



GOOD  
THINGS  
TO EAT

TESTED RECIPES

made with ARM & HAMMER or  
COW BRAND 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

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

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

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 $\frac{1}{4}$ cup grapefruit juice (4 tablespoons)
1 $\frac{1}{2}$ tablespoons lemon juice (4 $\frac{1}{2}$ teaspoons)	3 $\frac{1}{4}$ 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.

# Hot Breads

## Soda Biscuits

- |  |   |
|--|---|
| 2 cups sifted all purpose flour                    | 1/2 teaspoon salt                       |
| 1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda | 4 tablespoons shortening                |
|  | 3/4 cup sour milk or buttermilk (about) |

SIFT flour once, measure, add baking soda and salt and sift again. Cut in shortening. Stirring quickly, add enough milk to make a stiff dough. Turn onto floured board. Knead slightly. Roll 1/2 inch thick. Cut with floured biscuit cutter. Bake in hot oven (475° F.) 15 minutes. Makes 12 biscuits.

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BE SURE THAT ALL MEASUREMENTS ARE LEVEL

# Hot Breads

## Cinnamon Buns

2 cups sifted all purpose flour	1 tablespoon sugar
$\frac{1}{2}$ teaspoon Arm & Hammer or Cow Brand Baking Soda	4 tablespoons shortening
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup sour milk or buttermilk
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{4}$ cup sugar

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 and cinnamon. 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.

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CINNAMON BUNS ARE MORE ENJOYABLE WHEN SERVED HOT



# Hot Breads

## Individual Shortcakes

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

Crushed berries or stewed fruit, sweetened

SIFT flour once, measure, add baking soda and salt and sift again. Cut in shortening. Add buttermilk, and stir quickly to form a stiff dough. Turn onto floured board. Knead slightly. Roll to  $\frac{1}{4}$  inch in thickness. Cut into rounds with two inch cutter. Place half the rounds on baking sheet. Butter lightly and sprinkle with sugar. Place the remaining rounds on top of these, and again spread with butter and sprinkle with sugar. Bake in hot oven (475° F.) 15 minutes. Break open and put fruit between and on top of layers. Garnish with whipped cream if desired. Serves 8.

## Cheese Stars

1  $\frac{3}{4}$  cups sifted all purpose flour  
 $\frac{1}{2}$  teaspoon Arm & Hammer or Cow Brand Baking Soda  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{3}$  cup shortening  
 $\frac{1}{2}$  cup grated cheese  
 $\frac{3}{4}$  cup buttermilk  
Soft butter  
Grated cheese

SIFT flour once, measure, add baking soda and salt and sift again. Cut in shortening. Add grated cheese. Add buttermilk, stirring quickly to form a soft dough. Turn onto floured board. Knead slightly. Roll  $\frac{1}{4}$  inch thick. Spread lightly with soft butter. Cut into 2 inch squares. Cut each square in half, making triangles. Cover one half with grated cheese, place other half on top of first, butter side down, center points in opposite position. Bake in hot oven (475° F.) 15 minutes. Serve hot. Makes 24 Stars.

# Hot Breads

## 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                          |
| $\frac{1}{2}$ teaspoon salt                      | $1\frac{1}{2}$ cups sour milk or buttermilk |
|  | 3 tablespoons shortening, melted            |
|  | $\frac{1}{2}$ cup raisins                   |

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

## Sour Milk Griddle Cakes

- |  |  |
|--|--|
| 2 cups sifted all purpose flour                  | 1 tablespoon sugar                           |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | $2\frac{1}{2}$ cups sour milk, or buttermilk |
| 1 teaspoon salt                                  | 1 egg, well beaten                           |
|  | 1 tablespoon shortening, melted              |

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

## Bran Muffins

- |  |                                  |
|--|----------------------------------|
| 1 cup sifted all purpose flour                   | 1 egg, well beaten               |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 cup sweet milk                 |
| 1 teaspoon salt                                  | $\frac{1}{2}$ cup molasses       |
|  | 2 cups bran                      |
|  | 2 tablespoons shortening, melted |

