

# ARM & HAMMER

BICARBONATE OF  
SODA



BOOK OF  
VALUABLE RECIPES

72<sup>nd</sup> Edition

# PERPETUAL CALENDAR

1.--The first Table gives the week-day on which falls the first of each month.  
 2.--If the month commences on Sunday, Table headed "Sunday" is the Calendar for that month, and so on.

	JAN.	FEB.	MAR.	APR.	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.
1914..	THUR.	SUN.	SUN.	WED.	FRI.	MON.	WED.	SAT.	TUES.	THUR.	SUN.	TUES.
1915..	FRI.	MON.	MON.	THUR.	SAT.	TUES.	THUR.	SUN.	WED.	FRI.	MON.	WED.
1916..	SAT.	TUES.	WED.	SAT.	MON.	THUR.	SAT.	TUES.	FRI.	SUN.	WED.	FRI.
1917..	MON.	THUR.	THUR.	SUN.	TUES.	FRI.	SUN.	WED.	SAT.	MON.	THUR.	SAT.
1918..	TUES.	FRI.	FRI.	MON.	WED.	SAT.	MON.	THUR.	SUN.	TUES.	FRI.	SUN.
1919..	WED.	SAT.	SAT.	TUES.	THUR.	SUN.	TUES.	FRI.	MON.	WED.	SAT.	MON.
1920..	THUR.	SUN.	MON.	THUR.	SAT.	TUES.	THUR.	SUN.	WED.	FRI.	MON.	WED.
1921..	SAT.	TUES.	TUES.	FRI.	SUN.	WED.	FRI.	MON.	THUR.	SAT.	TUES.	THUR.
1922..	SUN.	WED.	WED.	SAT.	MON.	THUR.	SAT.	TUES.	FRI.	SUN.	WED.	FRI.
1923..	MON.	THUR.	THUR.	SUN.	TUES.	FRI.	SUN.	WED.	SAT.	MON.	THUR.	SAT.
1924..	TUES.	FRI.	SAT.	TUES.	THUR.	SUN.	TUES.	FRI.	MON.	WED.	SAT.	MON.
1925..	THUR.	SUN.	SUN.	WED.	FRI.	MON.	WED.	SAT.	TUES.	THUR.	SUN.	TUES.

  

	SUNDAY							MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY							SATURDAY						
S	1	8	15	22	29	M	1	8	15	22	29	T	1	8	15	22	29	W	1	8	15	22	29	F	1	8	15	22	29	S	1	8	15	22	29	S	1	8	15	22	29								
M	2	9	16	23	30	T	2	9	16	23	30	W	2	9	16	23	30	T	2	9	16	23	30	F	2	9	16	23	30	S	2	9	16	23	30	S	2	9	16	23	30								
T	3	10	17	24	31	W	3	10	17	24	31	T	3	10	17	24	31	F	3	10	17	24	31	S	3	10	17	24	31	M	3	10	17	24	31	M	3	10	17	24	31								
W	4	11	18	25	T	4	11	18	25	F	4	11	18	25	S	4	11	18	25	S	4	11	18	25	M	4	11	18	25	T	4	11	18	25	T	4	11	18	25										
T	5	12	19	26	F	5	12	19	26	S	5	12	19	26	S	5	12	19	26	M	5	12	19	26	T	5	12	19	26	W	5	12	19	26	W	5	12	19	26										
F	6	13	20	27	S	6	13	20	27	S	6	13	20	27	M	6	13	20	27	T	6	13	20	27	W	6	13	20	27	T	6	13	20	27	T	6	13	20	27										
S	7	14	21	28	S	7	14	21	28	M	7	14	21	28	T	7	14	21	28	W	7	14	21	28	T	7	14	21	28	F	7	14	21	28	F	7	14	21	28										

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INSIST UPON HAVING ARM & HAMMER SODA

## SENSE AND SODA.

There's a great deal of talk about efficiency these days. The employer demands of the man: "What can you do? What results can you show?" The successful manufacturer who finds his machinery even a little out-of-date, hurries it to the scrap-heap and installs new. He wants nothing in his factory but what will turn out the best product in greatest amount in the shortest time. Even though it means a large money outlay, he can't afford not to do it: his rival stands ready to seize any advantage and turn it to his own account.

In the home it is the woman who demands results from what she buys and pays for. In return for their cost, furnishings and clothes must give back service, length of wear and satisfaction to the eye; every bit of food purchased must make returns of energy or be discarded from the menus of the economical housewife. Her equipment is kept up with the same intelligent regard to its efficiency as is the manufacturer's plant. She can't afford, any more than he, to let it get behind the times.

This is the day of efficiency—which is only common sense in practice—and Soda. Woman in the house, you want your housework—all of it—done in the best possible way. You want your family not only fed, but intelligently nourished.

Accordingly you should know the value of ARM & HAMMER SODA in making many dishes more delicious and digestible—in adding to the actual physical and mental efficiency of each one of your household.

You want your home to be not merely a place to stay, but a wholesome, cheery place with a rested home-maker at its head. In justice to yourself and to those who depend upon you for brightness, you should have leisure for reading and for the outside interests without which you will slip into the inevitable rut.

So you should know how your working-hours can be shortened—in the kitchen—by the use of ARM & HAMMER SODA.

You want to make the utmost of your house-keeping allowance and that's not to be thought of without the efficient aid of ARM & HAMMER SODA.

This little book is a careful compilation of facts which other housekeepers have found valuable—even indispensable in efficient housekeeping. The recipes have been tested; the suggestions are based upon a knowledge of what ARM & HAMMER SODA has done and can do. Most of the pages relate to its varied uses. But the aim has been to offer you a book of the widest possible service, within the limits of its size, and a number of general home helps have been included.

**INSIST UPON HAVING ARM & HAMMER SODA**

*Sound Bodies* live in clean houses.

*Sound Minds* inhabit clean, comfortable bodies.

Soda is pretty nearly essential to a clean house, and for personal use it has many comfort-making qualities. But if you use Soda—and of course you do, everybody does—*get it pure*.

When the Pure Food Bill went into effect, there was one Soda-manufacturing concern that didn't have to scurry around and revise the wording on its packages and raise the quality of the product so as to escape prosecution under the law.

**ARM & HAMMER  
SODA  
HAS ALWAYS  
BEEN PURE  
BICARBONATE OF SODA.**

In the many years since it was first offered to the public it has been kept at the same standard of excellence.

The manufacturers of Arm & Hammer Soda are far more jealous of the maintenance of its quality than its users can possibly be. But in order that you may get the advantage of the high level of purity invariably maintained in this product, it is necessary that you do your part: *Insist upon getting the Arm & Hammer Soda in unbroken packages.*

WHICH IS PURE BICARBONATE OF SODA

## ARE YOU THRIFTY?

“Economy, the poor man’s mint.”

“The rich have learned the lesson of thrift; it is the poor who are improvident.” Believing this, one of our wealthiest philanthropists is planning model homes near New York where the principles of true domestic thrift will be taught. There is not the least doubt that in those kitchens Soda—the best, Arm & Hammer Soda—will be used for breads, puddings and rolls, and that baking powder will be a rarely used luxury.

Have YOU learned the lesson of thrift in your housekeeping?

You can’t be an economical housekeeper without Soda. And you cannot be an intelligent judge of Soda without choosing and thereafter using Arm & Hammer Soda—the Baking Soda that is pure Bicarbonate of Soda.

**INSIST UPON HAVING ARM & HAMMER SODA**

## RAISING AGENTS.

The raising of materials to be cooked is accomplished by fermentation, as with yeast; by entangling air in the mixture as by beating; and by chemical action as in the case of the Soda combinations. The last means—and in that we are most interested—is far the simplest, doing away with the wearisome waiting for the yeast plant to grow, and the beating that makes one's arm ache to think of. In using this third method the mixture is rendered porous by the action of certain acids, contained either in food as sour milk or molasses, or furnished by a chemical like Cream of Tartar, which frees the carbonic acid gas in the Soda.

