



All Time
Baking Soda Favorites

Treasured Recipes
Modernized for Easy Baking

Introduction

In 1860, Church & Dwight Co. published the first edition of one million copies of "Valuable Receipts," the first **Arm & Hammer*** recipe booklet. The demand was overwhelming. In those days hot breads were served with almost every meal. There was always a full cookie jar, and perhaps gingerbread or a freshly baked cake for dessert or a snack.

We continued to offer recipe booklets until the mid-1950's. Then because of the increasing use of ready mixes, refrigerated biscuits and frozen baked goods, there was a decline in home baking. Therefore we changed the promotional emphasis on baking soda to non-food uses, some of which are given on the inside back cover.

But women from all over the country, who missed the rich flavor and delicate texture of soda-baked breads and cakes, kept asking us for copies of the recipes they had treasured and could no longer find.

Now, almost 125 years after the publication of that first booklet, there has been such a renewal of interest in home baking, we decided in answer to your requests to reprint some of our most popular baking soda recipes.

In this booklet you will find many of the all-time favorite baking soda recipes up-dated to conform to modern ingredients and mixing procedures—for you to bake with pride, and eat with pleasure.

Margaret G. Knight
Director of Consumer Services
Church & Dwight Co., Inc..

ca. 1985



Arm & Hammer Baking Soda (Bicarbonate of Soda) is a product of food grade purity, which makes it ideal for many household cleaning uses, particularly those involving anything that touches food. This sometimes causes us to forget that its original use was as a leavening agent to produce baked goods of a uniquely delightful taste and texture.

Baking soda causes baked goods to rise by releasing carbon dioxide gas, the same gas found in soda water and ginger ale. To release this carbon dioxide gas baking soda must be used with an acid ingredient. In order to preserve the authenticity of the recipes in this booklet, we have based them largely on the use of buttermilk, or other acid ingredients such as applesauce or chocolate as called for in the original recipe.

If buttermilk is not available, you may substitute sweet milk and lemon juice or vinegar in the proportions listed below.

TO MAKE SOUR MILK QUICKLY AND EASILY

For a liquid equal in acidity to sour milk or buttermilk, place 1 tbsp. lemon juice or 1 tbsp. vinegar (white vinegar makes a whiter product), in a standard measuring cup. Fill to the 1 cup mark with sweet milk or with diluted evaporated milk.

This sour milk can be used with complete satisfaction in any of your favorite recipes calling for buttermilk.

You will find that baked goods made with baking soda generally have a heartier texture than those made with baking powder. The crumb is moist and tender, the flavor delicious. For this reason, recipes that use baking soda as the leavening agent will always be among those most highly treasured by discriminating collectors.

BAKING SODA BISCUITS

Their moist crumb and rich flavor make it well worth the slight extra effort to bake them from scratch.

2 cups sifted all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup vegetable shortening
3/4 cup buttermilk

Sift together flour, baking soda and salt into large bowl. Cut in shortening until mixture resembles coarse meal. Make a well in center of flour mixture; add all the buttermilk at one time. Stir to make a soft dough.

Turn onto lightly floured board and knead about 30 seconds. Pat or roll to 1/2 inch thickness. Cut with floured 2-inch biscuit cutter. Place on ungreased baking sheet. Bake in 450° oven 12 minutes or until lightly browned.

Makes about 12 biscuits.

GRIDDLE CAKES

So easy to make there's no reason to use a mix.

2 cups sifted all-purpose flour
1 tablespoon sugar
1 teaspoon baking soda
1 teaspoon salt
2 eggs
2 cups buttermilk
2 tablespoons vegetable shortening, melted

Sift together flour, sugar, baking soda and salt. In large bowl, beat eggs until light and fluffy; stir in buttermilk and melted shortening. Add dry ingredients to liquid, beating until smooth.

Pour a scant 1/4 cup batter for each griddle cake onto hot griddle.

(For thin griddle cakes, spread batter with spoon.) Turn griddle cakes as soon as they are puffed and full of bubbles but before bubbles break. Turn and bake other side until golden brown. Serve immediately with butter and hot maple syrup.

