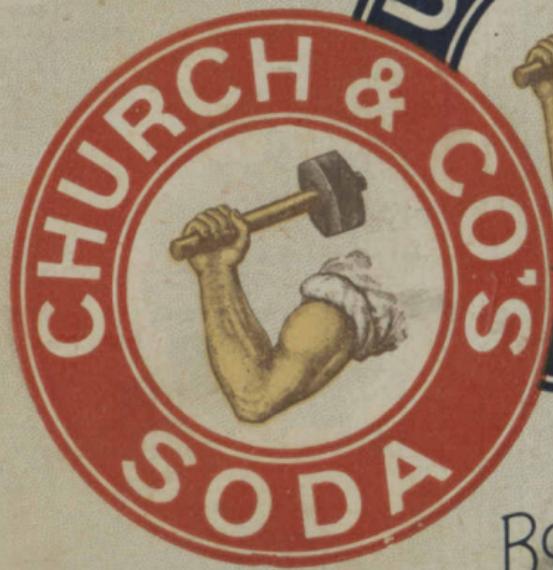


ARM & HAMMER

BAKING SODA
IS PURE BICARBONATE OF
SODA



BOOK OF

VALUABLE RECIPES

75th 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 | | | | | | | | | | | |
| S | 1 | 8 | 15 | 22 | 29 | M | 1 | 8 | 15 | 22 | 29 | T | 1 | 8 | 15 | 22 | 29 | S | 1 | 8 | 15 | 22 | 29 |
| M | 2 | 9 | 16 | 23 | 30 | T | 2 | 9 | 16 | 23 | 30 | F | 2 | 9 | 16 | 23 | 30 | S | 2 | 9 | 16 | 23 | 30 |
| T | 3 | 10 | 17 | 24 | 31 | W | 3 | 10 | 17 | 24 | 31 | S | 3 | 10 | 17 | 24 | 31 | M | 3 | 10 | 17 | 24 | 31 |
| W | 4 | 11 | 18 | 25 | | T | 4 | 11 | 18 | 25 | | S | 4 | 11 | 18 | 25 | | M | 4 | 11 | 18 | 25 | |
| T | 5 | 12 | 19 | 26 | | F | 5 | 12 | 19 | 26 | | S | 5 | 12 | 19 | 26 | | T | 5 | 12 | 19 | 26 | |
| F | 6 | 13 | 20 | 27 | | S | 6 | 13 | 20 | 27 | | M | 6 | 13 | 20 | 27 | | W | 6 | 13 | 20 | 27 | |
| S | 7 | 14 | 21 | 28 | | T | 7 | 14 | 21 | 28 | | W | 7 | 14 | 21 | 28 | | T | 7 | 14 | 21 | 28 | |

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10-18-05
3

INSIST UPON HAVING ARM & HAMMER BAKING 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.

INSIST UPON HAVING ARM & HAMMER BAKING 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.

WHICH IS PURE BICARBONATE OF SODA

4 VARIOUS USES OF THE ARM & HAMMER SODA

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 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.

Salt will curdle new milk. In preparing porridge gravies, etc., salt should not be added until the dish is prepared. Milk which has changed may be rendered fit for use again by stirring in a little ARM & HAMMER SODA or Saleratus.

When butter fails to come after the customary amount of churning, a teaspoonful of ARM & HAMMER SODA will be found to expedite matters.

Egg-plant laid over night in water with a little of ARM & HAMMER SODA is rendered very white and tender.

INSIST UPON HAVING ARM & HAMMER BAKING SODA

VARIOUS USES OF THE ARM & HAMMER SODA—Continued

ARM & HAMMER SODA, which is PURE BICARBO-NATE OF SODA, is used to save sugar when canning fruit, to save soured cider and many other things. When cream is to be used for whipped cream or ice cream, and is a little too acid, rub in a pinch of ARM & HAMMER SODA. It will make the cream light and delicious.

To cleanse enamel and granite iron baking dishes and stew pans, which have become brown and discolored in creases and under narrow flanges, use the following method:

Shave one-quarter of a cake of soap into a wash boiler about one-half full of water. Add one teaspoonful of ARM & HAMMER SODA. Put in the utensils that need cleaning and bring slowly to a boil. Let boil ten or fifteen minutes. Wash and rinse in scalding water and the stains should be removed.

ARM & HAMMER SODA can be used to clean your dishes, pots, pans and sink, and to scour your silver and tinware; to make your lamp chimneys shine; to make your white clothes whiter, to clean your delicate laces and scour marble.

If you wish to keep gruels or milk in the sick room, put in a pinch of ARM & HAMMER SODA to keep them sweet.

Dairy men and farmers should use ARM & HAMMER SODA only, both for baking purposes and for keeping milk cans sweet and clean.

Babies' bottles should be rinsed, as soon as they are emptied, with cold water and allowed to stand filled with water, to which a little ARM & HAMMER SODA has been added. Before the milk is put into them they should be thoroughly washed with a bottle brush and hot soapsuds and then placed for twenty minutes in boiling water.

Feather dusters rinsed in a basin of water containing one tablespoon of ARM & HAMMER SODA look fluffy and clean after such a bath.

Flowers may be kept fresh a long time by putting a pinch of ARM & HAMMER SODA into the water. Flowers should not be gathered while the sun is upon them, but early in the morning or an hour after sundown.

