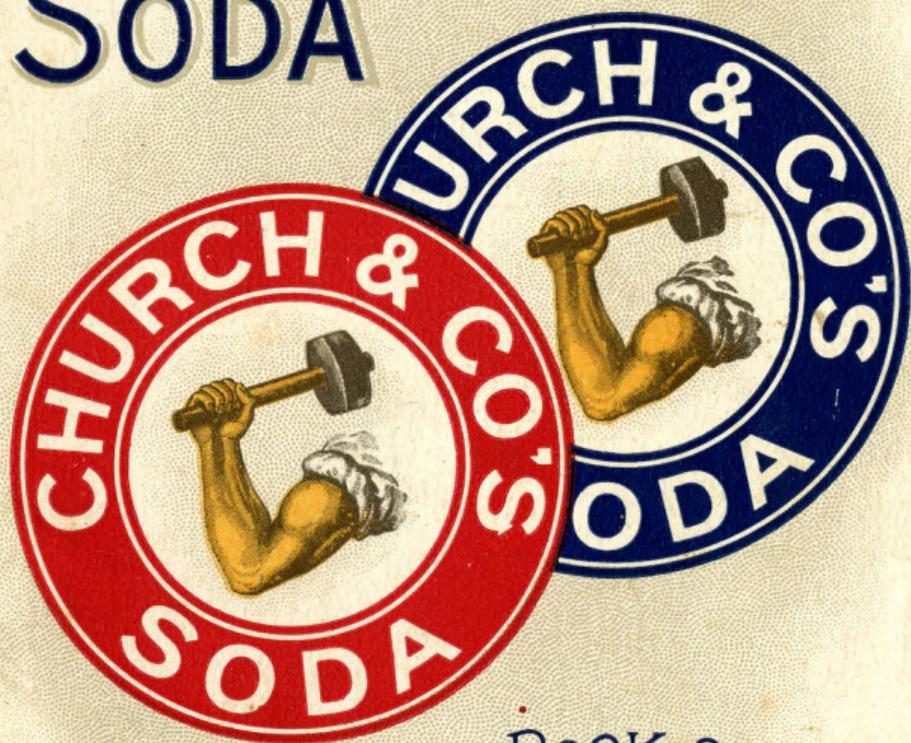


ARM & HAMMER SODA



BOOK OF
VALUABLE RECIPES

57th Edition

PERPETUAL CALENDAR.

1.—The first table gives the week-day on which falls the first of each month.
 2.—If the month commences on Sunday, Table headed "Sunday" is the Calendar for that month, and so on.

		JAN.	FEB.	MAR.	APR.	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.
1908..	WED.	SUN.	WED.	FRI.	MON.	TUES.	THUR.	SUN.	WED.	FRI.	THUR.	SUN.	TUES.
1909..	FRI.	MON.	THUR.	SAT.	TUES.	THUR.	SUN.	WED.	FRI.	MON.	WED.	MON.	WED.
1910..	SAT.	TUES.	FRI.	SUN.	WED.	FRI.	MON.	THUR.	SAT.	TUES.	THUR.	TUES.	THUR.
1911..	SUN.	WED.	SAT.	MON.	THUR.	SAT.	TUES.	FRI.	SUN.	FRI.	SUN.	WED.	FRI.
1912..	MON.	THUR.	FRI.	MON.	WED.	SAT.	MON.	THUR.	SUN.	TUES.	TUES.	FRI.	SUN.
1913..	WED.	SAT.	TUES.	THUR.	SUN.	TUES.	FRI.	MON.	WED.	SAT.	WED.	SAT.	MON.
1914..	THUR.	SUN.	SUN.	WED.	FRI.	MON.	WED.	SAT.	TUES.	THUR.	THUR.	SUN.	TUES.
1915..	FRI.	MON.	MON.	THUR.	SAT.	TUES.	THUR.	SUN.	WED.	FRI.	FRI.	MON.	WED.
1916..	SAT.	TUES.	WED.	SAT.	MON.	THUR.	SAT.	TUES.	FRI.	SUN.	SUN.	WED.	FRI.
1917..	MON.	TUES.	THUR.	SUN.	TUES.	FRI.	SUN.	WED.	SAT.	MON.	MON.	THUR.	SAT.
1918..	TUES.	FRI.	FRI.	MON.	WED.	SAT.	MON.	THUR.	SUN.	TUES.	TUES.	FRI.	SUN.
1919..	WED.	SAT.	SAT.	TUES.	THUR.	SUN.	TUES.	FRI.	MON.	WED.	WED.	SAT.	MON.

		MONDAY.			TUESDAY.			WEDNESDAY.			THURSDAY.			FRIDAY.			SATURDAY.							
S	1	8	15	22	29	T	1	8	15	22	29	F	1	8	15	22	29	S	1	8	15	22	29	
M	2	9	16	23	30	W	2	9	16	23	30	T	2	9	16	23	30	S	2	9	16	23	30	
T	3	10	17	24	31	W	3	10	17	24	31	F	3	10	17	24	31	S	3	10	17	24	31	
W	4	11	18	25	T	4	11	18	25	S	4	11	18	25	M	4	11	18	25	T	4	11	18	25
T	5	12	19	26	F	5	12	19	26	S	5	12	19	26	M	5	12	19	26	T	5	12	19	26
F	6	13	20	27	S	6	13	20	27	M	6	13	20	27	W	6	13	20	27	T	6	13	20	27
S	7	14	21	28	M	7	14	21	28	T	7	14	21	28	W	7	14	21	28	T	7	14	21	28

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ARM & HAMMER SODA

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INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

SENSE AND SODA.

There's a great deal of talk about efficiency these days. The employer demands of the man: "What can you do? What results can you show?" The successful manufacturer who finds his machinery even a little out-of-date, hurries it to the scrap-heap and installs new. He wants nothing in his factory but what will turn out the best product in greatest amount in the shortest time. Even though it means a large money outlay, he can't afford not to do it: his rival stands ready to seize any advantage and turn it to his own account.

In the home it is the women who demands results from what she buys and pays for. In return for their cost, furnishings and clothes must give back service, length of wear and satisfaction to the eye; every bit of food purchased must make returns of energy or be discarded from the menus of the economical house-wife. Her equipment is kept up with the same intelligent regard to its efficiency as is the manufacturer's plant. She can't afford, any more than he, to let it get behind the times.

This is the day of efficiency—which is only common sense in practice—and Soda. Woman in the house, you want your house-work—all of it—done in the best possible way. You want your family not only fed, but intelligently nourished.

Accordingly you should know the value of **THE GREAT ARM & HAMMER SODA** in making many dishes more delicious and digestible—in adding to the actual physical and mental efficiency of each one of your household.

You want your home to be not merely a place to stay, but a wholesome, cheery place with a rested home-maker at its head. In justice to yourself and to those who depend upon you for brightness, you should have leisure for reading and for the outside interests without which you will slip into the inevitable rut.

So you should know how your working-hours can be shortened—in kitchen and nursery—by the use of **THE GREAT ARM & HAMMER SODA**.

You want to make the utmost of your house-keeping allowance and that's not to be thought of without the efficient aid of **THE GREAT ARM & HAMMER SODA**.

This little book is a careful compilation of facts which other house-keepers have found valuable—even indispensable—in efficient housekeeping. The recipes have been tested; the suggestions are based upon a knowledge of what **THE GREAT ARM & HAMMER SODA** has done and can do. Most of the pages relate to its varied uses. But the aim has been to offer you a book of the widest possible service, within the limits of its size, and a number of general home helps have been included.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA.

Sound Bodies live in clean houses.
Sound Minds inhabit clean, comfortable bodies.

Soda is pretty nearly essential to a clean house, and for personal use it has many comfort-making qualities. But if you use Soda—and of course you do, everybody does—*get it pure.*

When the Pure Food Bill went into effect, there was one Soda-manufacturing concern that didn't have to scurry around and revise the wording on its packages and raise the quality of the product so as to escape prosecution under the law.

THE GREAT ARM & HAMMER SODA HAS ALWAYS BEEN PURE.

In the many years since it was first offered to the public it has been kept at the same standard of excellence.

The manufacturers of **THE GREAT ARM & HAMMER SODA** are far more jealous of the maintenance of its quality than its users can possibly be. But in order that you may get the advantage of the high level of purity invariably maintained in this product, it is necessary that you do your part: *Insist upon getting THE GREAT ARM & HAMMER SODA in unbroken packages.*

NOTE.—There are so many uses of **THE GREAT ARM & HAMMER SODA** which are not commonly known that a careful reading of this little book is suggested.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

ARE YOU THRIFTY?

"Economy, the poor man's mint."

"The rich have learned the lesson of thrift; it is the poor who are improvident." Believing this, one of our wealthiest philanthropists is planning model homes near New York where the principles of true domestic thrift will be taught. There is not the least doubt that in those kitchens Soda—the best, **THE GREAT ARM & HAMMER SODA**—will be used for breads, puddings and rolls, and that baking powder will be a rarely used luxury.

Have YOU learned the lesson of thrift in your house-keeping?

Not if you use expensive baking powders for your cookery, while the pigs get the sour milk.

Not if you waste fuel instead of softening the fiber of meat and old vegetables with **THE GREAT ARM & HAMMER SODA**.

Not if acid fruits are allowed to absorb their weight in sweetening when **THE GREAT ARM & HAMMER SODA** could be used to neutralize the acid in part and save considerable sugar.

Not if meat is allowed to spoil when a bath with a solution of **THE GREAT ARM & HAMMER SODA** would keep it fresh or restore its sweetness.

Not if you hurry to the doctor with a case of indigestion which **THE GREAT ARM & HAMMER SODA** would banish.

Not if your cribbed corn is permitted to fall a prey to weevil when **THE GREAT ARM & HAMMER SODA** would exclude the pest.

Not if you see your cows' yield of milk decrease without administering **THE GREAT ARM & HAMMER SODA** to restore the animals to good condition.

Not if you lose time nursing a cold, a burn or a headache, when **THE GREAT ARM & HAMMER SODA** would relieve you.

