

# Corn



“—let the good old corn adorn  
The hills our fathers trod;  
Still let us, for his golden corn,  
Send up our thanks to God!

WHITTIER'S "CORN SONG."

# FACE *the* FACTS

**L**ET us face the facts. The war situation is critical. Unless the Allies fight as they never yet have fought, defeat threatens. Hungry men cannot fight at their best; nor hungry nations. France, England, and Italy are going hungry unless we feed them.

**Wheat Savings**—They must have wheat. It is the best food to fight on. It is the easiest to ship. We alone can spare it to them. By saving just a little—less than a quarter of what we ate last year—we can support those who are fighting our battles. And we can do it without stinting ourselves. We have only to substitute another food just as good.

**The Corn of Plenty**—Corn is that food. There's a surplus of it. Providence has been generous in the hour of our need. It has given us corn in such bounty as was never known before. Tons of corn. Train-loads of corn. Five hundred million bushels over and above our regular needs. All we have to do is to learn to appreciate it. Was ever patriotic duty made so easy? And so clear?

**America's Own Food**—Corn! It is the true American food. The Indians, hardest of races, lived on it. Our forefathers—adopted the diet and conquered a continent. For a great section of our country it has long been the staff of life. How well the South fought on it, history tells. Now it can help America win a world war.

**Learn Something**—Corn! It isn't one food. It's a dozen. It's a cereal. It's a vegetable. It's a bread. It's a dessert. It's nutritious; more food value in it, dollar for dollar, than meat or eggs or most other vegetables. It's good to eat; how good you don't know until you've had corn-bread properly cooked, Best of all, it's plentiful and it's patriotic.

**Corn's Infinite Variety**—How much do you know about corn? About how good it is? About the many delicious ways of cooking it? And what you miss by not knowing more about it? Here are a few of its uses?

## Corn Dodger

2 cups corn meal.	2 teaspoons fat.
1 teaspoon salt.	1½ cups boiling water.

Pour the boiling water over the other materials. Beat well. When cool, form into thin cakes and bake 30 minutes in a hot oven. Makes 14 biscuits. These crisp little biscuits are good with butter or gravy. Eat them with your meat and vegetables.

## Corn Meal and Meat

Corn meal is good combined with meat. Such a dish is a meal in itself. Try this one:

2 cups corn meal.	1 onion.
6 cups water.	2 cups tomatoes.
1 tablespoon fat.	1 pound hamburger steak.

Make a mush by stirring the corn meal and 1½ teaspoons salt into boiling water. Cook 45 minutes.

Brown onion in fat, add hamburger steak and stir until red disappears. Add salt, pepper, and tomato. A sweet pepper is an addition. Grease baking dish, put in layer of corn meal mush, add seasoned meat, and cover with mush. Bake one-half hour. Serves six.

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There are at least fifty ways to use corn meal to make good dishes for dinner, supper, lunch or breakfast. Here are some suggestions:

#### HOT BREADS

Boston brown bread.  
Hoecake.  
Muffins.  
Biscuits.  
Griddle cakes.  
Waffles.

#### DESSERTS

Corn-meal molasses cake.  
Apple corn bread.  
Dumplings.  
Gingerbread.  
Fruit gems.

#### HEARTY DISHES

Corn-meal croquettes.                      Corn-meal fish balls.  
Meat and corn-meal dumplings.  
Italian polenta.                              Tamales.

The recipes are in Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It," free from the Department of Agriculture.

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**Eat less wheat    Get into the corn line.**

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**Don't drop this leaflet—Pass it on—It helps.**