



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 Recipes," 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 people 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, over 135 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 updated to conform to modern ingredients and mixing procedures – for you to bake with pride, and eat with pleasure.

ca 1995

**ARM & HAMMER Division
Church & Dwight Co., Inc.
Princeton, NJ 08543**



ARM & HAMMER® Pure Baking Soda (Bicarbonate of Soda) is a safe and natural product of food grade purity, making it the ideal substitute for so many of the household cleaning products found in most homes. However, the versatility of Baking Soda sometimes causes us to forget its original use as a leavening agent in baking. Baking Soda brings a uniquely delightful taste and texture to the recipes in which it is used.

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 juice of a fresh lemon or vinegar in the proportions listed below.

RECIPE FOR MOCK BUTTERMILK

For a liquid equal in acidity to 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 mock buttermilk 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 and natural ingredients 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.

Breakfast Treats...

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 $\frac{1}{4}$ 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.

BREAKFAST MUFFINS

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

- $1\frac{3}{4}$ cups sifted all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ 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 $2\frac{1}{2}$ -inch muffin cups about $\frac{2}{3}$ full. Bake in 400° oven 20 to 25 minutes. Serve warm with butter or preserves.

Makes about 1 dozen muffins.

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
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup vegetable shortening
- $\frac{3}{4}$ 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 $\frac{1}{2}$ -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.



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.



Breads & Rolls...

CLOVER TEA ROLLS

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

- 2 cups sifted all-purpose flour
- 1/4 cup sugar
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup vegetable shortening
- 1/2 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 2 1/4-inch diameter). Bake in 450° oven 15 minutes or until lightly browned.

Makes about 1 dozen rolls.

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
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 cup butter or margarine
- 1 cup seedless raisins
- 1 1/2 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 1 1/4-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.

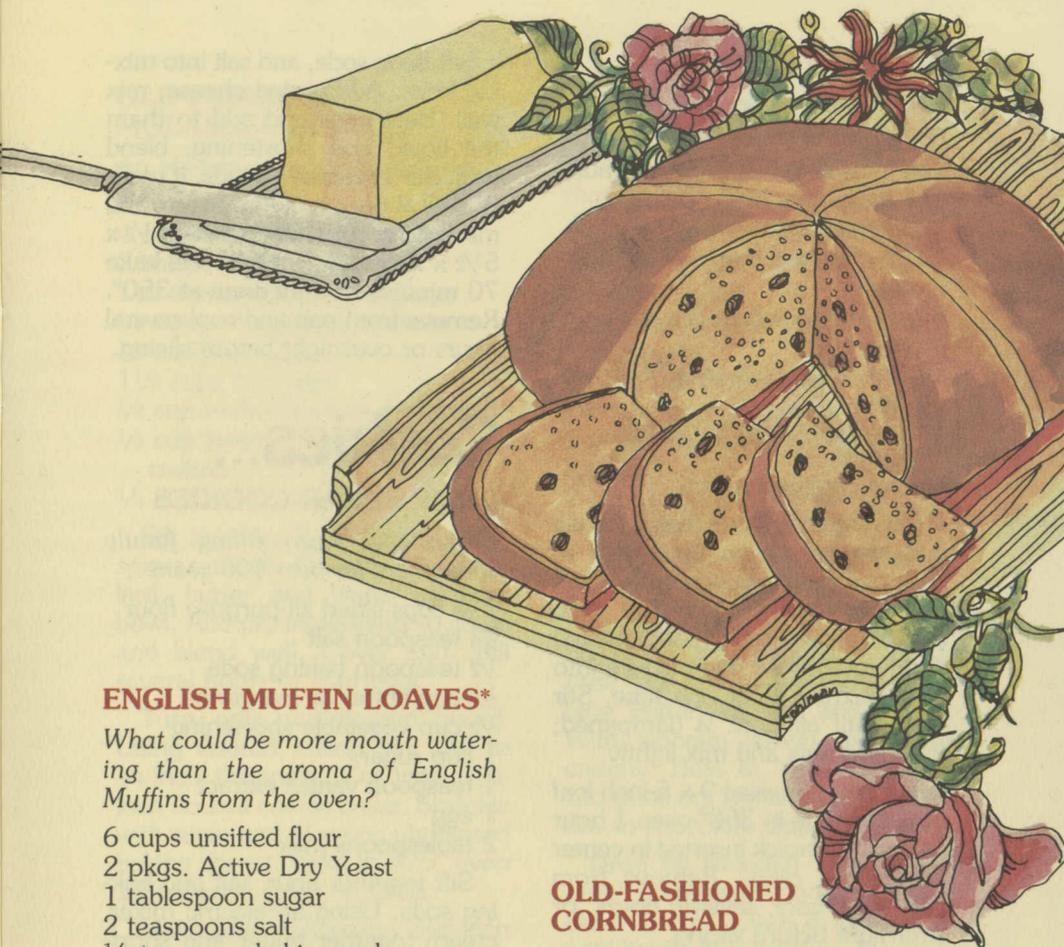
CINNAMON RAISIN COFFEE BREAD

A delightfully tasty bread, just right for starting off your day.