Baking powders are made by combining Soda with cream of tartar, a chemical so expensive as to offer strong temptation to the manufacturer to adulterate his product. An eminent chemist, after analyzing fifty different brands, found that 50% were grossly adulterated. As the sole value of baking powder is the raising property, or carbonic acid gas, which is contained in the Soda alone, the safest and most economical plan is to secure a brand of Soda above suspicion of impurity, wrapped so as to insure its continued strength. Then if baking powder is needed for any purpose, it can be made at home and its quality and healthfulness assured. Soda, unlike baking powder, is cheap. Cleanliness in the handling and careful wrapping bring to you a wholesome, powerful raising agent. Such Arm & Hammer Soda has been found to be by purchaser and chemist alike. There can be no doubt about Arm & Hammer Soda. It has stood for years as the standard of Soda excellence. Its reputation is too valuable to risk: you may use with perfect confidence the Soda that comes to you sealed in packages bearing Arm & Hammer trademark. It contains uniformly over 52% of carbonic acid gas and over 99% of pure Soda, every pound of which is tested before leaving the extensive chemical works of the manufacturers, and not permitted to be sold unless up to this standard.

The strength of Arm & Hammer Soda is maintained by careful wrapping in distinctive packages for the greater security of our patrons. And although Arm & Hammer Soda is also sold in kegs to supply a certain demand, we advise against buying it in bulk for the reason that it makes substitution an easy matter. Be sure you see the circles of blue and red enclosing the Arm & Hammer and the firm name, Church & Co. Then neither accident nor design can prevent your getting the best Soda made or possible to be made.

WHICH IS PURE BICARBONATE OF SODA

## DO NOT BUY BAKING POWDER

When you have sour milk or buttermilk, which costs nothing. Baking Powder Manufacturers say: "do not use Cream Tartar and Soda," and then expatiate at length on the danger of adulteration, and the liability of housekeepers using these articles in the wrong proportion, even if obtained pure, thereby making cookery heavy or yellow, with an alkaline taste. Whereas, the fact is that the best Baking Powder is composed of a mixture of these two identical substances (Cream Tartar and Soda), with the addition of starch enough to repel moisture. Now, Soda is an article which by the improved modern methods of manufacture, can be made so pure and cheap that it does not pay to adulterate it. With Cream Tartar it is different. This Acid, when pure commands so great a price that it becomes a strong temptation to the unscrupulous dealer to adulterate. The price of one pound of good Baking Powder will furnish a large family with Soda enough for some months.

The farmer's wife has always an acid free to her hands in the form of sour milk or buttermilk, which can be used both as an acid to neutralize the Soda, also as a means of wetting and enriching the dough. Why, then, should she go to the expense of buying Baking Powder or Cream Tartar when she only needs Soda with the sour milk.

Any good cook by a few experiments or trials with Sour Milk and Soda, can form recipes of her own, which will be more delicious and toothsome than when made by the use of Baking Powder, and have the additional satisfaction of knowing what materials there are in the cookery, and consequently a knowledge of its absolute healthfulness.

The large increase in the use of Baking Powder of late years has induced unscrupulous persons to enter into the manufacture of cheap and inferior Baking Powders producing deleterious effects on the health of families using them.

INSIST UPON HAVING ARM & HAMMER SODA

## VARIOUS USES OF THE ARM & HAMMER SODA IN COOKING

Use ARM & HAMMER SODA with sour milk instead of baking powder and sweet milk.

Wipe all meats that come into your kitchen with a cloth wet with a solution of ARM & HAMMER SODA. Beside cleansing, the Soda instantly corrects any taint.

In boiling all meat, unless from a very young animal, put a quarter teaspoonful of ARM & HAMMER SODA into the water. Old poultry, ham, tongue and corned beef are rendered tender and digestible by this treatment.

If you have not soft water at hand for tea-making, add a pinch of ARM & HAMMER SODA to filtered water.

All green vegetables except corn are greatly improved in flavor and brightened in color by adding a pinch of ARM & HAMMER SODA to the boiling water. In the case of dried vegetables, add a half teaspoonful to each two quarts of water after the cooking has been going on for some time: the fiber will quickly soften and the period of boiling be considerably shortened.

Dried beans are a valuable food when their tendency to flatulence is overcome by the addition of a tablespoonful of ARM & HAMMER SODA to the cooking water just as the boiling is finished. Let them bubble up well, then drain. Add fresh water if the beans are wanted for soup or baking.

The odor from boiling cabbage is lessened by the use of a little of ARM & HAMMER SODA in the cooking water.

Onions have a more delicate flavor and will not prove disagreeable after eating if about half a teaspoonful of ARM & HAMMER SODA is added to the water in which they are boiled.

WHICH IS PURE BICARBONATE OF SODA

## GENERAL DIRECTIONS.

Take one even teaspoonful Arm & Hammer Brand Soda, sift and mix thoroughly through one pound or quart of flour, and add sour milk enough to knead the dough.

Two teaspoonfuls of Pure Cream Tartar to one of Arm & Hammer Brand Soda ought to produce the same effect; but sour milk or buttermilk is preferable, because good Cream Tartar is difficult to obtain, besides being expensive.

Housekeepers using Baking Powder can make the very best for immediate use by mixing through a sieve thoroughly one part Arm & Hammer Brand Soda with two parts Cream Tartar, WHICH MUST BE STRICTLY PURE. Should a supply be desired for future use, take larger quantities in the same proportion and add another part of powdered cornstarch or good flour. Have all perfectly dry before mixing together. The result will be the best Baking Powder possible to be obtained. Keep in an air-tight package. The only ingredient containing raising properties, however, is Soda. Housekeepers will readily perceive that by using Arm & Hammer Brand Soda with sour milk simply, they save many times the cost of Baking Powders.

In using Soda in recipes containing molasses, remember always to put the dry Soda in a bowl and pour the molasses on to the Soda. It will dissolve quickly, foam up, and make your cake or pudding a beautiful golden yellow. Hot lard can also be poured on the Soda to dissolve it, but never boiling hot water in recipes for baking.

Nothing makes more delicious cakes and biscuits than buttermilk. Sour Cream is also very nice, but not always so easy to get.

The following recipes are recommended to housekeepers as being especially adapted to the use of Church & Co.'s Arm & Hammer Brand Soda, and sure to secure good results, having been tested and proved by experienced cooks.

In these recipes it is always advisable to use Arm & Hammer Brand Soda by sifting it throughout the flour or meal before wetting; but if housekeepers prefer to dissolve the Soda in water, it is important that the water be lukewarm.

We have in these recipes paid particular attention to the use of Soda without Cream Tartar. Pure Cream Tartar, is almost unattainable, as all intelligent housekeepers know. Should, however, it be desirable to substitute Cream Tartar for sour milk or cream in any of these recipes, twice as much Cream Tartar should be used as Soda, in place of the sour milk or cream.

**INSIST UPON HAVING ARM & HAMMER SODA**

## SOUR MILK AND BUTTERMILK.

Sour milk or buttermilk can be substituted for sweet milk in nearly every recipe for cakes and biscuits by using instead of baking powder called for in the recipe just one-half that quantity of **Arm & Hammer Soda**. However, care must be taken that not too much Soda is used. For instance, it takes one level teaspoonful of **Arm & Hammer Soda** to neutralize the acid in one pint of sour milk, which means **Arm & Hammer Soda**, and the acidity in the sour milk acting together, have the same effect in raising the cake, as the amount of powder called for in the recipe. The Cream of Tartar or the Cream of Tartar substitute in the baking powder is the acid which acts upon the Soda, to produce the proper amount of Carbonic Acid gas which raises the cake or biscuit. It is important to use the proper amount of **Arm & Hammer Soda**, because if you use too much a portion of the Soda will be left unused (or not neutralized) in the cake or biscuit and will have an unpleasant taste or odor and a greenish color.

Buttermilk can be used instead of sour milk.

Sour cream will take the place of sour milk, and part of the butter and lard called for in the recipe can be cut out.

### FINE SODA BISCUITS, WITH BUTTERMILK.

1½ cups Buttermilk,	1 teaspoonful
1½ pints Flour,	<b>Arm &amp; Hammer Soda,</b>
1 tablespoonful Water,	Lard size of a large egg.
1 teaspoonful Salt,	

Mix salt and Soda with the water (lukewarm), letting stand a short time, then add to buttermilk; sift flour into a bowl, rub the lard into it, add the buttermilk and other ingredients, working all into a dough. Roll out and cut into biscuits with a cutter, or shape by hand. Bake in a hot oven. A buttered paper laid over biscuits after they have risen will prevent them from getting too brown; and they may be brushed with milk before baking.

