

# Good things to Eat



KITCHEN  
TESTED ·  
RECIPES



MADE WITH

• **ARM & HAMMER BAKING SODA**



# Good things to Eat

MADE WITH  
**ARM & HAMMER OR COW BRAND  
BAKING SODA**

(Bicarbonate of Soda)



All recipes have been  
tested and approved in  
the Arm & Hammer and  
Cow Brand Baking Soda  
Kitchen

BY

Martha Lee Anderson



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# GOOD THINGS TO EAT

... and how to make them

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DO you know the secret of Chocolate Cake, rich and delicate in flavor, soft and silky in texture? Do you know the secret of Gingerbread that has the penetrating aroma, the true, deep, rich, golden color?

If you know these things, you know Baking Soda and the part it plays in making baking day a pleasure with success assured.

Chocolate and molasses are only two of many cooking ingredients that *need* Baking Soda. Baking Soda acts directly with the acid in them as soon as the product is in the oven, softening the sharp flavor, bringing out the delicious sweetness, and at the same time producing gas to leaven the product. With one sure action Baking Soda mellows and leavens.

When you read over this booklet you will find a number of fine old recipes. To satisfy the desire for something different, there are some new recipes created by the Test Kitchen, unusual recipes that you will like to try. The results will measure up to your usual high standard.

Your baking is going to be good. The foods that depend so much on color and aroma for appeal are going to ring true. Try a cake today, try a hot bread tomorrow. You will be more than satisfied. You will be proud.

Sincerely yours,

Martha Lee Anderson

# SOUR MILK, BUTTERMILK AND BAKING SODA

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SOUR milk is best for baking purposes when it has just reached the clabbered stage. In this condition the curd is thick and soft, and the whey has not separated to any great extent. Keep it in a cool place in a clean covered container. Sour milk in which the curd and the whey have separated is usable if the milk has not developed mold or a disagreeable odor. If sour milk is placed in the refrigerator, it will keep in the clabbered stage for five or six days, and can be used as needed.

$\frac{1}{3}$  cup butter and  $\frac{2}{3}$  cup sour milk can be substituted for 1 cup heavy sour cream. 3 tablespoons butter and  $\frac{3}{4}$  cup sour milk can be substituted for 1 cup light sour cream.

Buttermilk can be substituted for clabbered sour milk in any sour milk recipe. Home-made buttermilk is better when allowed to stand for about 2 days to thicken slightly.

As a general recommendation, 1 cup sour milk or 1 cup buttermilk with  $\frac{1}{2}$  teaspoonful of baking soda will leaven 2 cups of flour. The baking soda should not be mixed with the sour milk, but added to the measured flour and sifted with it. To measure baking soda, heap the spoon and then level off with the straight edge of a knife, or against the straight edge of the opening on the top of the package.

In these baking soda recipes, *all* measurements are level. The recipes have been carefully tested, and to obtain the best results, the directions must be followed closely. For the cake recipes, we recommend a good cake or pastry flour. In all the other recipes, a good all-purpose or family flour is best. For a discussion of various kinds of flour, see pages 26 and 27.

# SUBSTITUTES FOR SOUR MILK AND BUTTERMILK

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SWEET milk can be artificially and quickly clabbered or soured by the acids present in citrus fruit juices, that is, lemon, orange or grapefruit juice, or by vinegar. To make one cup of sweet milk into one cup of sour milk and equal to it as a leavening agent with baking soda, use the acid juices in the following quantities:

1 $\frac{1}{3}$ tablespoons vinegar (4 teaspoons)	1/4 cup grapefruit juice (4 tablespoons)
1 $\frac{1}{2}$ tablespoons lemon juice (4 $\frac{1}{2}$ teaspoons)	3/4 cup orange juice (12 tablespoons)

For example: when vinegar is used to clabber sweet milk, place 1  $\frac{1}{3}$  tablespoons vinegar in a measuring cup, fill with sweet milk, mix well and let stand a few minutes to curdle. Proceed in the same manner when using any one of the other acid juices, employing the amount corresponding to the juice chosen. In any case, the resulting cup of soured milk will react with  $\frac{1}{2}$  teaspoon baking soda; *it is equal to 1 cup of sour milk or buttermilk, and can be used in place of sour milk or buttermilk in any baking soda recipe!* When the acid juices are used in the above proportions to sour sweet milk, with the exception of orange juice they do not add flavor, and the baked products have all the characteristics of sour milk products.

However, lemon juice, grapefruit juice or orange juice are often used in larger amounts as all or part of the liquid in recipes. When thus used as liquid, they produce novel and desirable characteristics . . . an unusually delicate crumb, a thin light brown crust, a fresh distinctive flavor. Several recipes in this booklet use citrus juices this way. The baking soda is used to react with a portion of the acid in the juice, creating leavening, and the small amount of acid remaining, gives flavor and an appetizing odor.

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# H o t      B r e a d s

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## Currant Buns

2 cups sifted flour	$\frac{3}{4}$ cup sour milk or buttermilk
$\frac{1}{2}$ teaspoon Arm & Ham- mer or Cow Brand Baking Soda	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon cinnamon
1 tablespoon sugar	$\frac{1}{4}$ cup currants or fine- ly cut raisins
4 tablespoons shortening	

SIFT flour once, measure, add baking soda, salt and sugar and sift again. Cut in shortening. Add enough milk to make a stiff dough. Turn onto floured board. Knead slightly. Roll into a rectangle  $\frac{1}{4}$  inch thick. Spread with soft butter. Sprinkle with sugar, cinnamon and currants. Roll as for Jelly Roll. Cut in slices  $\frac{3}{4}$  inch thick. Place cut side down on baking sheet. Bake in hot oven (475° F.) 20 minutes. Makes 12 buns.