- 1/4 cup butter or margarine, melted
- 1/2 cup sugar
- 2 teaspoons cinnamon
- 2 1/2 cups sifted all-purpose flour
- 1 teaspoon salt
- 1 1/4 teaspoons baking soda
- 1/2 cup sugar
- 2 eggs
- 5 tablespoons white (distilled) vinegar plus milk to make 1 cup liquid
- 1/4 cup melted shortening
- 1/2 cup raisins
- 1/4 cup chopped nuts

Combine butter or margarine, 1/2 cup sugar and cinnamon. Set aside. Sift flour, salt, soda and other 1/2 cup sugar into mixing bowl. Beat eggs, add liquid, blend well; then add shortening and raisins. Pour all at once into flour mixture; stir until flour is just dampened. Spread half of batter in greased 8 x 8 x 2-inch baking pan; sprinkle with half the cinnamon mixture. Cover with remaining batter and draw knife through batter several times to distribute filling slightly. Sprinkle top with rest of cinnamon mixture and nuts. Bake for 45 minutes at 350°. Serve warm, cutting in squares.





ENGLISH MUFFIN LOAVES*

What could be more mouth watering than the aroma of English Muffins from the oven?

6 cups unsifted flour
2 pkgs. Active Dry Yeast
1 tablespoon sugar
2 teaspoons salt
1/4 teaspoon baking soda
2 cups milk
1/2 cup water
Cornmeal

Combine 3 cups flour, yeast, sugar, salt and baking soda. Heat liquids until very warm (120°-130°). Add to dry mixture; beat well. Stir in enough additional flour to make a stiff batter. Spoon into two 8 1/2 x 4 1/2-inch pans that have been greased and sprinkled with cornmeal. Cover; let rise in warm area for 45 minutes. Bake at 400° for 25 minutes. Remove from pans immediately and cool. Recipe yields 2 loaves, 16 slices per loaf.

To serve, slice and toast.

OLD-FASHIONED CORNBREAD

This moist golden bread will melt in your mouth.

1 cup all-purpose flour
3/4 teaspoon baking soda
1 teaspoon salt
1 1/2 cups cornmeal
2 eggs
1 1/2 cups buttermilk
3 tablespoons shortening

Sift, then measure the flour. Sift again with the baking soda, salt and cornmeal. Combine well beaten eggs, buttermilk and melted shortening. Add the liquid ingredients to the dry ingredients, stirring only until smooth. Turn into a well greased 8 x 8-inch pan. Bake for 25-30 minutes at 425°.

* Courtesy Nabisco Brands USA

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.

CHEESE BREAD

Just the right addition to so many meals.

- 3 cups sifted all-purpose flour
- 1½ teaspoons baking soda
- 1 teaspoon salt
- 1½ cups grated sharp natural cheddar cheese
- 2 eggs
- 6 tablespoons white (distilled) vinegar, plus milk to make 1½ cups liquid
- ¼ cup melted shortening
- 1 teaspoon caraway seeds (optional)

Sift flour, soda, and salt into mixing bowl. Add grated cheese; mix well. Beat eggs and add to them the liquid and shortening; blend well. Stir in caraway seeds, if used. Add all at once to flour mixture and mix lightly. Turn into greased 9½ x 5½ x 2¾-inch loaf pan and bake 70 minutes or until done at 350°. Remove from pan and cool several hours or overnight before slicing.

Cookies...

DROP SUGAR COOKIES

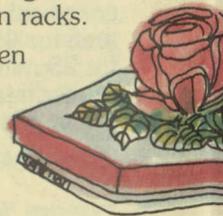
These have been filling family cookie jars for over 100 years.

- 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 melted lard or shortening
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.