WHICH IS PURE BICARBONATE OF SODA

## OLD FASHIONED BUCKWHEAT CAKES.

(Continuous Stock)

Dissolve one-half of a compressed yeast cake or a dry yeast cake in one-quart of lukewarm water, and pour into an earthen jar; add sufficient buckwheat flour to make a medium soft batter. Cover up and set away in a warm place over night. Next morning take out as much as you wish to use for breakfast, into another dish or bowl. Thin this down with sufficient lukewarm water, in which you dissolve a half teaspoonful of **Arm & Hammer Soda** for every cup of stock and water you use. Also add a pinch of salt and one teaspoonful molasses to every cupful of batter, which makes them brown nicer. If you have any of the batter left after breakfast, pour it back into the original stock left in the jar from the night before. The next night you add more lukewarm water and more buckwheat so as to keep the batter going, and, if taken care of properly, you can keep this stock of buckwheat going nearly all winter, without any more yeast. Always have buckwheat sifted. Never put any salt into batter until you are ready to bake the cakes in the morning and put it only in the batter you took out of the crock.

The first night you should keep the crock in a warm place, but after that, you can keep it in a cooler place. You may add a teaspoonful of white flour every third or fourth night, not oftener. This is the original old time way and makes the best cakes.

### GRIDDLE CAKES.

2 cups Flour,	1 even teaspoonful
$\frac{1}{2}$ teaspoonful Salt,	<b>Arm &amp; Hammer Soda,</b>
2 Eggs,	1 tablespoonful Butter.
2 (scant) cups sour Milk or Buttermilk,	

Sift the flour, Soda and salt together several times. Stir into this mixture the sour milk or buttermilk and the eggs well beaten. Make a smooth batter and then pour into it the butter, melted, and bake on a well greased, hot griddle. Serve at once.

**INSIST UPON HAVING ARM & HAMMER SODA**

## BREAKFAST MUFFINS. (Fine)

3 cups Flour,	6 teaspoonfuls Sugar,
4 Eggs,	1 pt. sour Milk,
1 tablespoonful Butter	1 even teaspoonful
or Lard,	Arm & Hammer Soda.
1 teaspoonful Salt,	

Sift the flour and salt into a bowl. Beat together the yolks of the eggs with the sugar and melted butter or lard; dissolve Arm & Hammer Soda in a little lukewarm water, add to sour milk, and pour into bowl with other ingredients. Beat all together and then add the well beaten whites of the eggs. Have muffin tins well greased and heated; fill half full with the batter and bake in a quick oven.

## DELICIOUS CORN GEMS AND MUFFINS.

1 pt. Buttermilk or	1 even teaspoonful
sour Milk,	Arm & Hammer Soda.
¼ cup soft Butter or	¼ cup Sugar,
Lard,	1 teaspoonful Salt,
1 cup wheat Flour,	2 cups fine Cornmeal.

To the buttermilk or sour milk add the Arm & Hammer Soda (dissolved in lukewarm water). Separate the eggs, stir the yolks well with the sugar, soft butter or lard, add the milk, salt, and the cornmeal and wheat flour sifted together; then stir into this the beaten whites of the eggs. Bake in heated, greased gem molds in a quick oven.

## METROPOLITAN CORN GEMS.

½ pt. sour Milk,	2 tablespoonfuls Butter,
1 teaspoonful (even)	3 tablespoonfuls Sugar,
Arm & Hammer Soda,	2 Eggs,
½ cup Corn Meal,	1 cup wheat Flour.

Beat together the cornmeal, sugar, butter and eggs. Then add the sour milk with the Soda dissolved in it, and the sifted wheat flour. Pour into deep gem tins, well greased and heated. Bake in a hot oven.

WHICH IS PURE BICARBONATE OF SODA

## OATMEAL GEMS.

1 pinch Salt,	1 teaspoonful
2 cups Rolled Oats,	<b>Arm &amp; Hammer Soda,</b>
$\frac{1}{4}$ cup Sugar,	1 Egg,
$\frac{1}{2}$ cup sour Milk,	2 teaspoonfuls Butter or
Flour, sufficient,	Lard.

Mix the rolled oats with sufficient cold water to soak them and set away in earthen bowl or crock over night. In the morning dissolve **Arm & Hammer Soda** in the sour milk (or buttermilk), beat the egg and sugar together until light, and pour all into bowl with oats, adding enough wheat flour to make a soft batter; then put in the melted butter or lard. Mix thoroughly. Bake in greased hot gem molds. Molasses or syrup may be used instead of the sugar.

## SODA CRACKERS.

$\frac{1}{2}$ Yeast Cake,	$\frac{1}{4}$ cup Sour Milk or
1 scant pt. warm	Water,
Water,	$\frac{1}{3}$ cup Lard,
$1\frac{1}{2}$ quart Flour,	1 teaspoonful
$\frac{1}{2}$ oz. Salt,	<b>Arm &amp; Hammer Soda.</b>

In the evening set sponge of yeast, warm water and flour (sifted). Let raise over night. In the morning work into it the lard, salt and **Arm & Hammer Soda** dissolved in the sour milk, or water. Work all well together, using enough more sifted flour to make a stiff dough. Pound with rolling pin and double over. Keep repeating until dough is smooth. Then roll out into a thin sheet and punch holes into it with a large fork. Cut out round or square and bake on cookie tins or in large dripping pans. Bake in hot oven. It takes but a few minutes to bake them. Have pans heated before putting the crackers on them and do not grease them.

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## JOHNNY CAKES.

1¼ cups Wheat Flour,	2 cups Indian Meal,
½ cup Sugar,	1 heaping teaspoonful
2 or 3 Eggs,	Salt,
1/3 cup Butter or Lard,	1 heaping teaspoonful
1 cup Sour Milk or	<b>Arm &amp; Hammer Soda.</b>
Buttermilk,	

Sift together the flour, Indian meal, salt and Soda. Rub the sugar light with the butter or lard, adding the eggs. Add one-half the sour milk or buttermilk and then half the flour and meal. Then add the rest of the milk and the flour. Stir up well; batter should be rather soft; pour into a shallow pan, well buttered and flour dusted and bake in a brisk heat, about 25 to 30 minutes.

## BOILED SUET PUDDING.

1 cup New Orleans	1 cup Sour Milk,
Molasses,	1 heaping teaspoonful
1 pinch of Salt,	<b>Arm &amp; Hammer Soda,</b>
1 cup picked beef Suet,	1 cup seeded Raisins.
1 cup Flour,	

Mix together the molasses, sour milk, Soda and salt. Chop the picked beef suet very fine with the flour. Add this with the raisins to the liquid and then add more flour to make a rather stiff batter. Fill into a deep pudding mould, or Boston Brown Bread pan, well greased and dusted with flour. Place in a double boiler and boil for three or four hours. Serve with whipped cream.

## PLUM PUDDING.

1 cup Flour,	1 cup picked beef Suet,
1 cup seeded Raisins,	½ cup Currants,
2 cups fine Bread	1 cup Molasses,
Crumbs,	1 teaspoonful ea. Salt,
1 cup Sweet Milk,	Cloves and Cinna-
1 even teaspoonful	mon.
<b>Arm &amp; Hammer Soda,</b>	

Chop fine in the flour the picked beef suet. Add the raisins, washed currants, salt, cloves and cinnamon. Then add the breadcrumbs, molasses and the Soda, sweet milk and enough more flour to make a soft dough. Boil in a double boiler in a suitable pan with cover, for about four hours.

WHICH IS PURE BICARBONATE OF SODA

## NEW ENGLAND LUNCH BREAD.

2 cups yellow Meal,	1 pt. sweet Milk,
1 cup white Flour,	2/3rds cup Molasses,
1 teaspoonful Salt,	1 rounded teaspoonful Arm & Hammer Soda.

