# Economy Bread – The Great War 1914-18



This type of bread was published in local newspapers across the country and it involved using any available flour, oatmeal and baking powder to make quick soda bread. A typical recipe was published in the Southern Reporter on Thursday 23 May 1918.

During the second half of the Great War, flour was available in short supply and needed to be used economically and with due regard for the quality of flour available. Low gluten varieties of flour do not always make good leavened bread.

4 cupful's of flour, 1 cupful of fine oatmeal.
1 tablespoon of salt, 1 tablespoon of baking powder.

Warm the oven to a hot temperature. Mix the ingredients in a bowl with cold water to make a firm dough. Shape into two round loaves on a baking tray and bake for 25 minutes until done.





The bread can be made with wholemeal or white flour or strong bread flour. It should be used on the day of baking as this type of bread will go stale very quickly. Stale bread can be used for breadcrumb toppings for flans, mixed up to consolidate pie fillings or made into bread puddings.





For a modern palate it may be wise to reduce the amount of salt used.

Historical Bread Recipe