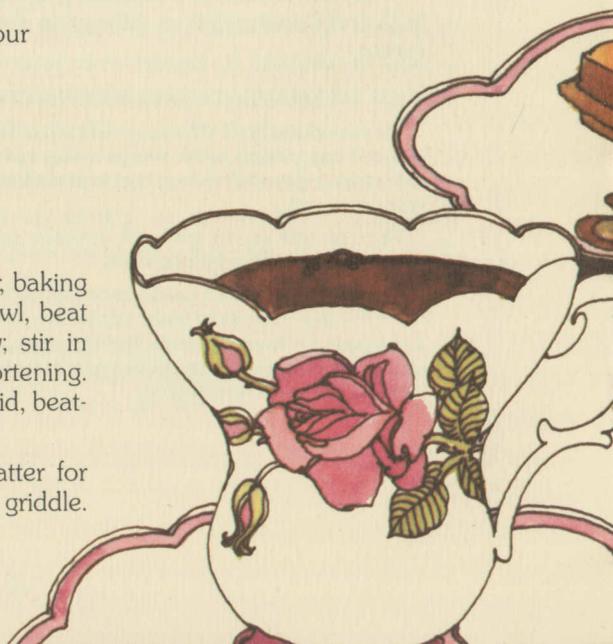
Makes about 2 dozen 4-inch cakes.

WAFFLES

Crisp golden crust, delicious taste. A real breakfast treat.

2 cups sifted all-purpose flour
1 tablespoon sugar
1 teaspoon baking soda
1/2 teaspoon salt
2 eggs, separated
2 cups buttermilk
1/4 cup vegetable shortening, melted

Sift together flour, sugar, baking soda and salt. In large bowl, beat together egg yolks, buttermilk and shortening; beat in dry ingredients until smooth. Beat egg whites until stiff; fold into batter.



Pour batter from cup or pitcher onto center of hot waffle iron. Bake about 6 minutes or until steaming stops and waffle is lightly browned. Remove waffle carefully. Serve immediately with butter and hot maple syrup.

Makes three 9-inch square waffles.

BREAKFAST MUFFINS

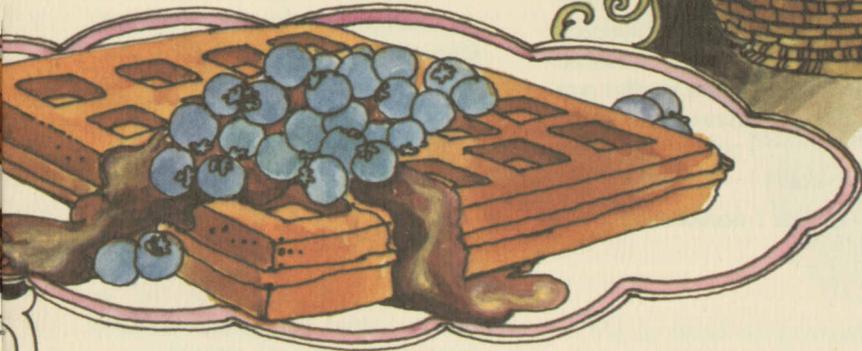
These have a heartier texture and a nut-like flavor.

1¾ cups sifted all-purpose flour
2 tablespoons sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup buttermilk
1 egg, slightly beaten
3 tablespoons butter or
margarine, melted

Sift together flour, sugar, baking powder, baking soda and salt into large bowl. Combine buttermilk, egg and butter; add to flour mixture and stir just until all ingredients are

moistened. Fill greased 2½-inch muffin cups about ¾ full. Bake in 400° oven 20 to 25 minutes. Serve warm with butter or preserves.

Makes about 1 dozen muffins.



CLOVER TEA ROLLS

An unusual hot bread, slightly sweet, delicious with tea or coffee.

- 2 cups sifted all-purpose flour
- ¼ cup sugar
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ⅓ cup vegetable shortening
- ½ cup milk
- 3 tablespoons lemon juice

Sift together flour, sugar, baking soda and salt into large bowl. Cut in shortening until mixture resembles coarse meal. Combine milk and lemon juice; quickly stir into flour mixture to form a soft dough.