Sift together the yellow meal, white flour and the salt. Dissolve one rounded teaspoonful Arm & Hammer Soda in one third cup warm water, and pour in one pint sweet milk and two thirds cup molasses. Then stir milk gradually into flour and mix all thoroughly. Put this stiff batter into deep moulds (well greased and flour dusted) and steam in a water bath from 5 to 6 hours.

## BOSTON BROWN BREAD.

2 cups Indian Meal,	2 teaspoonfuls Salt,
2 cups Graham Flour,	1 cup Molasses,
½ cup coarse rye Flour,	2 cups Buttermilk,
1 cup wheat Flour,	1½ cups Water.
3 rounded teaspoonfuls Arm & Hammer Soda,	

Sift together, two cups of Indian meal, two cups Graham flour, ½ cup coarse rye flour, one cup wheat flour, two teaspoonfuls salt. Take one cup molasses and two cups buttermilk, one and a half cups water, in which dissolve three rounded teaspoonfuls of Arm & Hammer Soda. Mix all into a soft dough (a little more water may have to be added). Pour into Brown Bread moulds with covers, which must be well greased. Bake in a deep pan into which has been poured hot water about one inch deep. Water should be all evaporated after two hours, then bake about a half hour longer, according to size of loaves. If you can bake in a closed steamer, the loaves will be moist and the crust more tender. Small lard pails with covers make good molds in which to steam Brown Bread.

## BROWN BREAD WITH RAISINS.

Adding to the above mixture one cupful of seeded or Sultana Raisins (seedless) makes a fine fruit bread.

**INSIST UPON HAVING ARM & HAMMER SODA**

## RYE AND MEAL BREAD.

1 cup rye Meal,	1 cup Buttermilk,
1 cup Indian Meal,	$\frac{1}{4}$ cup cold Water,
$\frac{1}{2}$ cup bread Flour,	1 heaping teaspoonful
1 heaping teaspoonful	Arm & Hammer Soda,
Salt,	$\frac{1}{2}$ cup Molasses.

Sift together the rye meal and Indian meal with a half cup bread flour and a heaping teaspoonful of salt. In one cup of buttermilk and a quarter cup of water (cold) dissolve one heaping teaspoonful Arm & Hammer Soda, and add half cup molasses, stirring all the liquid well together. Add the meal gradually, beating the mixture with a large spoon or ladle. The adding of a spoonful or two of melted butter improves the flavor and tenderness. This batter should be soft enough so you can just about pour it into the pan or tin, which must be greased. Set into steamer and steam for about three hours, then bake for a half hour longer in oven to give it a good crust.

## GRAHAM BREAD.

1 qt. cold sour Milk,	4 cups bread Flour,
$\frac{1}{2}$ pt. dark Molasses,	3 teaspoonfuls Salt,
4 cups Graham Flour,	2 teaspoonfuls Brown
3 even teaspoonfuls	Sugar.
Arm & Hammer Soda,	

Mix together the cold sour milk, dark molasses and three even teaspoonfuls Arm & Hammer Soda. Mix separately, four cups Graham flour, four cups bread flour, three even teaspoonfuls salt, two teaspoonfuls brown sugar; then stir all together to make a soft dough. Adding three or four teaspoonfuls of salad-oil or melted lard makes the dough much smoother. Have the pans well greased and let the bread stand a few minutes before putting it in the oven. Bake in not too hot an oven, from 40 to 50 minutes.

WHICH IS PURE BICARBONATE OF SODA

## HOME MADE GINGER CAKES OR SNAPS.

1/2 cup granulated Sugar,	1/2 cup brown Sugar,
1 cup Molasses (dark),	1/2 cup Lard,
1/2 teaspoonful Salt,	1/2 cup lukewarm Water,
1 teaspoonful Cinnamon,	1 heaping teaspoonful Ginger,
4 cups Flour,	1 teaspoonful Arm & Hammer Soda.

Mix together sugar, molasses, lard, lukewarm water in which dissolve the Soda, salt, cinnamon, ginger and flour. Mix all together and work well. This dough should be rather stiff. Let it stand covered with a damp towel as long as possible, if convenient over night. Knead it well until very smooth. Roll out thin and cut out with small cutter or in small pieces the size of a walnut and press flat. Set on slightly greased tins and dampen tops by covering with a damp towel just before baking, which makes them crack nicely. Oven should not be very hot.

## EXCELLENT LOAF CAKE.

1 teaspoonful Arm & Hammer Soda,	1 teaspoonful Ginger,
1 cup sour Cream,	3 tablespoonfuls lukewarm Water,
1 cup (scant) brown Sugar,	1/2 cup good Molasses,
1 teaspoonful Cinnamon,	3 cups pastry Flour,
	1/2 grated Nutmeg.

Dissolve the Soda in the lukewarm water and add to the thick sour cream. Add the molasses and sugar. Stir awhile and then add gradually the sifted flour, cinnamon and nutmeg and ginger. Stir all well together. Pour into greased, paper-lined bread-pans. Fill not over two inches deep. Bake only in medium hot oven and if browning too quickly on top, cover with greased paper.

This cake should be kept in a box or stone jar for a few days to moisten, when it will be very nice to cut. No butter or eggs are used.

## FRUIT CAKE.

Add to the above recipe 2 cups of seeded raisins or mixed fruit. Have fruit rubbed together with a half cup of flour.

**INSIST UPON HAVING ARM & HAMMER SODA**

## SOFT GINGER CAKE.

½ cup Shortening, dripping or lard,	1 cup New Orleans Molasses,
1 cup hot Water,	1 pinch Salt,
3½ to 4 cups pastry Flour,	2 to 3 heaping teaspoon- fuls Ginger.
1 teaspoonful Arm & Hammer Soda,	

Melt the shortening in a deep saucepan; pour into it the molasses and hot water and a pinch of salt. When cooled down to lukewarm, add the Soda and stir until the batter foams; then stir in the sifted flour in which you have mixed the ginger. Bake in greased paper-lined cake tins. Do not fill over 1¼ inch deep in the pans, otherwise it may not bake well in the center.

## SPICED CUP CAKES.

½ lb. stale Cake Crumbs,	2 Eggs,
½ cup Shortening,	½ pt. warm Water,
½ teaspoonful Ginger,	1 heaping teaspoonful Arm & Hammer Soda,
⅓ pt. sour Milk, (or Cream)	1 teaspoonful ea. Cin- namon, Allspice & Cloves.
Flour, sufficient,	
1 scant pt. Molasses,	

Mix together the cake crumbs (or bread crumbs) molasses, melted shortening, eggs and spices, adding gradually the warm water in which you have dissolved the Soda. Then pour into the mixture the sour milk or sour cream and last, sufficient flour to make a soft dough or stiff batter. A half cup or more of currants or raisins added will prove very good in the above cakes. Use cupcake or gem moulds having them well greased and warmed, then fill half full with the batter. Frost with chocolate icing.

WHICH IS PURE BICARBONATE OF SODA

## ENGLISH TEA CAKE.

1 cup Sugar,	$\frac{1}{2}$ cup Butter, (melted),
1 cup seeded Raisins,	2 cups Flour,
$\frac{1}{2}$ teaspoonful each of Cloves, or Allspice and Cinnamon,	1 cup sour Milk,
$\frac{1}{2}$ teaspoonful Nutmeg,	1 teaspoonful Arm & Hammer Soda.

Mix the sugar and spices together; add the butter and rub together until creamy and light; dissolve one teaspoonful Arm & Hammer Soda in three table-spoonfuls of water; put Soda in milk and add to the mixed ingredients; stir in the flour, and last the raisins mixed with flour. You may have to add a half cup of flour if batter is too soft. An excellent cake that does not require eggs.

## CHOCOLATE CAKE.

1 cup powdered Sugar,	$\frac{1}{2}$ cup Butter or Lard
2 Eggs,	(or half of each)
$1\frac{1}{4}$ cups Flour,	1 cup sour Milk,
2 squares of Chocolate,	1 teaspoonful Arm & Hammer Soda.

