

Pan American superlative patent all purpose plain flour : net wt. 32 ozs. (2LBs.) / Pan American Mills.

Contributors

Pan American Mills.

Publication/Creation

Bowling Green, Ky. : Pan American Mills, [between 2000 and 2009?]

Persistent URL

<https://wellcomecollection.org/works/gnzf65ft>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

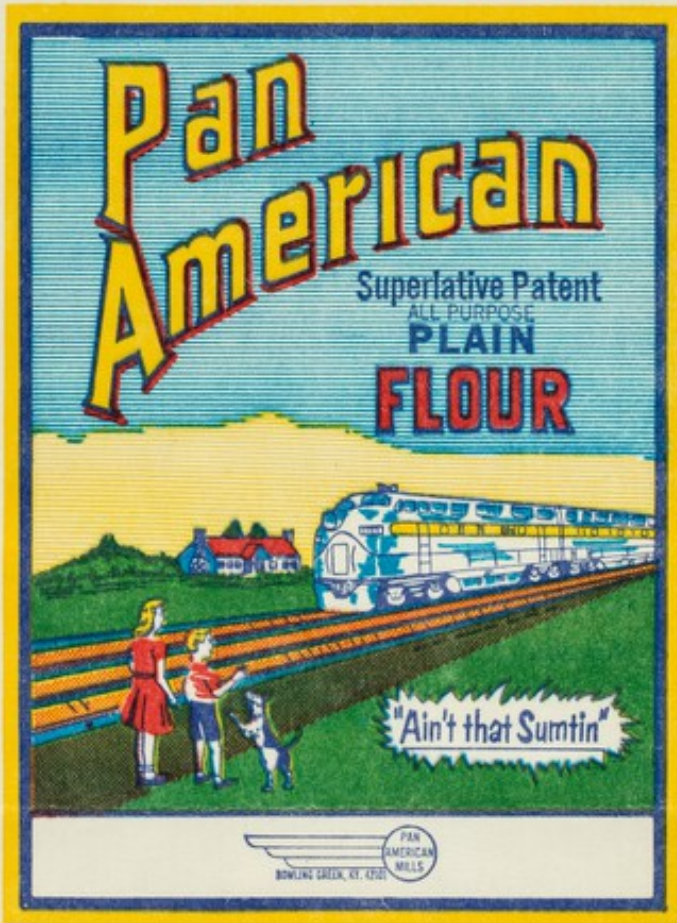


Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

PAN AMERICAN



2 LBS. NET WT. BLEACHED ENRICHED PHOSPHATED FLOUR



2 PO

NUTRITION

PAN AM

FL

ENRICHED

PER 4 OUN

(1 CUP OR

PORTIONS PER CO

CALORIES

PROTEIN

CARBOHYDRATES

FAT

PERCENTA

RECOMMEN

ALLOWANCE

PROTEIN

VITAMIN A

VITAMIN C

THIAMINE

RIBOFLAVIN

NIACIN

CALCIUM

IRON

*CONTAINS LES

U.S. RDA FOR T

INGRED

WHEAT FLOUR, M

PHATE, SODIUM

PHATE, NIACIN,

DROCHLORIDE

M

PA

NET WT. 32 OZS. (2 LBS.)

**PAN AMERICAN
PLAIN
RECIPES**



0 27714 10022 2

QUICK 'N EASY OL' FASHION'D BISCUITS

2 cups Pan American Flour
3 tsps. Baking Powder
1 tsp. Salt

3 tbsps. Shortening
 $\frac{3}{4}$ cup Milk

Sift flour, baking powder and salt together. Cut in shortening. Add milk to make a soft dough, stirring just enough to make ingredients hold together, knead lightly, roll $\frac{1}{4}$ " thick. Cut and bake in 450° (hot) oven. (Makes 24 1 $\frac{1}{2}$ " biscuits.)

FOR THE VERY FINEST

**PAN AMERICAN
ENRICHED • BLEACHED
PLAIN FLOUR**

PLAIN FLOUR
ENRICHED - BLEACHED

UNDS
NFORMATION
ERICAN

OUR
D-PLAIN
CE PORTION

13 GRAMS)

TAINER- 8

390

10 GRAMS

80 GRAMS

1 GRAM

ES OF U.S.

DED DAILY

(U. S. RDA)

15.0%

40.0%

25.0%

25.0%

2.0%

20.0%

S THAN 2% OF

HESE NUTRIE

ENTS

NOCAL

LINE

RIBOFL

MANUFACTURED B

AN AMERICAN MIL

BOWLING GREEN, KY. 42101

**PAN AMERICAN
PLAIN
RECIPES**



0 27714 10022 2

QUICK 'N EASY OL' FASHION'D BISCUITS

2 cups Pan American Flour
3 tsps. Baking Powder
1 tsp. Salt

3 tbsps. Shortening
 $\frac{3}{4}$ cup Milk

Sift flour, baking powder and salt together. Cut in shortening. Add milk to make a soft dough, stirring just enough to make ingredients hold together, knead lightly, roll $\frac{1}{4}$ " thick. Cut and bake in 450° (hot) oven. (Makes 24 $\frac{1}{4}$ " biscuits.)

*FOR THE VERY FINEST
IN CORN BREAD BAKING*

WE HIGHLY RECOMMEND
YOU USE

**JERSEY CREAM
SELF-RISING CORN MEAL MIX**

This meal is ground from selected
local white corn

PLAIN FLOUR
ENRICHED - BLEACHED

OUNDS
NFORMATION
AMERICAN
OUR

D - PLAIN
CE PORTION
(113 GRAMS)
CONTAINER - 8
390
10 GRAMS
80 GRAMS
1 GRAM

ES OF U.S.
DED DAILY
(U. S. RDA)

15.0%

•

40.0%

25.0%

25.0%

2.0%

20.0%

S THAN 2% OF
HESE NUTRIENTS.

IENTS

NOCALCIUM PHOS-

LUMINUM PHOS-

IN, THIAMINE HY-

AVIN,

15