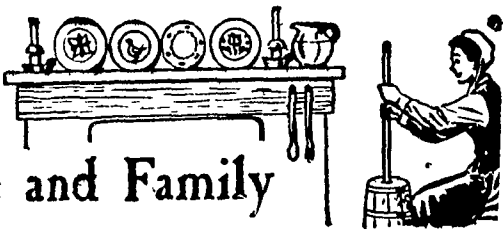


For the Farm Wife and Family



OATMEAL For Oomph!

By Mrs. Richard C. Spence

That box of oatmeal on your pantry shelf can be put to so many uses other than for a hearty dish of hot cereal that we would like to share some of them with you today.

We all know that cereals are included in the basic food group so we should also know that combining them with other foods makes a doubly nutritious dish. As in the case of rolled oats we can make breads, pastries, cookies, casseroles, as well as combining them with meats and other foods to make them delicious casseroles.

Here we have two bread recipes — one uses yeast and one doesn't. Take your choice!

OLD-FASHIONED OATMEAL BREAD

1 cake compressed or 1 package dry yeast
 1/4 cup lukewarm water
 1/2 cup scalded milk
 1/2 cup shortening
 1 cup sugar
 1 teaspoon salt
 2 eggs
 1 to 1-1/2 cups sifted enriched flour
 1 cup rolled oats quick or old-fashioned
 Soften yeast in lukewarm water (Use warm water for dry yeast). Pour milk over shortening, sugar and salt. Cool to lukewarm. Beat in yeast, softened yeast, 2 cups flour and oats. Stir in enough more flour to make a soft dough. Turn out on lightly floured board or canvas. Knead until satiny, about 10 minutes. Round dough into ball. Place in greased bowl. Brush lightly with melted shortening. Cover and let rise in warm place until double in

size about 1 hour. Punch dough down. Turn out on lightly floured board or canvas. Cover and let rest 10 minutes. Shape into bread rolls or coffee cake.

Bread. Divide dough in four parts. Flatten one piece

of dough into an oblong. Press out all the air with closed fists, working with the knuckles and back of the fingers. Fold the dough in half lengthwise and flatten once again to press out all of the air. Lift dough at the ends and pull gently. Slap the dough on canvas or board several times while pulling. (Dough should be about 8 x 4 inches.) Fold two ends of dough to the center and overlap them. Seal by pressing with fingers. Fold dough lengthwise again, folding only 1/2 of the way. Roll dough back and forth and press ends to seal.

Place in greased loaf pan (2-1/4 x 4-1/2 x 2 inches). Repeat for other three parts of dough. Let rise until bread is well rounded over top of pans about 45 minutes. Bake

in moderate oven (350 degrees) about 20 minutes. Makes 4 miniature loaves of bread.

Note: Dough may also be shaped into one loaf and baked in a 1 pound loaf pan (8-1/2 x 4-1/2 x 2-1/2 inches) in moderate oven (375 degrees) about 45 minutes.

Rolls: Pull off small pieces of dough from large ball. Roll into balls and flatten slightly. Snip with scissors almost to center to form petals, place on greased cooky sheets. Make an indentation in center of each with finger. Cover and let rise until nearly doubled.

in size, about 45 minutes. (Refrigerate if necessary.) Fill center with strawberry preserves; brush with melted butter. Bake in hot oven (425 degrees) 8 to 10 minutes. Makes 3-1/2 dozen rolls.

Coffee Cake: Divide dough in half. Roll one piece to form a rectangle 10 x 14 inches. Brush with melted butter and spread with 1/2 cup canned prune filling. Sprinkle with 1

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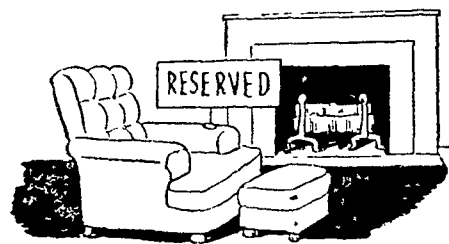
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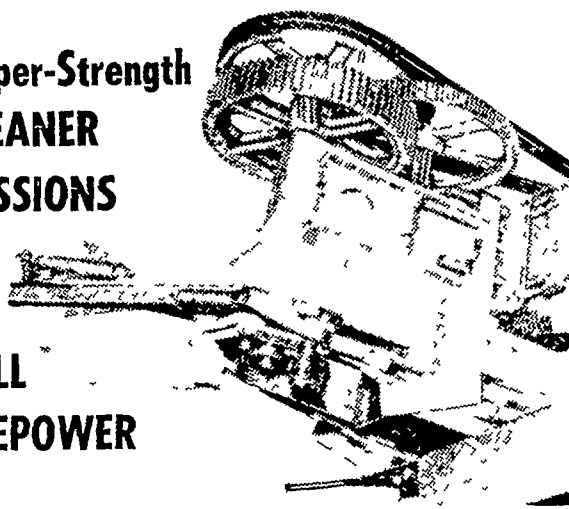
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