Cream together the sugar and shortening, (butter or lard); have the shortening partly melted so it will cream better. Add the eggs one at a time, and after the batter is light and creamy, pour into it slowly the sour milk with Arm & Hammer Soda dissolved in it. It takes about one and a quarter cupfuls of sifted cake flour to make a smooth cake batter, and not too stiff. First stir into the above batter half the flour, then pour in while stirring two squares of melted chocolate. To melt the chocolate, cut into small bits in a deep saucer and add  $\frac{1}{4}$  cup of lard or butter to it. Set into oven or over slow fire until both chocolate and lard are melted; stir together, then pour into batter. Add the rest of the flour after the chocolate. If too stiff, add a little more sweet milk. Bake in greased paper-lined loaf cake pan or bread pan.

**INSIST UPON HAVING ARM & HAMMER SODA**

## ROCK CAKES.

1½ cups brown Sugar,	1 cup Butter (or Lard),
½ teaspoonful Salt,	3 tablespoonfuls sour
2 Eggs,	Milk, Cream or
2 cups Flour,	Buttermilk,
½ cup Raisins,	1 teaspoonful
½ cup Currants,	Arm & Hammer Soda.
1 teaspoonful Cinnamon,	

Mix together thoroughly the sugar, butter, (or lard), salt, cinnamon, eggs, sour milk, (cream or buttermilk) with the Soda. The flour is then added to the batter. Rub a little flour between the fruits and nuts, then stir them in the above mixture. Roll out in strips and cut up in small pieces. Mark each with a fork crosswise, and bake on buttered cookie tins.

## DROP CAKES.

1 cup Sugar,	1 tablespoonful Butter
1 cup sour Milk,	or Lard, (melted)
2 Eggs,	½ teaspoonful
	Arm & Hammer Soda,
	2½ cups pastry Flour.

Cream together the sugar, yolks of the eggs butter, (or lard), and add the sour milk and Soda (dissolved in a spoonful of lukewarm water). Mix all together, add the sifted flour and last the beaten whites of the eggs. Flavor with vanilla or lemon. Drop with spoon on greased, flour dusted cookie pans.

## APPLE FRUIT CAKE.

2 cups dried Apples,	¾ cup Sugar,
¾ cup Butter,	1½ even teaspoonfuls
¾ cup sour Milk,	Arm & Hammer Soda,
¾ cup Raisins,	1 teaspoonful Cinnamon
1½ cup Molasses,	and Allspice.

Soak the apples over night. Draw off the water in the morning and add the molasses. Boil until commencing to thicken, then add the butter, sugar, sour milk, soda and raisins. Use sufficient flour to make a stiff batter. Spice. Two or three eggs may be added. You can bake this cake or steam it.

WHICH IS PURE BICARBONATE OF SODA

## PLAIN MOLASSES COOKIES.

1 cup Molasses,	$\frac{1}{2}$ cup (scant) sour
1 teaspoonful Salt,	Cream or Milk,
Flour, sufficient,	1 teaspoonful
$\frac{1}{2}$ cup Lard or Butter,	Arm & Hammer Soda.
(softened)	

Stir together the molasses, softened lard, (or butter), sour cream, (or milk), salt, Soda and sufficient sifted flour to make a dough stiff enough to roll out in a sheet, not too thick. Cut out and bake on flat tins. Oven should not be too hot. One heaping teaspoonful of ginger can be added.

## GRAHAM COOKIES.

2 Eggs,	2 cups Sugar,
2 cups Buttermilk,	$\frac{1}{2}$ cup Butter, (melted)
2 cups Graham Flour,	2 even teaspoonfuls
1 cup pastry Flour,	Arm & Hammer Soda,
Mix the eggs, sugar, melted butter. Add the but-	

termilk, Soda and flour and mix as for cookies. Roll out into  $\frac{1}{8}$  inch thick sheets and cut out with a square cutter or sharp knife. Bake in flour-dusted tins. Oven not very hot.

## FANCY COOKIES.

2 cups brown Sugar,	$\frac{1}{2}$ cup Butter,
$\frac{1}{2}$ cup Lard,	$\frac{1}{2}$ cup sour Cream,
2 Eggs,	$\frac{1}{2}$ teaspoonful
4 tablespoonfuls warm	Arm & Hammer Soda,
Water,	A pinch of Salt and a
	little Nutmeg.

Cream together the sugar, butter and lard, adding the eggs, then the sour cream, salt, nutmeg and Soda which you dissolve in the warm water. Then mix with sufficient cake flour to make dough stiff enough so you can roll it out. You can make different shaped cookies out of this dough. Wash some with milk and dip in granulated or coarse sugar, others dip in currants, others in cocoanut, etc.

INSIST UPON HAVING ARM & HAMMER SODA

## NEW ENGLAND CRULLERS.

1 cup Sugar,	2½ cups sour Milk or
½ cup thick sour	Buttermilk,
Cream, or soft	1 rounded teaspoonful
Butter or Lard,	<b>Arm &amp; Hammer Soda,</b>
5 to 6 cups Flour,	1 teaspoonful Mace or
2 Eggs,	Nutmeg.

Beat together the sugar, eggs and thick sour cream or soft butter or lard. Pour in the sour milk or buttermilk and **Arm & Hammer Soda**. Then mix very lightly with the sifted flour. For flavor use mace or nutmeg. This dough should not be very stiff and not worked much, otherwise the crullers will be tough. Roll out a half inch thick cut in shape desired and let raise a few minutes, until the lard gets well heated. When raised and brown on bottom, turn with a fork. The fat must sizzle when you put a few drops of water in it. Otherwise it is not hot enough. These crullers will keep fresh for a week in a stone crock.

## APPLE ROLY-POLY.

4 cups sifted Flour,	½ teaspoonful
Yolks of 4 Eggs,	<b>Arm &amp; Hammer Soda,</b>
2 whole Eggs,	1 teaspoonful Nutmeg,
1 teaspoonful Salt,	1 pt. sour Milk or
½ cup Lard,	Buttermilk.

Mix as described for Soda Biscuits (page 9) flour, lard, Soda, eggs, nutmeg, salt and sour milk or buttermilk. Roll out to a sheet about a half inch thick, wash with melted butter and spread over it finely chopped apples mixed with a pinch of cinnamon, half a grated lemon and a half cup of washed currants and a half cup of brown sugar. Roll up like jelly roll. Steam for about 40 minutes. Serve with cream sauce or juice from preserved fruit. Hard sauce can also be used. Other fruits such as berries, peaches, etc., instead of apples can be used.

WHICH IS PURE BICARBONATE OF SODA

## BAKED APPLE DUMPLINGS.

The dough is the same as for Roly-Poly, you roll out  $\frac{1}{4}$  of an inch thick, cut out in squares and lay in a half or a whole apple (peeled or cored) in the centre and spread sugar and cinnamon over the top and a little piece of butter and pull the corners of the dough over the top covering the apple.

You can also use part of the apple, cutting it into pieces, but then you must pinch the dough together after folding and turn the top to the bottom when you set the dumplings in the pan.

## WAFFLES.

3 Eggs, (good size)	2 heaping tablespoonfuls
1 qt. Flour,	Lard or Butter,
1 tablespoonful Water,	(melted)
A pinch of Salt,	$\frac{1}{2}$ teaspoonful
1 cup sour Cream,	Arm & Hammer Soda.

Beat the eggs well, and add the salt; pour into the eggs the sour cream and melted lard or butter. Sift the flour into a pan or bowl and pour the milk, etc., into it and stir well. It should be a soft batter; if too stiff, add a little more cream or milk. Just before you start baking the waffles, dissolve the Soda in the water and beat into a batter. Have the waffle iron quite hot. A tablespoonful of sugar may be added to the batter also, if you want them sweeter.

## USING SODA IN CHEESE MAKING.

Baking Soda in small quantities may be used in making cheese, by adding the Soda, say one even to one heaping teaspoonful to three to four quarts of the milk, after being heated but before separating the curd from the whey,—to prevent it from getting stringy and to reduce the acidity when the milk is very sour, and in buttermilk which is very sour or bitter. But do not use too much Soda.

**INSIST UPON HAVING ARM & HAMMER SODA**

## BATTER FRITTERS.

3 Eggs,	2 tablespoonfuls
1 pinch Salt,	powdered Sugar,
2 tablespoonfuls Butter,	1 cup sour Milk,
Flour, sufficient,	1 even teaspoonful
Nutmeg or Vanilla	Arm & Hammer Soda.
Extract,	

Beat together the eggs, powdered sugar and salt. Add the sour milk, butter (melted) Arm & Hammer Soda and sufficient sifted cake flour to make a thin, smooth batter. Beat up well. The batter must be thick enough so that it will not run from the spoon. Drop by spoonfuls into the hot lard, turn over when brown on the bottom. For flavor you may grate not quite a half nutmeg or use half a teaspoonful of pure Vanilla Extract. Serve while hot with maple syrup.