Not if your teeth are neglected until a dentist's expensive services are required, when **THE GREAT ARM & HAMMER SODA** would preserve them from decay.

Not if the use of a good horse is lost while his scratch slowly heals without the help of **THE GREAT ARM & HAMMER SODA**.

Not if your house or barns burn down because you don't keep **THE GREAT ARM & HAMMER SODA** at hand to extinguish fire.

You can't be an economical housekeeper without soda. And you cannot be an intelligent judge of Soda without choosing and thereafter using **THE GREAT ARM & HAMMER SODA**—the Soda that is all Soda, without adulteration or waste.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

RAISING AGENTS.

The raising of materials to be cooked is accomplished by fermentation, as with yeast; by entangling air in the mixture as by beating; and by chemical action as in the case of the Soda combinations. The last means—and in that we are most interested—is far the simplest, doing away with the wearisome waiting for the yeast plant to grow, and the beating that makes one's arm ache to think of. In using this third method the mixture is rendered porous by the action of certain acids, contained either in food as sour milk or molasses, or furnished by a chemical like cream of tartar, which frees the carbonic acid gas in the Soda.

Baking powders are made by combining Soda with cream of tartar, a chemical so expensive as to offer strong temptation to the manufacturer to adulterate his product. An eminent chemist, after analyzing fifty different brands, found that fifty per cent were grossly adulterated. As the sole value of baking powder is the raising property, or carbonic acid gas, which is contained in the Soda alone, the safest and most economical plan is to secure a brand of Soda above suspicion of impurity, wrapped so as to insure its continued strength. Then if baking powder is needed for any purpose, it can be made at home and its quality and healthfulness assured. Soda, unlike baking powder, is cheap. Cleanliness in the handling and careful wrapping bring to you a wholesome, powerful raising agent. Such, **THE GREAT ARM & HAMMER SODA** has been found to be by purchaser and chemist alike. There can be no doubt about **THE GREAT ARM & HAMMER SODA**. It has stood for years as the standard of Soda excellence. Its reputation is too valuable to risk: you may use with perfect confidence the Soda that comes to you sealed in packages bearing **THE GREAT ARM & HAMMER** trademark. It contains uniformly over 52% of carbonic acid gas and over 99% of pure Soda, every pound of which is tested before leaving the extensive chemical works of the manufacturers, and not permitted to be sold unless up to this standard.

The strength of **THE GREAT ARM & HAMMER SODA** is maintained by careful wrapping in distinctive packages for the greater security of our patrons. And although **THE GREAT ARM & HAMMER SODA** is also sold in kegs to supply a certain demand, we advise against buying it in bulk for the reason that it makes substitution an easy matter. Be sure you see the circles of blue and red enclosing the Arm and Hammer and the firm name, Church & Co. Then neither accident nor design can prevent your getting the best Soda made or possible to be made.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

DO NOT BUY BAKING POWDER

When you have sour milk or buttermilk, which costs nothing. Baking Powder Manufacturers say: "do not use Cream Tartar and Soda," and then expatiate at length on the danger of adulteration, and the liability of housekeepers using these articles in the wrong proportion, even if obtained pure, thereby making cookery heavy or yellow, with an alkaline taste. Whereas, the fact is that the best Baking Powder is composed of a mixture of these two identical substances (Cream Tartar and Soda), with the addition of starch enough to repel moisture. Now, Soda, or Saleratus is an article which by the improved modern methods of manufacture, can be made so pure and cheaply that it does not pay to adulterate it. With Cream Tartar it is different. This Acid, when pure commands so great a price that it becomes a strong temptation to the unscrupulous dealer to adulterate. The price of one pound of good Baking Powder will furnish a large family with Soda enough for some months.

The farmer's wife has always an acid free to her hands in the form of sour milk or buttermilk, which can be used both as an acid to neutralize the Soda or Saleratus, also as a means of wetting and enriching the dough. Why, then, should she go to the expense of buying Baking Powder or Cream Tartar when she only needs Soda with the sour milk.

Any good cook by a few experiments or trials with Sour Milk and Soda, can form recipes of her own, which will be more delicious and toothsome than when made by the use of Baking Powder, and have the additional satisfaction of knowing what materials there are in the cookery, and consequently a knowledge of its absolute healthfulness.

The large increase in the use of Baking Powder of late years has induced unscrupulous persons to enter into the manufacture of cheap and inferior Baking Powders producing deleterious effects on the health of families using them. One eminent chemist, after analyzing nearly fifty different brands, determined that fifty per cent. were grossly adulterated. The sole value in Baking powder is the raising property, or carbonic acid gas, which is contained in the Soda alone. The safest and most economical plan is to use only **THE GREAT ARM & HAMMER BAKING SODA** and **SOUR MILK** (or Buttermilk) or, if Baking Powders are preferred, housekeepers can make the best quality at home.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

GENERAL DIRECTIONS.

Take one even teaspoonful **THE GREAT ARM & HAMMER BRAND SODA** (or Saleratus), sift and mix thoroughly through one pound or quart of flour, and add sour milk enough to knead the dough.

Two teaspoonfuls Pure Cream Tartar to one of **THE GREAT ARM & HAMMER BRAND SODA** (or Saleratus) ought to produce the same effect; but sour milk or buttermilk is preferable, because good Cream Tartar is difficult to obtain, besides being expensive.

CHURCH & CO'S GREAT ARM & HAMMER BRAND SODA (OR SALERATUS) IS ALWAYS FULL STRENGTH. IF THE COOKING IS NOT RIGHT AT FIRST, USE LESS OF THE SODA AFTERWARD, UNTIL THE PROPER QUANTITY IS DETERMINED.

Housekeepers using Baking Powder can make the very best for immediate use by mixing through a sieve thoroughly one part **THE GREAT ARM & HAMMER BRAND SODA** (or Saleratus) with two parts Cream Tartar, **WHICH MUST BE STRICTLY PURE.** Should a supply be desired for future use, take larger quantities in the same proportion and add another part of powdered corn starch or good flour. Have all perfectly dry before mixing together. The result will be the best Baking Powder possible to be obtained. Keep in an air-tight package. The only ingredient containing raising properties, however, is Soda (or Saleratus). Housekeepers will readily perceive that by using **THE GREAT ARM & HAMMER BRAND SODA** (or Saleratus) with sour milk simply, they save many times the cost of Baking Powders.

In using Soda (or Saleratus) in recipes containing molasses, remember always to put the dry Soda in a bowl and pour the molasses on to the Soda. It will dissolve quickly, foam up, and make your cake or pudding a beautiful golden yellow. Hot lard can also be poured on the Soda to dissolve it, but never boiling hot water in recipes for baking.

Nothing makes more delicious cakes and biscuits than buttermilk. Sour Cream is also very nice, but not always so easy to get.

The following recipes are recommended to housekeepers as being especially adapted to the use of **CHURCH & CO'S GREAT ARM & HAMMER BRAND SODA** (or Saleratus), and sure to secure good results, having been tested and proved by experienced cooks.

In these recipes it is always advisable to use **THE GREAT ARM & HAMMER BRAND SODA** (or Saleratus) by sifting it throughout the flour or meal before wetting; but if housekeepers prefer to dissolve the Soda (or Saleratus) in water, it is important that the water be lukewarm.

We have in these recipes paid particular attention to the use of Soda (or Saleratus) without Cream Tartar. Pure Cream Tartar is almost unattainable, as all intelligent housekeepers know. Should, however, it be desirable to substitute Cream Tartar for sour milk or cream in any of these recipes, twice as much Cream Tartar should be used as Soda, in place of the sour milk or cream.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

TESTED RECIPES.

BREADS.

QUICK BREAD.

Sift together one quart bread-flour with one heaping teaspoonful cream of tartar, one even teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), and a half teaspoonful salt. Mix in dry two tablespoonfuls of lard, and last work all into a smooth dough with nearly a pint of milk. Let it stand a few minutes, then mould up into two loaves, place in tins, let stand for four or five minutes, and bake in a brisk oven. If it gets brown too quickly on top, place greased paper over the loaves.

RYE AND MEAL BREAD.

Sift together two cups rye meal, one and a half cups Indian meal and one teaspoonful salt. In one cup water and a half cup buttermilk dissolve one even teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), add a small cup molasses. Stir in the meal a little at a time; beat all up lightly and add two tablespoonfuls melted butter. Pour at once into greased large tin, set into steamer and steam for three hours, then bake for about thirty minutes longer in oven to give it a good crust.

OLD HOMESTEAD MEAL BREAD.

Sift together well three cups rye flour, two cups fine ground Indian meal, one teaspoonful salt. In one cup lukewarm water dissolve one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), add a small cup New Orleans molasses, and one cup buttermilk. Mix all into a batter, not too stiff. Bake in a round pan which should be set into a larger pan holding some boiling water. A richer loaf can be made by adding one or two eggs and a small piece of shortening.

BOSTON BROWN BREAD.

Sift together two cups Indian meal, two cups Graham flour, one cup coarse rye flour, one cup wheat flour, two teaspoonfuls salt. Take one large cup molasses and two cups buttermilk. Add one and a half cups water, in which dissolve two small teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus). Mix all into a soft dough (a little more water may have to be added). Pour into brown-bread moulds with covers, which must be well greased. Bake in a deep pan, into which has been poured hot water about one inch deep. Water should be all evaporated after two hours, then bake about one hour longer.

GRAHAM BREAD.

One quart sour milk, two round teaspoonfuls of **THE GREAT ARM & HAMMER SODA** (or Saleratus), two teaspoonfuls of salt, one cup of molasses, two tablespoonfuls of brown sugar, four coffee-cups of Graham flour, sifted, four coffee-cups of wheat flour sifted. Bake one hour in a slow oven.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

STEAMED GRAHAM BREAD.

Take two eggs, small cup molasses, one cup sweet milk, two cups Graham flour, one cup white flour, pinch of salt, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), butter size of an egg; steam three hours.

EGG BREAD.

