

Parker House Rolls

Diane Leipper

- | | |
|---|------------------------------|
| 1 cup warm milk | 1/4 cup honey or brown sugar |
| 1 egg | 1 Tablespoon salt |
| 1 Tablespoon active dry yeast dissolved in LUKEWARM water | 2 cups whole wheat flour |
| 6 Tablespoons butter or oil | |

Add ingredients to 2 cups whole wheat flour. Beat well and add enough more flour to make soft dough. Knead well. Roll the dough about 1 inch thick and cut with biscuit cutter. Over half the round spread melted butter and fold over the other half. Cover and let rise in warm place until double in bulk. Bake at 400 degrees for about 15 or 20 minutes. Makes 18 rolls.

Source: *El Molino Best Recipes*

I WISH I COULD AFFORD A MAID FOR YOU, HONEY

DON'T BE SILLY... SCOTTOWELS DO ALL THE DIRTY WORK

Modern Brides rely on
Dnudgerly-dodger SCOTTOWELS

YOUR DISHES are done in half the time with labor-saving Scot Towels help you. Scrape your plates and

From 1930's Harrison family recipe book

Cornbread

Virginia Leipper

- | | |
|-----------------------|--------------------------|
| 1 egg | 1 teaspoon sugar |
| 1-1/2 cups buttermilk | 3 teaspoon baking powder |
| 1/2 teaspoon soda | 1 teaspoon salt |
| 1/2 cup sifted flour | 1/4 cup shortening |
| 1 1/2 cups corn meal | |

Beat the egg then beat in the buttermilk, soda, flour, cornmeal, sugar, baking powder, salt and shortening. Pour into buttered hot square pan, muffin cups, or corn stick pans. Bake just until set. Serve piping hot with butter. 450 degrees, 20 to 25 min. for bread. 12 pieces.

From: *The Betty Crocker Cook Book*

If I don't have buttermilk I use the recipe below. - VJLL

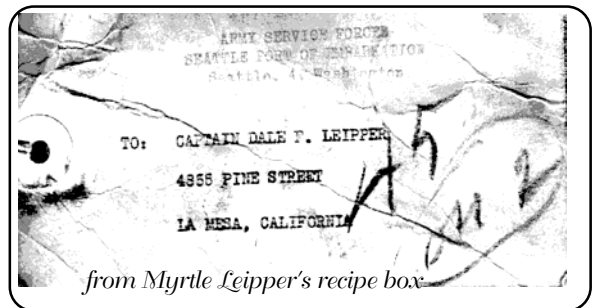
Cornbread II

Virginia Leipper

- 1 egg
- 1 1/8 cup milk
- 1/4 cup sifted flour
- 1 1/4 cup corn meal
- 2 Tablespoons sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3 Tablespoons soft shortening

Mix as above.

Source: *Betty Crocker Cook Book*



Southern Corn Bread

Virginia Leipper

- | | |
|-------------------|------------------|
| 2 eggs | 2 cups corn meal |
| 2 cups buttermilk | 1 teaspoon salt |
| 1 teaspoon soda | |

Hush Puppies

Anita Leipper

3 cups corn meal	1/2 cup water
2 teaspoon baking powder	1 egg, optional
1 1/2 teaspoon salt	1 minced onion, optional
1 1/2 cups milk	

Beat together the corn meal, baking powder, salt, milk and water. Blend in the egg and onion. With hands, mold mixture into little cakes about 1 Tablespoon each, and fry in about 1" deep fat until well browned (1-1/2 min. on each side). Drain on paper. Serve very hot

Source: Betty Crocker Cook Book

☺ Mother says a neat clean home, a tidy table, and well cooked palatable meals, are safeguards against the evils of the alehouse, the liquor saloon, and the gambling table.

Squaw Bread (our first bread making 1-14-81 a delight!)

Mari Stitt

In blender combine 2c water 1/3c oil 1/4c honey 1/4c raisins 4T brown sugar

Soften 2 pkg. dry yeast in 1/4c warm water, 1T brown sugar

Soft into large bowl: 1c unbleached flour, 2c whole wheat flour

1c rye flour 1/2c non-fat dry milk 2t salt

Add wet mixture to flour beat at med. speed til smooth (2min)

Gradually add mixed flour: 1 1/2c unbl., 1c whole wheat, 1/2c rye
until soft dough leaves side of bowl

Knead on floured surface 10-12min. (until soft + satiny)

Place in greased bowl & turn to grease other side. Cover & let rise 1 1/2hr.