CRUNCHY CHOCOLATE CHIP COOKIES

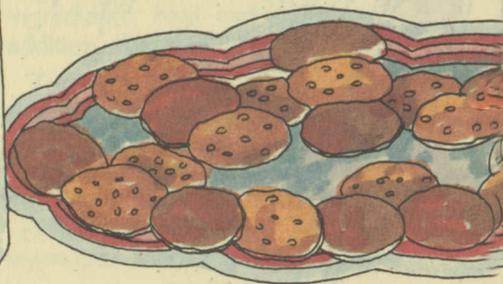
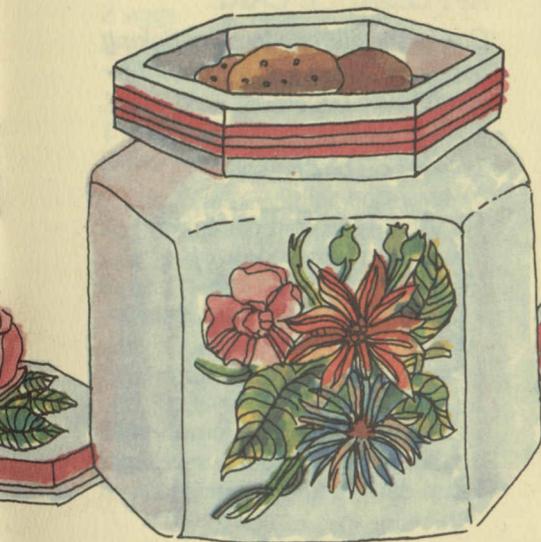
A chocolate and nut combination that can't be beat.

2¼ cups unsifted flour
1 teaspoon baking soda
1 teaspoon salt
1 cup softened butter or margarine
¾ cup granulated sugar
¾ cup brown sugar, packed
1 teaspoon vanilla extract
2 eggs
2 cups (12 oz.) semi-sweet chocolate chips
1 cup chopped nuts (peanuts, walnuts or pecans)

Pre-heat oven to 375°. In small bowl, sift together flour, baking soda, and salt. In large bowl, combine butter, sugars, and vanilla. With wooden spoon, beat until creamy. Beat in eggs. Gradually add sifted dry ingredients. Mix well. Stir in chocolate chips and nuts.

Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake in 375° oven 8 minutes or until lightly browned.

Makes about 8 dozen 2" cookies.





Cakes & Frostings...

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.

BROWN VELVET CAKE

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

2 cups sifted cake flour
1 teaspoon baking soda
3/4 teaspoon salt
1/2 cup vegetable shortening
1 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, beginning 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 DEVIL'S CAKE

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

2 cups sifted cake flour
1 1/4 teaspoons baking soda
1/4 teaspoon salt
1/2 cup butter or margarine
1 cup sugar
2 eggs
2 squares (2 ounces) unsweetened chocolate, melted
3/4 cup buttermilk
1 teaspoon vanilla extract
1/3 cup boiling water
Quick Fudge Frosting (page 13)

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.

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.

BANANA CAKE

An unusually light, moist cake with real banana flavor.

1 1/4 cups sifted cake flour
3/4 teaspoon baking soda
1/2 teaspoon salt
1/2 cup vegetable shortening
1 cup sugar
2 eggs
3/4 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.

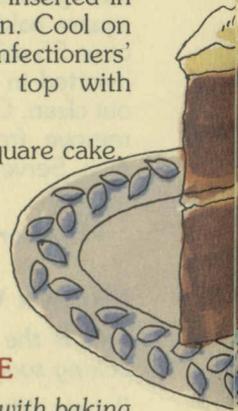
Makes one 9-inch square cake.