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

# Hot Breads

## Breakfast Muffins

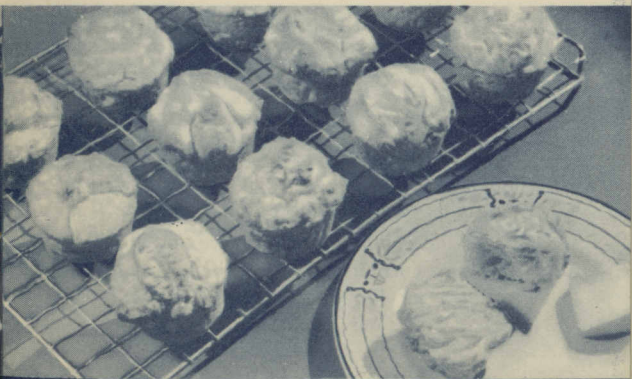
2 cups sifted all purpose flour	
1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda	1 cup sour milk or buttermilk
1/2 teaspoon salt	1 egg, well beaten
2 tablespoons sugar	4 tablespoons shortening, melted

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.

For Date Muffins, add 1/2 cup finely cut dates to dry ingredients.

For Corn Meal Muffins, replace 1/2 cup flour with 1/2 cup corn meal.

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BREAKFAST MUFFINS—QUICK MIXING—LITTLE STIRRING GIVES TEXTURE

# Hot Breads

## Apricot Loaf

- |   |  |
|---|--|
| $\frac{3}{4}$ cup dried apricots,<br>finely cut | $\frac{3}{4}$ teaspoon Arm & Hammer<br>or Cow Brand Baking<br>Soda |
| $\frac{3}{4}$ cup cold water                    |  |
| 1 tablespoon lemon<br>juice                     | $\frac{1}{2}$ teaspoon salt  |
| 2 cups sifted all purpose<br>flour              | $\frac{1}{4}$ cup butter, or other<br>shortening                   |
|   | $\frac{1}{2}$ cup sugar  |
| 1 egg, slightly beaten                          |  |

WASH apricots well. Cut. Add cold water and heat just to boiling point. Remove from fire. Add lemon juice. Cool. Sift flour once, measure, add baking soda and salt and sift again. Work butter with spoon until creamy. Add sugar and beat well. Add egg. Add apricots and juice. Add flour and beat well. Turn into greased loaf pan (8" x 4" x 3") and bake in moderate oven (350° F.) one hour or until done. Cool. Slices better the second day.

## Old-Fashioned Corn Bread

- |  |  |
|--|--|
| 1 cup sifted all purpose<br>flour                                  | $1\frac{1}{2}$ cups corn meal                  |
| $\frac{3}{4}$ teaspoon Arm &<br>Hammer or Cow<br>Brand Baking Soda | 2 eggs, well beaten                            |
| 1 teaspoon salt  | $1\frac{1}{2}$ cups buttermilk or<br>sour milk |
|  | 3 tablespoons lard,<br>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.

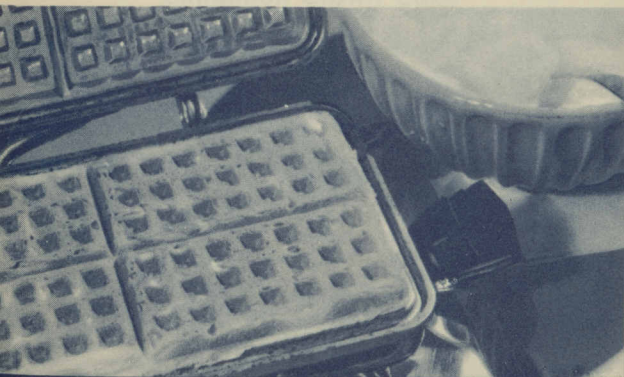
Note: Cracklings may be added to taste.

# Hot Breads

## Rich Waffles

- |  |                                      |
|--|--------------------------------------|
| 1 $\frac{1}{4}$ cups sifted all purpose flour                | $\frac{1}{2}$ teaspoon salt          |
| $\frac{1}{2}$ teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 tablespoon sugar                   |
|  | 1 cup sour milk                      |
|  | $\frac{1}{4}$ 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.