WHICH IS PURE BICARBONATE OF SODA

VARIOUS USES OF THE ARM & HAMMER SODA—Continued

Hair-brushes and combs are cleansed by dissolving a teaspoonful of ARM & HAMMER SODA in warm water and dipping the bristles up and down and running the comb through them. The bristles are wiped with a towel and placed in the sun to dry.

Jewelry becomes brilliant when put in a flannel bag with ARM & HAMMER SODA and shaken. Silver can be easily and safely cleaned and polished by the following method:

Fill a tin pan with sufficient hot water to cover the tarnished silver and add one tablespoonful of ARM & HAMMER SODA and one tablespoonful of common table salt for each quart of water used. Stir until dissolved. Then put into the solution a piece of sheet zinc about one-half to two-thirds the size of the bottom of the pan and place the silver articles in the solution so that they will be in contact with both the zinc and the tin pan and allow them to remain a few minutes. Remove the silver, rinse with cold water and wipe with a soft cloth. The silver will be bright and clean. Do not use this method for cleaning silver with an oxidized finish.

Embossing should be brushed with a soft brush covered with moistened ARM & HAMMER SODA to remove the tarnish from the crevices. Repeat the above treatment if the silver is badly tarnished and not cleaned by the first application. The piece of zinc and the pan should be kept bright and clean. This process of cleaning does not in any manner injure the silver.

To make Eau de Javelle or JAVELLE WATER, which is an excellent bleach and disinfectant in laundries, dissolve the contents of one package (2½ lbs.) ARM & HAMMER Washing Soda in one gallon of water. In a separate vessel take three-quarters to one pound of Bleaching Powder, commonly sold as Chloride of Lime, and stir it into one quart of cold water until it assumes a creamy-like mass, having all of the lumps broken and mixed thoroughly, and pour them into the solution of ARM & HAMMER Washing Soda first made, stirring thoroughly and allow to settle over night. Draw off or strain through a cloth the clear liquor, placing it in a jug or bottle and cork tightly for future use. One cup of this Javelle Water added to a boiler-full (containing ten gallons of water) will assist materially in bleaching white clothes.

To clean white woodwork, put ARM & HAMMER SODA on a damp cloth and rub places to be cleaned. Then rinse with clean wet cloth and wipe dry. This will take dust and soot from white painted window sills as well as white woodwork.

INSIST UPON HAVING ARM & HAMMER BAKING 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.

WHICH IS PURE BICARBONATE OF 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.

SUBSTITUTE FOR SOUR MILK.

Mix $1\frac{1}{2}$ tablespoonfuls strong vinegar with $\frac{3}{4}$ cupful warm water and $\frac{1}{3}$ cupful flour. This equals one cup of sour milk. Set in basin of hot water for a few minutes, and then set away to cool, stirring it occasionally. If possible, mix a few hours ahead of time, and let stand in warm place or on back of stove. If you have any honey, add 2 tablespoonfuls to the above, which will make it still more effective in connection with **Arm & Hammer Soda** as a leavening agent.

INSIST UPON HAVING ARM & HAMMER BAKING SODA

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.

BOSTON BROWN BREAD.

| | |
|-------------------------------------|-----------------------------|
| 2 cups Indian Meal, | 2 teaspoonfuls Salt, |
| 2 cups Graham Flour, | 1 cup Molasses, |
| $\frac{1}{2}$ cup coarse rye Flour, | 2 cups Buttermilk, |
| 1 cup wheat Flour, | 1 $\frac{1}{2}$ cups Water. |
| 3 rounded teaspoonfuls | |
| Arm & Hammer Soda, | |

Sift together, two cups of Indian meal, two cups Graham flour, $\frac{1}{2}$ 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.

WHICH IS PURE BICARBONATE OF SODA

BROWN BREAD WITH RAISINS.

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

HONEY BREAD.

| | |
|-------------------------------|-------------------------------|
| 2 cups strained honey, | 2 cups rye flour |
| $\frac{1}{4}$ cup brown sugar | 2 cups wheat flour |
| 2 egg yolks | 1 teaspoon |
| 1 $\frac{1}{2}$ teaspoons | Arm & Hammer Soda, |
| ground ginger, | A pinch of salt. |

If honey is very thick and rich, you may add a little water and warm it.

You may also add a little anise-seed and cardamom, if your folks like the flavor of these spices. Or you can add some finely chopped almonds and raisins, citron, etc. Sift the flour several times with the soda, salt and spices and add to the honey, to make a medium soft dough. Spread the dough evenly, about an inch deep, into shallow, buttered cake tins and bake in hot oven. If you want a softer crust on sides and bottom, or if your oven bakes more from the bottom, it is advisable to line the greased tins with paper first.

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.

INSIST UPON HAVING ARM & HAMMER BAKING SODA

| | |
|-------------------------------------------|-----------------------------------------------------|
| 1 pt. Buttermilk or sour Milk, | 1 even teaspoonful Arm & Hammer Soda, |
| $\frac{1}{4}$ cup soft Butter or Lard, | $\frac{1}{4}$ cup Sugar, |
| 1 cup wheat Flour, | 2 Eggs, |
| 2 cups fine Cornmeal. | 1 teaspoonful Salt. |

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.