Punch down, let rest 10 min. Shape into 4 rounds

Place loaves on 2 lightly greased baking sheets w cornmeal

Cover. Let rise about 1hr. until doubled

Bake 375° 30-35min. Cool on racks. Brush w melted butter
while still hot (4 loaves 1lb each)

Berkshire Muffins

Anita Leipper

2/3 cup milk
1/2 cup cornmeal
1/2 cup cooked rice
1/2 cup flour

2 Tablespoons sugar
3 teaspoon baking powder
1 egg, separated
1 Tablespoons melted butter

Scald milk, add cornmeal, let stand 5 min. Add rice (Anita adds the rice with the cornmeal). Mix in the egg yolk and butter, add the flour, baking powder, sugar. Add the stiffly beaten egg white. Pour into 12 butter muffin cups. Bake at 350 degrees about 25 minutes.

From: Fannie Farmer 10th edition

Bran Muffins

Virginia Leipper

1 1/2 cups All Bran
1 cup milk
1 egg
1/3 cup shortening
1 1/2 cups flour
1/2 cup sugar
3 teaspoon baking powder
1 teaspoon salt

Measure All Bran and milk into a mixing bowl, let stand for a few minutes; add egg and shortening, beat well. Sift together the flour, sugar, baking powder and salt. Add to bran mixture, stirring only until combined. Fill greased muffin pans 3/4 full. Bake in 400 degrees oven about 25 minutes. Makes 12 muffins.

From: All Bran package

FOR		PREPARATION TIME	SERVES
Recipe		NOT bad	18
FROM THE KITCHEN OF Dean + Mari			

Company Muffins

1 C all Purpose Flour
1 C oat Bran
2 tsp Baking Soda
1 tsp Baking Powder
2 tsp Cinnamon
1 C Brown Sugar
1 1/2 C finely shredded carrots
2 large tart apples, shredded (peeled)
1/2 C raisins
1 C Chopped Pecans
1/2 C Vegetable Oil
1/2 C Skim milk

2 Eggs, slightly Beaten
1 tsp Vanilla

Preheat oven 375°

Combine dry ingredients in large bowl
Add carrots, apples, raisins + nuts
Stir well. make a well in center.
Add oil, milk, eggs and vanilla
Stir just until moistened
Bake in greased pan 18 to 20 minutes