# Cakes

## Chocolate Nut Loaf

- |  |   |
|--|---|
| 1 $\frac{1}{3}$ cups sifted pastry flour                     | 1 egg, unbeaten   |
| $\frac{3}{4}$ teaspoon Arm & Hammer or Cow Brand Baking Soda | $\frac{1}{2}$ cup nutmeats, coarsely cut                      |
| $\frac{1}{2}$ teaspoon salt                                  | 2 ounces (2 squares) unsweetened chocolate, melted and cooled |
| $\frac{1}{3}$ cup butter, or other shortening                | $\frac{3}{4}$ cup sour milk or buttermilk                     |
| $\frac{3}{4}$ cup sugar                                      | 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, and beat after each addition until light and fluffy. Add egg and beat well. Add nutmeats. Add chocolate and beat until blended. Add vanilla. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Turn into greased loaf pan (8" x 8" x 2") and bake in moderate oven (350° F.) 45 minutes. Frost with Mocha Frosting.

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CHOCOLATE NUT LOAF—KEEP SLOW EVEN TEMPERATURE WHILE BAKING

# Cakes

## Apple Sauce Cake

- |  |   |
|--|---|
| 2 cups sifted all purpose flour                  | 1 teaspoon cinnamon                           |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | $\frac{1}{2}$ cup butter, or other shortening |
| $\frac{1}{4}$ teaspoon salt                      | 1 cup sugar                                   |
| $\frac{1}{4}$ teaspoon cloves                    | 1 egg, unbeaten                               |
| $\frac{1}{2}$ teaspoon nutmeg                    | 1 cup raisins, cut                            |
|  | 1 cup nutmeats, coarsely broken               |
| 1 cup thick apple sauce                          |   |

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 egg, beat well. Add nuts and raisins. Add flour alternately with apple sauce, a small amount at a time, beating until smooth after each addition. Turn into greased loaf pan (8" x 4" x 3"). Bake in a moderate oven (350° F.) 1 hour and 15 minutes.

## Cinnamon Crown Cake

- |  |   |
|--|---|
| 2 cups sifted pastry flour                                   | $\frac{1}{2}$ cup butter, or other shortening |
| $\frac{3}{4}$ teaspoon Arm & Hammer or Cow Brand Baking Soda | $\frac{3}{4}$ cup sugar                       |
| $\frac{1}{2}$ teaspoon salt                                  | 1 egg, well beaten                            |
| $\frac{1}{2}$ teaspoon cinnamon                              | $\frac{2}{3}$ cup sweet milk                  |
|  | 1 $\frac{1}{2}$ tablespoons vinegar           |
| $\frac{1}{4}$ cup ground nutmeats                            |   |

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 after each addition until light and fluffy. Add egg. Blend well. Add combined milk and vinegar alternately with flour, a small amount at a time, beating until smooth after each addition. Turn into greased loaf pan (6" x 10" x 2"), sprinkle with nutmeats; bake in a moderate oven (350° F.) 45 minutes.

## Cakes

### Quick Gingerbread

2 1/4 cups sifted all purpose flour  
2 teaspoons Arm & Hammer or Cow Brand Baking Soda  
1 teaspoon salt  
2 teaspoons ginger  
1 cup molasses  
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 beat until smooth. Add shortening. Beat well. Turn into greased shallow pan (6" x 10"). Bake in moderate oven (350° F.) 30 to 35 minutes. Serve hot.

### Old Fashioned Molasses Cake

2 1/2 cups sifted all purpose flour  
1 1/2 teaspoons Arm & Hammer or Cow Brand Baking Soda  
1 teaspoon salt  
1 teaspoon cinnamon  
1 cup boiling water  
1 teaspoon cloves  
1/2 teaspoon ginger  
1/2 cup butter, or other shortening, melted  
1/2 cup sugar  
1 cup molasses  
2 eggs, well beaten

SIFT flour once, measure, add baking soda, salt and spices and sift again. Combine butter, sugar, molasses and eggs and blend well. Add flour and beat until smooth. Add boiling water and stir until smooth. Turn into 2 shallow greased loaf pans (8" x 8" x 2") and bake in moderate oven (375° F.) 30 minutes. Frost as desired.