## APPLE FRITTERS.

This batter is nice for apple and pineapple as well as other fruit fritters. Cut apples in round slices and cover with fritter batter, before dropping into hot lard. Batter must be a little thinner here than for "Batter Fritters."

## FRUIT BARS.

1 lb. Sugar,	6 oz. Cottolene or Lard,
$\frac{1}{2}$ cup Water,	1 teaspoonful
2 Eggs,	Arm & Hammer Soda,
$\frac{3}{4}$ lb. Currants,	$\frac{3}{4}$ lb. Raisins,
$\frac{1}{2}$ cup Molasses,	1 $\frac{1}{2}$ lb. cake Flour,
$\frac{1}{4}$ teaspoonful Cinna-	1 teaspoonful Salt,
mon,	$\frac{1}{4}$ teaspoonful Allspice.
$\frac{1}{4}$ teaspoonful Nutmeg,	

Mix all together the same as for cookies into a stiff dough. Roll out with the hands into strips the thickness of a broomstick and the length of your cookie tins. Grease the pans and lay the strips in about three inches apart. Then press each strip flat, and wash with egg and milk mixed. Bake in a medium hot oven. When baked, cut into  $\frac{3}{4}$  inch slices.

WHICH IS PURE BICARBONATE OF SODA

## WHEATLESS RECIPES

THAT ARE WHOLESOME AND ECONOMICAL. USE THEM  
AND DO YOUR BIT TOWARD ENDING THE WAR.

### OLD VIRGINIA JOHNNY CAKE.

1 teaspoonful	1 small teaspoonful Salt,
<b>Arm &amp; Hammer Soda,</b>	1 tablespoonful Shortening,
1 cup Sour Milk,	
1 cup Sweet Milk,	Corn meal, sufficient.

Dissolve 1 teaspoonful **Arm & Hammer Soda** in lukewarm water and add to 1 cup sour milk. Then combine with 1 cup sweet milk, 1 small teaspoonful salt and 1 tablespoonful shortening. Stir in enough fine yellow corn meal to make a dough soft enough to be handled, the amount varying according to the kind and fineness of the meal. Roll out about  $\frac{1}{2}$  inch thick and lay on greased baking tin. Bake slowly, brushing over the top four or five times with melted bacon fat or lard to make it crisp.

Another flour which is not so difficult to use is rye flour. Rye is very high in proteins and muscle-building elements and therefore makes a most nourishing bread. The dough is a little softer to handle, but practice overcomes this slight difficulty.

### GRAHAM PUDDING.

1 cup Molasses,	1 cup Skimmed Milk,
1 pinch of Salt,	2 even teaspoonfuls
2 cups Graham Flour,	<b>Arm &amp; Hammer Soda,</b>
1 Egg,	1 teaspoonful Cinnamon.

Mix together the molasses, milk, egg, salt and Soda and pour to the Graham flour. Flavor with cinnamon. Steam in a deep bread pan well greased and dusted with flour. To steam, place in a covered iron kettle or roast pan.

**SAUCE.**—One cup sugar, half a cup of butter; mix together and pour in one cup of boiling water. Flavor to taste.

INSIST UPON HAVING ARM & HAMMER SODA

## SIMPLE BUT EXCELLENT RECIPE FOR

## BUCKWHEAT CAKES.

2 cups Buckwheat,                      Big pinch of Salt,  
 ½ teaspoonful                      1 cup Sour Milk.  
**Arm & Hammer Soda,**

To 2 cups of Buckwheat add ½ teaspoonful of **Arm & Hammer Soda** and big pinch of salt, one cup of sour milk—or enough to make thin batter. Ready for use as soon as mixed.

## VIRGINIA BATTER BREAD.

1 cup Corn Meal,                      1 teaspoonful Salt,  
 2 cups Sour Milk,                      ½ teaspoonful  
 1 tablespoonful Butter,              **Arm & Hammer Soda.**

Scald 1 cup of corn meal; when cool beat into it 1 cup of sour milk, 1 tablespoonful of melted butter, 1 teaspoonful of salt. Beat well, then add another cup of sour milk and beat again, add ½ teaspoonful of **Arm & Hammer Soda**, stir well. Put into a well-buttered baking dish and bake half an hour in a hot oven.

## NEBRASKA CORN BREAD.

2 rounding tablespoonfuls      1 level teaspoonful  
     Lard,                      **Arm & Hammer Soda,**  
 2 cups Corn Meal,              2 cups Sour Milk.  
 2 Eggs,

Put two rounding tablespoonfuls of lard into a frying pan and melt it. Make a batter with two cupfuls of corn meal, two beaten eggs and one level teaspoonful of **Arm & Hammer Soda** dissolved in two cupfuls of sour milk. Pour one-half of the melted lard into the batter, beat and pour the batter into the frying pan. Set the pan on top of the stove where it will cook slowly, covering with a tin. When the top seems firm turn the pan over on a tin plate and lay the loaf back with the top down in the pan. In a few minutes this side will be nicely browned.

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## EXCELLENT CORN BREAD.

1 tablespoonful Butter,	Pinch Salt,
2 tablespoonfuls Sugar,	1 pt. yellow Cornmeal,
Yolks two eggs,	1 pt. Sour Milk or
$\frac{3}{4}$ even teaspoonful	Buttermilk.
<b>Arm &amp; Hammer Soda,</b>	

Melt the butter and rub together with sugar and yolk of two eggs, add a pinch of salt; then mix the yellow corn meal with  $\frac{3}{4}$  even teaspoonful of **Arm & Hammer Soda**. Also add one pint of sour milk. This milk and yellow corn meal should be added by pouring in part of the milk, then some of the meal, then more milk, and so on. In the meantime you have the white of two eggs beaten stiff, and mix carefully, stirring the batter as little as possible. Use greased square tins and bake in hot oven. Nothing better.

## SUGGESTIONS FOR CORN BREAD.

If milk is very thick and curdy you can use little more **Arm & Hammer Soda** than what the formula calls for. But add the extra amount to the milk first.

A hot oven is necessary for all corn-breads.

Also do not use too deep pans; if the loaves are too thick they will not bake well.

Of course, the amount of Soda must also be regulated according to the acidity of the milk. Now, if the milk is very sour, which means quite old and thick, one of the principal rules is:

Break up all lumps or curd in the milk first and then strain through a collander or coarse sieve, the same as you do with pot cheese for cheese cake. If you have too large lumps in your milk, the Soda cannot act on all the acid to neutralize the same in time to do any good.

**INSIST UPON HAVING ARM & HAMMER SODA**

## BROWN BREAD WITH PUMPKIN JUICE.

1½ cups Corn Meal,	1 cup Pumpkin Juice,
1½ cups Rye Meal,	1 cup Milk,
½ teaspoonful Salt,	½ teaspoonful
1 cup Molasses,	<b>Arm &amp; Hammer Soda.</b>

This is another delicious autumnal bread indigenous to New England. To make it properly one should have the fresh sweet yellow corn meal and rye meal, not rye flour, which is a very different product. To make a large loaf of this genuine Boston brown bread, sift together a cup and a half of corn meal, one cup of rye meal and a half teaspoonful of salt. Add quarter of a cup of molasses, one cup pumpkin juice, one cup of sour milk and a half teaspoonful of **Arm & Hammer Soda** dissolved in two tablespoonfuls of milk. Beat the batter thoroughly, turn into a two-quart brown bread tin and steam for four hours. When this is intended for Sunday mornings with baked beans it should be made on Saturday, then resteamed in the morning. This makes excellent toast.