## Sour Cream Biscuits

2 cups sifted flour	1 teaspoon salt
$\frac{1}{2}$ teaspoon Arm & Ham- mer or Cow Brand Baking Soda	$1\frac{1}{4}$ cups sour cream (about)

SIFT flour once, measure, add baking soda, salt and sift again. Add enough sour cream to form a soft dough. Turn onto floured board. Knead slightly. Roll  $\frac{1}{2}$  inch thick. Cut with floured biscuit cutter. Bake in hot oven (500° F.). 15 minutes. Makes 12 biscuits.

## HOT BREADS

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### Dutch Apple Cake

2 cups sifted flour	1 cup buttermilk or sour milk
½ teaspoon Arm & Ham- mer or Cow Brand Baking Soda	4 apples, pared and cut in eighths
½ teaspoon salt	¼ cup sugar
2 tablespoons sugar	1 teaspoon cinnamon
⅓ cup shortening	Butter

SIFT flour once, measure, add baking soda, salt and sugar and sift again. Cut in shortening. Add milk, stirring quickly. Turn into square pan (8" x 8") and spread out evenly. Press apples into dough close together, making 4 rows. Combine sugar and cinnamon. Sprinkle over apples. Dot generously with butter. Bake in hot oven (450° F.) 25-30 minutes. Cut in squares and serve warm.



### Quick Rolls

2 cups sifted flour	½ teaspoon salt
½ teaspoon Arm & Ham- mer or Cow Brand Baking Soda	2 tablespoons shortening
	¾ cup sour milk or butter- milk (about)

SIFT flour once, measure, add baking soda and salt and sift again. Cut in shortening. Add enough milk to make a stiff dough. Turn onto floured board. Knead for two or three minutes. Roll ¼ inch thick. Cut with 2 inch floured cutter. Fold in half, pressing edges firmly together. Place a little apart in greased pan. Brush with melted butter, cover and let stand 20 minutes in a warm place. Bake in hot oven (475° F.) 10 minutes. Brush again with melted butter, and finish baking 10 to 15 minutes. Brush with butter once more, and serve immediately. Makes 12 rolls.

## HOT BREADS

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### Soda Biscuits

2 cups sifted flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon Arm & Hammer or Cow Brand Baking Soda	4 tablespoons shortening
	$\frac{3}{4}$ cup sour milk or buttermilk (about)

SIFT flour once, measure, add baking soda and salt and sift again. Cut in shortening. Add enough milk to make a stiff dough. Turn onto floured board. Knead slightly. Roll  $\frac{1}{2}$  inch thick. Cut with floured biscuit cutter. Bake in hot oven (475° F.) 15 minutes. Makes 12 biscuits. It also makes an excellent crust for meat pie.



### Strawberry Shortcake

2 cups sifted flour	$\frac{1}{3}$ cup shortening
$\frac{1}{2}$ teaspoon Arm & Hammer or Cow Brand Baking Soda	$\frac{3}{4}$ cup buttermilk or sour milk (about)
$\frac{1}{2}$ teaspoon salt	2 quarts fresh strawberries

SIFT flour once, measure, add baking soda and salt and sift again. Cut in shortening. Add enough milk to form a soft dough. Spread one half of dough in 8 inch layer pan. Brush with melted butter. Place other half of dough on top of first and pat down evenly. Brush with melted butter. Bake in hot oven (500° F.) 20 minutes. Wash and hull strawberries. Crush and sweeten to taste. Reserve a few whole berries for garnish. Split shortcake, spread with butter and put crushed berries between and on top of layers. Garnish with whipped cream and whole berries. Serves 6.

## HOT BREADS

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### Lemon Clover Rolls

2 cups sifted flour	1/4 cup sugar
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1/3 cup shortening
1/2 teaspoon salt	1/2 cup milk
	1/4 cup lemon juice

SIFT flour once, measure, add baking soda, salt and sugar and sift again. Cut in shortening. Add combined milk and lemon juice, stirring quickly to form a soft dough. Turn onto lightly floured board. Knead slightly. Form dough into balls about the size of marbles. Place three balls in each cup cake tin. Sprinkle with sugar. Bake in hot oven (450° F.) 20 minutes. Makes 12 rolls.



### Whole Wheat Muffins

2 cups unsifted whole wheat flour	4 tablespoons sugar
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1 egg, well beaten
1/2 teaspoon salt	1 1/2 cups sour milk
	3 tablespoons shortening, melted
	1/2 cup raisins

COMBINE flour, baking soda, salt and sugar, and mix well. Combine egg, milk and shortening. Add to flour, stirring only enough to blend. Add raisins. Turn into greased muffin tins. Bake in hot oven (425° F.) 20 to 25 minutes. Makes 12 muffins.

## HOT BREADS

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### Breakfast Muffins

2 cups sifted flour  
 $\frac{1}{2}$  teaspoon Arm & Hammer or Cow Brand Baking Soda  
 $\frac{1}{2}$  teaspoon salt  
2 tablespoons sugar

1 cup sour milk or buttermilk  
1 egg, well beaten  
4 tablespoons shortening, melted

SIFT flour once, measure, add baking soda, salt and sugar and sift again. Combine milk, egg and shortening. Add to flour mixture, stirring only enough to blend. Turn into greased muffin tins. Bake in hot oven (425° F.) 20 to 25 minutes. Makes 12 muffins.



### Old Fashioned Corn Bread

1 cup sifted flour  
 $\frac{3}{4}$  teaspoon Arm & Hammer or Cow Brand Baking Soda  
1 teaspoon salt  
1  $\frac{1}{2}$  cups corn meal

2 eggs, well beaten  
1  $\frac{1}{2}$  cups buttermilk or sour milk  
3 tablespoons lard, melted

SIFT flour once, measure, add baking soda and salt and sift again. Add corn meal. Combine eggs, milk and shortening. Add to flour mixture and stir only until smooth. Turn into greased, shallow pan and bake in hot oven (400° F.) 30 minutes.

NOTE: Cracklings may be added to taste.