### Frozen Whipped Cream

1 cup cream, whipped  
2 tablespoons confectioners' sugar  
1 tablespoon molasses

Mix ingredients gently. Drop by spoonfuls on wax paper. Place in freezing tray of automatic refrigerator and chill two hours. Serve with any hot pudding. Particularly good with gingerbread or molasses cake.



# Cakes

## Dainty Lemon Layer

2 cups sifted pastry flour	½ cup butter, or other shortening
¾ teaspoon Arm & Hammer or Cow Brand Baking Soda	1 cup sugar
¼ teaspoon salt	1 egg, well beaten
2 tablespoons	½ cup milk
	lemon juice

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. Blend well. Add flour, a small amount at a time, alternately with combined milk and lemon juice, beating after each addition until smooth. Turn into two greased 8" layer pans. Bake in moderate oven (375° F.) 25 minutes. Spread Lemon Filling between layers and frost with Fluffy Frosting.

## Red Devil's Ring

2 cups sifted pastry flour	1 cup sugar
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1 egg, unbeaten
½ teaspoon salt	¾ cup sweet milk
½ cup butter or other shortening	⅓ cup cocoa
	1 tablespoon vinegar
	½ 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 ¼ 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.

# Cakes

## Golden Spice Cake

2 1/4 cups sifted pastry flour	1/4 teaspoon nutmeg
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1/2 cup butter, or other shortening
1/2 teaspoon salt	1 cup sugar
1/2 teaspoon cloves	1 egg, well beaten
1/2 teaspoon cinnamon	1 tablespoon molasses
	1 cup sour milk or buttermilk

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 until light and fluffy after each addition. Add egg. Add molasses. Blend well. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Turn into greased loaf pan (6" x 10" x 2") and bake in moderate oven (350° F.) 45-50 minutes. Frost with Butter Frosting.

## Little Date Cakes

1 cup dates, finely cut	1 teaspoon Arm & Hammer or Cow Brand Baking Soda
1 cup boiling water	
2 tablespoons butter, or other shortening	1 cup sugar
1 3/4 cups sifted pastry flour	1 egg, well beaten
	1 cup nutmeats, coarsely cut
	1 teaspoon vanilla

COMBINE dates, water and shortening and let stand until cool. Sift flour once, measure, add baking soda and sift together three times. Add sugar, egg and nutmeats to date mixture. Add flour, and blend well. Add vanilla. Bake in small greased cup cake pans in moderate oven (375° F.) 25 minutes. Remove from tins and roll immediately in confectioners' sugar. Makes 2 dozen cakes.

For general information on baking, see section on "How to Bake," page 25.

# Cookies

## Date Squares

$\frac{2}{3}$  cup sifted all purpose  
flour

$\frac{1}{2}$  teaspoon Arm &  
Hammer or Cow  
Brand Baking Soda

3 eggs, well beaten

$\frac{3}{4}$  cup sugar

1 cup dates, finely cut

1 cup nutmeats, coarsely cut

$1\frac{1}{3}$  tablespoons vinegar

SIFT flour once, measure, add baking soda and sift together three times. Add sugar slowly to eggs, and beat until light and thick. Add dates and nutmeats. Add vinegar. Blend well, Add flour, and stir until smooth. Turn into 2 greased, shallow loaf pans (8" x 8" x 2") and bake in moderate oven (350° F.) 25 minutes. Cut in squares, remove from pan and dredge with confectioners' sugar. Makes 32 squares.

## Hermits

$2\frac{1}{2}$  cups sifted all pur-  
pose flour

$\frac{1}{2}$  teaspoon Arm &  
Hammer or Cow  
Brand Baking Soda

$\frac{1}{2}$  teaspoon salt  
1 teaspoon cinnamon

$\frac{1}{2}$  teaspoon nutmeg

$\frac{1}{4}$  teaspoon cloves

$\frac{1}{4}$  teaspoon allspice

$\frac{1}{2}$  cup butter, or other  
shortening

$\frac{1}{2}$  cup sugar

2 eggs, well beaten

1 cup raisins, cut

$\frac{1}{2}$  cup nutmeats, coarsely  
cut

$\frac{1}{2}$  cup crystallized citron,  
shredded

$\frac{1}{4}$  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 nutmeats. Add molasses and blend well. Add flour gradually, beating after each addition until smooth. Drop by teaspoons onto ungreased baking sheet. Flatten slightly. Bake in moderate oven (375° F.) 15 minutes. Makes  $3\frac{1}{2}$  dozen Hermits.