Turn onto lightly floured board; knead slightly. Form into small balls about the size of marbles. Put three balls into each greased muffin cup (about 2¼-inch diameter). Bake in 450° oven 15 minutes or until lightly browned.

Makes about 1 dozen rolls.

DATE-NUT BREAD

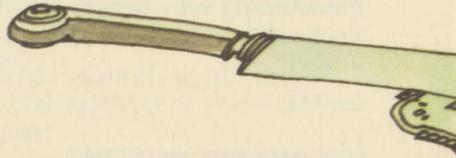
A fruit-filled taste treat. Ideal for midafternoon tea or snack.

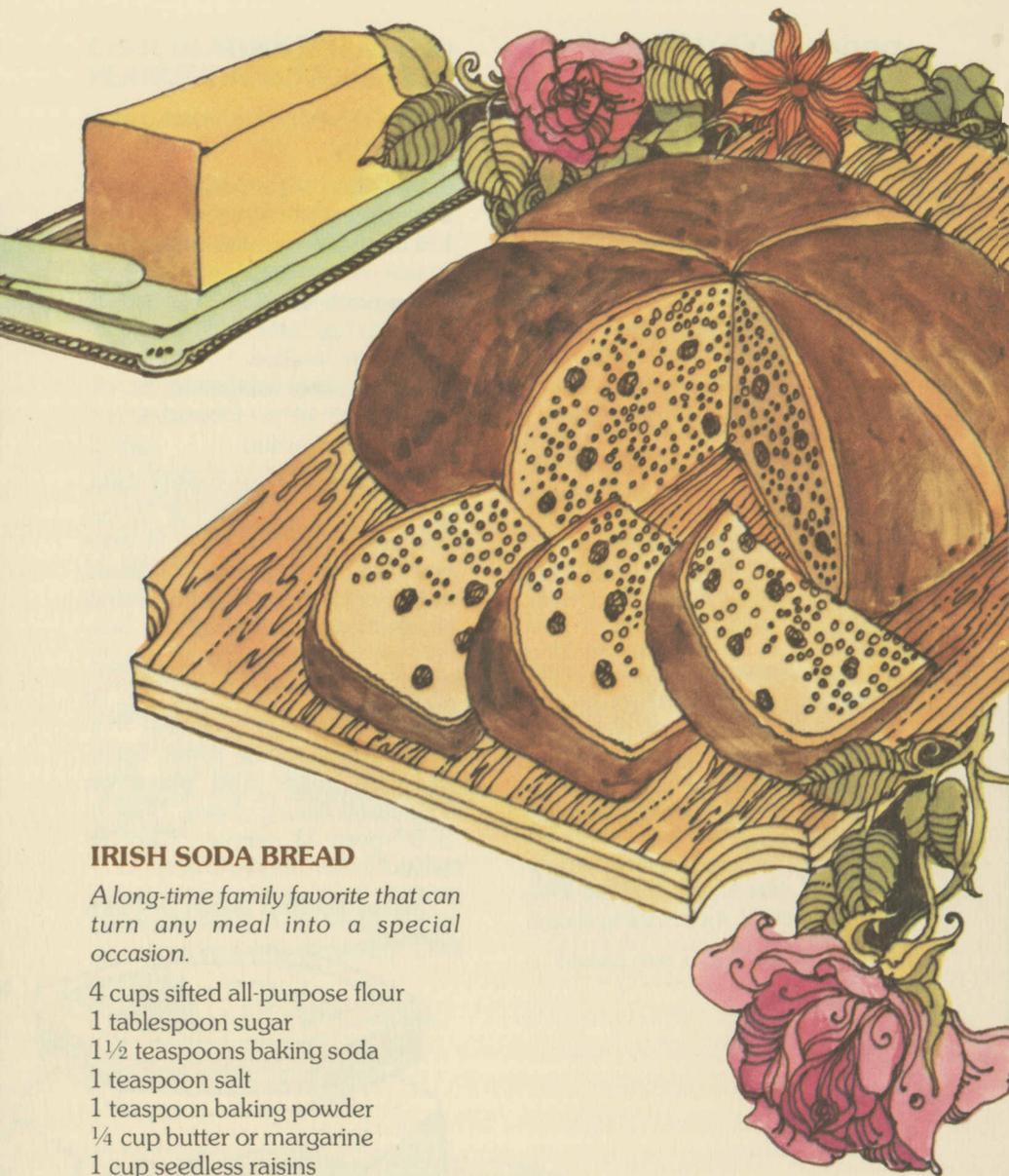
- 2½ cups sifted all-purpose flour
- 1¼ teaspoons baking soda
- 1 teaspoon salt
- 1 cup chopped dates
- 2 eggs
- 5 tablespoons white vinegar
- ¾ cup milk
- ½ cup firmly packed light brown sugar
- ¼ cup vegetable shortening, melted
- ¾ cup chopped nuts