Two eggs well beaten, two cups sour milk, one smooth teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), one small handful of corn meal; lard size of small egg melted and added to batter; a little salt. Bake in hot oven.

INDIAN LOAF.

Two cups corn meal, two cups flour, one cup sweet milk, one cup sour milk, one-half cup molasses, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one pinch salt.

BROWN BREAD.

Take one cup of molasses, one cup of sour milk (and a little over), two teaspoonfuls of **THE GREAT ARM & HAMMER SODA** (or Saleratus), half cup of sweet milk (good measure), salt, a tablespoonful of sugar, one cup of corn meal, two cups of flour; steam three hours.

SELF-RAISING OR PREPARED FLOUR.

One quart flour sifted, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), two teaspoonfuls cream tartar, one saltspoonful salt.

BISCUIT, MUFFINS, ROLLS AND GEMS.

THE GREAT ARM AND HAMMER SODA BISCUITS.

One teaspoonful salt, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), two cups buttermilk, lard twice the size of an egg. Use enough sifted flour to make a smooth dough. Roll half an inch thick and bake in hot oven.

SODA CRACKERS.

One lb. flour, two oz. lard, one-half teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), one-eighth cake of yeast, pinch of salt, one teaspoonful of sugar, one-half teaspoonful of Malt Ext. 120°. Water sufficient to make dough.

DELICIOUS TEA BISCUIT.

Take one quart of sifted flour, one teaspoonful of salt and one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus); sift thoroughly together; then rub in a heaping tablespoonful of lard or butter, and add sufficient sour milk or buttermilk to make a soft dough—just stiff enough to handle with the floured hand. Roll out the dough, and cut out the biscuit. Put into hot pans and bake immediately.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

OATMEAL GEMS.

Two cups rolled oats, one and a half cups of sour milk. Mix and let stand over night. In the morning add one even teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), a little salt, one egg beaten very light, one-quarter cup of sugar or molasses and one cup of flour. Bake in gem pans.

METROPOLITAN CORN GEMS.

Beat together one-half cup corn meal, two tablespoonfuls sugar, two tablespoonfuls butter and two eggs. Then add a half pint of sour milk with one teaspoonful (even) of **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in it, and one cupful of sifted wheat flour. Pour into deep gem tins, well greased and heated. Bake in a hot oven.

SLAP JACK.

Scald two cups of yellow meal with a pint of boiling water, beaten to a smooth mash; thin with one quart of buttermilk in which is dissolved two teaspoonfuls of **THE GREAT ARM & HAMMER SODA** (or Saleratus); beat all thoroughly; add a little salt, one or two eggs well beaten, and enough sifted flour to form batter. Have the griddle clean, smooth and hot. Cold cooked rice or hominy can be used instead of corn meal.

JOHNNY CAKE.

Sift together one cup and a quarter wheat flour, two cups Indian meal, two tablespoonfuls of sugar, one teaspoonful salt. Mix together with two cups of sour milk and one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), dissolved in a little cold water. Add now to the batter three tablespoonfuls of soft butter and one to three eggs. Pour into well buttered tins and bake thirty minutes in a brisk oven.

CORN CAKE.

Mix two cupfuls of sour milk, two cupfuls of Indian meal, one cupful of flour, four tablespoonfuls of sugar, four tablespoonfuls of cream, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) and a little salt. Half the quantity of butter may be used instead of cream.

PARKER HOUSE ROLLS.

Take two pounds flour, two heaping teaspoonfuls pure cream of tartar, one heaping teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), one heaping teaspoonful salt, all sifted together three times; then add two heaping teaspoonfuls sugar. Rub into the above dry (like tea biscuit) five ounces butter or lard, which must be hard. Add one or two eggs and one and a half pints sweet milk and work into a light dough. Do not work more than is necessary for the dough to hold together. Roll out at once a half an inch thick, and cut out with a large round cutter, then wash the edges with melted butter and double over like turnovers. Let them stand a few minutes, wash with egg and bake in a hot oven.

BUTTERMILK MUFFINS.

Take one quart of buttermilk, two eggs, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in warm water, one teaspoonful of salt, flour to make good batter. Beat the eggs well and stir them into the milk, beating hard all the while, add the flour and salt, and last the Soda.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

GRIDDLE CAKES AND WAFFLES.

THE OLDTIME BUCKWHEAT CAKE.

Sift a quart of old-fashioned buckwheat flour with a cup of yellow Indian meal and a tablespoonful of salt. Add three cupfuls of hot water and one of milk. The hot water mixed with cold flour will make a mixture that is blood warm. Beat the batter vigorously and add to it a cupful of home-made yeast or an yeast cake dissolved in a cupful of luke-warm water. Set the batter where it will rise thoroughly over night, yet where it is not hot enough to sour; cover carefully. In the morning beat the batter again, grease the griddle and add to the batter a cupful of warm milk in which a heaping teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) has been dissolved. Beat the batter again until it foams up almost like soda water; then begin to bake the cakes immediately. It is not well to let the batter stand after adding **THE GREAT ARM & HAMMER SODA** (or Saleratus), as it gradually becomes heavy again. If the batter is not thin enough add more milk.

BUCKWHEAT CAKES.

Mix three tablespoonfuls molasses with one quart sour milk or buttermilk, and one or two beaten eggs. Then add, stirring in slowly, enough buckwheat flour to make a smooth batter, and one handful of corn meal well mixed with one large teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus). Salt to taste. Bake immediately.

GRIDDLE CAKES.

Sift a teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) into two cupfuls of sifted flour and a half teaspoonful of salt; stir into the mixture two scant cupfuls of sour milk and two well beaten eggs; make a smooth batter and bake on a well greased hot griddle. Serve at once.

CORN MEAL BATTER CAKES.

Take one pint corn meal, three-fourths pint sour milk, one teaspoon nearly full of **THE GREAT ARM & HAMMER SODA** (or Saleratus), stir in milk until it foams; two eggs beaten separately, salt to taste. A tablespoonful of flour added to the meal is an improvement. Have the griddle hot and well greased.

WAFFLES.

Take one quart flour, three eggs beaten separately, a piece of lard the size of an egg, half teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), a little salt; mix with enough sour cream to make a thin batter. Beat thoroughly before putting in the irons.

WAFFLES WITHOUT EGGS.

Take one tablespoonful sifted corn meal, one-half tablespoonful lard, one teaspoonful salt. Scald this with boiling water just enough to moisten the meal thoroughly. Add one pint of sour milk, and flour to make batter consistency of cake batter. Beat until perfectly smooth, just before baking add teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in a little water; stir this in well. Have the irons very hot, grease well, bake quickly and serve at once.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

CAKE.

BREAD CAKE.

Take three cups bread sponge, two cups brown sugar, one cup butter, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), two eggs, one cup raisins, one-half cup citron, one teaspoonful each of cinnamon and cloves, a little nutmeg, flour. Let rise until light.

BREAD DOUGH CAKE.

Take three large cups of bread sponge, one teaspoonful all kinds spices, one and one-half cups sugar, one large cup chopped raisins seeded, a little salt, two eggs, two-thirds cup butter, one-half cup molasses, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), flour to thicken. Let stand one and one-half hours, then bake in slow oven.

VELVET LUNCH CAKE.

Take one-half cup butter, one cup sugar, one cup sour milk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one egg, two cups flour, one cooking spoonful molasses, one teaspoonful cinnamon, one-quarter teaspoonful cloves, one-quarter teaspoonful nutmeg.

ENGLISH TEA CAKE.

Take one cup of sugar, one-half cup of butter (melted), one teaspoonful each cloves and cinnamon, one-half teaspoonful of nutmeg, one cup of sour milk, two cups of flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus) well rounded, one cup of seeded raisins. Mix the sugar and spices together; add the butter and cream well; put Soda in milk and add to the mixed ingredients; stir in the flour and last the raisins sprinkled with flour. An excellent cake that does not require eggs.

BERRY SHORTCAKE.

Take three cups flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), two teaspoonfuls cream of tartar, one teaspoonful salt. Put these all in the flour and sift together. A piece of lard the size of two eggs, rubbed in the sifted flour, then wet up with butter-milk or sour milk. Half of this is enough for one quart of berries.

APPLE SAUCE CAKE.

Take one cupful sugar, one-quarter cup shortening, one cupful apple sauce, two cupfuls flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in about two tablespoonfuls water, one teaspoonful each of cloves and cinnamon, a little nutmeg, salt; with or without one egg, one cup seeded raisins or currants. Beat the apple sauce until it is very smooth.

APPLE CAKE.

Take two cups sugar, four eggs, one cup of shortening, one heaping teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in one-half cup of cold water, three cups flour, one teaspoonful cinnamon, cloves and allspice, three green apples chopped fine.

BANANA CAKE.

Take one cup of sugar, one third cup of butter, half cup sweet milk, three eggs, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), two of cream tartar, two cups of sifted flour, flavor to taste. Filling—Mash two bananas to a cream, stir into boiled frosting and put between layers. To be eaten same day as made.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

"Lives there a man with soul so dead
That does not love hot ginger-bread?"

NEW ENGLAND GINGER BREAD.

Take one-half cup brown sugar, one-half cup lard, one cup molasses, two eggs, two teaspoonfuls ginger, one teaspoonful cinnamon, one cup boiling water, two level teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus), and two and one-half cups flour.

SOFT GINGER CAKE.

Take one cup of molasses to which add one teaspoonful ginger, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus) and a pinch of salt, one-half cup drippings melted in one-half cup hot water added to the molasses, two cups of flour.

SOFT GINGER BREAD.

Beat one egg lightly in a cup with a fork. Add one tablespoonful melted butter, three tablespoonfuls sour milk, and fill the cup with molasses. Turn all into a bowl and beat hard. Add one cup sifted flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), and spices. Bake in a sheet.

GINGER DROP CAKE.

Take three eggs, one cup lard, one cup sugar, two teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus), three teaspoonfuls ginger, five cups flour, pinch of salt, one cup molasses, one cup sour milk, a little cinnamon.

JENNY LIND CAKE.