## HOT BREADS

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### Corn Sticks

½ cup sifted flour	2 tablespoons sugar
1 cup corn meal	1 egg, well beaten
½ teaspoon Arm & Hammer or Cow Brand Baking Soda	1 cup sour milk
1 teaspoon salt	2 tablespoons shortening, melted

SIFT flour once, measure, add corn meal, baking soda, salt, and sugar, and sift together twice. Combine egg and milk. Add to flour mixture, stirring only enough to blend. Add shortening. Turn into greased corn stick pans or tins. Bake in hot oven (425° F.) 20 to 25 minutes. Makes 12 corn sticks.

½ cup of finely cut dates, added to the batter, will make a delicious variation.

If iron corn stick pans are used, they must be heated before the batter is turned into them.



### Ginger Pops

2 cups sifted flour	4 tablespoons butter
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	¾ cup ginger ale
½ teaspoon salt	3 tablespoons lemon juice
2 tablespoons sugar	18 pecan halves

SIFT flour once, measure, add baking soda, salt and sugar and sift again. Cut in butter. Add ginger ale and lemon juice. Mix only until blended. Turn into small greased cup cake pans. Top each with half pecan meat. Bake in hot oven (475° F.) 15 minutes. Makes 18 Pops.

## HOT BREADS

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### Sour Milk Griddle Cakes

2 cups sifted flour  
1 teaspoon Arm & Hammer or Cow Brand Baking Soda  
1 teaspoon salt  
1 tablespoon sugar

2½ cups sour milk, or buttermilk  
1 egg, well beaten  
1 tablespoon shortening, melted

SIFT flour once, measure, add baking soda, salt and sugar; sift again. Combine milk, egg and shortening. Add to flour mixture. Stir only until smooth. Bake on hot greased griddle. Makes 2 dozen cakes.



### Corn Meal Griddle Cakes

1 cup sifted flour  
1 cup corn meal  
1 teaspoon Arm & Hammer or Cow Brand Baking Soda

1 teaspoon salt  
1 egg, well beaten  
2 cups sour milk  
4 tablespoons shortening, melted

SIFT flour once, measure, add corn meal, baking soda, and salt and sift again. Combine egg, sour milk and shortening. Add to flour mixture. Stir only until blended. Bake on hot, greased griddle. Makes 20 cakes.



### Rich Waffles

1¼ cups sifted flour  
½ teaspoon Arm & Hammer or Cow Brand Baking Soda  
½ teaspoon salt

1 tablespoon sugar  
1 cup sour milk  
¼ cup shortening, melted  
3 egg yolks, well beaten  
3 egg whites, stiffly beaten

SIFT flour once, measure, add baking soda, salt and sugar and sift again. Combine milk, shortening and egg yolks. Add to flour mixture, stirring only enough to blend. Fold in egg whites. Bake on hot waffle iron. Serve with butter and syrup. Makes four 4 section waffles.

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# Cakes

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## Red Devil's Ring

2 cups sifted pastry flour	1 cup sugar
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1 egg, unbeaten
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ cup butter, or other shortening	$\frac{1}{3}$ cup cocoa
	1 tablespoon vinegar
	$\frac{1}{2}$ teaspoon vanilla

SIFT flour once, measure, add baking soda and salt and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add egg and beat until thoroughly blended. Add enough milk to cocoa to form a smooth paste (about  $\frac{1}{4}$  cup). Add to first mixture and blend well. Add flour alternately with remaining milk mixed with vinegar, a small amount at a time, beating until smooth after each addition. Add vanilla. Turn into greased tube pan or loaf pan (6" x 10") and bake in moderate oven (325° F.) 55 to 60 minutes. Frost with Cocoa Frosting (page 19).



## Quick Gingerbread.

2 $\frac{1}{4}$ cups sifted flour	2 teaspoons ginger
2 teaspoons Arm & Hammer or Cow Brand Baking Soda	1 cup molasses
1 teaspoon salt	1 cup sour milk
	4 tablespoons shortening, melted

SIFT flour once, measure, add baking soda, salt and ginger and sift again. Combine molasses and sour milk. Add to flour mixture and stir only until smooth. Add shortening. Beat well. Turn into greased shallow pan (6" x 10"). Bake in moderate oven (350° F.) 30 minutes. Serve hot with sweetened whipped cream, flavored with molasses. If desired the whipped cream may be dropped in small mounds on wax paper and frozen in freezing tray of automatic refrigerator.

## CAKES

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### Orange Sponge Cake

1 cup sifted pastry flour	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ teaspoon Arm & Hammer or Cow Brand Baking Soda	$\frac{1}{4}$ teaspoon grated orange rind
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup orange juice
3 egg yolks, beaten until thick and lemon colored	1 tablespoon lemon juice
	3 egg whites, stiffly beaten

SIFT flour once, measure, add baking soda, and salt and sift together four times. Add sugar gradually to egg yolks beating thoroughly after each addition. Add rind and fruit juices. Beat egg whites until stiff but not dry. Fold in egg yolk mixture. Fold in flour, a small amount at a time. Turn into ungreased tube pan. Bake in moderate oven (350° F.) 45 minutes. Invert pan one hour or until cold before removing cake.



### Sour Milk Chocolate Cake

2 cups sifted pastry flour	1 cup sugar
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	2 eggs, well beaten
$\frac{1}{4}$ teaspoon salt	2 squares (2 ounces) unsweetened chocolate, melted and cooled
$\frac{1}{2}$ cup butter, or other shortening	1 cup sour milk
	1 teaspoon vanilla

SIFT flour once, measure, add baking soda and salt and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs and chocolate. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Add vanilla. Turn into greased loaf pan (6" x 10"). Bake in moderate oven (325° F.) 60 minutes. Frost with Soft Chocolate Frosting (page 18).

## CAKES

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### Date Nut Layer Cake

- |  |                              |
|--|------------------------------|
| 2 $\frac{1}{2}$ cups sifted pastry flour                     | 1 $\frac{1}{3}$ cups sugar   |
| $\frac{1}{2}$ teaspoon Arm & Hammer or Cow Brand Baking Soda | 3 eggs, well beaten          |
| $\frac{1}{2}$ teaspoon salt                                  | 1 cup dates, finely cut      |
| $\frac{3}{4}$ cup butter or other shortening                 | 1 cup nutmeats, coarsely cut |
|  | 1 cup buttermilk             |

SIFT flour once, measure, add baking soda and salt and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs. Blend well. Add dates and nuts. Add flour, a small amount at a time, alternately with milk, beating until smooth after each addition. Turn into two greased 9 inch layer pans. Bake in moderate oven (350° F.) 40 to 45 minutes. Frost with Maple Cream Frosting (page 20).