Sift together flour, baking soda and salt into large bowl. Stir in chopped dates. In separate bowl, beat eggs; add vinegar and milk. Stir in brown sugar. Add melted shortening. Pour egg mixture into flour mixture all at one time. Stir only until all flour is dampened; then add nuts and mix lightly.

Turn into greased 9 x 5-inch loaf pan and bake in 350° oven 1 hour or until toothpick inserted in center comes out clean. Remove from pan and cool several hours or overnight before slicing.

Makes one 9 x 5-inch loaf.





IRISH SODA BREAD

A long-time family favorite that can turn any meal into a special occasion.

4 cups sifted all-purpose flour
1 tablespoon sugar
1½ teaspoons baking soda
1 teaspoon salt
1 teaspoon baking powder
¼ cup butter or margarine
1 cup seedless raisins
1½ cups buttermilk

Sift together flour, sugar, baking soda, salt and baking powder into large bowl. Cut in butter until crumbly. Stir in raisins. Add buttermilk and stir to make a soft dough. Turn onto lightly floured board and knead to form a smooth ball.

Pat by hand on greased baking sheet to ¼ inch thickness. With sharp knife score into 4 sections. Bake in 350° oven 1 hour or until bread is browned and a toothpick inserted in the center comes out clean. Serve warm with butter.

Makes 1 loaf.

DROP SUGAR COOKIES

These have been filling family cookie jars for over 100 years.

2½ cups sifted all-purpose flour
¾ teaspoon salt
½ teaspoon baking soda
½ cup butter or margarine
½ cup vegetable shortening
1 cup sugar
1 teaspoon vanilla extract
1 egg
2 tablespoons milk

Sift together flour, salt and baking soda. Using an electric mixer, cream together butter and shortening in large bowl; gradually add sugar and continue beating until light and fluffy. Beat in vanilla and egg. Add flour mixture and beat until smooth; blend in milk.

Drop by teaspoon about 3 inches apart onto greased baking sheets. Flatten with bottom of glass that has been dipped in sugar. Bake in 400° oven about 12 minutes or until edges are lightly browned. Cool on racks.

Makes about 5½ dozen 2-inch cookies.

OLD-FASHIONED MOLASSES COOKIES

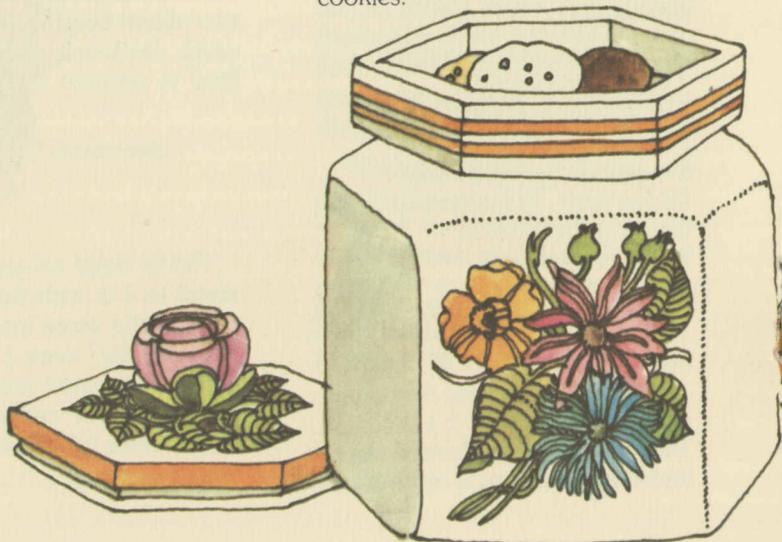
An old-time favorite equally delicious today.

