

# Corn Batter Bread

During WWI, ingredients such as wheat, sugar, eggs, meat and chocolate were in limited supply, so that the majority of it could be shipped overseas to our troops and allies. Homemakers were encourage to create innovative ways to make new dishes with readily available ingredients. Local newspapers, such as the Woodstock-Sentinel Review, did their part by publishing War Tim Economy Menus and Recipes to help households simplify and conserve meals.

The following bread recipes provided alternatives to using large quantities of wheat:

## **Corn Batter Bread**

- 1 cup white corn meal
- 1 1/2 cups boiling water
- 1 cup sweet milk\*
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 eggs

Sift meal into a bowl. See that the water is boiling vigorously. Pour over the meal. Stirring at the same time. When luke warm, add the sweet milk, the well beaten egg yolk and beat thoroughly. Add the baking powder and last fold in the stiffly beaten whites. Pour into a hot, well greased baking dish and bake in a moderately hot oven thirty minutes. It bake in a shallow pan, twenty minutes will suffice.

\*Sweet milk is fresh milk with no added sugar.  
It is just called milk today.



Image Credit: <https://www.vimyfoundation.ca/tag/rationing/>

Corn Bread Batter Recipe Credit: War Menus. *Woodstock-Sentinel Review*, November 9, 1917.