### Fruit Cup Cakes

- |  |   |
|--|---|
| 2 cups sifted pastry flour                       | 1 cup sifted brown sugar, firmly packed |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 2 eggs, well beaten                     |
| $\frac{1}{2}$ teaspoon salt                      | 1 cup dates, finely cut                 |
| 1 teaspoon cinnamon                              | 1 cup nutmeats, coarsely cut            |
| $\frac{1}{2}$ teaspoon allspice                  | $\frac{1}{2}$ cup citron, sliced        |
| $\frac{1}{2}$ cup butter or other shortening     | $\frac{2}{3}$ cup milk                  |
|  | 1 $\frac{1}{3}$ tablespoons vinegar     |

SIFT flour once, measure, add baking soda, salt and spices and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs. Blend well. Add fruits and nuts. Combine vinegar and milk. Add alternately with flour, a small amount at a time, beating until smooth after each addition. Bake in small cup cake tins in moderate oven (375° F.) 20 to 25 minutes. Makes 3 dozen small cakes.

## CAKES

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### Tomato Juice Cakes

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|--|---|
| 2 $\frac{1}{4}$ cups sifted flour                | $\frac{1}{2}$ cup butter, or other shortening |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 $\frac{1}{4}$ cups sugar                    |
| $\frac{1}{2}$ teaspoon salt                      | 2 eggs, well beaten                           |
| $\frac{1}{2}$ teaspoon cinnamon                  | $\frac{1}{2}$ cup raisins, cut once           |
| $\frac{1}{2}$ teaspoon allspice                  | $\frac{1}{2}$ cup nuts, coarsely cut          |
| $\frac{1}{4}$ teaspoon cloves                    | 1 cup tomato juice                            |

SIFT flour once, measure, add baking soda, salt and spices and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs. Add raisins and nuts. Add flour alternately with tomato juice, a small amount at a time, beating until smooth after each addition. Turn into greased cup cake tins and bake in a moderate oven (375° F.) 25 minutes or bake in loaf pan (6" x 10") at 350° F. for 45 minutes. Frost with Confectioners Frosting (page 20).



### Sour Cream Devil's Food

- |  |   |
|--|---|
| 2 cups sifted pastry flour                       | 1 egg, well beaten  |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 3 squares (3 ounces) unsweetened chocolate, melted and cooled |
| $\frac{1}{4}$ teaspoon salt                      | $\frac{3}{4}$ cup milk  |
| 1 cup sugar                                      | 1 teaspoon vanilla  |
| 1 cup heavy sour cream                           |   |

SIFT flour once, measure, add baking soda and salt, and sift together three times. Beat sugar gradually into sour cream. Add egg. Add chocolate. Blend well. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Add vanilla. Turn into two greased 9 inch layer pans. Bake in moderate oven (325° F.) 25 minutes. Frost with Boiled Frosting (page 20).

## CAKES

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### Favorite Spice Cake

- |  |   |
|--|---|
| 2 1/2 cups sifted pastry flour                   | 1/4 teaspoon nutmeg                     |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1/2 cup butter                          |
| 1/4 teaspoon salt                                | 1 cup sifted brown sugar, firmly packed |
| 2 teaspoons cinnamon                             | 2 eggs, well beaten                     |
| 1/2 teaspoon cloves                              | 1 cup milk                              |
|  | 2 tablespoons vinegar                   |

SIFT flour once, measure, add baking soda, salt, spices, and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs. Add flour, alternately with the combined milk and vinegar, a small amount at a time, beating after each addition until smooth. Turn into 2 greased 9 inch layer pans. Bake in moderate oven (375° F.) 25 minutes. Frost with Mocha Frosting (page 18).



### Lemon Loaf Cake

- |  |                               |
|--|-------------------------------|
| 2 cups sifted pastry flour                         | 1 cup sugar                   |
| 1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda | 2 eggs, well beaten           |
| 1/4 teaspoon salt                                  | 1/2 cup milk                  |
| 1/2 cup butter, or other shortening                | 1 1/2 tablespoons lemon juice |

SIFT flour once, measure, add baking soda, salt, and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs. Add flour alternately with milk, beating after each addition until smooth. Add lemon juice. Blend well. Bake in loaf pan (6" x 10") in moderate oven (375° F.) 45 minutes. Cover with Lemon Filling and top with 1/2 recipe of Boiled Frosting (page 20).

## CAKES

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### Lemon Tea Cakes

- |  |                              |
|--|------------------------------|
| 2 cups sifted pastry flour                                   | 1 cup sugar                  |
| $\frac{1}{2}$ teaspoon Arm & Hammer or Cow Brand Baking Soda | 2 egg yolks, unbeaten        |
| $\frac{1}{4}$ teaspoon salt                                  | Juice of 1 lemon             |
| $\frac{1}{3}$ cup butter                                     | $\frac{1}{4}$ cup milk       |
|  | 2 egg whites, stiffly beaten |

SIFT flour once, measure, add baking soda, and salt and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add egg yolks, one at a time, beating until well blended. Add flour, alternately with lemon juice and milk, beating until smooth after each addition. Fold in egg whites. Bake in small greased cup cake tins in moderate oven (375° F.) 20 minutes. Makes 30 small cakes. Frost with Orange Butter Frosting (page 18).