# Cookies

## Peanut Butter Icebox Cookies

- |  |   |
|--|---|
| 2 1/2 cups sifted all purpose flour                | 3/4 cup butter or other shortening        |
| 3/4 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 cup granulated sugar                    |
| 1/4 teaspoon salt                                  | 1/4 cup sifted brown sugar, firmly packed |
|  | 1 cup peanut butter                       |
| 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.

## Raisin Rocks

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

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 nutmeats. Drop by teaspoonfuls on ungreased baking sheet. Bake in hot oven (400° F.) 10 to 12 minutes. Makes 3 dozen Rocks.

# Cookies

## Sweet Molasses Cookies

- |   |                                  |
|---|----------------------------------|
| 4 $\frac{3}{4}$ cups sifted all purpose flour     | 3 teaspoons ginger               |
| 2 teaspoons Arm & Hammer or Cow Brand Baking Soda | 1 cup butter or other shortening |
| 1 teaspoon salt                                   | 1 cup sugar                      |
|   | 2 eggs, well beaten              |
|   | 1 cup molasses                   |
|   | $\frac{1}{3}$ cup sweet milk     |

SIFT flour once, measure, add baking soda, salt and ginger, and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating well after each addition. Add eggs. Blend well. Add molasses. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Chill dough until stiff enough to roll easily. Turn onto floured board, and roll to  $\frac{1}{4}$  inch in thickness. Cut with floured cookie cutter. Sprinkle with sugar and bake in hot oven (400° F.) 12 minutes. Makes 3 dozen cookies.

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SWEET MOLASSES COOKIES—KEEP DOUGH COLD—ROLL ONLY IN SMALL QUANTITIES

# Cookies

## Rolled Sugar Cookies

- |  |                    |
|--|--------------------|
| 3 1/2 cups sifted all purpose flour              | 1/2 teaspoon salt  |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 3/4 cup shortening |
|  | 1 1/4 cups sugar   |
|  | 1 egg, well beaten |
|  | 1 teaspoon vanilla |
|  | 1/2 cup sour milk  |

SIFT flour once, measure, add baking soda and salt and sift together three times. Work shortening with spoon until creamy. Add sugar gradually and beat well after each addition. Add egg. Beat well. Add vanilla. Add one half of flour alternately with milk, beating until smooth after each addition. Work in remaining flour. Chill dough for two hours. Roll dough thin on lightly floured board. Cut with large floured cookie cutter. Place on baking sheet. Sprinkle with sugar. Place a large seeded raisin in center of each cookie. Bake in hot oven (425° F.) 8-10 minutes. Makes 3 dozen cookies.

## Pecan Spice Cookies

- |  |   |
|--|---|
| 1 3/4 cups sifted all purpose flour                | 1 teaspoon cinnamon                     |
| 1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1/3 cup butter, or other shortening     |
| 1/2 teaspoon salt                                  | 1 cup sifted brown sugar, firmly packed |
| 1/4 teaspoon cloves                                | 2 eggs, well beaten                     |
| 1/2 teaspoon nutmeg                                | 1/2 cup sour milk                       |
|  | 1 cup pecans, coarsely cut.             |

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 until light and fluffy after each addition. Add eggs. Blend well. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Add pecans. Drop by teaspoonfuls on ungreased baking sheet and spread thin with the back of a spoon. Bake in hot oven (425° F.) 10-12 minutes. Makes 3 1/2 dozen cookies.