ENGLISH RAISIN SCONES.

Prepare same dough as for Raisin Biscuits, only you may add one egg, and little more sugar. Roll out a half inch thick, or three-quarter inch, cut into triangle shape pieces, brush over with eggwash and bake in a hot oven.

RAISIN or NUT COOKIES. (Very Good.)

These cookies are a treat for young and old, and they keep fresh and tender for a long time.

Cream together 1 cup shortening (part butter) with 1 cup sugar. Beat separately 2 or 3 eggs, according to size, with another half cup sugar and 1 teaspoonful vinegar or lemon juice, and then mix gradually with the other batter. Next stir in 1 even teaspoonful **Arm & Hammer Soda**, dissolve in 2 tablespoonsfuls luke-warm water (allowed to cool). Have $3\frac{1}{4}$ cups of flour (soft cake flour is best) sifted, and stir about half of it into the batter with a cupful of chopped seeded raisins or nuts and 1 teaspoonful cinnamon and 1 teaspoonful salt. Last stir in balance of flour, to make a rather stiff dough. Drop on greased tins, in size of a small walnut, and bake in medium hot oven. Set about one inch apart, as they will spread quite a bit in the oven.

DELICIOUS BREAD-CAKES FOR BREAKFAST

$\frac{1}{2}$ loaf stale Bread,
1 cup sour Milk,
1 Egg,
 $\frac{1}{4}$ teaspoon
Arm & Hammer Soda,

2 tablespoons Sugar,
Pinch of Salt,
 $\frac{1}{4}$ cup Wheat Flour
(about).

Break the $\frac{1}{2}$ loaf of stale bread into pieces or slice it and soak it with the 1 cup of sour milk in the evening. Before going to bed, stir well to make a batter. In the morning add 2 tablespoons of sugar, pinch of salt, 1 egg, and stir again, then add the $\frac{1}{4}$ teaspoonful of Arm & Hammer Soda, dissolved, in tablespoonful warm water, and beat all together to make a smooth batter. Stiffen up with sufficient sifted wheat flour, to make hold together and be a little firmer than a wheatcake batter. Have griddle well heated, put a tablespoonful of lard, or crisco, or drippings in, so cakes will not stick, and drop a large spoonful of the batter for each cake. They will spread nicely if not too stiff, and when browned on one side turn to brown other side. Serve with syrup or honey.

OATMEAL GEMS.

1 pinch Salt,
2 cups Rolled Oats,
 $\frac{1}{4}$ cup Sugar,
 $\frac{1}{2}$ cup sour Milk,
Flour, sufficient,

1 teaspoonful
Arm & Hammer Soda,
1 Egg,
2 teaspoonfuls Butter or
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.

INSIST UPON HAVING ARM & HAMMER BAKING SODA

HOME MADE SODA CRAKERS

(Light and Brittle)

For Sponge use:

$\frac{1}{2}$ yeast cake ($\frac{1}{3}$ oz.) 6 to 7 cups flour ($1\frac{3}{4}$ lb.)
 1 pt. warm water (scant) a pinch of salt.

The above ingredients are mixed together in a bowl or pan about 6 or 7 o'clock in the evening. Sponge should be quite stiff. Rub a little lard over the top and cover with a cloth. Set away in warm place over night, to raise. If flour is very cold, warm it some in the oven, instead of taking the water too hot.

Next morning about 8 o'clock you add the following ingredients to make a firm, stiff dough:

| | |
|--------------------------------|------------------------------------|
| $\frac{1}{2}$ cup warm water | $1\frac{1}{2}$ even teaspoons salt |
| $\frac{1}{3}$ cup lard (3 oz.) | 1 even teaspoonful |
| 2 cups flour (10 oz.) | Arm & Hammer Soda. |

Dissolve the soda in the warm water and pour it over the sponge. Break sponge up well, mix in the lard and last, the extra flour sifted with the salt. Work the dough well and set aside in warm place for $2\frac{1}{2}$ to 3 hours until it starts to break on top. Now turn the dough onto the flour dusted board or table, pound it with rolling pin and roll out to a thin sheet and fold over from both ends. Repeat this rolling and folding over a number of times, until the dough feels quite smooth and pliable. Then you can roll it out quite thin and prick or dot with fork.

Cut out now with small round cutter or into two inch square crackers and bake on ungreased cookie tins or in large dripping pan, in a hot, flashy oven. However, the pans must be thoroughly heated in the oven, before you lay the crackers on them, as this makes the crackers light and flaky. If the crackers are placed on the hot pans quickly and put in oven immediately, they will require only a few minutes for baking.

WHICH IS PURE BICARBONATE OF SODA

If possible, use a good cake, or pastry flour (soft winter wheat) because a strong hard bread flour makes the crackers tough and hard. Both the sponge and dough for crackers can be quite old and ripe, and the oftener you roll and fold the dough, the lighter the crackers will be.

FINE SODA BISCUITS, WITH BUTTERMILK.

| | |
|---------------------------------|---------------------------|
| $1\frac{1}{2}$ cups Buttermilk, | 1 teaspoonful |
| $1\frac{1}{2}$ pints Flour, | Arm & Hammer Soda, |
| 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.

USING HONEY FOR BAKING.