4 cups sifted all-purpose flour
2 teaspoons baking soda
1½ teaspoons ground ginger
½ teaspoon ground cinnamon
⅛ teaspoon salt
1½ cups molasses
½ cup lard, melted
¼ cup butter or margarine,
melted
⅓ cup boiling water

Sift together flour, baking soda, spices and salt. Combine molasses, lard, butter and water in large bowl. Add dry ingredients to liquid and blend well. Cover and chill several hours or overnight.

Turn onto well-floured board. Using floured rolling pin, roll to ¼ inch thickness. Cut with 3½-inch floured cookie cutter. Sprinkle with sugar and place on ungreased baking sheets. Bake in 375° oven 12 minutes. Cool on racks.

Makes about 3 dozen 3½-inch cookies.



CHOCOLATE CHIP— PEANUT COOKIES

A rich crunchy cookie beloved by children of all ages.

2¼ cups sifted all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
½ cup butter or margarine
½ cup vegetable shortening
¾ cup firmly-packed light brown sugar
¾ cup granulated sugar
1½ teaspoons vanilla extract
2 eggs
1 package (6 ounces) semi-sweet chocolate chips
½ cup chopped dry roasted peanuts

Sift together flour, baking soda and salt. Using an electric mixer, cream together butter and shortening in large bowl. Gradually add sugars and vanilla; continue beating until light and fluffy. Beat in eggs. Gradually add sifted dry ingredients. Stir in chocolate chips and nuts.

Drop by teaspoon about 3 inches apart onto ungreased baking sheets. Bake in 375° oven 8 minutes or until lightly browned. Cool on racks.

Makes about 8 dozen cookies.

PUMPKIN TEA LOAF

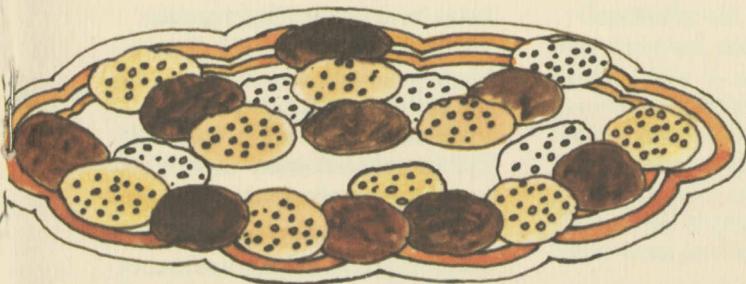
A light cake with the unforgettable goodness of pumpkin pie.

2½ cups sifted all-purpose flour
3 teaspoons baking powder
1½ teaspoons salt
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon ground ginger
¼ teaspoon ground cloves
½ cup wheat germ
½ cup vegetable oil
2 eggs
1½ cups sugar
1½ cups canned pumpkin

Sift together flour, baking powder, salt, baking soda and spices. Stir in wheat germ. In large bowl, beat together oil, eggs and sugar until creamy. Blend in pumpkin. Add dry ingredients and stir until moistened. Pour into greased 13 x 9 x 2-inch pan.

Bake in 350° oven 30 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan and cool on rack. Serve with whipped cream or ice cream, if desired.

Makes one 13 x 9 x 2-inch cake.





APPLESAUCE CAKE

One of the all-time favorite Baking Soda recipes, with real melt-in-your-mouth goodness.