Take one pint of thick sweet cream, two cups of sugar, two eggs, two teaspoonfuls of cream of tartar; one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), one quart of flour, well sifted; bake in a square pan; flavor with vanilla.

LA FAYETTE CAKE.

Take one cup shortening, one cup of brown sugar, one cup of molasses, one cup sour milk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one teaspoonful each cloves and allspice, one tablespoonful of cinnamon, a grated nutmeg, the juice and grated rind of a lemon and a glass of jelly. Stir into this a cup or more of seeded raisins, currants and a little sliced citron. Add to this, flour to make a rather thin batter and bake very slowly two hours. The slow baking has a great deal to do with the success of this cake. If kept in a stone jar or in the refrigerator it will be as good in two months as the day it was baked, as it needs to stand a little before cutting. If the cake dries, wet it thoroughly and heat through in the oven. Pieces of this can be steamed and served with pudding sauce. No butter or eggs are required for this cake.

FLORENCE CAKE.

Take one cup sugar, three-fourths cup molasses, one-half cup butter, two eggs, two cups flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one-fourth teaspoonful each of cinnamon, cloves, nutmeg and allspice, one cup raisins (seeded), one cup sour milk.

JAM CAKE.

Take one cup sugar, a cup of butter, three eggs, one cup jam, two cups flour, three tablespoonfuls sour milk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one cup raisins, seeded.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

CHOCOLATE CAKE.

Take one cup sugar, two eggs, three-quarters cup butter, one cupful sour milk with one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in it; one cup and a tablespoonful sifted flour, two squares melted chocolate poured in last.

LAYER CHOCOLATE CAKE.

Take one egg, one cupful sugar, one teaspoonful melted butter, one cupful sour milk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), vanilla, one square grated chocolate, flour; bake in layers and fill with frosting.

SOLID CHOCOLATE CAKE.

Take one cup sugar, three-fourths of a cup of butter, three eggs, one-half cup sweet milk, two and one-half cups sifted flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus). Now boil chocolate, take one-half cup sugar, place over fire with one-half cup sweet milk, add two melted squares of chocolate with yolk of one egg. When cool add to batter, and lastly add the well beaten whites of four eggs.

SOUR CREAM CHOCOLATE CAKE.

Melt two squares of chocolate in one-half cup of sour cream; beat together the yolks of three eggs, one and a half cups of sugar, and another half cup of sour cream; add the melted chocolate, a pinch of salt, one large cup of flour, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), and one of vanilla; finally the beaten whites of three eggs. Bake in a square tin, and when cool pour a boiled icing over it.

CHOCOLATE NUT CAKE.

Take one cup sugar, one-half cup butter, yolks of two eggs, three squares of chocolate melted over hot water, add a little sugar, and one-half cup of hot water, cook a few minutes, then cool. One-half cup buttermilk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus) in the buttermilk, two cups flour, add the chocolate and one and one half cups nut meats cut in pieces and added to the whites beaten until stiff. This cake is nice with chocolate fudge frosting and is better the second day than the first.

CHOCOLATE SPICE CAKE.

Take one cup sugar, one-half cup butter, one egg, three tablespoonfuls melted chocolate, one cup buttermilk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one teaspoonful each of cloves and cinnamon, one and one-half cups of flour.

COCOA SPICE CAKE.

Take one egg, one-half cup shortening, four tablespoonfuls of cocoa, one and one-fourth of a cup of sugar, one cup buttermilk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one teaspoonful cinnamon, one and one-half cups of flour, flavoring.

COCOA CAKE WITHOUT EGGS.

Take one cup of sugar, four tablespoonfuls of butter, one cup of sour milk or buttermilk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one and one-half cups flour, one-half cup dry cocoa, a dash of milk. Stir well.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

DARK CAKE.

Take two eggs, two cups brown sugar, one-half cup butter, one-half cup sour milk, two and one-half cups sifted flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one-sixth of a cake of chocolate dissolved in one-half cup boiling water.

SPICE CAKE.

Take two cups sugar, two thirds of a cup of butter, two eggs, one cup buttermilk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one teaspoonful each of cinnamon, cloves and nutmeg, two cups sifted flour.

SPICE CAKE WITH SWISS CREAM FROSTING.

Take one cup of sugar, one egg, one cup of sour milk, one tablespoonful of molasses, one-half cup of butter, two and one-quarter cups of flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one-half teaspoonful of cloves and cinnamon, a little nutmeg.

Swiss Cream Frosting.—Cream piece of butter (about size of an egg), add two tablespoonfuls of cream or milk, one-half teaspoonful of vanilla, add powdered sugar till thick enough to spread.

SPICE CAKE.

Take half cup lard, one cup cold water, one cup brown sugar, one-half teaspoonful salt, one teaspoonful spices of all kinds, one cup raisins (seeded). Let this come to a boil and when cool add one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one and one-half cups flour. Bake in slow oven.

BLACK CAKE.

One cup of dark brown sugar, one of butter, one of sour cream, one of New Orleans molasses, four cups of sifted flour, one tablespoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in a little water, one tablespoonful of ginger, one teaspoonful of cinnamon, one half teaspoonful of cloves, three eggs, one cup of raisins and one-half cup of citron. Serve with sauce.

MOLASSES CAKE.

Take one cup sugar, one cup shortening (lard and butter), one cup molasses, one cup sour milk, three cups flour, one egg, one teaspoonful ginger, three teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus), in flour, three teaspoonfuls of vinegar, cinnamon to flavor.

MOLASSES LAYER CAKE.

Take one cup molasses, yolks of two eggs, six tablespoonfuls of water, two tablespoonfuls shortening, one teaspoonful cloves, one teaspoonful cinnamon, two cups flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus).

LAYER MOLASSES CAKE.

Take one-half cup sugar, one-half cup molasses, two-thirds cup cold water, one and two-thirds cups flour, piece of butter size of an egg, one egg, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus). Bake in two layers and use boiled frosting in center and on top.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

FRUIT CAKE.

Take one pound brown sugar, one cup buttermilk, five eggs, one pound currants, one-half pound figs, one large cup hickory nut meats, chopped fine, two teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus), two teaspoonfuls cinnamon, one teaspoonful allspice, one large cup butter, five cups sifted flour, two pounds raisins, seeded, one-half pound dates, one teaspoonful cloves, one nutmeg. Prepare fruit and dry with flour, then mix butter and sugar; add milk and flour. Bake two and one-half hours.

FRUIT CAKE.

Take one pound brown sugar, two-thirds pound butter, one and one-half pounds flour (brown the flour), six eggs, one cup of sour cream, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), two pounds raisins (seeded), two pounds currants, one pound citron, one pint molasses; nutmeg, cloves and cinnamon to taste.

FRUIT CAKE WHEN EGGS ARE SCARCE.

Take two cups sugar, two cups sour milk, two cups raisins, one cup currants, four cups flour, eight tablespoonfuls shortening (melted), cinnamon, cloves and nutmeg (one teaspoonful of each), two teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus). Bake slowly one hour.

EGGLESS FRUIT CAKE.

Take one cup sugar, one-half cup butter, one cup sour or buttermilk, one-half teaspoonful each of cinnamon, cloves and nutmeg, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), two cups flour, one cup of raisins.

FRUIT CAKE OR BRIDE CAKE.

Take two cups brown sugar, one cup molasses, one tablespoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one cup sour milk, (half soda in molasses, half soda in sour milk), four eggs, one cup butter, two pounds raisins, one pound currants, one-half pound citron; grate in some chocolate, one teaspoonful of cinnamon, cloves, allspice, one nutmeg, one-half teaspoonful salt, three and one-half cups flour. This is fine and will keep for months.

DELICATE CAKE.

Take two cups sugar, one cup butter, one cup sweet milk, four cups flour, two teaspoonfuls cream of tartar, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), whites of seven eggs, cream, butter and sugar and add sweet milk; sift flour, cream tartar and Soda together thoroughly, add to cake mixture; add whites of eggs and seasoning last.

VELVET LUNCH CAKE.

Take one-half cup butter, one cup sugar, one cup sour milk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one egg, two cups flour, one cooking spoonful molasses, one teaspoonful cinnamon, one-quarter teaspoonful cloves, one-quarter teaspoonful nutmeg.

CRULLERS.

One cup sour cream, one cup sugar, four cups sifted flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus) sifted, one teaspoonful cream tartar sifted, two eggs, a little nutmeg and vanilla if desired.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

COFFEE CAKE.

Take one cup sugar, one-half cup butter, one egg, one cup molasses, one cup strong coffee, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), three and one-half cups flour, one teaspoonful cinnamon, one-half teaspoonful cloves and nutmeg, one cup raisins.

CREAM CAKE.

Take one egg, one cup sugar, one cup sour cream, one-third cup molasses, two cups flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), salt, one teaspoonful cloves and one of cinnamon.

DROP CAKES.

Take one and one-half cups of sugar, one-half cup of butter (scant), two eggs, four tablespoonfuls of sour milk, one cup of chopped raisins (seeded), one teaspoonful of cloves, one tablespoonful of cinnamon, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in milk, two to two and one-half cups of flour. They should be quite stiff. Drop on buttered pans; a teaspoonful makes a good-sized cake.

LEBKUCHEN.

Take two pounds of butter and one of lard, mixed, heat a gallon of honey; add a teacup of **THE GREAT ARM & HAMMER SODA** (or Saleratus), one of allspice, one of cinnamon, a quarter teacup of cloves, one of sweet milk, two nutmegs, two teaspoonfuls of black pepper, two pounds of chopped almonds and two of citron. Add pastry flour enough to make a soft dough and let it stand ten days; then take off a piece at a time and work well, then roll thin and cut out. They should be iced while hot. These German cakes improve with age and should be made in large quantities.

LADY CUPS.

Take one pint cake crumbs, one cup molasses, half cup sour milk, one even teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), a quarter of a cup brown sugar, two heaping tablespoonfuls lard, a little lemon peel grated, a teaspoonful cinnamon, the same of allspice, one egg, a handful of currants and enough sifted flour to make soft dough. Bake in greased cup-cake tins. Frost with chocolate.