Strained Honey can be used in place of sugar and molasses. Honey has a peculiar characteristic of keeping cakes mellow, fresh and moist longer, and little or no shortening, butter or lard is required, due to a certain acid present in all honey. Only a small amount of Arm & Hammer Soda is required, to be added to the dough, to make a spongy, well aerated cake or cookie. No sour milk or other acid, or baking powder is needed, when honey and soda is used, and very little soda. Since the honey dough does not spoil and keeps almost indefinitely, you can always keep a crockful of it handy in the cellar or other cool dry storeroom.

A batch of delicious cookies or a fine large cake can be made ready for the oven in a jiffy, even if you have no eggs, milk or sugar or baking powder in the house. The following is a good stock formula for Honey dough to keep on hand. Always use a soft winter wheat or cake flour.

INSIST UPON HAVING ARM & HAMMER BAKING SODA

Honey Cake Stock:

1½ cups honey
1 cup sugar
3 tablespoons water
½ level teaspoon salt

⅔ teaspoons
Arm & Hammer Soda
4 to 5 cups of flour

Put the honey, sugar and water in a large saucepan and heat until sugar and honey is thoroughly dissolved; but do not let it come to boiling. Strain and set away to cool off. Sift flour, salt and soda together several times and stir into the syrup, when it is lukewarm. The dough should not be very stiff and is now ready to pack in stone crock. Certain spices are very popular to be used in honeycakes, because they combine very satisfactorily with the flavor of honey. For instance, ground cardamon seeds, anise-seed, cinnamon, cloves, ginger and even white pepper and coriander seeds are used. If so desired any of these or a combination of all can be added, and the spices can be sifted right in with the flour, or worked into a piece of the dough when taken out of the crock for use. A good mixture of spices for the above amount of honey-dough for instance is the following:

| | |
|------------------|------------------------|
| 2 even teaspoons | ½ even teaspoon ginger |
| cinnamon | ¼ even teaspoon cloves |
| ¾ even teaspoons | ½ even teaspoon nutmeg |
| cardamon | or |
| A pinch of white | ¼ even teaspoon |
| pepper | anise-seed |

Sift these all together with the flour, or if to be added later, mix them first thoroughly with a little powdered sugar and corn starch or flour. Honey Cakes have been very popular in the old countries for ages, and the German Honig Kuchen or Lebkuchen have been particularly favorites as Christmas Goodies and New Years cakes, and on account of their peculiar keeping qualities they have been exported to all parts of the world.

WHICH IS PURE BICARBONATE OF SODA

RICH, SOFT HONEY CAKE.

| | |
|-----------------------------------|---------------------------------|
| 1 cup strained honey | 4 cups flour |
| $\frac{1}{2}$ cup butter and lard | $\frac{1}{2}$ teaspoon cinnamon |
| 1 egg | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup sour milk | 1 even teaspoonful |
| | Arm & Hammer Soda |

A pinch of ground ginger and black pepper will give a snappy taste. Rub the shortening smooth in small bowl, adding the honey gradually and then the egg well beaten; then stir in the milk and last the flour, sifted with the soda and spices, and salt. Bake in a greased shallow pan in medium hot oven. When cool cut into squares or slices.

HONEY COOKIES.

| | |
|---------------------------------|-------------------------------------------------------|
| 1 cup honey | 2 egg yolks, |
| $\frac{1}{2}$ cup sugar | $4\frac{1}{2}$ cups cake flour, |
| $\frac{1}{2}$ cup milk or water | $\frac{1}{2}$ teaspoon salt, |
| 1 heaping tablespoon lard, | 1 teaspoon cinnamon, |
| $\frac{1}{2}$ teaspoon vinegar, | $\frac{2}{3}$ level teaspoonful Arm & Hammer Soda. |

Heat the first five ingredients, but do not allow to come to the boiling point; set it aside until luke-warm. Sift together the flour, salt, spices and soda and stir into the syrup. The dough should be only medium stiff. Let it stand for some time, if possible, over night, as this will help the dough to ripen or become more mellow. When ready to use, knead the dough well on flour dusted board or table, roll it out a little thicker than for other cookies, cut out with plain or scalloped cutter and bake on greased tins, slightly dusted with flour. To give a rich gloss, these cookies can be washed over with milk, or with a thin water icing before baking. A pinch of ground cardamon seeds improves the flavor; you can also add some finely chopped almonds to some of the dough.

INSIST UPON HAVING ARM & HAMMER BAKING SODA

BAKED APPLE DUMPLINGS

| | |
|-------------------------|-------------------------------|
| 4 cups sifted Flour, | $\frac{1}{2}$ teaspoonful |
| Yolks of 4 Eggs, | Arm & Hammer Soda, |
| 2 whole Eggs, | 1 teaspoonful Nutmeg, |
| 1 teaspoonful Salt, | 1 pt. sour Milk or |
| $\frac{1}{2}$ cup Lard, | Buttermilk. |

Roll out dough $\frac{1}{4}$ 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.

