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The Connecticut Agricultural College Extension Service

H. J. BAKER, Director

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THE CONNECTICUT COMMITTEE OF FOOD SUPPLY

The Connecticut Agricultural College and the United States Department of
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EAT LESS WHEAT--TRY WHEATLESS MEALS

THE
REASON
FOR
WHEAT
ECONOMY

Last year there was a loss in wheat production of 25%, which means not only higher prices but actually less flour in the country this year. We do not know as yet what our wheat production for 1917 may be, but the demand for wheat will be much greater, for we must send large quantities abroad beside supplying our own people. It will therefore be necessary for us to *use wheat flour sparingly*.

SUBSTI-
TUTES

Combine wheat with other flours and grains or substitute others for it wherever possible in cooking. There need be *no food shortage* if we use the various products we have. Some of these to be used interchangeably with wheat are rice, corn, barley, oats, buckwheat and rye.

MAKE
DARKER
BREAD

If using wheat, get graham or entire wheat flour in preference to milled white flour, for much nourishment is lost by removing the darker bran coats of the wheat merely to give us white flour. Let us overcome the prejudice against "black breads," and choose bread not by color but for its nutritive value. It is

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possible now to produce home-made whole wheat flour or corn meal by the use of a small hand grist mill fastened to a table like a food chopper.

CORN
FOR
WHEAT

Corn is an American product and while the United States produces three to four times as much corn as wheat yet only five to ten per cent. of all the corn produced is used for human food. It costs less than other cereals and its nutritive value is high. To make its use more common, make corn muffins, good old corn meal mush, corn meal and fig pudding, corn meal gingerbread, corn waffles and hominy grits or samp.

WASTING
A
SLICE
OF
BREAD

A slice of bread wasted once a day in each of the country's 20,000,000 homes would mean a loss of 1,000,000 loaves a day, or 365,000,000 loaves in a year. In addition to the food loss this means that the labor of an army of farmers, flour mill workers, and railroad men is lost, to say nothing of the use of the many freight cars and tons of coal for transportation. All this if *your* household wastes a slice of bread a day! Any such waste is inexcusable, for there are many uses for stale bread.

RECIPES
FREE

Recipes for the use of corn meal and other wheat substitutes and stale bread may be obtained free from the

STATE COMMITTEE OF FOOD SUPPLY,

No. 36 Pearl Street,

Hartford.

CONNECTICUT AGRICULTURAL COLLEGE,

Storrs, Conn.

THE COUNTY FARM BUREAU OF EACH
COUNTY.