PORK CAKE.

Take three cups molasses, three cups sugar, one pint of boiling water, one pound of raisins (seeded), one pound of pork, two tablespoonfuls ginger, one tablespoonful cinnamon, one tablespoonful allspice, one tablespoonful cloves, six cups of flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus). Pour boiling water over the pork after it is finely chopped and add molasses and sugar.

PRINCESS BISCUITS.

Take two pounds "A" sugar, fourteen ounces lard, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one and a third pints buttermilk, two quarts and one pint to three quarts sifted flour and lemon flavoring. Mix the sugar and lard together, add the milk and Soda and the flour last. Cut with a small scalloped cutter, prick with a fork and bake in a not too hot oven.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

JUMBLES, COOKIES, DOUGHNUTS AND FRITTERS.

ALMOND JUMBLES.

Take one pound sugar, one-half pound flour, one-quarter pound of butter, one teacupful of milk, five eggs, two tablespoonfuls rose water, three-quarters of a pound of almonds blanched and chopped small, but not pounded; one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), dissolved in cold water. Cream the butter and sugar; stir in the beaten yolks, the milk, the flour, and the rose water, the almonds lastly, the beaten whites very lightly and quickly. Drop in rings or round cakes on buttered paper, and bake immediately. You may substitute grated cocoanut or the chopped kernels of white walnuts for the almonds, in which case add a little salt.

CHOCOLATE JUMBLES.

Take one-quarter pound chocolate (melted), one cup molasses, one cup sugar, one teaspoonful cloves, one teaspoonful allspice, one teaspoonful cinnamon, one teacup shortening (one-half lard and one-half butter), two eggs, two teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus); sufficient flour to make a soft dough. Roll out, cut thin and bake in a moderate oven.

SOUR CREAM JUMBLES.

Take two cups of granulated sugar, one cup of butter, one cup of thick sour cream, four eggs, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), flour to make moderately thick. Roll thin. Cut with cookie cutter and bake in a hot oven.

JUMBLES.

Take one cup sugar, one cup molasses, one cup shortening, one cup sour milk, one scant tablespoonful cinnamon, two teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus), three eggs, four and one-half cups flour.

MESSINA LEMON WAFERS.

Take one and a half pounds granulated sugar, one-half pound butter, two ounces lard, six egg yolks, one-half pint sour milk (short measure), two even teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus), two heaping teaspoonfuls cream of tartar, two teaspoonfuls lemon flavoring; one quart and one-half pint sifted flour. Rub flour, butter and lard together, and add Soda and cream tartar. Mix the sugar in the center with the eggs, milk, etc. Make a stiff dough, then roll and cut small. Bake in slow oven.

AUNT NELL'S COOKIES.

Take two cups granulated or brown sugar, a half cup butter, a half cup lard, one large cup sweet milk, a half cup cream, one even teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), two and a half heaping cups flour sifted with one heaping teaspoonful cream of tartar and some nutmeg to flavor. If flour is not sufficient add a little more. Roll out and dip in coarse sugar.

BOLIVARS.

Take one pint N. O. molasses, one cup water, a quarter of a cup sour cream or milk, a half cup lard, two teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus), a tablespoonful ginger and sufficient sifted flour to make a stiff dough. Roll out thick; cut out with scalloped cutter; wash with milk and bake in hot oven.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

MOLASSES DROP CAKES.

Take two eggs, one cup molasses, one tablespoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one-half cup sweet milk, one cup sugar, one-half cup lard. Put Soda in last; spices to taste; and flour to make stiff. Drop from teaspoon on buttered tins.

MOLASSES DROP COOKIES.

One cup of sugar, one egg, one cup of butter, one cup of molasses, one teaspoonful ginger, one-fourth nutmeg, one-half cup boiling water, two teaspoonfuls of **THE GREAT ARM & HAMMER SODA** (or Saleratus). Stir stiff enough to drop.

MOLASSES COOKIES WITHOUT SHORTENING.

Two eggs, one tablespoonful vinegar, one cup sugar, a little salt. Put one cup molasses in pan and let it come to a boil, or when it begins to change color stir in one level tablespoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus). Flour enough to mix soft.

CHOCOLATE COOKIES.

Beat to a cream one-half cupful of butter and one tablespoonful of lard; add gradually one cupful of sugar, then two ounces of melted chocolate, one teaspoonful of cinnamon, one teaspoonful of vanilla and one saltspoonful of salt. Beat thoroughly, add one beaten egg, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in two tablespoonfuls of sour milk or cream, and about two and one-half cupfuls of flour. Roll out, cut into rounds and bake.

HOME-MADE GINGER SNAPS.

Take one cup granulated and brown sugar (half cup each), one cup dark molasses, a half cup lard, a half gill water, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), a pinch of salt, a tablespoonful cinnamon, a heaping tablespoonful ginger, and four cups of flour (soft flour if possible). Mix together and work well. The dough should be very stiff, but if too stiff add a little more water. Roll out thin and cut with small cutter. Set on lightly greased tins and dampen by covering with a damp towel for a few moments before baking.

GINGER COOKIES.

One and one-half cups of molasses, one-half cup of sugar, one cup of butter, three eggs. Beat eggs, sugar and butter together. Two teaspoonfuls of **THE GREAT ARM & HAMMER SODA** (or Saleratus) beaten in the molasses, one tablespoonful of cinnamon, one teaspoonful of ginger, one-half cup sweet milk, flour enough to roll.

SPICED COOKIES.

Two eggs, two cups brown sugar, one-half cup melted lard, one cup molasses, one cup cold water, two teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus), six cups sifted flour, one cup raisins (seeded), one teaspoonful salt, one teaspoonful cloves, two teaspoonfuls cinnamon; drop from spoon (about a dessert-spoonful in a place) allowing room in tin for the cookies to spread; **WHEN BAKED, DO NOT PLACE COOKIES UPON EACH OTHER.**

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

DOUGHNUTS.

Take one large egg or two small ones, four and one-half table-spoonfuls of melted butter, beef drippings or lard, one coffeecupful of sweet milk, one of sugar, one teaspoonful of ginger, two of cream of tartar, and one of **THE GREAT ARM & HAMMER SODA** (or Saleratus). Mix **THE GREAT ARM & HAMMER SODA** (or Saleratus) and cream of tartar with flour enough to make the dough stiff enough to handle. Fry in hot lard or beef drippings. Dust with powdered sugar if you choose.

FRIED CAKES.

Mix two eggs, one and a half cups sugar, one large cup sour milk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), a quarter cup of butter or lard, a pinch of salt and a half teaspoonful mace or nutmeg. Then add sifted flour to make the dough just stiff enough to roll out. Cut with a doughnut cutter. Let them stand a few minutes before frying in hot grease.

BATTER FRITTERS.

Mix together in a bowl one egg well beaten, one cup sour milk, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus), two generous table-spoonfuls of melted butter, one heaping table-spoonful sugar, and sufficient sifted flour to make a thick batter. The batter should not run from the spoon. A half nutmeg grated, or one teaspoonful of vanilla gives a nice flavor. Drop with large spoon into hot lard. Serve while hot with maple syrup.

FRITTERS.

Three eggs, two table-spoonfuls sugar, two cups sour milk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), pinch of salt, flour enough to make a stiff batter; beat thoroughly, drop by large spoonfuls into hot lard; fry brown.

CREAM COOKIES.

Take two eggs, two cups sugar, one cup shortening, one cup sour cream, salt, nutmeg, two teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus).

CURLY PETERS.

Take one and one-half cups sugar, one cup butter, one cup sour milk, one cup currants, three cups flour, two eggs, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), nutmeg and all-spice to taste. Drop in pan by teaspoonfuls and bake.

GRAHAM COOKIES.

Take two eggs, two cups sugar, two cups buttermilk, one-half cup melted butter, two teaspoonfuls **THE GREAT ARM & HAMMER SODA** (or Saleratus), five cups Graham flour. Drop on buttered tins and bake in a quick oven.

PLAIN COOKIES.

Take one cup of butter, one heaping cup of sugar, one cup of cold water (or better, sour milk) in which a teaspoon a little more than evenly full of **THE GREAT ARM & HAMMER SODA** (or Saleratus) has been dissolved; mix in sifted flour until they will keep their shape. Bake in quick oven.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

DUMPLINGS AND OTHERS.

BOILED OR STEAMED APPLE DUMPLINGS.

Sift one quart of flour, mixing thoroughly into it one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus) and about a half teaspoonful salt; put in one tablespoonful lard, or butter, if preferred. When all are thoroughly mixed, wet up quickly with two cups sour milk. Roll the dough out to about the thickness of a quarter of an inch, then cut into squares large enough to wrap around a tart apple pared and cored. Fill the cavity of the core with brown sugar and a pinch of cinnamon. It is best to cook in a steamer from half to three-quarters of an hour.

BAKED APPLE DUMPLINGS.

Same as above, except that double the shortening can be used; when the dumplings are ready for the oven, lay in a greased pan and have the folds of the dumplings at the bottom. Bake brown and serve with hard or vanilla sauce, or both.

APPLE ROLY-POLY.

Mix in the same way as for tea biscuit, four cups sifted flour, a half cup butter, a half teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), with about one pint sour milk; add some nutmeg and salt and the yolks of three or four eggs. Roll out about a half inch thick, then wash with melted butter and spread over it finely chopped apples, (sweetened and spiced) with some currants and roll up again. Steam about forty minutes. Serve with French cream sauce and hard sauce. Other fruits such as blackberries, etc., can be used instead of apples. Fruit Dumplings are made in the same way.

BROWN BETTY.

Take one egg, four tablespoonfuls shortening (melted), one cup molasses, spices of all kinds, one teacup of hot water, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), flour as for cake. Steam two hours. Serve with hard sauce.

LADY WASHINGTON SLICES.

Mix together a half cup bread or cake crumbs ground fine, a third of a cup lard or butter, one egg, vanilla, lemon, cinnamon, allspice, and large cup of molasses, one cup water, with one heaping teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in it, and sufficient sifted flour to make a soft dough. Add one cup of washed currants. Line a large flat tin with pie crust and fill with above mixture one-half inch deep. Lay narrow strips of pie crust over the top crosswise, and when baked, dust with fine sugar.