DELICIOUS POTATO DUMPLINGS.

| | |
|------------------------------|----------------------------------|
| 3 cups Potatoes, | $\frac{1}{4}$ teaspoon |
| 2 Eggs, | Arm & Hammer Soda, |
| $\frac{1}{2}$ teaspoon Salt, | $\frac{1}{2}$ cup Breadcrumbs or |
| Some Wheat Flour to | Cracker Meal, |
| thicken, | 1 lump of Butter. |

Press 3 cups boiled peeled potatoes through the ricer or fine colander; mix in 2 well-beaten eggs, then $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon **Arm & Hammer Soda** dissolved, $\frac{1}{2}$ cup breadcrumbs or cracker meal, and 1 lump of melted butter, size of walnut. When all ingredients are well stirred together into a smooth batter, sift in just enough flour to make a medium stiff dough.

Roll into strips on flour-dusted board, cut off pieces size of a small egg, and form into round balls. Drop them carefully into boiling water, slightly salted. Don't have water boiling too briskly. When dumplings come to the top, they are about done. Take them out with skimmer, drain and arrange on platter. Sprinkle some small dices or cubes of toasted bread over the dumplings and serve with melted butter poured over.

WHICH IS PURE BICARBONATE OF 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 Extract, | Arm & Hammer Soda. |

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."

WAFFLES.

| | |
|------------------------|--------------------------|
| 3 Eggs, (good size) | 2 heaping tablespoonfuls |
| 1 qt. Flour, | Lard or Butter, |
| 1 tablespoonful Water, | (melted) |
| A pinch of Salt, | ½ 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.

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, (softened) | Arm & Hammer Soda. |

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 buttermilk, 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 Water, | Arm & Hammer Soda, |
| | 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.

WHICH IS PURE BICARBONATE OF 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, | Arm & Hammer Soda, |
| 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.

CHOCOLATE CAKE.

| | |
|-------------------------|----------------------|
| 1 cup powdered Sugar, | ½ cup Butter or Lard |
| 2 Eggs, | (or half of each) |
| 1¼ 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 ¼ cup of lard or butter to it. Set into oven or over slow fire until both chocolate and lard are melted:

INSIST UPON HAVING ARM & HAMMER BAKING SODA

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.

ROLLED OATS COOKIES.

| | |
|------------------------------------------|--------------------------------|
| $\frac{2}{3}$ cups Brown Sugar, | 1 heaping teaspoon |
| 1 cup Shortening (part butter), | Salt, |
| $3\frac{1}{2}$ cups Rolled Oats, | 1 heaping teaspoon |
| 4 cups White Flour, | Arm & Hammer Soda, |
| $1\frac{1}{2}$ cups sour Milk (or more), | 1 heaping teaspoon Cinnamon, |
| | 1 teaspoon Nutmeg, |
| | 1 Egg may be added or omitted. |

Rub $\frac{2}{3}$ cups brown sugar and 1 cup shortening together to a light cream; dissolve 1 teaspoon **Arm & Hammer Soda** in a little warm water, and add with the $1\frac{1}{2}$ cups sour milk, and stir together with the $3\frac{1}{2}$ cups Rolled Oats. Let stand a while before mixing in the wheat flour. Dough can be quite stiff for these cookies.

You may add some chopped raisins, which taste very good in these cookies. Knead the dough lightly together, break off small pieces, size of a small egg or even smaller, roll them around in your hands, set on greased pans and press flat. Bake in medium heat only.

By making dough a little softer with water or more milk, you can drop them with spoon, setting far enough apart to allow them to spread and bake in sharper heat.

JOHNNY CAKES.

| | |
|-----------------------------------|-------------------------------|
| $1\frac{1}{4}$ cups Wheat Flour, | 2 cups Indian Meal, |
| $\frac{1}{2}$ cup Sugar, | 1 heaping teaspoonful |
| 2 or 3 Eggs, | Salt. |
| $\frac{1}{3}$ cup Butter or Lard, | 1 heaping teaspoonful |
| 1 cup Sour Milk or Buttermilk, | Arm & Hammer Soda. |

WHICH IS PURE BICARBONATE OF SODA

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.

SOFT GINGER CAKE.

| | |
|----------------------------------------------------|------------------------------------------|
| $\frac{1}{2}$ cup Shortening, dripping or lard, | 1 cup New Orleans Molasses, |
| 1 cup hot Water, | 1 pinch Salt, |
| 3 $\frac{1}{2}$ 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 1 $\frac{1}{4}$ inch deep in the pans, otherwise it may not bake well in the center.

GRIDDLE CAKES.

| | |
|--------------------------------------------|-------------------------|
| 2 cups Flour, | 1 even teaspoonful |
| $\frac{1}{2}$ teaspoonful Salt, | Arm & Hammer Soda, |
| 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.

HOME MADE GINGER CAKES OR SNAPS.

| | |
|----------------------------------------|-----------------------------------------------------------|
| $\frac{1}{2}$ cup granulated Sugar, | $\frac{1}{2}$ cup brown Sugar, $\frac{1}{2}$ cup Lard, |
| 1 cup Molasses (dark), | $\frac{1}{2}$ cup lukewarm Water, |
| $\frac{1}{2}$ teaspoonful Salt, | 1 heaping teaspoonful |
| 1 teaspoonful Cinnamon, | 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 damper 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, 3 tablespoonfuls lukewarm Water, |
| 1 cup sour Cream, | $\frac{1}{2}$ cup good Molasses, |
| 1 cup (scant) brown Sugar, | 3 cups pastry Flour, |
| 1 teaspoonful Cinnamon, | $\frac{1}{2}$ 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.