- 2 cups sifted all-purpose flour
- 1 teaspoon baking soda
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground cloves
- $\frac{1}{2}$ cup vegetable shortening
- 1 cup firmly-packed light brown sugar
- 1 egg
- 1 cup sweetened applesauce
- $1\frac{1}{2}$ teaspoons grated lemon peel
- 3 tablespoons vinegar
- 1 cup dark seedless raisins

Sift together flour, baking soda, salt and spices. Using an electric mixer, cream shortening until soft

in large bowl; add sugar gradually, creaming until light and fluffy. Beat in egg.

Stir together applesauce, lemon peel and vinegar; add alternately with dry ingredients to creamed mixture, beginning and ending with dry ingredients. Beat well after each addition. Stir in raisins. Turn into greased and floured 8-inch square baking pan. Bake in 350° oven 55 minutes or until toothpick inserted in center of cake comes out clean. Cool in pan 10 minutes; remove from pan and cool on rack. Serve with whipped cream if desired.

Makes one 8-inch square cake.

LEMON LOAF CAKE

Serve frosted as a delicious dessert or plain as an accompaniment with fruit.

2 cups sifted cake flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup butter or margarine
1 cup sugar
2 eggs
1/2 cup milk
4 1/2 teaspoons lemon juice
1 teaspoon grated lemon peel

Sift together flour, baking soda and salt. Using an electric mixer, cream butter until light and fluffy in large bowl. Add sugar gradually, beating after each addition. In separate bowl, beat eggs until thick and lemon-colored. Slowly beat eggs into butter mixture.

Combine milk and lemon juice. Alternately add dry ingredients and

liquid to creamed mixture, beginning and ending with dry ingredients. After each addition, beat until smooth. Stir in lemon peel.

Turn into greased and floured 8-inch square pan. Bake in 350° oven 45 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan and cool on rack.

Makes one 8-inch square cake.

DESSERT GINGERBREAD

This gingerbread has a top crust so delicious it is almost like frosting, but without the extra calories.

1 1/2 cups sifted all-purpose flour
1 teaspoon baking soda
1 teaspoon ground ginger
1/4 teaspoon salt
1/3 cup vegetable shortening
1/2 cup sugar
1 egg
1/2 cup light molasses
3/4 cup boiling water

Sift together flour, baking soda, ginger and salt. Using an electric mixer, cream shortening until light and fluffy in large bowl. Add sugar gradually, beating after each addition. Beat in egg thoroughly; blend in molasses.

Gradually stir dry ingredients into creamed mixture. Beat thoroughly. Stir in water. Turn into greased and floured 8-inch square baking pan. Bake in 350° oven 40 minutes or until toothpick inserted in center of cake comes out clean. Cool in pan 10 minutes; remove from pan and cool on rack.

Makes one 8-inch square cake.

BANANA CAKE

An unusually light, moist cake with real banana flavor.

1 ¼ cups sifted cake flour
¾ teaspoon baking soda
½ teaspoon salt
½ cup vegetable shortening
1 cup sugar
2 eggs
¾ cup mashed banana (about
2 medium bananas)

Sift together flour, baking soda and salt. Using an electric mixer, cream shortening in large bowl; gradually add sugar and continue beating until light and fluffy. Add eggs, one at a time, beating after each addition. Blend in mashed banana.

Add dry ingredients to banana mixture and mix well. Turn into greased and floured 9-inch square pan. Bake in 350° oven 35 minutes or until toothpick inserted in center comes out clean. Cool on rack. If desired, sift confectioners sugar over cake or top with whipped cream.

Makes one 9-inch square cake.

SOUR CREAM POUND CAKE

A fine-textured, high, elegant company cake.

3 cups sifted all-purpose flour
¼ teaspoon baking soda
¼ teaspoon salt
3 cups sugar
1 cup (½ pound) butter or
margarine
6 eggs
1 cup commercial sour cream
1 teaspoon vanilla or lemon
extract
Confectioners sugar

Sift together flour, baking soda and salt. Using an electric mixer, cream together sugar and butter until light and fluffy in large bowl; add eggs one at a time, beating after each addition. Stir in sour cream and extract. Gradually mix dry ingredients into egg mixture until completely blended. Turn into greased and floured 10-inch tube pan.