HONEYCOMB PUDDING.

Take one-half cup suet, one cup milk, one egg, two cups of sifted flour, one cup of raisins, one-half cup of molasses, two teaspoonfuls of cream of tartar, one teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus). Steam one hour.

YORKSHIRE PUDDING, WITH ROAST BEEF.

Ten heaping tablespoonfuls prepared flour (see recipe for prepared flour); one-half or one-quarter cup of cold water; two cups of milk; three eggs; salt. Rub the flour smooth in the water and milk; salt, beat in the yolks, then, just before putting into the oven, whip in the beaten whites. Put two tablespoonfuls from the fat "top" of your beef gravy into square baking-pan; pour in the batter, and bake in the lower part of the oven until "set". Then baste every few minutes, with the hot drippings until it is of a rich brown. Cut in squares, and lay about the meat.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

PUDDINGS.

BOILED BREAD PUDDING.

Take one quart bread crumbs soaked in as little water as possible, add one cup molasses, one tablespoonful of butter, one cupful of fruit, a little of each spice, one teaspoonful of **THE GREAT ARM & HAMMER SODA** and about one cupful of sifted flour. Boil in a well greased mould for two hours.

CRUMB PUDDING.

Take one pint of crumbed cake, one quarter cup molasses, one cup sweet milk, one egg, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one cup chopped raisins (seeded), two tablespoonfuls flour, mix well, steam two hours, serve with whipped cream.

GRAHAM PUDDING.

Take two cups Graham flour, one cup molasses, one cup raisins (seeded), one cup milk, one egg, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one-quarter teaspoonful salt, one teaspoonful cinnamon; steam two hours.

Sauce—Take one cup sugar, one-half cup butter, beaten with one cup boiling water. Flavor to taste.

GINGER PUDDING.

Take one cup sour milk, one egg, two-thirds cup of molasses, one tablespoonful ginger, one-half cup of sugar, one-quarter cup butter, two and one-half cups of flour, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus).

JOHN'S DELIGHT.

Take two cups chopped bread, half a cup chopped suet, half a cup molasses, one egg, one cup raisins (seeded), one cup sweet milk, with half a teaspoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) dissolved in it, half a teaspoonful of cloves, one teaspoonful of cinnamon, a pinch of mace and salt. Boil two hours in a tin pudding boiler. Eat with "Foaming Sauce".

Foaming Sauce—Beat half a cup of butter to a cream; add one cup of granulated sugar, and stir until it is white and foaming. Just before serving, pour on it one cup of boiling water and stir a moment.

PLUM PUDDING WITHOUT EGGS.

Take one cup finely chopped beef suet, two cups fine bread crumbs, one cup molasses, one cup chopped raisins (seeded), one cup currants, one teaspoonful salt, one teaspoonful cloves, one teaspoonful cinnamon, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one cup milk; flour enough to make stiff batter. Place in a double boiler and boil four hours. Serve with a rich sauce; lemon sauce is good.

BOILED SUET PUDDING.

Take one cup molasses, one cup suet (chopped fine), one cup sour milk, one teaspoonful **THE GREAT ARM & HAMMER SODA** (or Saleratus), one cup raisins (seeded), chopped and floured, flour to thicken. Steam from three to four hours. Serve with whipped cream.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

KITCHEN WEIGHTS AND MEASURES.

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

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

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

1 heaping tablespoonful sugar equals 1 oz.

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

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

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

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

1 teaspoonful baking powder equals 1 teaspoonful cream of tartar
and $\frac{1}{2}$ teaspoonful Soda.

1 cake compressed yeast equals 1 cup liquid yeast.

PROPORTIONS.

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

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

4 heaping tablespoonfuls cornstarch to 1 quart milk.

2 oz. gelatine to $1\frac{3}{4}$ quarts liquid.

1 teaspoonful vanilla to 1 quart milk (for custards).

1 saltspoon salt to 1 quart milk (for custards).

5-8 yolks to 1 quart milk (for custards).

3-4 yolks to 1 pint milk (for custards).

HOW TO MEASURE SPOONFULS.*

A spoonful of flour, sugar, butter or lard means a rounding spoonful—holding as much above the edge of the spoon as in the bowl. A spoonful of salt or spices means only as much as the bowl holds, level with the edge, unless otherwise specified.

One-half spoonful means half the contents—divided lengthwise.

A heaping spoonful is as much as the spoon will hold.

*NOTE.—Most cook-books use the terms as above, though recently cooking schools have adopted the use of the even spoonful invariably, to insure exactness.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

TIME TABLES FOR THE COOK.*

BOILING.

MEATS		TIME	VEGETABLES		TIME
Chicken, per lb.		15 min.	Asparagus		20-30 min.
Fowl, per lb.		20-30 min.	Beets		30-90 min.
Corned Beef, per lb.		30 min.	Brussels Sprouts		10-15 min.
Ham, per lb.		18-20 min.	Cabbage		20 min.
Mutton, per lb.		15 min.	Cauliflower		20 min.
Pot Roast Beef, per lb.		30-35 min.	Green Corn		10-20 min.
Turkey, per lb.		15 min.	Lima Beans		30-40 min.
			Onions		30-40 min.
			Parsnips		30-40 min.
			Peas		15-20 min.
			Potatoes		20-30 min.
			Spinach		15-20 min.
			String Beans		20-30 min.
			Turnips		30-60 min.
FISH		TIME			
Bass, per lb.		10 min.	Macaroni		20 min.
Blue, per lb.		10 min.	Rice		15-20 min.
Cod, per lb.		6 min.			
Haddock, per lb.		6 min.			
Halibut, per lb.		15 min.			
Lobster, per lb.		30-40 min.			
Salmon, per lb.		10-15 min.			
Small Fish, per lb.		6 min.			

BAKING.†

MEATS		TIME	MEATS		TIME
Beef, ribs, rare, per lb.		10 min.	Birds, small, hot oven		20 min.
Beef, ribs, well done, per lb.		12 min.	Braised Meats		3-4 hrs.
Beef, ribs, rolled, per lb.		12 min.	Ducks, Tame		45 min.
Beef, round, per lb.		12-15 min.	Ducks, Wild, hot oven		15 min.
Chicken, per lb.		15 min.	Fillet, hot oven		30 min.
Goose, per lb.		18 min.	Grouse		20-25 min.
Lamb, well done, per lb.		15 min.	Partridge		35-40 min.
Mutton, leg, rare, per lb.		10 min.	Turkey, 8 lb.		1½ hrs.
Mutton, leg, well done, per lb.		15 min.	Turkey, very large		3 hrs.
Mutton, loin, rare, per lb.		8 min.			
Mutton, sh'lder stuffed, per lb.		15 min.	FISH		TIME
Mutton, saddle, rare, per lb.		10 min.	Large Fish		1 hour
Pork, well done, per lb.		20 min.	Small Fish		20-30 min.
Veal, well done, per lb.		18-20 min.			
Venison, rare, per lb.		10 min.			

†Add quarter of an hour to your baking time to give the roast time to heat through.

Broiling.

	TIME		TIME
Steak, 1 inch thick	8-10 min.	Grouse	15 min.
Steak, 1½ inches thick	15 min.	Quail	8-10 min.
Mutton Chops, French	8 min.	Fish, large	15-25 min.
Mutton Chops, English	10 min.	Fish, small	5-10 min.
Spring Chicken	20 min.	Squabs	10-15 min.

*So much depends upon the age of vegetables and the length of time since gathering, and upon the tenderness or otherwise of meat, that it is hard to give exact figures for their cooking-times. Just here a little experience is worth a book of rules.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

PRACTICAL POINTS.

Cranberries, if sound in the first place, will keep all the winter in a keg of water. Lemons remain fresh almost indefinitely if covered with cold water which is changed weekly.

To make carpets bright, sprinkle with damp tea-leaves and sweep thoroughly. Draw out grease spots by covering with a coarse brown paper and using a warm flat-iron.

Pumpkin seeds are better than cheese for baiting a mouse-trap.

Apply white of egg with a camel's hair brush to remove specks and soil from gilt frames. Rub with water in which onions have been boiled to remove dust and to brighten the gilding.

Put a thimble over the end of a curtain-rod and the freshly laundered curtains will slip on easily.

An economical cook seldom buys lard. Save all trimmings, skimmings and drippings, place in a saucepan and melt over a moderate fire. Strain into a clean pan and add to each pound of fat a half cup of boiling water and a pinch of **THE GREAT ARM & HAMMER SODA** to sweeten it. Boil slowly until the water is evaporated; strain into a tin pail and keep covered until used.

To remove old putty easily from window frames, pass a red hot poker slowly over it.

To toughen lamp chimneys and glass-ware, immerse in a kettle of cold water to which a tablespoonful of common salt has been added. Boil well, then cool slowly.

In winter use mint vinegar instead of mint sauce with lamb. Wash the leaves well and put into a wide-mouthed bottle with good vinegar; keep tightly corked for three weeks, strain into another bottle and cover closely until used.

Clear boiling water will remove fruit and tea stains. Stretch the cloth over a basin and pour the water through the stain, rubbing it gently with a spoon if it seems obstinate.

To take ink out of linen, dip the spot in pure melted tallow; the ink will come out with the tallow in washing.

To kill moths in a carpet without taking it up, wet a thick cloth in water, lay it over the carpet and steam with a hot iron.

Before washing colored stockings let them soak for ten minutes in a quart of cold water containing a tablespoonful of salt. They may then be washed in soap and water without "running".

Puckering of seams in clothing—if the machine tension is not too tight—may be avoided by soaking the spool of thread in water over night and letting it dry before using.

To remove mildew, rub soft or dissolved soap on the spots, scrape chalk on them and lay them in the sun. Repeat if necessary.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

VARIOUS USES OF THE GREAT ARM AND HAMMER SODA IN COOKING.