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.

SIMPLE BUT EXCELLENT RECIPE FOR BUCKWHEAT CAKES.

| | |
|-------------------------------------|---------------------|
| $1\frac{1}{2}$ cups Buckwheat flour | Big pinch salt |
| $\frac{1}{2}$ cup wheat flour | 1 tablespoon melted |
| 1 cup sour milk (about) | butter |
| $\frac{1}{2}$ teaspoonful | |

Arm & Hammer Soda

Sift together the Buckwheat and wheat flour, salt and soda, and moisten with sour milk, to make a smooth batter. Beat well, then add the melted butter and more milk to make batter quite thin. Ready to pour on hot griddle as soon as mixed.

INSIST UPON HAVING ARM & HAMMER BAKING SODA

ROCK CAKES.

| | |
|-------------------------|--------------------------------------------------|
| 1½ cups brown Sugar, | 1 cup Butter (or Lard), |
| ½ teaspoonful Salt, | 3 tablespoonfuls sour Milk, Cream or Buttermilk, |
| 2 Eggs, | |
| 2 cups Flour, | |
| 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 teaspoonsfuls |
| 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

RAISIN BISCUITS.

| | |
|------------------------|-------------------------------|
| 3 cups Wheat Flour, | 1 tablespoon Sugar, |
| 1 even teaspoon Salt, | 1½ cups Sunmaid |
| 1 small cup sour Milk, | Raisins, |
| 2 tablespoons Butter | 1 teaspoon |
| or Lard, | Arm & Hammer Soda. |

Sift 3 cups of wheat flour, 1 even teaspoon salt and 1 teaspoon **Arm & Hammer Soda** together in bowl, rub in the 2 tablespoons butter or lard, make hollow in center, pour in the small cup sour milk, and draw in part of the wheat flour. Add 1½ cups of Sunmaid Raisins and let stand for a few minutes, before mixing in balance of the flour. Roll out on floured board and cut into one inch thick biscuits. Wash top with sweet milk, prick with fork and bake in hot oven.

THANKSGIVING STEAMED SUET PUDDING. (For Ten Persons.)

| | |
|---------------------|-------------------------------|
| 1 cup chopped Suet, | ½ Nutmeg (grated), |
| ¾ cup Molasses, | ½ teaspoonful |
| ¼ cup Brown Sugar, | Cinnamon, |
| ¾ cup Sunmaid | 1 or 2 Eggs, |
| Raisins, | ¼ teaspoonful Cloves |
| 1 cup sour Milk, | or Allspice, |
| 3 cups Pastry Flour | 1 teaspoonful Salt, |
| (about), | 1 level teaspoonful |
| | Arm & Hammer Soda. |

Pick some nice fresh beef suet from all fissures and skin and chop it fine, adding a little of the flour, while chopping. Warm the molasses and stir into it the 1 level teaspoonful of **Arm & Hammer Soda**, dissolved, separately in 2 tablespoonfuls warm water.

Mix half of the flour and the spices and the salt with the suet, add the ¼ cup brown sugar, and the ¾ cup Sunmaid Raisins (if large), pour the warm molasses and the 1 cup milk over the dry ingredients, add the 1 or 2 eggs, beaten separately, and let stand a few minutes to soak well. Then mix in balance of flour to make a medium stiff batter. If batter is too stiff, pudding will not be tender; have it just

INSIST UPON HAVING ARM & HAMMER BAKING SODA

so it will not run. Have your pudding mould well buttered and lightly sprinkled with breadcrumbs before pouring in the batter. Put a cover over dish or mould and set in a steamer or colander, setting this over a kettle of boiling water. Steam for at least two and a half to three hours. Serve with Vanilla or Hard Sauce.

BLUEBERRY PUDDING.

| | |
|-------------------------------------------|--------------------------|
| 1 pint sour Milk, | $\frac{1}{2}$ cup Sugar, |
| $\frac{1}{4}$ cup soft Butter or Lard, | 2 Eggs, |
| 2 cups Wheat Flour, | 1 teaspoon Salt, |
| 1 cup Cornmeal, | 1 teaspoon |
| 1 $\frac{1}{2}$ cups Blueberries, | Arm & Hammer Soda. |

Sift 1 teaspoonful Arm & Hammer Soda, flour and 1 teaspoonful salt together in bowl. Make a bay in the center of the bowl, break in the yolks of 2 eggs, add $\frac{1}{2}$ cup sugar, and 1 pint sour milk, and 1 cup cornmeal, and then draw in the 2 cups wheat flour gradually. Mix well, then fold in the beaten whites, and last the 1 $\frac{1}{2}$ cups blueberries. Pour this stiff batter into a well-greased, flour-dusted deep dripping pan, and bake in medium hot oven. When cold cut into squares and serve with fruit juice or fruit sauce. Instead of fresh blueberries, you can use canned berries, or other fruit, cut up fine, but blueberries are best.