## BOSTON BROWN BREAD.

2 cups Indian Meal,	2 teaspoonfuls Salt,
2 cups Graham Flour,	1 cup Molasses,
1½ cups coarse Rye Flour,	2 cups Buttermilk,
2½ rounded teaspoonfuls	1½ cups Water.
<b>Arm &amp; Hammer Soda,</b>	

Sift together, two cups of Indian meal, two cups Graham flour, one and a half cups coarse rye flour, two teaspoonfuls salt. Take one cup molasses and two cups buttermilk, one and a half cups water, in which dissolve two and a half rounded teaspoonfuls of **Arm & Hammer Soda**. Mix all into a soft dough (a little more water may have to be added). Pour into Brown Bread moulds with covers, which must be well greased. Bake in a deep pan into which has been poured hot water about one inch deep. Water should be all evaporated after two hours, then bake about a half hour longer, according to size of loaves. If you can bake in a closed steamer, the loaves will be moist and the crust more tender. Small lard pails with covers make good moulds in which to steam Brown Bread.

WHICH IS PURE BICARBONATE OF SODA

## TIME TABLES FOR THE COOK.\*

## BOILING,

MEATS	TIME	VEGETABLES	TIME
Chicken, per lb.	15 min.	Asparagus	20-30 min.
Fowl, per lb.	20-30 min.	Beets	30-90 min.
Corned Beef, per lb.	30 min.	Brussels Sprouts	10-15 min.
Ham, per lb.	18-20 min.	Cabbage	20 min.
Mutton, per lb.	15 min.	Cauliflower	20 min.
Pot Roast Beef, per lb.	30-35 min.	Green Corn	10-20 min.
Turkey, per lb.	15 min.	Lima Beans	30-40 min.
		Onions	30-40 min.
		Parsnips	30-40 min.
<b>FISH</b>	<b>TIME</b>	Peas	15-20 min.
Bass, per lb.	10 min.	Potatoes	20-30 min.
Blue, per lb.	10 min.	Spinach	15-20 min.
Cod, per lb.	6 min.	String Beans	20-30 min.
Haddock, per lb.	6 min.	Turnips	30-60 min.
Halibut per lb.	15 min.		
Lobster, per lb.	30-40 min.	Macaroni	20 min.
Salmon, per lb.	10-15 min.	Rice	15-20 min.
Small Fish, per lb.	6 min.		

## BAKING.†

MEATS	TIME	MEATS	TIME
Beef, ribs, rare, per lb.	10 min.	Veal, well done, per lb.	18-20 min.
Beef, ribs, well done, per lb.	12 min.	Venison, rare, per lb.	10 min.
Beef, ribs, rolled, per lb.	12 min.	Birds, small, hot oven	20 min.
Beef, round, per lb.	12-15 min.	Braised Meats	3-4 hrs.
Chicken, per lb.	15 min.	Ducks, Tame	45 min.
Goose, per lb.	18 min.	Ducks, Wild, hot oven	15 min.
Lamb, well done, per lb.	15 min.	Fillet, hot oven	30 min.
Mutton, leg, rare, per lb.	10 min.	Grrouse	20-25 min.
Mutton, leg, well done, per lb.	15 min.	Partridge	35-40 min.
Mutton, loin, rare, per lb.	8 min.	Turkey, 8 lb.	1¾ hrs.
Mutton, sh'lder stuffed, per lb.	15 min.	Turkey, very large	3 hrs.
Mutton, saddle, rare, per lb.	10 min.		
Pork, well done, per lb.	20 min.	<b>FISH</b>	<b>TIME</b>
		Large Fish	1 hour
		Small Fish	20-30 min.

† Add quarter of an hour to your baking time to give the roast time to heat through.

## BROILING.

	TIME		TIME
Steak, 1 inch thick	8-10 min.	Grouse	15 min.
Steak, 1½ inches thick	15 min.	Quail	8-10 min.
Mutton Chops, French	8 min.	Fish, large	15-25 min.
Mutton Chops, English	10 min.	Fish, small	5-10 min.
Spring Chicken	20 min.	Squabs	10-15 min.

\* So much depends upon the age of vegetables and the length of time since gathering, and upon the tenderness or otherwise of meat, that it is hard to give exact figures for their cooking-times. Just here a little experience is worth a book of rules.

INSIST UPON HAVING ARM & HAMMER SODA

## KITCHEN WEIGHTS AND MEASURES.

4 gills equals 1 pint.      1/2 measuring-cupful equals 1 gill  
 2 pints equals 1 quart.      1      "      "      "      1/2 pint.  
 4 quarts equals 1 gallon.      4      "      "      "      1 quart.  
 16 oz. equals 1 pound.

2 cupfuls granulated sugar } equals 1 pound.  
 2 1/2 " powdered " }

1 heaping tablespoonful sugar equals 1 ounce.

1 heaping tablespoonful butter } equals 2 oz. or 1/4 cup.  
 Butter size of an egg }

1 cupful butter equals 1/2 pound.

4 cupfuls flour } equals 1 pound.  
 1 heaping quart flour }

8 rounding tablespoonfuls of dry material } equals 1 cup.  
 16 tablespoonfuls of liquid }

1 teaspoonful baking powder equals 1 teaspoonful Cream of Tartar and 1/2 teaspoonful Soda.

1 cake compressed yeast equals 1 cup liquid yeast.

## PROPORTIONS.

1 even teaspoonful ARM & HAMMER SODA to 1 pint sour milk or cream.

1 even teaspoonful ARM & HAMMER SODA to 1/2 pint molasses.

4 heaping tablespoonfuls cornstarch to 1 quart milk.

2 oz. gelatine to 1 3/4 quarts liquid.

1 teaspoonful vanilla to 1 quart milk (for custards).

1 saltspoon salt to 1 quart milk (for custards).

5-8 yolks to 1 quart milk (for custards).

3-4 yolks to 1 pint milk (for custards).

## HOW TO MEASURE SPOONFULS.\*

A spoonful of flour, sugar, butter or lard means a rounding spoonful—holding as much above the edge of the spoon as in the bowl. A spoonful of salt or spices means only as much as the bowl holds, level with the edge, unless otherwise specified.

One-half spoonful means half the contents—divided lengthwise.

A heaping spoonful is as much as the spoon will hold.

\* NOTE.—Most cook-books use the terms as above, though recently cooking schools have adopted the use of the even spoonful invariably, to insure exactness.

WHICH IS PURE BICARBONATE OF SODA

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Letters, addressed to other post offices in the United States (including Hawaii, Porto Rico and the Virgin Islands of the United States), the Possessions of the United States (Canal Zone, Philippines, Guam and Tutuila), Shanghai City (China), U. S. Expeditionary Forces in Europe, U. S. Naval Vessels, U. S. Naval Hospital at Yokohama, Japan, or any other destinations to which the domestic postage rates apply, also other first-class matter addressed to any destination to which the domestic rates apply, will be subject to the rate of three cents an ounce.

Note.—All mail for the U. S. Expeditionary Forces in Europe is subject to domestic rates; letters for such forces will be subject to the rate of three cents an ounce.

Postal cards, addressed to other post offices in the United States (including Hawaii, Porto Rico and Virgin Islands of the United States), the Possessions of the United States (Canal Zone, Philippines, Guam and Tutuila), Shanghai City (China), U. S. Naval Vessels, U. S. Expeditionary Forces and U. S. Naval Hospital at Yokohama, Japan, will be subject to two cents postage, regardless of whether they bear written, typewritten or printed messages.

Postal cards are cards which are issued by the Government and sold by the Post Office Department. The one-cent postal cards, when addressed to the destinations named in the preceding paragraph, must have a one-cent postage stamp affixed to them in addition to the one-cent stamp which is printed on such cards.

Printed postal cards, or those which bear no more writing (or typewriting) than is permitted on printed matter, are mailable to all foreign countries as "prints" for one cent each.

Post cards (private mailing cards) for any destination, which bear written or typewritten messages, will be subject to two cents postage. Post cards (private mailing cards) for any destination, which are entirely in print or which bear no more writing (or typewriting) than is authorized upon printed matter, will be mailable for one cent each as third class matter.

Full Prepayment of Postage.—In all cases postage should be fully prepaid. Failure to prepay the proper amount of postage will delay the despatch and delivery of mail, cause confusion, annoyance and inconvenience, and impose upon the postal service unnecessary labor and expense.

Note.—During the present war, letters written and mailed by soldiers, sailors and marines while assigned to duty in a foreign country, may be mailed without postage.