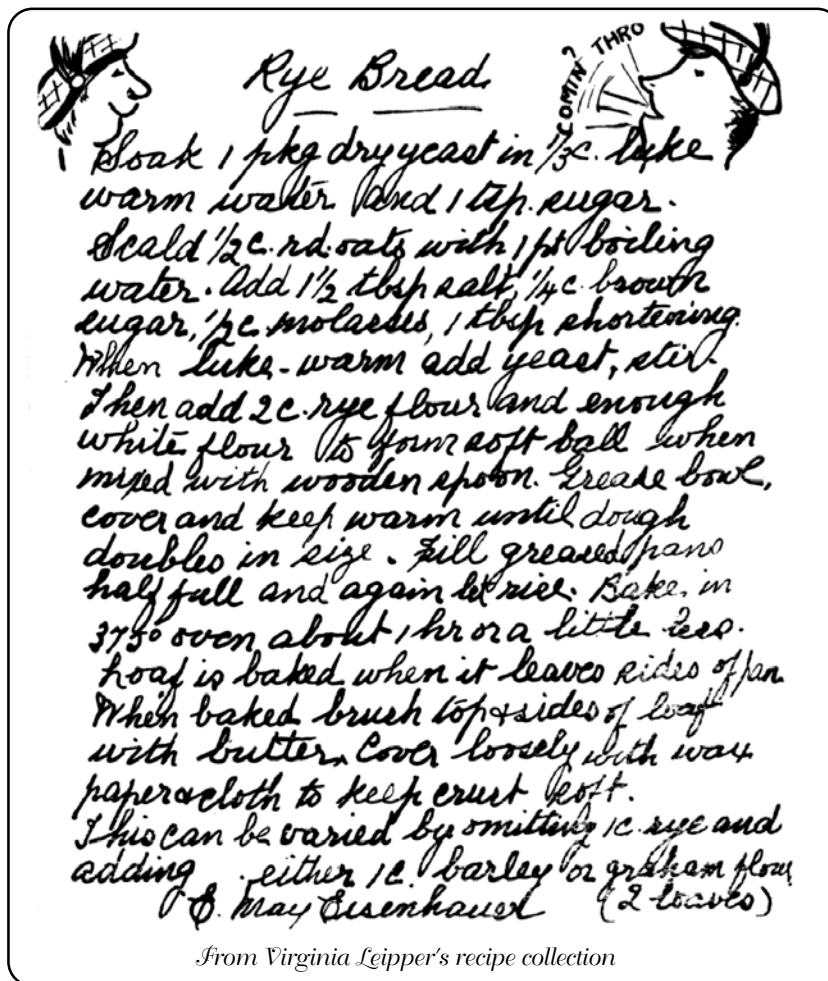
Dean Stitt

Exposition Scones

Jo Harrison

2 1/2 cups Flour	1/2 teaspoon salt
5 teaspoons baking powder	6 Tablespoons butter
2 1/2 Tablespoons sugar	1/2 cup raisins or currants
	3/4 cup milk

Sift and measure the flour. Resift with the other dry ingredients. Work the shortening into the dry ingredients with knives or pastry blender. Add raisins to fat and flour mixture and mix thoroughly. Add milk. Turn out on a floured board, and divide in two pieces, rolling each one-half inch thick. Cut into wedge-shaped pieces like pie and bake 15 minutes at 450 degrees. To serve: split open but do not cut through. Fill with ham and close.



Rye Bread

Soak 1 pkg dry yeast in 1/3c. luke warm water. Add 1 tsp. sugar. Scald 1/2c. rd. oats with 1 pt boiling water. Add 1 1/2 tbsp salt, 1/4c. brown sugar, 1/2c. molasses, 1 tbsp shortening. When luke-warm add yeast, stir. Then add 2c. rye flour and enough white flour to form soft ball when mixed with wooden spoon. Grease bowl, cover and keep warm until dough doubles in size. Fill greased pans half full and again let rise. Bake in 375° oven about 1 hr or a little less. Loaf is baked when it leaves sides of pan. When baked brush top & sides of loaf with butter. Cover loosely with wax paper or cloth to keep crust soft. This can be varied by omitting 1c. rye and adding either 1c. barley or graham flour.

O. S. May Eisenhower (2 loaves)

From Virginia Leipper's recipe collection

Whole Wheat Muffins

Diane Leipper

Basic Recipe

2 cups whole wheat flour	1/4 cup oil
2 teaspoons baking powder	1/2 - 1/2 cup honey or molasses
1/2 teaspoon salt	1 1/2 cup milk
1 egg beaten	

Combine dry ingredients. Combine wet ingredients. Fold quickly wet and dry together, just until flour is moistened. Spoon into greased muffin tin. Bake at 400 degrees for about 20 minutes.

If you are lacking some of the ingredients or desire a plainer food, here are some alternatives. Some are more "muffiny" than others. Generally more rise when sweetened rather than unsweetened, with milk rather than with water, with baking powder rather than without.

Variations

Something Missing Muffins

2 cups whole wheat flour 1/2 teaspoon salt 2 1/2 cup water (or milk) Proceed as with Basic Recipe.

Bran Muffins Substitute

1 cup bran for whole wheat flour. Use 1/4 cup molasses and add 1/2 cup raisins. Proceed as with Basic Recipe.

Buttermilk Muffins

Use buttermilk in place of milk. Use 1 teaspoon baking powder and 3/4 baking soda. Proceed as with Basic Recipe.

Festival Spice Muffins

→ Add

1/2 teaspoon cinnamon	1/4 teaspoon allspice
1/2 teaspoon mace	1/4 teaspoon ginger
1/4 teaspoon nutmeg	

Proceed as with Basic Recipe.

Marmalade or Jam Muffins

Use 1/2 cup marmalade in place of other sweetening Proceed as with Basic Recipe.

Dried Fruit Muffins

→ Add

1/2 cup raisins or

1/2 cup dates, chopped or

1/2 cup dried apricots, chopped

Proceed as with Basic Recipe.

"Oriental" Spice Muffins

→ Add

1/2 teaspoon cinnamon

1/2 teaspoon cardamom

1/4 teaspoon cloves

1/4 teaspoon nutmeg

1/4 teaspoon ginger

Proceed as with Basic Recipe.