PLUM PUDDING.

| | |
|------------------------------------------|----------------------------------------------|
| 1 cup Flour, | 1 cup picked beef Suet, |
| 1 cup seeded Raisins, | $\frac{1}{2}$ cup Currants, |
| 2 cups fine Bread Crumbs, | 1 cup Molasses, |
| 1 cup Sweet Milk, | 1 teaspoonful ea. Salt, Cloves and Cinna- |
| 1 even teaspoonful Arm & Hammer Soda, | mon. |

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

PEANUT BRITTLE. (Delicious Home-made Candy)

Stir together in a saucepan, 1 cupful molasses, 1 cupful brown or granulated sugar, 1 tablespoon vinegar and 2 tablespoons water. Place the pan over a brisk fire and when the syrup starts to boil you add 1 or 2 tablespoons good butter to it. Stir once in a while to prevent burning. In about five minutes you may drop a little of the candy into a glass of ice cold water, and when the candy becomes instantly hard and brittle as soon as it strikes the water, it is done and ready to remove from the fire. Add a cupful of roasted and skinned peanuts, and then stir 1 even teaspoonful of **Arm & Hammer Baking Soda** into the batch and pour it immediately and quickly into a large shallow, well buttered pan or some pie tins. The soda must be stirred into the candy batch quickly and briskly for a moment, because the soda makes the candy foam and rise way up in the saucepan; it must also be poured out and spread out quickly, before it settles down again. The candy will be hard and brittle in a minute, and can then be broken into pieces.

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 BAKING SODA

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. |
| FISH | | Onions | 30-40 min. |
| Bass, per lb. | 10 min. | Parsnips | 30-40 min. |
| Blue, per lb. | 10 min. | Peas | 15-20 min. |
| Cod, per lb. | 6 min. | Potatoes | 20-30 min. |
| Haddock, per lb. | 6 min. | Spinach | 15-20 min. |
| Halibut, per lb. | 15 min. | String Beans | 20-30 min. |
| Lobster, per lb. | 30-40 min. | Turnips | 30-60 min. |
| Salmon, per lb. | 10-15 min. | | |
| Small Fish, per lb. | 6 min. | Macaroni | 20 min. |
| | | Rice | 15-20 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. | Grouse | 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. | 1 $\frac{3}{4}$ 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. | | | | |
| † Add quarter of an hour to your baking time to give the roast time to heat through. | | | | | |
| | | | | | |
| FISH | | | | | |
| Large Fish | | TIME | | | |
| Small Fish | | 1 hour | | | |
| | | 20-30 min. | | | |

BROILING.

| TIME | | TIME | |
|-------------------------------------|-----------|-------------|------------|
| Steak, 1 inch thick | 8-10 min. | Grouse | 15 min. |
| Steak, 1 $\frac{1}{2}$ 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.

WHICH IS PURE BICARBONATE OF SODA

KITCHEN WEIGHTS AND MEASURES

4 gills equals 1 pint.
2 pints equals 1 quart.
4 quarts equals 1 gallon.
16 oz. equals 1 pound.

$\frac{1}{2}$ measuring cupful equals 1 gill.
1 " " " $\frac{1}{2}$ pint.
4 " " " 1 quart.

2 cupfuls granulated sugar } equals 1 pound.
2 $\frac{1}{2}$ cupfuls powdered sugar }

1 heaping tablespoonful sugar equals 1 ounce.

1 heaping tablespoonful butter } equals 2 oz. or $\frac{1}{4}$ cup.
Butter size of an egg }

1 cupful butter equals $\frac{1}{2}$ pound.

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

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

PROPORTIONS

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

1 even teaspoonful ARM & HAMMER SODA to $\frac{1}{2}$ pint molasses.

4 heaping tablespoonfuls cornstarch to 1 quart milk.
2 oz. gelatine to $1\frac{1}{4}$ quarts liquid.
1 teaspoonful vanilla to 1 quart milk (for custards).
1 saltspoon salt to 1 quart milk (for custards).
4 to 6 eggs to 1 quart milk (for custards).
2 to 3 eggs 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.

INSIST UPON HAVING ARM & HAMMER BAKING SODA

ORIGIN OF COMMON VEGETABLES AND FRUITS

Spinach is a Persian plant.

Horseradish is a native of England.

Filberts originally came from Greece.

The Turnip originally came from Rome.

The Peach originally came from Persia.

Sage is a native of the South of Europe.

Sweet Marjoram is a native of Portugal.

The Bean is said to be a native of Egypt.

The Pea is a native of the south of Europe.

Ginger is a native of the East and West Indies.

Coriander Seed came originally from the East.

Apricots are indigenous to the Plains of America.

The Cucumber was originally a tropical vegetable.

Capers originally grew wild in Greece and Northern Africa.

Pears were originally brought from the East by the Romans.

The Clove is a native of the Malacca Islands.

Cherries were known in Asia as far back as the 17th century.

Asparagus was originally a wild sea coast plant and is a native of Great Britain.

The Tomato is a native of South America and it takes its name from a Portuguese word.

Parsley is said to have come from Egypt, and mythology tells us that it was used to adorn the head of Hercules.

Apples were originally brought from the East by the Romans.

The Crab-apple is indigenous to Great Britain.

The Onion was almost an object of worship with the Egyptians 2,000 years before the Christian era. It first came from India.

The Cantaloupe is a native of America and is so called from the name of a place near Rome where it was first cultivated in Europe.

Lemons were used by the Romans to keep moths from their garments, and in the time of Pliny they were considered an excellent poison. They are native to Asia.