Bake in 350° oven 1 hour and 25 minutes or until toothpick inserted in center comes out clean. Remove from pan and cool on rack. Before serving, sprinkle with confectioners sugar.

Makes one 10-inch tube cake.

FLUFFY WHITE FROSTING

An ideal frosting for almost any cake.

¾ cup sugar
⅓ cup light corn syrup
3 tablespoons water
3 egg whites (⅓ cup)
1 teaspoon vanilla extract

Combine sugar, syrup and water in small heavy saucepan. Stir and heat to boiling over medium heat. Boil, without stirring, until mixture reaches 240° on candy thermometer (soft ball stage). As syrup boils, beat egg whites with electric mixer until stiff. Pour hot syrup very slowly into egg whites, beating constantly. Add vanilla and beat several minutes or until stiff.

Makes enough for 8 or 9-inch layer cake.



BROWN VELVET CAKE

This is the single most requested baking soda recipe of all time.

2 cups sifted cake flour
1 teaspoon baking soda
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ cup vegetable shortening
 $1\frac{1}{2}$ cups firmly-packed light
brown sugar
2 eggs
3 squares (3 ounces)
unsweetened chocolate, melted
1 cup plus 2 tablespoons milk
1 teaspoon vanilla extract
Fluffy White Frosting (Page 12)

Sift together flour, baking soda and salt. Using an electric mixer, beat shortening and sugar in large bowl. Beat in eggs until mixture is very light and fluffy; stir in chocolate. Combine milk and vanilla. Alternately add dry ingredients and liquid to beaten egg mixture. begin-

ning and ending with dry ingredients. After each addition, beat until smooth.

Pour into 2 greased and floured 9-inch layer cake pans. Bake in 350° oven 25 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan and cool thoroughly on rack. Spread Fluffy White Frosting between layers and on sides and top of cake.

Makes one 9-inch layer cake.

RED DEVILS CAKE

Its delicious flavor and rich mahogany color make this a favorite for birthday cakes.

2 cups sifted cake flour
1 ¼ teaspoons baking soda
¼ teaspoon salt
½ cup butter or margarine
1 cup sugar
2 eggs
2 squares (2 ounces)
unsweetened chocolate, melted
¾ cup buttermilk
1 teaspoon vanilla extract
⅓ cup boiling water
Quick Fudge Frosting (page 14)

Sift together flour, baking soda and salt. Using an electric mixer, cream butter until light in large bowl. Add sugar gradually, beating after each addition until fluffy. Beat in eggs; add chocolate.

Combine buttermilk and vanilla. Alternately add the dry ingredients and liquid to chocolate mixture, beginning and ending with dry ingredients; beat well after each addition. Blend in water.

Turn into 2 greased and floured 8-inch layer cake pans. Bake in 350° oven 25 minutes or until toothpick inserted in center comes out clean. Cool on rack. Spread Quick Fudge Frosting between layers and on sides and top of cake.

Makes one 8-inch layer cake.

BUTTERMILK CHOCOLATE CAKE

Chocolate cakes made with baking soda are special favorites because of their richer flavor and darker color.

2 cups sifted cake flour
1 teaspoon baking soda
¼ teaspoon salt
½ cup butter or margarine

1 cup sugar
2 eggs
2 squares (2 ounces)
unsweetened chocolate, melted
1 cup buttermilk
1 teaspoon vanilla extract
Quick Fudge Frosting (page 14)

Sift together flour, baking soda and salt. Using an electric mixer, cream butter until light in large bowl. Gradually add sugar and continue beating until fluffy. Add eggs; beat well. Stir in melted chocolate.

Combine buttermilk and vanilla. Alternately add dry ingredients and liquid to creamed mixture, beginning and ending with dry ingredients; beat after each addition.

Turn into greased and floured 9-inch square pan. Bake in 325° oven 45 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan and cool on rack. Spread with Quick Fudge Frosting.

Makes one 9-inch square cake.