Use **THE GREAT ARM & HAMMER SODA** with sour milk instead of baking powder and sweet milk.

Wipe all meats that come into your kitchen with a cloth wet with a solution of **THE GREAT ARM & HAMMER SODA**: Beside cleansing, the Soda instantly corrects any taint.

In boiling all meat, unless from a very young animal, put a quarter teaspoonful of **THE GREAT ARM & HAMMER SODA** into the water. Old poultry, ham, tongue and corned beef are rendered tender and digestible by this treatment.

Before cooking sweet-breads, soak for an hour in cold water in which a teaspoonful of **THE GREAT ARM & HAMMER SODA** has been dissolved, to remove the blood from the vessels.

If you have not soft water at hand for tea-making, add a pinch of **THE GREAT ARM & HAMMER SODA** to filtered water.

All green vegetables except corn are greatly improved in flavor and brightened in color by adding a bit of **THE GREAT ARM & HAMMER SODA** to the boiling water. In the case of dried vegetables, add a half teaspoonful to each two quarts of water after the cooking has been going on for some time: the fiber will quickly soften and the period of boiling be considerably shortened.

Cut fresh string or butter beans into quarter inch lengths and after washing steam in a covered saucepan over a moderate fire with salt and a half teaspoonful of **THE GREAT ARM & HAMMER SODA**. Stir occasionally. Young, tender beans will be done in twenty minutes; the older or longer picked require more time. When tender add a large tablespoonful of butter, a quarter teaspoonful of pepper and half a cup of cream or rich milk. Bring to a boil and serve at once.

Dried beans are a valuable food when their tendency to flatulence is overcome by the addition of a tablespoonful of **THE GREAT ARM & HAMMER SODA** to the cooking water just as the boiling is finished. Let them bubble up well, then drain. Add fresh water if the beans are wanted for soup or baking.

The odor from boiling cabbage is lessened by the use of a little of **THE GREAT ARM & HAMMER SODA** in the cooking water.

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

Onions have a more delicate flavor and will not prove disagreeable after eating if about half a teaspoonful of **THE GREAT ARM & HAMMER SODA** is added to the water in which they are boiled.

A certain English restaurant is famous for its thick soup, which is as nourishing as it is delicious. This is the recipe: Boil two small young summer squashes in well salted water until tender. Boil one peck of peas, good-sized but not old, in an uncovered saucepan with a sprig of mint and a pinch of **THE GREAT ARM & HAMMER SODA**. Put all together through a sieve, add salt, white pepper and a dash of cayenne. Heat in a double boiler. Just before serving add enough cream—about half a cup—to give it the right consistency and richness.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

FOR THE HOME NURSE.

Bicarbonate of Soda—found in its purest state in **THE GREAT ARM & HAMMER SODA**.

The **BATH** is made delightfully refreshing and cleansing by the addition of a handful or more of **THE GREAT ARM & HAMMER SODA**.

BITES and **STINGS** of mosquitoes and other insects are relieved by frequent bathing with a strong solution of **THE GREAT ARM & HAMMER SODA**.

Cover **BURNS** and **SCALDS** with **THE GREAT ARM & HAMMER SODA** and lay wet cloths over.

CALLOUSES are easily removed after softening in a hot foot-bath with **THE GREAT ARM & HAMMER SODA** for some minutes.

COLDS, **RHEUMATISM** and **LUMBAGO** are relieved by **THE GREAT ARM & HAMMER SODA** bath as hot as can be borne. Use one-half to one pound of the Soda and remain immersed in the water for fifteen minutes or more. Then go at once to bed to avoid exposure.

CORNS may be softened and relieved by applying a salve of lard and **THE GREAT ARM & HAMMER SODA** on retiring. If this treatment is persevered in they will soon disappear.

A **GOOD DENTIFRICE** must contain some agent to neutralize the acids produced by decaying matter around the teeth. **THE GREAT ARM & HAMMER SODA** is an excellent corrective of this acidity so destructive to dental tissue: use like tooth-powder or dissolved in water.

FOR DYSPEZIA AND HEARTBURN take one-half teaspoonful of **THE GREAT ARM & HAMMER SODA** dissolved in half a glass of water after each meal.

FOR ERYSIPELAS add one heaping teaspoonful of **THE GREAT ARM & HAMMER SODA** to one pint of boiling water, and apply as hot as can be borne every fifteen minutes until the first sharp attack is relieved. Then use every half hour and finally at hour intervals until cured. (For this testimonial we are indebted to Miss Kate Will, No. 44 Cass Street, Chicago, Ill., a member of the Illinois Women's Press Ass'n).

When the patient is **FEVERISH** wash in warm water and **THE GREAT ARM & HAMMER SODA**.

GRUELS AND **MILK** are kept sweet in the sick-room by the addition of a generous pinch of **THE GREAT ARM & HAMMER SODA**.

HEADACHE AND **SOUR STOMACH** are relieved by a little of **THE GREAT ARM & HAMMER SODA** in water.

HICCOUGH is quickly stopped by a teaspoonful of **THE GREAT ARM & HAMMER SODA** drunk in half a glass of water.

HIVES AND **NETTLE RASH** indicate an acid condition of the blood which **THE GREAT ARM & HAMMER SODA** gently neutralizes. When the irritation develops place half a teaspoonful of **THE GREAT ARM & HAMMER SODA** as far back on the tongue as possible; allow it to dissolve, or use a very little water. Repeat every four waking hours.

The eruption caused by **IVY-POISONING** is reduced and the itching quieted by frequent bathing with a solution of **THE GREAT ARM & HAMMER SODA** and warm water.

IN REMOVING WARTS pile **THE GREAT ARM & HAMMER SODA** about the base to protect the normal skin, and touch the top of the growth with a swab of cotton wound around a tooth-pick and dipped in nitric or acetic acid. Let it remain a minute, then wash off the excess with a soda solution.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

HERE AND THERE ABOUT THE HOUSE.

BABY'S BOTTLE should be made sweet after washing by keeping it filled with a solution of **THE GREAT ARM & HAMMER SODA** until needed.

A BOTTLE may be purified of the odor of its former contents by filling it with water and a pinch of **THE GREAT ARM & HAMMER SODA** and letting it stand in an airy place for a few days, renewing the water occasionally.

BUTTER that fails to come after the customary amount of churning will be hastened by a teaspoonful of **THE GREAT ARM & HAMMER SODA**.

FEATHER DUSTERS and even pet dogs look fluffy and clean after a bath in **THE GREAT ARM & HAMMER SODA** water.

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

HAIR-BRUSHES and combs are cleansed by dissolving a tablespoonful of **THE GREAT ARM & HAMMER SODA** in warm water and dipping the bristles up and down and running the comb through them. The bristles are wiped with a towel and placed in the sun to dry.

JEWELRY becomes brilliant when put in a flannel bag with **THE GREAT ARM & HAMMER SODA** and shaken. Soda is excellent also for brightening silver, plated ware and so on.

LARD is bleached and kept from becoming rancid by adding 2 to 3 heaping tablespoonfuls of **THE GREAT ARM & HAMMER SODA** for every 10 gallons of fat, after it has been boiling some time. If no soda has been used in making the lard and it should become strong during the hot weather, reboiling it and adding the Soda will bring it back to its original sweetness. A little Soda more or less will not injure the quality of the lard.

MILK which has changed may be rendered fit for use again by stirring in a little of **THE GREAT ARM & HAMMER SODA**.

A SHINY, red, hot-weather complexion is cooled and refreshed by a bath of warm water and **THE GREAT ARM & HAMMER SODA**.

SOFTEN WATER by dissolving a liberal amount of **THE GREAT ARM & HAMMER SODA** in boiling water.

STAINS of fruit and tea disappear if spread promptly with a paste of milk or soapsuds and **THE GREAT ARM & HAMMER SODA**. "Javelle Water" is invaluable for fruit stains, mildew and rust. To make a quantity, take 4 pounds **THE GREAT ARM & HAMMER SODA**, 1 pound chloride of lime; put the Soda over the fire with 1 gallon boiling water and let it boil for 15 to 20 minutes. Then stir in the lime, avoiding lumps; use when cool. Keep tightly corked.

TEA AND COFFEE POTS should be filled once a week with cold water and a heaping tablespoonful of **THE GREAT ARM & HAMMER SODA**, put on the stove and allowed to boil for an hour. If you have not been in the habit of doing this, you will be amazed at the condition of the water when you wash out the pot.

TOMATO BISQUE never curdles if a half-teaspoonful of **THE GREAT ARM & HAMMER SODA** is added to the strained tomato before mixing it with the milk.

TUBS AND DRAINS are kept sweet by occasional rinsing with hot water and **THE GREAT ARM & HAMMER SODA**.

WHEN WASHING use plenty of **THE GREAT ARM & HAMMER SODA** in the water, and the clothes will look whiter and need less soap and less rubbing.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

FOR THE FARMER.

HOG AND CHICKEN CHOLERA.—A judicious mixture of **THE GREAT ARM & HAMMER SODA** with the animal feed is a certain preventive of this very prevalent disease among swine and poultry. It should be administered weekly. It is prophylactic rather than curative and acts by keeping the animals in good condition.

YIELD OF MILK.—We call the particular attention of dairymen and farmers to the fact that the yield of milk in cows can be greatly increased without adding to the food by giving one teaspoonful of **THE GREAT ARM & HAMMER SODA** per cow in the feed once a day. It takes about ten days to obtain the desired effect.

DAIRYMEN AND FARMERS should use **THE GREAT ARM & HAMMER SODA** (or Saleratus) only, both for baking purposes and for keeping milk cans clean and sweet.

COLIC IN HORSES AND CATTLE.—Dissolve one-half pound of **THE GREAT ARM & HAMMER SODA** (or Saleratus) in warm water. Put in a longnecked bottle, and pour the contents down the animal's throat. If the first application does not prove sufficient, repeat in one hour. This applies to all cattle.

HORSES.—One tablespoonful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) to a pail of water, if given a horse to drink once or twice a week, will be found very beneficial, preventing worms, and cooling and sweetening the stomach, etc. This also applies to all cattle.