Nut or Seed Muffins

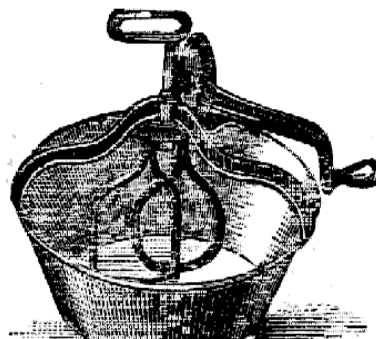
Add 1/2 cup of any of the following: Walnuts, chopped Almonds, chopped Sunflower seeds (roasted or unroasted Sesame seeds (roast in oven or frying pan) Proceed as with Basic Recipe

Confusion Muffins

Combine any or all of the variations. Proceed as with Basic Recipe.

From: The Tassajara Bread Book

UNIVERSAL DOUGH MIXER AND KNEADER.—There are several contrivances in market which claim to lighten the hard labor of mixing and kneading dough in bread-making. The inventors of "The Universal" claim that it will produce as fine bread in eight minutes as can be made by half an hour's labor with the hands.



© Housekeeping, whatever may be the opinion of the butterflies of the period, is an accomplishment in comparison to which, in its bearing on woman's relation to real life and the family, all others are trivial.

White Bread.

Baking Time 50 to 60 minutes
Temp: 425 for 15 minutes then 375

2. Cups scalded milk or 1 Cup milk
and one cup of Water.

1 Tablespoon Salt

2 Tablespoons sugar.

2 Tablespoons Crisco

1. Cake Fleischmanns Yeast, dissolve in
 $\frac{1}{4}$ cup lukewarm water & teaspoon
 $\frac{1}{4}$ of sugar

6 Cups of sifted Flour

Knead 15 minutes, place in a greased
bowl, brush top of dough with Crisco
set in warm place to rise double
its bulk, about one hour, shape
into 2 loaves, put in well greased
bread pan, brush top with
butter + let it raise double its bulk
bake, Preheat oven

Tressia Lang

Mother found this while looking through her recipe books and files. It was
one of several recipes Aunt Tress sent her in a letter. - DFL

Sopapillas

Diane Leipper

- | | |
|--------------------------|----------------------------|
| 2 cups flour | 1 Tablespoon shortening |
| 1 teaspoon salt | 3/4 cup cold water (about) |
| 1 teaspoon baking powder | |

Sift dry ingredients. Cut in shortening, add water to moisten. Shape in a ball. Let rest for about 10 minutes. Form dough in 6 balls. Roll each into very thin rounds. Cut in wedge shapes and fry in hot fat (375 degrees) for about 4 minutes or until golden. Makes about 3 dozen. I like to bite off a corner and put honey or beans into them.

I learned about these from Ben Smith's mother. She made the best Sopapillas I have ever eaten. I have never been able to do them as good as she does. I find that the temperature of the shortening is critical. I like to bite off one corner and stuff them with beans or with honey. - DLL

Orange Bread

Kind 3 large oranges - cut fine or ground
2 c water
2 c sugar
1 c milk
1 egg, slightly beaten
2 tb. shortening (melted)
~~4 c B.M. flour (sifted)~~
1/2 c salt
4 t. baking powder

soak peel in 2c water until tender (about 20 min.) Add
sugar & cook 30 min. longer over very low heat.
Add shortening: let cool. Add everything else
before milk. When mixed let stand 20 min.
Bake 1 hour at 375°. 2 small loaves.

*Orange Bread from Myrtle Leipper's recipe box
I believe this is Leah's handwriting*

Dean had a muffin recipe (22 ingredients, I think) everyone loved. He enjoyed baking. I really miss being in the kitchen with him. He took a cooking class in high school, threw the banana cream pie at his friend. MLS

Chocolate Macaroon Muffins

Diane Leipper

2 cups all-purpose flour	1 cup milk
1/2 cup sugar	1/3 cup vegetable oil
3 Tablespoons unsweetened cocoa powder	Macaroon filling, (see below)
1 Tablespoon baking powder	1/2 cup butter or margarine, melted
1 teaspoons salt	1/2 cup sugar
1 egg, slightly beaten	

Macaroon Filling

1 cup flaked coconut	1/4 cup sweetened condensed milk
1/4 teaspoon almond extract	