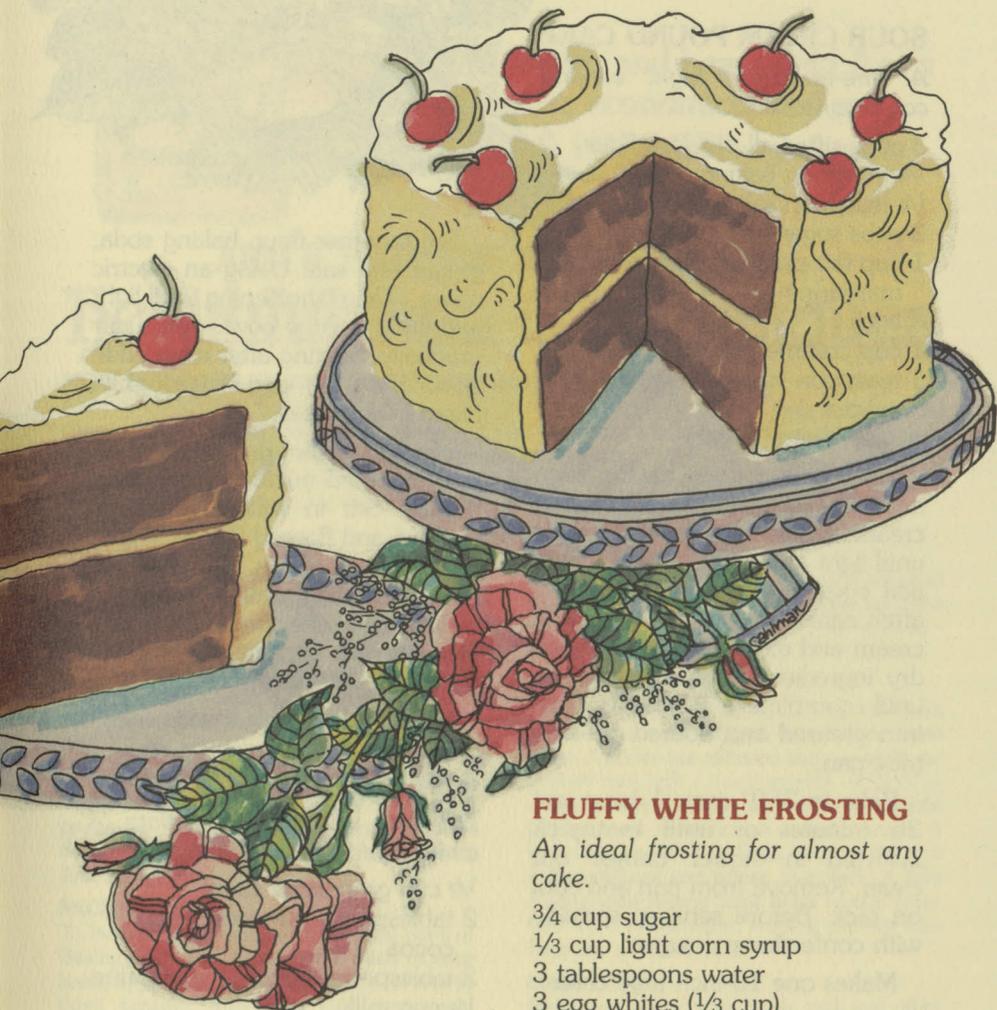
BUTTERMILK CHOCOLATE CAKE

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
1/4 teaspoon salt
1/2 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 13)

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.

FLUFFY WHITE FROSTING

An ideal frosting for almost any cake.

- 3/4 cup sugar
- 1/3 cup light corn syrup
- 3 tablespoons water
- 3 egg whites (1/3 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.

SOUR CREAM POUND CAKE

A fine-textured, high, elegant company cake.

3 cups sifted all-purpose flour
1/4 teaspoon baking soda
1/4 teaspoon salt
3 cups sugar
1 cup (1/2 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.

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.

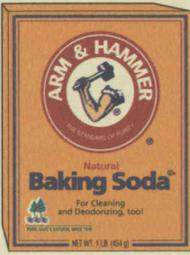
QUICK FUDGE FROSTING

Delicious with both chocolate or white layer cakes.

1/2 cup granulated sugar
2 tablespoons unsweetened cocoa
2 tablespoons butter or margarine
1/4 cup milk
1 tablespoon light corn syrup
Dash salt
1/2 to 2/3 cup confectioners' sugar
1/2 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.



For a health and beauty aid that's versatile, economical and safe...
ARM & HAMMER®—naturally

ARM & HAMMER® Pure Baking Soda

Healthful Tips & Techniques

HOW IT WORKS TO HELP YOU LOOK AND FEEL GOOD

ARM & HAMMER® Baking Soda is a natural product (pure bicarbonate of soda – no harmful chemicals!) that's been around for 150 years. It easily performs a wide range of health and grooming tasks in a refreshingly natural way. For personal care, use it as a paste (three parts Baking Soda and one part water), in a solution (dissolve four tablespoons of Baking Soda in a quart of water) or sprinkled dry straight from the box. Choose the proper formula to fit the task:

IN THE BATH

To clean dirt and perspiration from the skin, dissolve one-half cup or more of Baking Soda in a tub-full of tepid water and step into a soothing soak. As you soak, sprinkle Baking Soda on a damp washcloth and scrub ground-in dirt and grime from knees and elbows. Your skin will be clean and feel soft and smooth.

UNDERARM PROTECTION

After bathing, dust underarms with Baking Soda; many people like its natural deodorizing protection. For the added protection against wetness, use ARM & HAMMER Deodorant Anti-Perspirant.

FACE CARE

To loosen blackheads, combine equal parts of Baking Soda and water in the palm of your hand; apply mixture and rub gently for two to three minutes, then rinse with very warm water. Never squeeze!

