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U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

Do You Know Oatmeal?

Do you know that oatmeal makes delicious puddings and other good things?

Of course, you know it is a good breakfast food, but it is even better fixed up for dinner or supper. It makes

Excellent Puddings

Wholesome Bread and Cookies

An Appetizing Soup for a Cold Day

A Baked Dish for Dinner in Place of Meat

To cook oatmeal, stir slowly $2\frac{1}{2}$ cups of rolled oats into five cups of boiling water which has in it $2\frac{1}{2}$ teaspoons of salt. Cook for one hour or over night in a double boiler or fireless cooker. This will serve five people. If you want it for two meals, cook twice the amount to save time and fuel.

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OATMEAL PUDDING

Try one when you have a light dinner or supper

OATMEAL BETTY

or

BROWN PUDDING

2 cups cooked oatmeal.

4 apples cut up small.

$\frac{1}{2}$ cup raisins.

$\frac{1}{2}$ cup sugar.

$\frac{1}{4}$ teaspoon cinnamon.

2 cups cooked oatmeal.

$\frac{1}{2}$ cup molasses.

$\frac{1}{2}$ cup raisins.

Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates, or ground peanuts may be used instead of apples. Either will serve five people.

SCOTCH SOUP

With bread and dessert it is enough for lunch or supper

2 $\frac{1}{2}$ quarts water.

1 $\frac{1}{4}$ cups rolled oats.

5 potatoes cut in small pieces.

2 onions, sliced.

2 tablespoons flour.

2 tablespoons fat.

Boil the water and add the oatmeal, potato, and onion, $\frac{1}{2}$ tablespoon of salt and $\frac{1}{2}$ teaspoon pepper. Cook for one-half hour. Brown the flour with the fat and add to the soup. Cook until thick. One cup of tomato adds to the flavor. Serves five people.



OATMEAL BREAD

is delicious with all meals—try it

1 cup milk or water.

2½ cups wheat flour.

1 teaspoon salt.

⅓ yeast cake.

1 cup rolled oats.

Scald the liquid, add salt and pour over the oats, cool half an hour; add the yeast mixed with ¼ cup lukewarm water, and the flour. Knead and let rise until double the size. Knead again and let rise in the pan until the size is doubled. Bake in a moderate oven for 50 minutes. Makes one loaf weighing 1¼ pounds.

SPICED OATMEAL CAKES

The whole family will like these, and they are easily made

1½ cups flour.

¼ teaspoon soda.

½ cup cooked oatmeal.

½ teaspoon baking powder.

½ cup sugar.

½ teaspoon cinnamon.

½ cup raisins.

3 tablespoons fat.

¼ cup molasses.

Heat the molasses and fat to boiling. Mix with all the other materials. Bake in muffin pans for 30 minutes. This makes 12 cakes.



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Especially crisp and good as well as cheap are

SCOTCH OAT CRACKERS

2 cups rolled oats.	1½ tablespoons fat.
¼ cup milk.	¼ teaspoon soda.
¼ cup molasses.	1 teaspoon salt.

Grind or crush the oats and mix with the other materials. Roll out in a thin sheet and cut in squares. Bake for 20 minutes in a moderate oven. Makes 3 dozen crackers.

Instead of meat, cook this appetizing dish for your family

BAKED OATMEAL AND NUTS

2 cups cooked oatmeal.	1 teaspoon vinegar.
1 cup crushed peanuts.	¼ teaspoon pepper.
½ cup milk.	2½ teaspoons salt.

Mix together and bake in a greased pan 15 minutes. This is enough for five people.

Oatmeal is a good, inexpensive, nutritious food

United States Food Leaflet No. 6

