



Do you have a favorite food to eat when you're sick that helps make you feel better? "Shortenin' Bread" is a song about about a doctor who orders shortenin' bread to help sick children feel well again. Shortenin' bread was a treat made with cornmeal or flour and lard shortening. It is an African American folk song written on a plantation that dates back to the 1890s, but has been covered by bands like the Beach Boys in more recent times.