QUICK FUDGE FROSTING

Delicious with both chocolate or white layer cakes.

½ cup granulated sugar
2 tablespoons unsweetened cocoa
2 tablespoons butter or margarine
¼ cup milk
1 tablespoon light corn syrup
Dash salt
½ to ⅔ cup confectioners sugar
½ teaspoon vanilla extract

Mix granulated sugar and cocoa in small heavy saucepan. Add butter, milk, syrup and salt; heat to boiling, stirring frequently. Boil 3 minutes, stirring occasionally. Cool slightly. Beat in confectioners sugar and vanilla; continue beating until thick enough to spread.

Makes enough for 8 or 9-inch square cake.



Arm & Hammer Baking Soda has been recognized for over 125 years as a pure, safe, natural household cleaning aid. It is an odorless, scratchless cleanser, deodorizer and sweetening agent. It not only helps you bake delicious hot breads and cakes, but also helps you care for the mixer and other utensils.

Listed below are some of the unique properties of **Arm & Hammer** Baking Soda to help explain what it does and why.

ARM & HAMMER BAKING SODA

HOW IT WORKS

- Absorbs odors
- Cuts oil and grease film
- Cleans without scratching
- Sweetens
- Releases carbon dioxide
- Smothers flames
- Neutralizes acids

WHAT IT DOES

- Deodorizes refrigerators, drains, car ashtrays
- Shines glassware, soaks away burned on foods
- Cleans plastic, porcelain, chrome and stainless steel
- Coffee makers (non-aluminum), chopping boards, thermos jugs
- Leavens baked goods
- Extinguishes grease and broiler fires
- Relieves stomach upset

For additional uses, write to:

Consumer Services, Church & Dwight Co., Inc.
Two Pennsylvania Plaza, New York, N.Y. 10001

[®]In Canada Cow Brand Baking Soda



Arm & Hammer® Baking Soda Guide to Easier Kitchen Care

REFRIGERATOR

Clean and deodorize inside and out with a solution of 3 tablespoons baking soda per quart of water. After cleaning, place open package of soda in the refrigerator to absorb odors as they occur. Stir up the soda now and then to keep a fresh layer on top. After two months, put in a fresh package, and pour contents of used package down the drain. Flush through with hot water to help keep drains clean and fresh smelling.

FOOD DISPOSAL

Follow manufacturer's direction for cleaning and add about 3 tablespoons soda to each quart of water used.

HANDS

Rub dry soda on moistened hands; rinse. Removes strong odors such as onion and fish.

COUNTERTOPS, CUTTING BOARDS

Scour with dry soda and a damp sponge. Removes odors. Keeps surface new looking because it is non abrasive.

BURNED-ON FOOD PARTICLES

Fill pan or casserole with warm water. Add two tablespoons baking soda. Allow to soak 10 minutes. Wash as usual; or sprinkle dry baking soda into utensil; scrub with moist sponge or plastic scouring pad. Wash, rinse, dry.

PLASTIC, PORCELAIN, CHROME, STAINLESS STEEL

Sprinkle baking soda on moistened sponge. Scrub, rinse, buff dry. On stainless steel, scrub in direction of grain.

COFFEE AND TEAMAKERS (Non-aluminum), THERMOS JUGS

Fill with solution 3 tbsp. to quart of water. Wash and rinse. Clean corks and covers with dry baking soda and sponge. Removes sour smells and stains.

GREASE OR BROILER FIRE

Turn off stove burner. Stand back. Toss handful of dry baking soda at base of flames. Rinse food and pat dry with papertowels. Continue cooking.

SILVERWARE CLEANER

Place silver on aluminum foil in enamel pan with boiling water and 4 tbsp. baking soda. Let stand. Rinse; dry. (Not for pieces with raised patterns or cemented-on handles.)

FORMICA, VINYL, PLASTIC SURFACES

Sprinkle baking soda on damp cloth or moistened sponge. Scrub clean; rinse, dry.

DISHWASHER

A handful sprinkled over the bottom of the machine helps reduce odor build-up when dishes are left in the washer for any period of time.