

**AMERICAN INDIAN CORN  
(MAIZE), A CHEAP,  
WHOLESOME,  
AND NUTRITIOUS FOOD: 150  
WAYS TO PREPARE AND COOK IT**

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American Indian Corn (Maize), a Cheap, Wholesome, and Nutritious Food: 150 Ways to Prepare and Cook It by Charles J. Murphy

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**CHARLES J. MURPHY**

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# American Indian Corn

(Maize)

A Cheap, Wholesome, and Nutritious Food  
150 Ways to Prepare and Cook It

By

**Charles J. Murphy**

Formerly Commissioner for the State of Nebraska

Revised and Edited with the Addition of Many New Recipes  
and a Foreword by

**Jeannette Young Norton**

Author of "Mrs. Norton's Cook-Book," etc.

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## EDITOR'S FOREWORD

MILLIONS of people in America are earnestly seeking a way to "do their bit" toward winning the war. Here is a simple solution of the problem: EAT CORN BREAD! This is an initial step toward efficient food conservation.

In 1890, Congress sent a commission abroad to introduce and promote the use of Indian corn in foreign domestic economy. An "Indian Corn Kitchen" was established in Paris by the commission, which did much to popularize the grain; but adoption was slow and its use did not become general.

In 1917, Congress sent out another corn message, this time to the American people. This message urged the use of corn meal—converted into some of the palatable old-fashioned dishes—on our tables at least once a day, to release most of our wheat crop for the sustenance of the Allied armies.

It is with the purpose of transmitting this second Congressional appeal in a practical

way to American housewives that the revision of this book has been undertaken.

Visiting foreign war commissions recently announced that England, France, and Italy would need 560,000,000 bushels of grain "to meet the conditions to be met before the next harvest." Each and every household can help meet this need—a need which will exist for years—by eating corn meal instead of wheat. The Food Administrator of the United States says: "If we continue our normal rate of exportation of breadstuffs until the end of this year (1917), our Allies will be reduced to 58 per cent. of their food requirements. We must give them another 25 per cent. or the war may be lost. That means that we must send them an additional 100,000,000 bushels of wheat over our normal shipments. We must do it even if we take it off our own tables."

If a complete substitution of corn and other cereals could be made in America, it would increase our exportable surplus of wheat 150,000,000 bushels. The temperance wave now sweeping this country will mean another appreciable release of available grain.

Europe is at sea on the corn food question, and as they would not learn to use it when they had an opportunity, and as there is no



time now for national classes of instruction, it is obvious that they must have our wheat, while we must use our corn.

This is no sacrifice, though we may feel that it is one; for this valuable food has been neglected in recent years, a deplorable fact in food economy.

Modern milling has removed much of the oil from the meal and flour so that they are not a heating food, even in summer, as they were formerly considered, and nothing but good health can follow their free use.

It is said on good authority that America supplies two-thirds of the corn crop of the world, and that there are seven hundred varieties, including black, white, red, blue, and yellow, among which the dent, flint, soft maize, sweet, and pop corn are best known.

After the Boer War the African natives were spurred by business depression to raising large corn crops, which were marketed principally in England, while the South American people have been putting forth efforts to introduce their kafir corn to America, which is like carrying coals to Newcastle, for we have already enough and to spare.

Corn is America's biggest crop, and I appeal to my sister women to rise to a loyal patriotism and use it in every way available. Our repu-

tation as housewives and mothers is at stake. We are known all over the world as the most extravagant nation; are we to add to this the opprobrium of being the most selfish? We can easily spare ALL of our wheat, with the rich cornfields back of us, without feeling it a sacrifice, for the wheat will go to feed not only our foreign brothers, but your boys and mine.

Having revised the recipes originally used in this excellent work on American Indian Corn, I have also added many new ones which the housewife may use for breakfast, luncheon, and dinner dishes inclusive, and among them she will find several excellent meat substitutes.

The data on corn gathered, and herein presented by the distinguished author, will be found well worth careful perusal, and quite as valuable to-day as they were thirty years ago when first presented.

A word to the American housewife on buying corn meal may not come amiss from one who has had wide experience in its purchase and use. It is best to buy the meal in bulk, by the pound rather than in package goods, for then one may see that it is fresh and free running and not run the risk of buying a heated, webby, and bitter product, which may have already germinated the destructive wee-

vil. This is the right way to buy and sell corn meal, and if the housewife insists, it will be bought and sold in this way. If bought in small quantities, as needed, there will be no danger of these bad conditions occurring in the home pantry.

Eat corn meal, suggest it to others, and teach them how to use it, and send your share of wheat with a cheery blessing to "somewhere in Europe," is the advice of,

Yours sincerely,

**JEANNETTE YOUNG NORTON.**