TEETH AND GUMS

The best way to protect yourself against plaque-induced tooth decay, gum disease and tartar is to brush your teeth after meals, and to floss regularly. When brushing, hold your toothbrush at a 45° angle. Start brushing at the gum line to sweep plaque away from your teeth and gums. ARM & HAMMER Baking Soda is a gentle dentifrice that polishes teeth, removes plaque and food particles and freshens your breath naturally. For a fluoridated dentifrice with ARM & HAMMER Baking Soda, try ARM & HAMMER Dental Care®.

SHAVING

A Baking Soda "splash" using the standard solution can soothe sensitive skin and give temporary protection from – and comfort to – irritating razor burns.

HANDS AND FEET

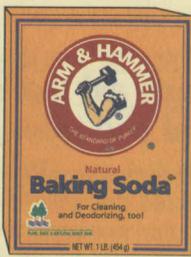
Care for hands and feet by cleaning nails with a small nail brush dipped in a Baking Soda paste. Cuticles are softened and can easily be pushed back with a manicure stick wrapped in cotton. Clean dirt from under nails with a little Baking Soda sprinkled on a damp brush. A foot soak in a Baking Soda solution helps to soften calluses and relieve tired feet. A light dusting with Baking Soda helps reduce moisture from perspiration, helping prevent foot odor and athlete's foot.

HAIR CARE

Make sure your comb, brush, pick and other hair accessories are clean, as their oily residues attract dirt. Place your grooming gear in a basin filled with a Baking Soda solution. Soak for a few minutes, swish until clean and allow to air dry. Baking Soda removes soil without leaving a soapy film.

FIRST AID

Used as a paste or solution, Baking Soda is a natural first aid remedy. It cools and soothes sunburn and minor burns, neutralizing acids to restore the pH (acid-alkali) balance of the skin. Baking Soda also seems to draw out the irritation and relieve the pain and swelling of insect bites, skin rashes and poison ivy.



Nothing says fresh & clean like
ARM & HAMMER®—naturally

ARM & HAMMER® Pure Baking Soda Around the House

FORMS IN WHICH YOU CAN USE BAKING SODA

In its natural state, an open box of Baking Soda makes a great refrigerator and freezer deodorizer. For other uses, take it from the box and use it in the form of;

- a **paste** (mix together 3 parts Baking Soda and 1 part water).
- **in solution** (dissolve 4 tablespoons Baking Soda in a quart of water).
- **dry-sprinkled** straight from the box.

COUNTERTOP/CHOPPING BOARD

To clean and remove onion, garlic and other food odors from wood and other porous surfaces, just sprinkle dry Baking Soda on a damp sponge and rub. Rinse with clear water.

SILVER FLATWARE/SERVING PIECES

To remove tarnish, apply a Baking Soda paste with a damp sponge or soft cloth. Rub until clean; rinse, and buff to a shiny gloss.

COFFEE AND TEAPOTS

Make a better tasting brew! Remove build-up of coffee oils and tea stains and sweeten the pot by washing with a Baking Soda solution. To remove stubborn stains, shake Baking Soda on a damp sponge and rub until clean. Rinse and dry.

VACUUM BOTTLES/PLASTIC FOOD CONTAINERS

Swish clean in a Baking Soda solution or sponge out interior. Rinse with clear water. To remove lingering odors in plastic, soak overnight in a Baking Soda solution.

FIBERGLASS

Sprinkle Baking Soda on a damp sponge and gently scour to clean, deodorize and remove mildew without scratching. Sponge clean, and wipe dry.

DISHWASHER

Save water and energy by running the dishwasher only when full. Before adding soiled dishes, sprinkle a small handful of Baking Soda over the bottom of the machine to absorb odors all day long.

COOKING UTENSILS

Let pots and pans soak in a Baking Soda solution before washing. Baking Soda cleans glass, porcelain enamel and metal cookware without scratching.

MICROWAVE OVENS

Clean and deodorize the inside of the oven and around the door seal with a Baking Soda solution. It won't scratch the delicate interior. For stubborn odors, leave an open box of Baking Soda inside, but be sure to remove it before each use.

REFRIGERATOR/FREEZER

Place an opened 1 lb. box of Baking Soda in the back of the refrigerator and change every three months to neutralize odors and prevent taste-transfer between foods. A second opened box in the freezer will keep ice cubes and ice cream fresher tasting longer by absorbing stale freezer odors.

REFRIGERATOR/KITCHEN APPLIANCES

Use a Baking Soda solution to clean and deodorize major and small appliances. To gently scour away tough dirt without scratching, use a paste or sprinkle Baking Soda on dry. Rinse with clear water and buff dry.

DRAINS/DISPOSER

When a fresh box of Baking Soda goes into the refrigerator, recycle the contents of the old box down the drains to help keep them sweet and fresh smelling.

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.