### Cup Cakes

- |  |  |
|--|--|
| $1\frac{3}{4}$ cups sifted pastry flour                      | $\frac{1}{2}$ cup milk                       |
| $\frac{1}{2}$ teaspoon Arm & Hammer or Cow Brand Baking Soda | $\frac{1}{4}$ teaspoon almond extract        |
| 1 teaspoon cream of tartar                                   | $\frac{1}{4}$ teaspoon orange extract        |
| $\frac{1}{2}$ cup butter                                     | 3 egg whites, well beaten, but not too stiff |
| 1 cup sugar  |  |
| 3 egg yolks, well beaten                                     |  |

SIFT flour once, measure, add baking soda and cream of tartar and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add egg yolks. Beat well. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Add flavoring. Fold in egg whites. Bake in small greased cup cake tins in moderate oven (375° F.) 15 minutes. Frost with Confectioners Frosting (page 20).

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# Frostings and Fillings

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## Mocha Frosting

2 tablespoons butter      2 cups confectioners sugar  
3 tablespoons strong coffee

WORK butter with spoon until creamy. Add sugar gradually, thinning with coffee, until of right consistency to spread. Beat well. Makes enough frosting to cover tops of two 9 inch layers.



## Orange Butter Frosting

2 tablespoons butter      ¼ teaspoon grated orange  
2 cups confectioners      rind  
sugar      ¼ teaspoon orange extract  
3 tablespoons milk      A few drops lemon extract

WORK butter with spoon until very soft. Add sugar gradually, beating well, thinning with milk until of right consistency to spread. Add orange rind and flavoring. Makes enough frosting to cover tops and sides of two 8 inch layers.



## Soft Chocolate Frosting

1 cup confectioners      2 squares (2 ounces) un-  
sugar      sweetened chocolate,  
1 egg, slightly beaten      melted  
Dash of salt      ½ teaspoon vanilla

ADD sugar gradually to egg, and beat until smooth and light. Add salt and chocolate and blend well. Add vanilla. Cool before spreading. Makes enough to cover tops and sides of a 6" x 10" loaf cake.

## FROSTINGS AND FILLINGS

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### Cocoa Frosting

4 tablespoons butter	Dash of salt
1 tablespoon cocoa	$\frac{1}{4}$ cup milk
2 cups confectioners sugar	$\frac{1}{2}$ teaspoon vanilla

WORK butter with spoon until creamy. Add cocoa. Blend well. Add salt. Add sugar, thinning with milk to spreading consistency. Add vanilla. Beat well. Makes enough frosting to cover tops and sides of 6" x 10" loaf cake.



### Hard Sauce

$\frac{1}{3}$ cup butter	1 cup confectioners sugar
	1 teaspoon vanilla

WORK butter with spoon until creamy. Add sugar gradually and beat until light. Add flavoring. Set in cool place until needed. Grated lemon rind, nutmeg or cinnamon to taste may be substituted for vanilla.



### Lemon Filling

Juice and grated rind of 1 lemon	$\frac{3}{4}$ cup water
$\frac{1}{2}$ cup sugar	$2\frac{1}{2}$ tablespoons cornstarch
	1 egg yolk, slightly beaten

COMBINE lemon juice and rind, sugar and water and heat over low flame until mixture boils. Mix cornstarch to smooth paste with 2 additional tablespoons water. Add slowly to syrup, stirring constantly. Continue cooking over very low flame 5 minutes longer, or until mixture is thick and clear. Remove from fire. Add small amount to egg yolk, and beat vigorously. Return to remaining mixture and blend well.

## FROSTINGS AND FILLINGS

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### Boiled Frosting

1 cup sugar  
1/2 cup water

2 egg whites, stiffly beaten  
1/2 teaspoon vanilla

COOK sugar and water together, stirring only until sugar has dissolved. Continue cooking until syrup spins a thread when dropped from the tip of a spoon (238° F.). Remove from fire. When syrup stops bubbling pour in thin stream over egg whites, beating constantly. Continue beating until frosting stands in peaks. Add vanilla. Makes enough frosting to cover tops and sides of two 9 inch layers.



### Confectioners Frosting

1 egg white  
1 tablespoon water  
2 1/2 cups confectioners sugar

1/2 teaspoon vanilla or  
other flavoring

COMBINE egg white and water and beat until egg is foamy. Add sugar gradually, beating until thick and smooth. Add flavoring.



### Maple Cream Frosting

1/2 cup maple syrup  
1 pound confectioners sugar  
1/4 cup butter, melted

1/4 cup milk  
Dash of salt

HEAT maple syrup to boiling and cook 3 minutes. Cool slightly. Combine remaining ingredients. Beat well. Add syrup and beat until light and thick. Makes enough frosting to generously cover tops of two 9 inch layers.

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# C o o k i e s

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## Fruit Cookies

- |  |                              |
|--|------------------------------|
| 3 1/2 cups sifted flour                          | 3/4 cup butter               |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 cup sugar                  |
| 1/2 teaspoon salt                                | 2 eggs, well beaten          |
| 1 teaspoon cinnamon                              | 3/4 cup molasses             |
| 1 teaspoon nutmeg                                | 1 cup nutmeats, coarsely cut |
|  | 1 cup raisins                |

SIFT flour once, measure, add baking soda, salt and spices and sift together three times. Work butter with spoon until creamy. Add sugar gradually and beat well. Add eggs. Add molasses. Blend well. Add raisins and nutmeats. Add flour, beating until well blended. Chill until firm enough to handle. Turn onto lightly floured board. Roll as thin as possible without causing the dough to break. Cut with large floured cutter. Bake on ungreased baking sheet in hot oven (425° F.) 8 to 10 minutes. Makes 3 1/2 dozen cookies.



## Vanilla Drop Cookies

- |  |                                    |
|--|------------------------------------|
| 2 1/2 cups sifted pastry flour                     | 1/2 cup butter or other shortening |
| 1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 cup sugar                        |
| 1/2 teaspoon salt                                  | 2 eggs, well beaten                |
|  | 1/2 cup sour milk                  |
|  | 1 teaspoon vanilla                 |

SIFT flour once, measure, add baking soda and salt, and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs and blend well. Add flour alternately with milk, beating after each addition until smooth. Add vanilla. Drop by teaspoons on ungreased baking sheet. Bake in hot oven (425° F.) 10 minutes or until brown. Makes 3 dozen cookies.

