

### OLD FASHIONED BUCKWHEAT CAKES

flour. Place in the refrigerator until the next morning. In the morning add 1/4 teaspoon salt and 1/4 teaspoon baking soda dissolved in 1 tablespoon cold water and 1/4 cup milk and bake as directed above.

### BUCKWHEAT PANCAKES (Using Mix)

To 1 cup of pancake mix, use 1/2 cup milk. Mix thoroughly. Bake as directed for Old Fashioned Buckwheat Cakes. If a crisper pancake is desired, add more milk.

### WHOLE WHEAT CEREAL

Follow directions for Scotch Oatmeal.

### CIDER

Serve cold, fresh apple juice for breakfast, and as an appetizer before meals.

Hot (mulled) cider: Heat well but do not boil cider. Add a few cloves and a stick of cinnamon.



### PRODUCTS FOR SALE AT . . .

## *Williamsville Water Mills*

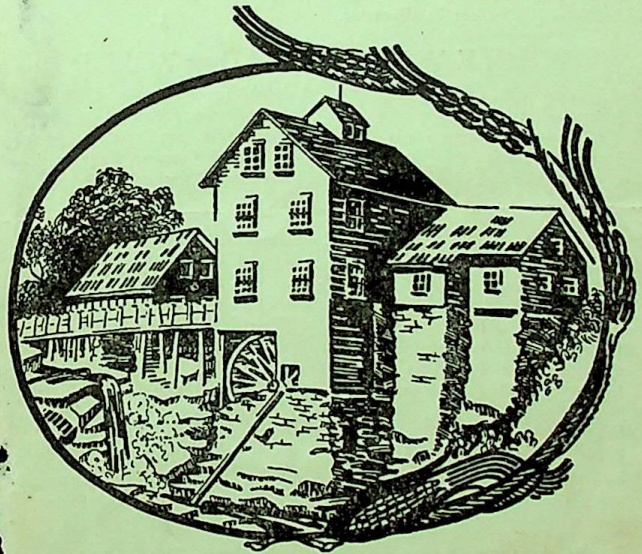
- STONE GROUND WHOLE WHEAT FLOUR
- STONE GROUND WHOLE WHEAT FLOUR
- STONE GROUND CORNMEAL
- STONE GROUND GRAHAM FLOUR
- SCOTCH OATMEAL . . . BUCKWHEAT FLOUR
- BUCKWHEAT PANCAKE FLOUR MIX
- RYE FLOUR . . . MEDIUM AND DARK
- GENERAL PURPOSE FLOUR
- PASTRY FLOUR . . . BARLEY . . . BROWN RICE
- APPLE CIDER . . . MAPLE SYRUP

### *Also . . .*

- HAY . . . GRAIN . . . STRAW . . . SHEDS
- WATER-TIGHT STOCK AND POULTRY COOPS
- FARM and GARDEN FERTILIZERS . . . PEAS . . . MORTAR
- DOG FOOD . . . SALT . . . HORSES . . .

# WILLIAMSVILLE WATER MILLS

## RECIPES



# 1811

56 SPRING STREET  
WILLIAMSVILLE, NEW YORK

### CORNMEAL MUFFINS

- |  |                                 |
|--|---------------------------------|
| 1½ cups plus 2 tablespoons<br>sifted all purpose flour | ¾ cup cornmeal                  |
| 4 teaspoons baking powder                              | 1 egg, beaten                   |
| ½ teaspoon salt  | 1 cup milk                      |
| 2 tablespoons granulated sugar                         | 4 tablespoons melted shortening |

Sift together the flour, baking powder, salt and sugar and mix well with cornmeal. Combine egg, milk and shortening. Turn the milk mixture into the dry ingredients all at one time, and stir quickly and vigorously until the dry and liquid ingredients are just mixed. Fill greased muffin pans about 2/3 full of batter, and bake in a hot oven of 425 degrees F. for 25 minutes. Makes 15 muffins 2½ inches in diameter.