Preheat oven to 400 degrees. Grease bottoms of 12 muffin pan cups; set aside. In a medium bowl, mix flour, 1/2 cup sugar, cocoa powder and salt. In a small bowl, mix egg, milk, and oil. Make a well with a spoon in center of the flour mixture. Pour egg mixture into the well. Stir until flour mixture is moistened; batter will still be lumpy. Prepare Macaroon Filling. Gently spoon about half the chocolate batter into the greased muffin pan cups. Spoon about 2 teaspoons Macaroon Filling onto center of each muffin. Spoon remaining chocolate batter on top of Macaroon Filling. Bake 20 to 22 minutes or until muffins pull away from sides of cups. Immediately remove from pans. Dip top of warm muffins in melted butter or margarine, then in remaining 1/2 cup sugar. Serve warm. Makes 12 muffins.

→ Macaroon Filling

In small bowl, mix sweetened condensed milk and almond extract. Stir until moistened.

Source: *Brunch Cookery*

© *Icy Windows - Windows may be kept free from ice and polished by rubbing the glass with a sponge dipped in alcohol.*

☺ *Kitchen Utensils (samples)*

One small paddle for coffee

Two large and one small wash-tubs

One soap shaker

One boiler for clothes, holding six gallons with copper bottom

One milk-strainer

Two crocks, one gallon each

One jaggging iron

One spice box

One pair of scales

One chopping-knife

Pumpkin Bread

Diane Leipper

→ Cream

2 2/3 cup sugar

4 eggs

2/3 cup oil

→ Add

2 cups pumpkin

2/3 cups water

→ Mix well

3 1/3 cups flour

2 teaspoons soda

1/2 teaspoon salt

1 teaspoon ginger

1 teaspoon cloves

1 teaspoon cinnamon

→ Add

2/3 cup nuts

2/3 cup raisins

Bake at 350 degrees 1 hour to 1 1/4 hour in 2 loaf pans, greased and floured. Can also use 6-1 pound coffee cans bake 45 to 60 minutes.

Source: *The Chloride Cook Book*

Thinking of Chloride reminds me of a Girl Scout camp out there. Aunt Dorothy led the troop to a nice spot in the desert to camp. It was then we found out that the leader had let the girls decide what to eat and let them do the shopping. Their idea of a great supper was canned spaghetti-o's and hostess ho-ho's! It was a good thing Dorothy and I had brought our own food. -

DLF

Zucchini Bread

Diane Leipper

3 eggs	2 cups all purpose flour
1 cup salad oil	1/2 cup toasted wheat germ
1 cup brown sugar	1 teaspoon soda
1 cup white sugar	1 teaspoon salt
3 tablespoons maple flavoring	1/2 teaspoon baking powder
2 cups coarsely shredded zucchini	1 cup finely chopped walnuts
	1/3 cup sesame seeds

Beat eggs to blend, add oil sugars and maple flavoring. Continue beating until thick and foamy. Stir in zucchini with a spoon. Combine flour, soda, baking powder, salt, wheat germ, and walnuts. Stir this mixture gently into zucchini mixture. Divide mixture evenly into 2 greased, floured loaf pans. Sprinkle sesame seeds over top (or mix sesame seeds into batter). Bake at 359 degrees 1 hour or test for doneness. Can also bake in large muffin tins.

Source: The Chloride Cook Book

Fruit Loaf

Virginia Leipper

2/3 cup sugar	2 cups flour
1/3 cup shortening	1 teaspoon baking powder
2 eggs	1/2 teaspoon soda
3 Tablespoons sour milk or buttermilk	1/2 teaspoon salt
1 cup grated fruit (unpeeled apple)	1/2 cup chopped nuts.

Mix together thoroughly the sugar, shortening and eggs. Stir in the sour milk and fruit. Sift together and stir in the flour, baking powder, soda and salt. Blend in the chopped nuts.

To make a banana nut loaf, just substitute 1 cup of mashed bananas for the apple.

From: The Betty Crocker Cook Book

Grandma Leippers Banana Bread

Dana Stitt Lovelace

I copied this recipe into my cookbook for boys & girls when I was about 7 years old. It makes a very moist bread.