## COOKIES

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### Raisin Rocks

- |  |                                     |
|--|-------------------------------------|
| 2 cups sifted flour                              | 1/2 cup sugar                       |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 egg, unbeaten                     |
| 1 teaspoon salt                                  | 1/2 cup sour milk                   |
| 1/2 teaspoon cloves                              | 1/2 cup molasses                    |
| 1 teaspoon cinnamon                              | 1 cup seedless raisins, or currants |
| 1/2 teaspoon nutmeg                              | 1/2 cup nutmeats, coarsely broken   |
| 1/2 cup butter, or other shortening              |                                     |

SIFT flour once, measure, add baking soda, salt and spices, and sift together three times. Work butter with spoon until creamy. Add sugar gradually and cream together until light and fluffy. Add egg. Beat well. Add flour, alternately with combined milk and molasses, a small amount at a time, beating until smooth after each addition. Add raisins and nuts. Drop by teaspoons on ungreased baking sheet. Bake in hot oven (400° F.) 10 to 12 minutes. Makes 3 dozen Rocks.



### Brownies

- |  |                                |
|--|--------------------------------|
| 2 squares (2 ounces) unsweetened chocolate melted  | 1/4 teaspoon salt              |
| 1/3 cup butter, or other shortening, melted        | 2 eggs, slightly beaten        |
| 3/4 cup sifted flour                               | 3/4 cup sugar                  |
| 1/4 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1/2 teaspoon vanilla           |
|  | 3/4 cup nutmeats, coarsely cut |

COMBINE chocolate and butter. Cool. Sift flour once, measure, add baking soda and salt, and sift together three times. Beat sugar slowly into eggs, and continue beating until light and thick. Add chocolate mixture. Blend well. Add vanilla and nutmeats. Add flour. Stir until smooth. Turn into greased, shallow pan (8" x 8") Bake in moderate oven (350° F.) 30 minutes. When cool, cut in squares and remove from pan. Makes 16 Brownies.

## COOKIES

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### Peanut Butter Icebox Cookies

2 1/2 cups sifted flour	1 cup granulated sugar
3/4 teaspoon Arm & Hammer or Cow Brand Baking Soda	1/4 cup sifted brown sugar, firmly packed
1/4 teaspoon salt	1 cup peanut butter
3/4 cup butter or other shortening	2 eggs, well beaten

SIFT flour once, measure, add baking soda and salt and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add brown sugar. Add peanut butter. Blend well. Add eggs. Add flour, a small amount at a time, beating until smooth after each addition. Form into two rolls and wrap in wax paper. Let stand in refrigerator overnight or until firm enough to slice thin. Bake in hot oven (425° F.) 8 to 10 minutes. Makes 5 dozen cookies.



### Old Fashioned Soft Molasses Cookies

8 cups sifted flour	1 teaspoon cinnamon
4 teaspoons Arm & Hammer or Cow Brand Baking Soda	3 cups molasses
1/4 teaspoon salt	1 cup lard, melted
1 tablespoon ginger	1/2 cup butter, melted
	10 tablespoons boiling water

SIFT flour once, measure 4 cups, add baking soda, salt and spices and sift together three times. Combine molasses, melted shortening and boiling water. Add 4 cups flour and blend well. Add remaining 4 cups flour gradually, beating well after each addition. Let stand in cool place about 1 hour. Turn on to lightly floured board. Roll 1/4 inch thick. Cut with large floured cookie cutter; sprinkle with sugar and bake in hot oven (425° F.) 15 minutes. Makes 5 dozen cookies.

## COOKIES

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### Chocolate Cookies

- |  |   |
|--|---|
| 2 1/2 cups sifted flour                          | 1 cup sugar   |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 egg, well beaten  |
| 1/2 teaspoon salt                                | 3 squares (3 ounces) unsweetened chocolate, melted and cooled |
| 1/2 teaspoon cinnamon                            | 1/2 cup sour milk   |
| 1/2 cup butter                                   | 1 teaspoon vanilla  |

SIFT flour once, measure, add baking soda, salt and cinnamon and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating until light and fluffy after each addition. Add egg, chocolate, milk and vanilla. Blend well. Add flour, a small amount at a time, beating until smooth after each addition. Chill 15 minutes. Turn onto floured board. Roll 1/8" thick. Cut with 3" cutter. Dust with sugar. Bake in moderate oven (375° F.) 10 minutes. Makes 2 1/2 dozen cookies.



### Hermits

- |  |                                      |
|--|--------------------------------------|
| 2 1/2 cups sifted flour                            | 1/2 cup butter, or other shortening  |
| 1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1/2 cup sugar                        |
| 1/2 teaspoon salt                                  | 2 eggs, well beaten                  |
| 1 teaspoon cinnamon                                | 1 cup raisins, cut                   |
| 1/2 teaspoon nutmeg                                | 1/2 cup nutmeats, coarsely cut       |
| 1/4 teaspoon cloves                                | 1/2 cup crystalized citron, shredded |
| 1/4 teaspoon allspice                              | 1/4 cup molasses                     |

SIFT flour once, measure, add baking soda, salt and spices, and sift together three times. Work butter with spoon until creamy. Add sugar gradually, and cream until light and fluffy. Add eggs. Add fruits and nuts. Add molasses and blend well. Add flour gradually, beating after each addition until smooth. Drop by teaspoons onto baking sheet. Flatten slightly. Bake in moderate oven (375° F.) 15 minutes. Makes 3 1/2 dozen Hermits.

# HOW TO BAKE

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**Flour**—Use the kind of flour specified in the recipe. To substitute pastry flour for all-purpose flour, use 2 additional tablespoons of flour for each cup required; to substitute all-purpose flour for pastry flour, remove 2 tablespoons from each cup required.

**Fat**—Solid fats can be used interchangeably. Melted fats or oils should not be used in recipes specifying creaming of the shortening.

**Sugar**—Finely granulated sugar gives best results. Brown sugar must be soft, moist and free from lumps. Sift before measuring.

