

DATE BREAD—Three cups flour, one-half cup sugar, two teaspoons salt, six teaspoons baking powder, one cup bran, one cup milk or water, one egg, four-fifths tablespoon shortening, one and one-half cups dates and nuts. Mix and sift flour, sugar, salt and baking powder. Add bran and fruit. Add liquid, add egg and shortening. Bake in loaf.