Cream $\frac{1}{2}$ cup shortening with 1 cup sugar. Beat 2 beaten eggs, 1 cup mashed bananas, $\frac{1}{2}$ tsp soda dissolved in 3 T milk. Add 2 cups flour, 1 tsp baking powder, $\frac{1}{2}$ cup nuts. Let rise 20 minutes. Bake in moderate oven 40 minutes.

Banana Nut Bread

Diane Leipper

- 1/2 cup oil
- 1 cup brown sugar
- 3 eggs
- 1 teaspoon salt
- 2/3 cup milk
- 4 ripe bananas
- 2 cups whole wheat flour
- 1 teaspoon soda
- 1 teaspoon vanilla
- 1 cup chopped nuts

Cream sugar and oil, add eggs and bananas. Sift dry ingredients together and stir into banana mixture adding alternately with milk and about 3

Tablespoons cold water. Add vanilla and nuts. Bake at 350 degrees for 1 hour.

Source: El Molino Best Recipes

spanish sun

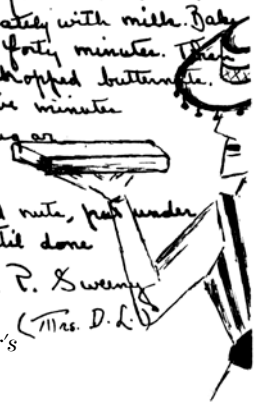
$\frac{1}{2}$ cup butter	2 cups flour
1 cup sugar	2 tsp B.P.
2 eggs	$\frac{1}{2}$ tsp. cinnamon
1 cup milk	1 tsp. nutmeg

Cream butter and sugar. Add eggs. Mix and sift dry ingredients and add to first mixture alternately with milk. Bake in oven 350° about forty minutes. Then cover cake with chopped butter nuts. Baked together for five minutes.

5 Tbsp brown sugar
3 Tbsp butter
3 Tbsp cream

Pour over chopped nuts, put under broiler and cook until done.

Agnes P. Swenny
(Mrs. D. L.)



From Virginia Leipper's recipe collection

☺ Mother says ...So that we may, with our frying-pans and soup-kettles, wage a mighty war against intemperance, for seldom is a well-fed man a drunkard; and thus our attempts at palatable and economical cooking may "kill two birds with one stone."

SOUR DOUGH BAKING

To start the sour dough, a jar is best to use for storage.

Use one cup water to one cup flour, mix to a smooth paste. Set the mixture in a warm place to sour, about one week. If you wish to speed up the process mix a package of dry yeast into the mixture and it will be ready in about three days.

HOTCAKES

The night before, Add to your starter one cup milk, one cup flour, one t salt.

Next morning take out one cup for your next starter

Now add one t soda, two T sugar, one egg, two T oil and three or four T flour.

FOR WAFFLES*---you may add

1/3 c butter, 1/4 c sugar, creamed, 1 t soda in c warm water, 1 t salt 2 t baking powder, Add 1 egg to creamed butter and sugar, add sour dough to soda water dump in flour, salt and B. P. combine the dry ingredients till smooth batter.

SOUR DOUGH BISCUITS

2 c flour 1 t salt 2 t B.P. 1/2 t soda
1 c shorting 2/3 c sour dough 1/2 c cold water

The secret of making good biscuits is to never mix the wet dough with your hands, always use a knife to stir in the liquids. Sift flour, salt and B.P. and soda together. Blend the shortening with them and hollow out the center and pour in the sour dough and water, mix with a knife till all moisture is taken up, turn out on well flowered board and with biscuit cutter, brush with butter and bake 450

SOUR DOUGH BREAD

1 pkge. dry yeast 1/2 c lukewarm potato water
1/2 c sugar 1/3 c butter 2t salt
1/2 c sour dough 5 c flour

Dissolve yeast in 1/2 c potato water melt butter & in remaining potato water to the latter add the sugar, salt, sourdough and c of flour, add the yeast and the additional flour to make fairly stiff dough, kneed well, place in covered bowl let rise double in size, punch down and maybe add a little flour to make easier to handle. The bread should get a good kneading the second time when it rises the second time cut in half and place in two bread pans smear tops with butter and let rise again. Bake in 350 oven a little more than an hour.

make substitutions for a portion of the first 5 cups flour. for wh. germ bread use 2/3 cups wheat germ for 2/3 c flour for cornmeal or oatmeal use 1 cup.

Jo Harrison



*1990's - Reno, NV - from left, Jourdan.
Trevor, Brittany Smith*

Notes