FOR THE CURE OF SCRATCHES IN HORSES.—First wash all dirt from the parts with castile soap and warm water. Then take one-half cupful of **THE GREAT ARM & HAMMER SODA** (or Saleratus) to a quart of lukewarm water. Wash the affected part twice a day. Should the scratches not yield readily to this treatment on the third day, increase the quantity of **SODA**. The above solution also makes an excellent wash for horses' tails and manes.

Vaseline and **THE GREAT ARM & HAMMER SODA** (or Saleratus) well mixed will also be found very beneficial in case of scratches.

FARMERS SHOULD INSURE AGAINST DAMAGE FROM WEEVIL IN GRAIN.

In cribbing corn in the shuck, put in a layer of corn about six inches thick, then scatter or sprinkle over this corn, **THE GREAT ARM & HAMMER SODA** (or Saleratus), in proportion to from twelve to fifteen pounds to every one hundred barrels of corn in the shuck, and continue this until the crib is filled. This will absolutely prevent all danger of weevil damaging corn.

See separate handbills with testimonials.

FIRE.

To extinguish a fire promptly and effectually, a large package of **THE GREAT ARM & HAMMER SODA** (or Saleratus) should be kept in every part of any building, home, factory or elsewhere. The entire contents of the package must be thrown or scattered at the base of the flames, with a sweeping motion of the hand. The action of the Soda on the fire is to extinguish it INSTANTLY: the heat from the fire releases the Carbonic Acid Gas, which kills the flame.

THE GREAT ARM & HAMMER SODA is preferable to other brands for this purpose, as it contains more carbonic gas, whose effect is to smother fire.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

ABOUT MOSQUITOS.

The Indians say of the mosquito that he is a false friend, singing in your ear and then biting the back of your neck. Wherein the Indians display a more intimate acquaintance with the mosquito's disposition than with its sex. Only the lady mosquito bites, while the male dies after a brief and bloodless existence.

It has recently become a certainty, that yellow fever and malaria are conveyed by the sole means of mosquitos, this makes their extermination not only desirable but necessary. Fortunately, this is a comparatively easy task if individuals and communities will co-operate to that end.

The application most effectual for keeping the pests away from the person is a mixture of two parts each of oil of citronella and spirits of camphor with one part oil of cedar. A few drops on a towel hung over the bed, or rubbed on the face and hands, will drive away the common house variety.

A house may be satisfactorily cleared of them by fumigation. Moisten fresh "Persian powder" (pyrethrum), mould into cones and light at the top after drying. The dense smoke stupefies the insects, which should afterward be swept up and burned. Use a pound of powder for every thousand cubic feet of air, and see that screens are absolutely tight and have not less than twenty meshes to the inch.

Permanent relief from mosquitos is only to be found in the destruction of the breeding-places. No body of water is too small to serve as a mosquito nursery: the puddles in hoof-prints, the horse-trough, chicken-pan, the pitcher in the unused guest-room, the flower-vase, the pan in the corner of the cellar, the case of bottles allowed to remain in the back yard and gather rain and the forgotten fire-bucket.

When draining of marshes and useless ponds is impossible, an application to the surface of the water of a very small quantity of kerosene—one ounce to fifteen feet square—will kill the immature mosquito and keep the adult from depositing eggs. To oil over the entire surface of the water, pour small quantities at intervals around the edge or use an orchard spraying device over marshy areas. Renew the coat when a heavy wind has broken the film, or sunny days have dried off the oil.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

ABOUT MOSQUITOS—CONTINUED.

MALARIA is caused by a specific germ which has to pass through certain changes within the body of the insect before it can develop successfully in the human system. Malarial mosquitos are harmless until they have become infected by biting some person suffering from this disease, then the malarial parasites enter the walls of the mosquito's stomach, undergo certain changes there, and in from seven to fourteen days make their way from the salivary glands and enter the system of the next person bitten, and, if he is not immune, a case of malaria develops. The malarial mosquito has spotted wings and disproportionately long legs. They develop in twenty-one days from egg to adult; the wrigglers occur in grassy pools, beside streams, and are frequently very abundant in and about recent excavations; they are local in their habits. Drainage of the breeding-pools or treating them with oil eliminates the mosquito and with it all danger of infection.

The dark-brown YELLOW-FEVER mosquito is marked with silver; in the South it is called the "day mosquito". Like the malarial mosquito the yellow-fever mosquito is harmless until it has become inoculated by biting a yellow-fever patient and the germs have developed in its body for twelve days. Its habits of breeding are like those of the common house mosquito, and similar methods are serviceable in destroying it.

The small brown house mosquito winters in small numbers in houses and other shelters, and in spring the female deposits raft-like clusters of two to four hundred eggs in standing water—in a rain barrel, cistern, defective eaves-trough, old wooden bucket, tin can or similar receptacle. The entire development of the adult occurs in from ten to fourteen days. This species stays near its birth-place, and its presence indicates nearby standing water. See that drain-pipes have not become clogged; cover rain-barrels and cisterns with netting, or if this is undesirable, keep the surface covered with a film of kerosene, which will not spoil the water for domestic use if it be drawn from the lower part of the barrel.

The salt-marsh mosquito (*Culex sollicitans*), easily recognized by the white-banded body and legs, breeds in those portions of the marshes flooded only at high tide; when driven by strong winds they travel considerable distances. To control this species it is necessary to flush out the pools by a series of drains to a tidal creek.

INSIST UPON HAVING THE GREAT ARM & HAMMER SODA

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First Class.—Includes wholly or partly written matter, sealed or unsealed (letters, U. S. postal cards, postcards manufactured by private persons), and matter closed against inspection. Type-writing and carbon and letter-press copies thereof are regarded as written matter.

Rate: Two cents for one ounce or fraction; U. S. postals, one cent each; postcards, one cent each. Limit of weight, four pounds.

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Rate: One cent for each two ounces or fraction. Full prepayment required. Limit of weight, four pounds, except it be a single book.

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Rate: One cent for each ounce or fraction, except seeds, bulbs, roots, scions, and plants, which are one cent for each two ounces or fraction. Full prepayment required. Limit of weight, four pounds, except in the case of a single book.

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provides a cheap, safe and convenient means of transmitting money. Domestic Postal Money Orders are payable in the U. S. and her island possessions, which includes Hawaii, Porto Rico, the "Canal Zone" on the Isthmus of Panama, Guam, the Philippines, Tutuila, Samoa; at the U. S. postal agency at Shanghai, in the Bahamas, Bermuda, British Guiana, British Honduras, Canada, Cuba, Newfoundland and Antigua, Barbadoes, Dominica, Grenada, Jamaica, Montserrat, Nevis, St. Kitts, St. Lucia, St. Vincent and the Virgin Islands.

Fees: From three cents for sums up to \$2.50 to thirty cents for sums up to \$100.

Special Delivery. A special delivery stamp, or ten cents worth of stamps in addition to the lawful postage, secures the immediate delivery of any piece of mail matter at any U. S. post office within the carrier limits of the city delivery office and within a mile limit of any other post office. Rural letter-carriers are required to deliver special delivery mail at the residences of patrons of their routes if they live within a half mile of the routes. When ordinary stamps are used to obtain immediate delivery of mail, the words "Special Delivery" must be printed or written on the envelope or covering.

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UNITED STATES POSTAL SERVICE—(CONTINUED).

If special delivery matter fails of delivery because there is no person at the place of address to receive it, the matter is returned to the post office and delivered in the ordinary mail.

A special delivery stamp does not give a piece of mail any other security than that given to ordinary mail matter.

The **Registry System** provides for special care and correct delivery. Without extra cost, every registered letter or parcel prepaid at the letter rate and mailed at and addressed to any U. S. post office, is insured against loss for its value up to fifty dollars. Registration fee, ten cents in addition to the lawful postage.

A letter or parcel to be registered must bear in serviceable stamps the necessary postage and registry fee, must be legibly and correctly addressed, and bear upon the envelope or wrapper the name and address of the sender; it should be handed to the post-master, clerk or carrier who will give a regular receipt to the sender. Letters or parcels for registry should not be placed in street letter-boxes or in the ordinary mail-drops at the post-office.

POSTAL REGULATIONS.

UNMAILABLE MATTER.

The following matter is inadmissible to the mails; that which is illegibly or insufficiently addressed, not prepaid and of the second, third and fourth class; excessive in weight; harmful in its matter, as poisons, explosives or inflammables, matches, animals, reptiles, fruit and vegetables liable to decay, or exhaling a bad order; spirituous or malt liquors, cocaine and its derivatives; liquids liable to explosion, spontaneous combustion, or ignition by shock (kerosene, oil, etc.); obscene matter, articles intended for immoral purposes, libelous, threatening or defamatory language exposed so that it may be read; matter concerning any lottery or other enterprise of chance, or schemes to obtain money or property under false pretenses; postcards bearing particles of glass, mica, sand, tinsel, etc., unless tightly sealed in envelopes.

Complaints and Lost Mail. All complaints and enquiries relative to lost mail matter of every description should be addressed to the post-master.

Return of Mail Matter. The only domestic mail matter which, when undeliverable is returnable to the sender without additional postage is letters and other first class matter prepaid two cents; official matter mailed under penalty envelopes or frank, and double postcards, but not single postcards nor postals. First class matter must remain in the post-office for delivery three days; it will then be returned to the sender at the end of the time indicated if the envelope is endorsed "After — days, return to" etc.; otherwise it will be returned at the end of thirty days.

Second class matter is returnable only upon new prepayment at the rate of one cent for each four ounces or fraction; third and fourth class matter at the rate chargeable when originally mailed.

FOREIGN RATES OF POSTAGE.

Letters for Newfoundland, England, Ireland, Scotland and Wales (and for Germany by steamers sailing for Germany direct), per ounce or fraction, two cents.

Rates applicable to countries other than those mentioned:

Letters for one ounce or fraction, five cents; for each additional ounce or fraction, three cents.

Single postals and souvenir cards, two cents.

Double postals, four cents.

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