# Puddings and Doughnuts

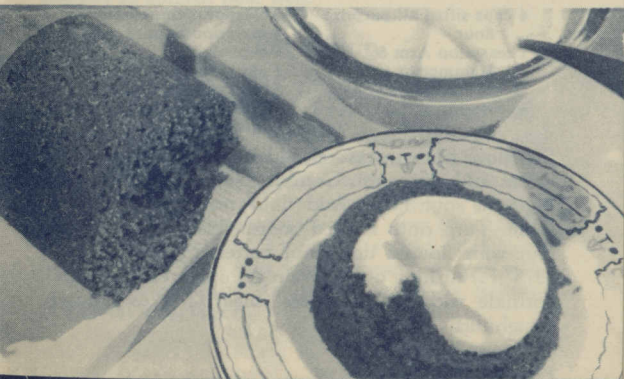
## Saturday's Pudding

2½ cups sifted all purpose flour  
1½ teaspoons Arm & Hammer or Cow Brand Baking Soda  
¾ cup raisins  
¼ teaspoon salt  
¾ cup soft butter  
¾ cup molasses  
1 cup sour milk or buttermilk

SIFT flour once, measure, add baking soda and salt and sift together three times. Combine butter, molasses and milk. Add raisins. Add flour and beat well. Turn into greased molds, filling them  $\frac{2}{3}$  full. Steam 3 hours. Serve with some simple sauce or with whipped cream. Serves 10.

Always steam puddings in tightly covered molds or baking dishes. Let steam undisturbed for one hour. Then replenish water kettle, if necessary, with boiling water. Work quickly. If cold air touches the pudding pan, the pudding may fall.

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SATURDAY'S PUDDING—CUT WITH THREAD—NOT KNIFE

# • Puddings and Doughnuts •

## Fig Pudding

2 1/2 cups sifted flour	1/4 teaspoon cloves
1 1/2 teaspoons Arm & Hammer or Cow Brand Baking Soda	1/2 cup butter, or other shortening
1 teaspoon salt	1/2 cup sugar
1 teaspoon cinnamon	2 eggs well beaten
1/2 teaspoon allspice	1 1/2 cups figs, finely cut
	3/4 cup molasses
	1 cup sour milk

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 until light and fluffy after each addition. Add eggs. Blend well. Add figs. Add molasses. Add flour alternately with sour milk, beating until smooth after each addition. Turn into greased tube pan. Bake in moderate oven (350° F.) 1 hour. Serve with Hard Sauce. Serves 10.

## Doughnuts

4 cups sifted all purpose flour	1/4 teaspoon cinnamon
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1/2 teaspoon nutmeg
1 teaspoon salt	1 cup sugar
	2 eggs, well beaten
	2 tablespoons shortening, melted
	1 cup sour milk

SIFT flour once, measure, add baking soda, salt and spices and sift again. Combine sugar, eggs, shortening and sour milk. Add flour mixture. Beat well. Chill. Turn onto floured board. Roll 1/4 inch thick. Cut with floured doughnut cutter. Fry in deep fat (375° F.) turning once. Drain on unglazed paper and sprinkle with confectioners' sugar. Makes 3 dozen doughnuts.



# Frostings and Sauces

## Butter Frosting

4 tablespoons butter                      3 tablespoons milk  
2 cups confectioners' sugar      1 teaspoon vanilla

WORK butter with spoon until very soft. Add sugar gradually, thinning with milk until of right consistency to spread. Beat well. Add vanilla.

## 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.

## 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.

## Lemon Filling

Juice and grated rind                       $\frac{3}{4}$  cup water  
of 1 lemon                       $2\frac{1}{2}$  tablespoons cornstarch  
 $\frac{1}{2}$  cup sugar                      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 two 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. Cool.

## *Frostings and Sauces*

### Fluffy Frosting

1 cup sugar  
2 egg whites, unbeaten  
4 tablespoons cold water

$\frac{1}{4}$  teaspoon cream of tartar  
Dash of salt  
 $\frac{1}{2}$  teaspoon vanilla

COMBINE sugar, egg whites, water, cream of tartar and salt in upper part of double boiler. Beat well. Place over boiling water and beat constantly with rotary beater seven minutes. Remove from fire and continue beating until frosting stands up in peaks. Add vanilla.

### 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.

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FLUFFY FROSTING—JUST SWIRL IT ON

# HOW TO BAKE

**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.  $\frac{1}{8}$  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.

# FACTS REGARDING PLAIN WHITE FLOUR

**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

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

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

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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# T ABLE OF WEIGHTS AND MEASURES

3 teaspoons . . . . .	1 tablespoon
4 tablespoons . . . . .	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tablespoons . . . . .	$\frac{1}{3}$ 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		