WORLD'S CROPS

The latest statistics of total crops raised per year on the earth are:

| | | | |
|---------------|---------------------------|-------------|-------------------|
| Corn | 3,672,636,000 bu. | Barley ... | 1,385,245,000 bu. |
| Wheat | 3,626,336,000 bu. | Oats | 4,410,686,000 bu. |
| Rye | 1,675,898,000 bu. | Cotton ... | 19,171,000 bales |
| Tobacco | 2,595,247,000 lbs. | Potatoes .. | 5,523,864,000 bu. |
| | Sugar.....17,097,704 tons | | |

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Useful Birds of America

In each package of Church & Dwight Company's ARM & HAMMER SODA will be found a lifelike full colored picture of one of the useful birds of America.

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UNITED STATES POSTAL SERVICE

DOMESTIC POSTAGE RATES

First-class. Letters and sealed matter 2 cents for each ounce or fraction except 1 cent for drop letters where delivery by carrier is not established. Postal cards and post cards, 1 cent each.

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Third-class. Miscellaneous printed matter (except books) weighing not more than four pounds. 1 cent for each 2 ounces or fraction.

Fourth-class or Parcel Post. Books, seeds, plants, miscellaneous printed matter weighing more than 4 pounds and all other matter not included in first three classes: 1 cent for each 2 ounces up to 8 ounces of books, seeds and plants. 1 cent for each ounce on other fourth-class mail up to 4 ounces. Larger parcels by the pound according to zone. Consult any post-office and ask for printed booklet of postal rates.

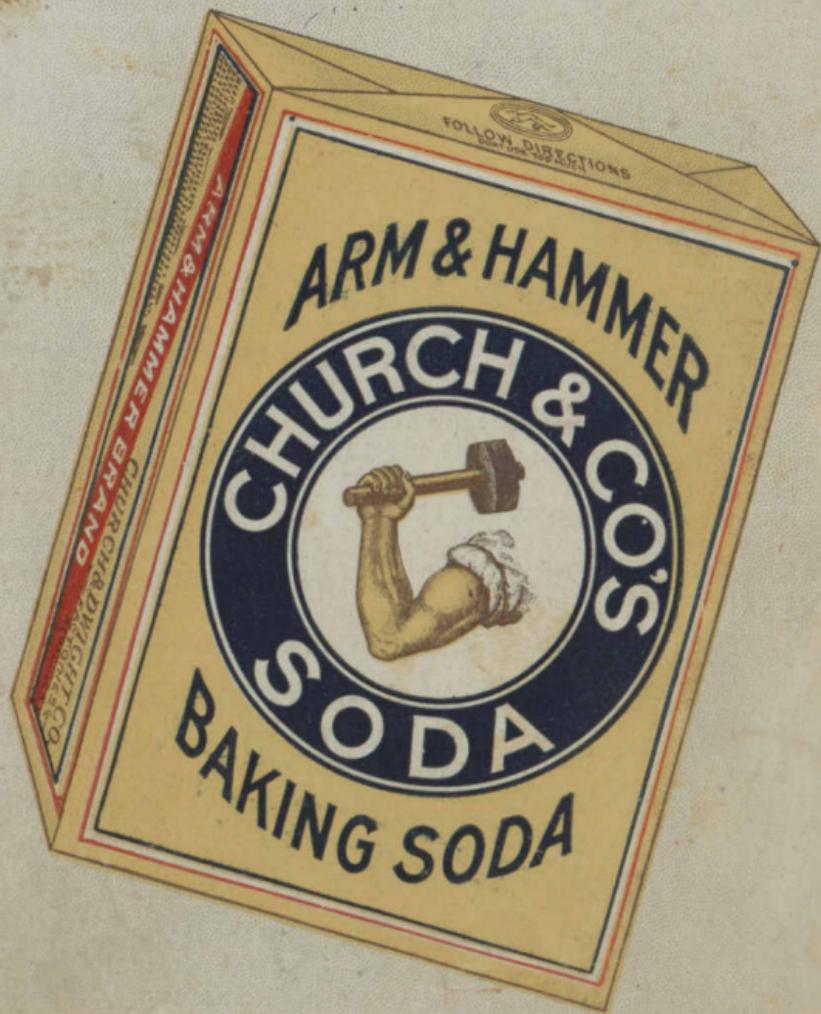
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Foreign Postage. The United States domestic postage rate (2 cents per ounce or fraction thereof) is applicable to letters mailed in the United States and addressed for delivery in Canada, Cuba, Mexico, and the Republic of Panama.

The rate of postage applicable to letters mailed in the United States and addressed for delivery in England, Ireland, Scotland, Wales, Bahamas, Barbadoes, British Guiana, British Honduras, Dominican Republic, Dutch West Indies, Leeward Islands, Newfoundland, New Zealand, Trinidad, including Tobago, and the Windward Islands (including Grenada, St. Vincent, the Grenadines, and St. Lucia) is 2 cents per ounce or fraction thereof.

The rate of postage applicable to letters mailed in the United States and addressed for delivery in France is 5 cents for each ounce or fraction thereof, and 3 cents for each additional ounce or fraction thereof, by whatever route dispatched.

WHICH IS PURE BICARBONATE OF SODA



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