### WHOLE WHEAT BREAD or ROLLS

- |                           |   |
|---------------------------|---|
| 1¼ cups milk, scalded     | 1½ tablespoons butter                               |
| 1 cup boiling water       | 1½ tablespoons lard                                 |
| 4 tablespoons brown sugar | 5½-6 cups wheat flour                               |
| 3 teaspoons salt          | (Half all purpose flour may<br>be used if desired.) |
| 1 yeast cake              |   |
| ¼ cup lukewarm water      |   |

Add the boiling water and scalded milk to the butter, lard, sugar and salt. Let cool until lukewarm, then add the yeast cake which has been dissolved in the ¼ cup of lukewarm water. Add 3 cups of wheat flour, mix thoroughly. Add 2 more cups and mix. Add the last cup slowly using only enough so the dough may be handled. Knead until spongy on a floured board, using as little flour as possible. Return to dish. Cover with damp cloth and let rise until the dough is almost double in bulk, then shape into loaves or rolls. Cover and let rise again until almost double in bulk. Bake bread at 425 degrees F. for 15 minutes, then lower heat to 400 degrees F. and continue 20-25 minutes longer or until bread shrinks from side of pans. Bake rolls 20-30 minutes in hot oven.

### SWEET RYE BREAD

- |                         |                                       |
|-------------------------|---------------------------------------|
| ¼ cup shortening        | ¼ cup lukewarm water                  |
| ½ cup molasses          | 2 teaspoons caraway seeds             |
| 1/3 cup strained honey  | 8 cups whole rye flour                |
| 2 teaspoons salt        | All purpose flour (to flour<br>board) |
| 2 cups milk, scalded    |                                       |
| 1 cake compressed yeast |                                       |

Place shortening, molasses, honey and salt in a large bowl and pour over them the scalded milk. Stir until dissolved. Cool to lukewarm. Then stir in the yeast which has been dissolved in

the lukewarm water. Add caraway seeds and rye flour and mix thoroughly. Turn out on an all-purpose floured board and knead for 15-20 minutes or until dough is smooth and slightly elastic. Place in a greased bowl and grease top of dough. Cover with a clean towel and let rise in a warm place (80-85 degrees F.) until double in bulk, about six hours. Knead for about 5 minutes on a floured board and shape into two loaves. Place in two greased loaf pans. Cover and let rise again until double in bulk, about 2 hours. Bake in a moderately hot oven of 400 degrees F. for 15 minutes; then reduce heat to 350 degrees F. and bake for 35-40 minutes longer.

### BARLEY

SOUPS: Use ¼ cup of barley to each quart of soup. Cook one hour or longer.

### SCOTCH OATMEAL

- |                       |                   |
|-----------------------|-------------------|
| 1 cup oatmeal         | 1½ teaspoons salt |
| 3½ cups boiling water |                   |
- Add oatmeal slowly to boiling water, let boil about 20 minutes over direct heat. Then cook in double boiler for about two hours.

Cook the oatmeal the night before. Re-heat in the morning and serve with milk or cream and maple syrup.

### OLD FASHIONED BUCKWHEAT CAKES

- |                         |                         |
|-------------------------|-------------------------|
| 1¼ cups milk            | 2½ cups buckwheat flour |
| 1 compressed yeast cake | ¼ teaspoon baking soda  |
| 1 cup lukewarm water    | 1 tablespoon cold water |
| 1 teaspoon salt         |                         |

Scald 1 cup of milk. Soften yeast cake in ¼ cup of the lukewarm water. Add the rest of the lukewarm water to the scalded milk and cool to lukewarm about 85 degrees F. Add the yeast, salt and flour and stir until smooth. Cover with a clean towel and let rise at room temperature (68-70 degrees F.) over night. In the morning add the remaining ¼ cup of milk and the soda dissolved in the cold water and stir until smooth. Pour the batter in 5 inch cakes on a hot griddle. When puffed, full of bubbles, and cooked on the edges, turn and cook on the other side. Makes 12 to 15 griddle cakes about 5 inches in diameter.

NOTE: If you wish to have buckwheat cakes each morning bake all but 1¼ cup of the mixture. To the remaining batter add ¾ cup of lukewarm water and 1 cup unsifted buckwheat

—continued on other side