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## UNITED STATES POSTAL SERVICE—(CONTINUED)

**Second Class.**—Includes unsealed newspapers and other periodical publications bearing notice of entry as second class matter, when mailed by the public.

Rate: One cent for each four ounces or fraction; full prepayment required. No limit of weight.

**Third Class.**—Includes unsealed books, newspapers and periodicals not admitted to the second class, circulars, miscellaneous printed matter on paper not having the nature of personal correspondence, proof-sheets, corrected proof-sheets, and manuscript copy accompanying same, and matter in point-print or raised characters used by the blind. In this class are not included articles bearing print such as envelopes, letters and bill-heads, wrapping paper and all substances other than paper.

Rate: One cent for each two ounces or fraction. Full prepayment required. Limit of weight, four pounds, except it be a single book.

**Fourth Class.**—All matter formerly embraced in this class, including farm and factory products, is regulated by the amendments to the Post Office Appropriation Bill, operative since January 1, 1913, and August 15, 1913. The rates of postage depend upon weight and distance from mailing point, and it is provided that parcels shall not exceed 84 inches in length and girth combined, nor be in form or kind likely to injure any person handling them, or other mail matter or mail equipment, and not of a character perishable within a period reasonably required for transportation and delivery.

For purposes of payment of postage this country, aside from the Philippines, is divided into zones, diagrams of which are posted for reference in every United States Post Office. Parcels weighing 4 ounces or less are mailable at the rate of 1 cent for each ounce or fraction thereof, regardless of distance. Parcels weighing more than 4 ounces and not exceeding 11 pounds, excepting those parcels intended for local delivery or delivery within the first and second zones, which must not weigh more than 20 pounds, are mailable at the pound and distance rates shown in the hereinafter table, a fraction of a pound being considered a full pound. Parcels intended for local delivery are mailable at the rate of 5 cents for the first pound and 1 cent for each additional 2 pounds or fraction thereof. Parcels intended for delivery within the first and second zones are mailable at the rate of 5 cents for the first pound and 1 cent for each additional pound or fraction thereof.

Zone	Limits in miles from sender	Cost per 1st lb.	Cost per excess lb. or fraction
1	50	5 cents	1 cent
2	150	5 "	1 "
3	300	7 "	5 cents
4	600	8 "	6 "
5	1000	9 "	7 "
6	1400	10 "	9 "
7	1800	11 "	10 "
8	Exceeding 1800	12 "	12 "

**Insurance.**—Fourth class or domestic parcel-post mail (but no other) upon which the postage is fully prepaid may be insured against loss, rifling or damage, upon payment (in addition to the postage) of three cents for value not exceeding \$5.

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## UNITED STATES POSTAL SERVICE—(CONTINUED)

or five cents for value not exceeding \$25, or ten cents for value not exceeding \$50, or 25 cents for value not exceeding \$100, both the insurance fee and the postage to be prepaid by stamps affixed. A receipt is given to the sender by the mailing office. A receipt from the addressee of an insured parcel may be obtained by indorsing the parcel "return receipt desired."

**Collect-on-Delivery Service.**—Parcels of fourth class or parcel-post matter may be sent "C. O. D." from one money-order post office to another on payment of a fee of ten cents in addition to the postage, provided the amount to be remitted does not exceed \$50, and on payment of a fee of 25 cents, provided the amount to be remitted does not exceed \$100; both postage and fee to be prepaid by means of postage stamps affixed to the parcel. Such parcel will be insured against injury or loss, without additional charge, in an amount equivalent to its actual value, but not to exceed \$50 where a ten-cent fee is paid and \$100 when a 25-cent fee is paid. A "C. O. D." tag furnished by the post office must be filled in by the sender and attached to the parcel. The Department will not assume responsibility for errors made by senders in stating collection charges or for any misunderstanding between the senders and addressees regarding the price, character or contents of parcel.

### THE MONEY ORDER SYSTEM.

provides a cheap, safe and convenient means of transmitting money. Domestic Postal Money Orders are payable in the U. S. and her island possessions, which includes Hawaii, Porto Rico, the "Canal Zone" on the Isthmus of Panama, Guam, the Philippines, Tutuila, Samoa; at the U. S. postal agency at Shanghai, in the Bahamas, Bermuda, British Guiana, British Honduras, Canada, Cuba, Newfoundland and Antigua, Barbadoes, Dominica, Grenada, Jamaica, Montserrat, Nevis, St. Kitts, St. Lucia, St. Vincent and the Virgin Islands.

Fees: From three cents for sums up to \$2.50 to thirty cents for sums up to \$100.

**Special Delivery.**—A special delivery stamp, or 10 cents worth of stamps in addition to the lawful postage, secures the immediate delivery of any piece of mail matter at any U. S. post office within the carrier limits of the city delivery office and within a mile limit of any other post office. Rural letter-carriers are required to deliver special delivery mail at the residences of patrons of their routes if they live within a half mile of the routes. When ordinary stamps are used to obtain immediate delivery of mail, the words "Special Delivery" must be printed or written on the envelope or covering.

If special delivery matter fails of delivery because there is no person at the place of address to receive it, the matter is returned to the post office and delivered in the ordinary mail.

A special delivery stamp does not give a piece of mail any other security than that given to ordinary mail matter.

**The Registry System** provides for special care and correct delivery. Without extra cost, every registered letter or parcel prepaid at the letter rate and mailed at and addressed to any U. S. post office, is insured against loss for its value up to fifty dollars. Registration fee, ten cents in addition to the lawful postage.

A letter or parcel to be registered must bear in serviceable stamps the necessary postage and registry fee, must be legibly

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## UNITED STATES POSTAL SERVICE—(CONTINUED)

and correctly addressed, and bear upon the envelope or wrapper the name and address of the sender; it should be handed to the post-master, clerk or carrier who will give a regular receipt to the sender. Letters or parcels for registry should not be placed in street letter-boxes or in the ordinary mail-drops at the post office.

### POSTAL REGULATIONS.

#### UNMAILABLE MATTER.

The following matter is inadmissible to the mails: that which is illegibly or insufficiently addressed, not prepaid and of the second, third and fourth class; excessive in weight; harmful in its matter, as poisons, explosives or inflammables, matches, animals, reptiles, fruit and vegetables liable to decay, or exhaling a bad odor; spirituous or malt liquors, cocaine and its derivatives; liquids liable to explosion, spontaneous combustion, or ignition by shock (kerosene, oil, etc.); obscene matter, articles intended for immoral purposes, libelous, threatening or defamatory language exposed so that it may be read; matter concerning any lottery or other enterprise of chance, or schemes to obtain money or property under false pretenses; post-cards bearing particles of glass, mica, sand, tinsel, etc., unless tightly sealed in envelopes.

**Complaints and Lost Mail Matter.**—All complaints and inquiries relative to lost mail matter of every description should be addressed to the post-master.

**Return of Mail Matter.**—The only domestic mail matter which, when undeliverable is returnable to the sender without additional postage, is letters and other first-class matter prepaid two cents; official matter mailed under penalty envelopes or frank, and double post-cards, but not single post-cards nor postals. First-class matter must remain in the post office for delivery three days; it will then be returned to the sender at the end of the time indicated if the envelope is endorsed: "After — days, return to," etc.; otherwise it will be returned at the end of thirty days.

Second class matter is returnable only upon new prepayment at the rate of one cent for each four ounces or fraction; third and fourth class matter at the rate chargeable when originally mailed.

#### FOREIGN RATES OF POSTAGE.

Letters, addressed for delivery in the following-named foreign countries, will also be subject to the rate of three cents an ounce:

Bahamas (including Fortune Island and Inagua), Canada, Cuba, Barbadoes, British Guiana, British Honduras, Dominican Republic, Dutch West Indies (including Aruba, Bonaire, Curacao, Saba, St. Eustatius and the Dutch part of St. Martin), England, Ireland, Scotland, Wales, Leeward Islands, Mexico, Newfoundland, New Zealand, Panama and Shanghai City (China).

Note.—The postage rate on letters for foreign countries other than those named in the preceding paragraph, at five cents for the first ounce or fraction thereof and three cents for each additional ounce or fraction thereof.

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