

Whole Wheat Muffins

1 cup flour	1 cup milk	$\frac{1}{2}$ t. salt
2 beaten eggs	4 t. bak. powd.	
$\frac{1}{3}$ c. melted shortening	$\frac{1}{2}$ c. brown sugar	
$\frac{1}{2}$ c. chopped walnuts	1 c. w.w. or graham flour	

Sift flour, salt & baking powder; add sugar mixed with whole wheat flour. Add combined milk & eggs, then shorteing. Mix with as few strokes as possible. Add nut meats. Bake in greased muffin pans in hot oven (425) for 15 minutes. Makes $1\frac{1}{2}$ dozen.