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HOUSEHOLD

**Advice on Substitutes
From Macdonald
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The following suggestions
which will be valuable to all
housekeepers, have come from
Macdonald College, Guelph,
where domestic science is taught
on such a sound basis.

Substitutes for Wheat Flour.

1. Fine-ground Flours—Rye, Barley, Corn, Buckwheat and Rice.
2. Meals—Rye, Barley, Yellow and White Cornmeal and Oatmeal.
3. Rolled Oats and Rolled Barley.
4. Whole Rice.

YEAST BREADS

When using substitutes in the form of fine ground flour—

Corn, buckwheat or rice flour may satisfactorily replace up to one-quarter of the wheat flour; barley flour up to one-third; and rye flour up to one-half. These proportions will yield light well-risen loaves. Higher proportions of rye flour, even to complete substitution, may be used, but will not be generally popular.

These substitutes do not stand long fermentation processes well. If the process is an overnight one, or takes longer than six hours, the home baker's best method appears to be that in which a sponge is set with white flour only. The substitute flour is added with the rest of the wheat flour at the dough stage, and finished as any ordinary white bread.

Quick process methods may be used, and the flours made up into a dough in the beginning, but these require more yeast, thus adding to the cost of the bread.

When using substitutes in the form of meals—

Meals are better to be at least partly cooked before making into yeast bread. They may be scalded, i. e. boiling liquid is stirred in, the dish covered and allowed to stand for a time. They may be more or less thoroughly cooked into a porridge mush. Leftover porridge or mush will do as well as fresh cooked.

When scalded meal is used—allow 1/2 cup raw meal for each cup liquid required for the bread; use most of the liquid to scald the meal; cool to luke warm temperature before adding the yeast dissolved in the rest of the liquid; and mix to a dough with wheat flour. For a longer process make a sponge with white flour and part of the liquid; add the scalded and cooled meal; and mix to a dough with wheat flour.

When porridge or mush is used allow up to two cups for each 1/2 cup liquid used in making the dough. Add it either at the first mixing or at the dough stage as above.

When using rolled oats or rolled barley—

When the raw cereal is used scald it like the meals, allowing up to 1/2 cup to each cup liquid required for the bread.

When using whole rice—

Allow 1/2 cup rice to each cup liquid required for the bread; cook it thoroughly in 1/2 cup of the liquid and use like porridge.

MUFFINS, PANCAKES, ETC.

When using substitutes in the form of fine-ground flours—

Any familiar recipe may be used, and part of the white flour it calls for replaced by one of the substitute flours.

Up to a half and half mixture there will be no great difference in texture.

When using the raw meals or rolled cereals—

Most people have favorite recipes using yellow or white cornmeal; cookbooks supply many varieties; and present day magazines and newspapers are full of them.

Recipes which call for the scalding of the meal will yield softer textured breads and avoid the granular texture disliked by many.

Rye, barley and fine-ground oatmeal may replace up to one-quarter of the wheat flour of most recipes. They are better if scalded in the liquid, covered and allowed to stand for an hour, then cooled and mixed to batter or dough with the rest of the ingredients.

Rolled cereals may replace up to one-half the wheat flour of most recipes. They may be scalded and used like the meals, but are often run through a fine meat grinder, and used like flour.

Fresh made or leftover porridge or mush may replace part of the wheat flour in most recipes. Porridges and mushes differ so in consistency it is difficult to indicate equivalents. Let one cup porridge or mush replace one-quarter cup of the flour and three-quarters cup of the liquid called for by the recipe, and add more flour or liquid if necessary.

When using whole rice—

The rice may be cooked in various ways, but most frequently is used as a leftover.

When the rice is mushy or moist it should be used like any other mush.

When it is boiled or steamed so that the grains are dry and fluffy, it may be added to any batter or dough without changing the recipe.

PASTRY.

Flaky or puff pastry—
No substitute flour satisfactorily replaces white flour for making flaky or puff pastry.

Plain short pastry—
Rye flour may replace up to one-half of the wheat flour in plain short pastry. The greater the amount of rye the shorter the crust. It does not hold together well, thus is better as a top than a bottom crust. Less-

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sening the amount of fat makes an easier crust to handle, and also conserves fat.

Barley flour replaces wheat flour well up to one-third.

White corn flour and rice will make better colored pastry than rye or barley, but will not satisfactorily replace more than one quarter of the wheat flour.

COOKIES

It is possible to eliminate white flour altogether in making cookies. Use any favorite recipe and make it up with one of the substitute flours. The result lacks the clear creamy coloring of white flour cookies, but is frequently better flavored.

Buckwheat and corn flour cookies are especially good.

STALE BREAD AND CAKE.

These may be satisfactorily used in many flour mixtures, as a substitute.

Perhaps the easiest way is to break up the bread or cake, cover with cold milk or water and soak until softened; then squeeze the crumbs as dry as possible from the liquid and crumble apart. Use the liquid in mixing the batter or dough, and add the crumbs either with the liquid or to the batter.

Stale bread or cake which is thoroughly dried and kept dry and cool will keep a long time.

Thoroughly dried bread or stale cake may be rolled or put through a fine meat grinder or grater, and the resulting crumbs used to replace flour in many recipes.

To remove marks and discolorations from brass or gilt ornaments picture frames, etc., dissolve a piece of soft soap the size of an egg in a pint of boiling water, then add a tablespoonful of ammonia. Wring a cloth out of the solution and gently wipe the article to be cleaned; then sponge it with care, using cold water. Finally dry with a soft cloth.

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