**Eggs**—Use medium size eggs, weighing about 2 ounces each. Weigh eggs if variation is great and use according to weight.

**Liquid**—Dried or evaporated milk diluted according to the directions on the can can be substituted for fresh milk.  $\frac{7}{8}$  cup water can be substituted for 1 cup of milk.

**Measuring**—Use standard measuring equipment: a  $\frac{1}{2}$  pint cup marked in 4ths and 3rds; a set of standard measuring spoons, consisting of a tablespoon, teaspoon,  $\frac{1}{2}$  teaspoon and  $\frac{1}{4}$  teaspoon. Use level measurements.

**Mixing**—Distinguishing characteristics of biscuits, muffins and cakes depend on the methods of mixing and baking. Directions for these methods are plainly set down in each recipe. Success depends on good ingredients correctly combined.

**Baking**—Oven regulators and thermometers safeguard baking. Cakes peak on top and dry near the edges in too hot an oven. Hot breads dry out in too cool an oven.

**Care after baking**—Hot breads should be served immediately or kept hot in a napkin or warming oven until eaten. Let cakes stand in pan on cooling rack for 5 minutes after baking; then turn out on rack and finish cooling before frosting. Cool cookies before putting away.

# F FACTS REGARDING PLAIN WHITE FLOUR

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**I**N the choice of flour for any specific purpose, it is well to consider certain properties of flours. Generally speaking, there are three types of white flour on the market today. They are classified by name and general purpose in the following way:

## Bread Flour

This is used to a large extent by commercial bakers and generally is made from hard wheats: it contains a high percentage of a protein product known as gluten. The gluten in this flour is hard, capable of taking up and retaining a large quantity of water. This type of flour is admirably adapted for bread making, since the strong gluten gives an excellent skeleton to the loaf. Such a flour is seldom used in the home today, except by those who make large quantities of home-made white bread. Usually, the gluten is present in this flour to the extent of 11 to 12%.

## General Purpose or Family Flour

This flour is intended to fill all needs and, consequently, is made by blending flours from soft and hard wheats. It contains a moderate amount of medium hard gluten, and is used in baking hot breads, such as muffins and scones. However, it can be used for pastries as well. When employed in place of pastry or cake flour, two level tablespoonfuls less per cup should be used. It is good practice to replace the two tablespoonfuls with two of cornstarch. General-purpose flours range in gluten content from 10 to 11% and, in this respect, are about half way between bread and true pastry or cake flours.

## FACTS REGARDING PLAIN WHITE FLOUR

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In Arm & Hammer or Cow Brand Baking Soda recipes, if no type of flour is specified, all-purpose or family is understood. Certain types of flour are used or specified simply to indicate that such a flour gives the most desirable characteristics to that particular baked product, but it does not mean that another type of flour cannot be substituted, nor that an inferior product will result if a substitution is made.

### Pastry or Cake Flour

Such flours not only have the lowest gluten content, but a weak soft gluten as well, and are very satisfactory for making all pastries except such items as fruit cakes. These are preferably made with all-purpose flour, to support the fruit and maintain a desirable structure. Pastry flours contain 9 to 10% gluten and are made from various types of soft wheat. Special cake flours belong to the pastry flour class, but are finer in texture. They are slightly lower in gluten content (8 to 9%), and the gluten is even softer. Pastry flour gives baked products a tender thin crust and a delicate crumb. Pastry flour can neither absorb nor retain moisture like bread and all-purpose flours and, therefore, sour milk or buttermilk is splendidly adapted for use with this flour, since both are capable of retaining moisture.

If all-purpose or family flour is specified in a recipe, and only pastry is available, increase the pastry flour slightly (two tablespoonfuls for every cup of family flour specified). When pastry flour is used in biscuit recipes, the dough is rather soft and inclined to be somewhat difficult to roll. Instead of further increasing the pastry flour to stiffen the dough, better results are realized by using the dough for dropped biscuits.

Flour, baking soda and many other similar materials should be stored in a dry cool place, free from odors.

# KITCHEN TESTED METHODS

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WHEN parboiling dried beans for baking, the addition of  $\frac{1}{2}$  teaspoon of baking soda to each 2 cups soaked beans makes the beans tender in a shorter time. When baked, the beans have a much sweeter flavor than those parboiled in plain water. All dried legumes such as lima, kidney or navy beans, and peas, have a better flavor if treated in this manner.

Scalloped potatoes or other scalloped dishes are sometimes spoiled in appearance by curdling of the milk.  $\frac{1}{4}$  teaspoon baking soda to each pint of milk prevents the curdling.

In the preparation of hominy, use 1 ounce of baking soda (2 level tablespoons) and 3 pints of water to each pound of field corn. Dissolve baking soda and add corn. Bring corn to boiling point, cover and simmer  $1\frac{1}{2}$  hours. Hulls and black eyes can be removed by rubbing between the hands. 6 or 7 washings will remove all traces of alkali.

When washing spinach, add a small amount of baking soda (about  $\frac{1}{4}$  teaspoon for each peck of spinach) to the last rinse water. Cook as usual. The vegetable will retain its lovely fresh color.

When stewing rhubarb or gooseberries, add  $\frac{1}{8}$  teaspoon baking soda for each 2 cups. This reduces the quantity of sugar required by  $\frac{1}{3}$ . For each 2 cups of rhubarb, or gooseberries, use  $\frac{2}{3}$  cup sugar in place of the usual cup.

If the skin clings to peaches or apricots when peeling for canning, prepare a solution of  $\frac{1}{2}$  cup baking soda and 2 gallons of water. Bring to boiling point and, while actively boiling, immerse fruit (using a wire

## KITCHEN TESTED METHODS

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basket) until skin is loosened. Remove fruit, wash at once in clear water and remove skins by rubbing.

When baking ham or pork chops in milk, the addition of  $\frac{1}{4}$  teaspoon baking soda to each pint of milk prevents the curdling, which so often detracts from the appetizing appearance of the meat.

When boiling corned beef, add  $\frac{1}{4}$  teaspoon baking soda for each pound of beef. This will improve the color and flavor of the meat. Cabbage and other vegetables can be cooked in the same water without becoming dark or slimy.

Clean all meat, as soon as unwrapped, with a baking soda solution (1 teaspoon of baking soda to 2 cups of water). This removes foreign matter and dried blood. Put on a clean plate and place in refrigerator.

After drawing fowl, wash well, both inside and out, with a baking soda solution (1 tablespoon to 2 quarts of water). Let solution run through the bird several times. Rinse well with clear water. Pat dry with clean towel.

Clean fish, both inside and out, in a baking soda solution (1 tablespoon to 2 quarts of water). Dip entire fish in the solution; wash quickly and rinse in clear water. Dry immediately and store in cold place. Before opening, wash clams and oysters with a brush dipped in the baking soda solution. Fresh shrimp and other shellfish should be washed well in the same strength baking soda solution before cooking.

When preparing cream of tomato soup from canned tomato soup or home-made tomato puree, add  $\frac{1}{8}$  teaspoon baking soda to each cup of soup or puree. This prevents curdling when the milk is added.

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Vegetable Cookery . . . . .	<i>Inside Back Cover</i>

# T ABLE OF WEIGHTS AND MEASURES

3 teaspoons . . . . .	1 tablespoon
4 tablespoons . . . . .	$\frac{1}{4}$ cup
$5\frac{1}{8}$ tablespoons . . . . .	$\frac{1}{8}$ cup
8 tablespoons . . . . .	$\frac{1}{2}$ cup
12 tablespoons . . . . .	$\frac{3}{4}$ cup
16 tablespoons . . . . .	1 cup or $\frac{1}{2}$ pint
A dash . . . . .	less than $\frac{1}{8}$ teaspoon
2 cups . . . . .	1 pint
4 cups . . . . .	2 pints or 1 quart
4 cups flour . . . . .	1 pound
$2\frac{1}{4}$ cups granulated sugar . .	1 pound
2 cups brown sugar, firmly packed . . . . .	1 pound
$3\frac{1}{2}$ cups confectioners sugar . . . . .	1 pound
2 tablespoons butter . . . . .	1 ounce
2 cups butter . . . . .	1 pound
1 medium egg . . . . .	2 ounces
8-10 egg whites . . . . .	1 cup
14 egg yolks . . . . .	1 cup
Juice of 1 medium lemon . . .	3 tablespoons
$\frac{1}{2}$ pound nutmeats . . . . .	1 cup nutmeats, chopped

## Temperature and Time Table

Slow Oven 250°F. - 325°F.	Moderate Oven 350°F. - 375°F.	Hot Oven 400°F. - 500°F.	Time
		Biscuits	15 min.
		Muffins	25-30 min.
	Cookies	Cookies	8-15 min.
	Layer Cake		25-30 min.
	Loaf Cake		45 min.
	Loaf Cake (thick)		50-60 min.
Fruit Cake			3-4 hrs.
Sponge Cake			60 min.

# V EGETABLE COOKERY

To preserve the fresh green color of beans, peas, and greens, a pinch of baking soda, (a pinch is less than  $\frac{1}{8}$  teaspoon) should be added to the cooking water.

Red vegetables will be most pleasing in appearance if a little vinegar is added to the cooking water.

A little vinegar in the cooking water will keep white vegetables from yellowing.

In the case of old carrots, a pinch of baking soda will shorten the cooking time.

## TIME TABLE FOR VEGETABLES

### Time: Minutes

Vegetable	Boiled	Steamed	Baked
Asparagus	15—25	30—40	
Beans, cut	25—30	40—45	
Beets, whole	35—40		
Brussels Sprouts	10—15	15	
Cabbage, chopped	15—20		
cut	20—25		
Carrots, whole, young	15—25	20—30	
old	30—40	40—50	
Cauliflower, whole	15—20		
flowerets	8—10	15—20	
Onions, small	20—25		60
Peas	20—30	30—40	
Potatoes, white	30—40	35—50	45—60
Potatoes, sweet	25—30	30—40	45—60
Pumpkin—cut	30—40	40—50	60
Spinach	10—15		
Squash	15—20	30—35	40—60
Turnips	30—60		



**COW BRAND**  
**BICARBONATE OF SODA**  
BICARBONATE OF SODA

**ARM & HAMMER**  
**CHURCH & HAMMER**  
**BICARBONATE OF SODA**  
BICARBONATE OF SODA

SCUMS  
the alkali  
is essential  
to the  
leavening  
of breads  
and cakes  
and is  
used in  
the  
preparation  
of  
sweets  
and  
other  
confections  
It is also  
used in  
the  
preparation  
of  
detergents  
and  
other  
household  
preparations  
It is a  
very  
valuable  
chemical  
and  
is  
used  
in  
many  
other  
ways  
It is  
sold  
in  
boxes  
of  
10  
pounds  
each  
and  
is  
also  
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smaller  
quantities  
It is  
sold  
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boxes  
of  
10  
pounds  
each  
and  
is  
also  
sold  
in  
smaller  
quantities

CHOCOLATE  
LOAF CAKE  
Preparation: Add 1 cup of  
sugar to 1 cup of  
butter and cream  
thoroughly. Add 2 cups  
of flour and 1/2 cup of  
cocoa powder and mix  
well. Add 1 cup of  
milk and 1/2 cup of  
water and mix well.  
Add 1/2 cup of  
baking soda and mix  
well. Bake in a  
loaf pan for 1 hour  
at 350 degrees F.

Preparation: Add 1 cup of  
sugar to 1 cup of  
butter and cream  
thoroughly. Add 2 cups  
of flour and 1/2 cup of  
cocoa powder and mix  
well. Add 1 cup of  
milk and 1/2 cup of  
water and mix well.  
Add 1/2 cup of  
baking soda and mix  
well. Bake in a  
loaf pan for 1 hour  
at 350 degrees F.

MADE IN U.S.A.  
LITTLE ROCK, ARK.  
JANUARY, 1924