



Successful
BAKING

KITCHEN
TESTED
RECIPES

FOR FLAVOR
AND TEXTURE

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AND TEXTURE

2ND EDITION

by

Martha Lee Anderson

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TESTED
RECIPES

CHURCH & DWIGHT CO. INC.
70 PINE ST. NEW YORK, N.Y.

Established in 1846

Introduction

ARM & HAMMER and Cow Brand Baking Soda are identically the same product. Both are pure bicarbonate of soda, fulfilling the requirements of the U. S. Pharmacopoeia, and are the finest you can use in baking.

Before you look over the tempting recipes in this book, let me tell you why women for generations have used baking soda for chocolate cakes that are rich in color and flavor, for gingerbreads that are a deep golden color, for cookies that are delicate and sweet.

Chocolate, molasses, fruit juices, brown sugar, honey, cream of tartar, vinegar, dried fruits, all of them favorite cooking ingredients, contain *acid*. You use one or more of them almost every time you bake. They all need baking soda. As soon as the batter is in the oven, baking soda begins to act directly with them, softening the sharp flavor, bringing out a delicious sweetness, and at the same time producing carbon dioxide gas to leaven the product. With one, sure action baking soda mellows and leavens.

With this in mind, these recipes were prepared for you in our own Test Kitchen. Here are a number of fine, old recipes, which have long been favorites; and here are new recipes, unusual recipes, that you will like to try.

All recipes have been tested and approved.

Martha Lee Anderson

TEST KITCHEN
CHURCH & DWIGHT CO., INC.

Secrets of Successful Baking

TO TURN out good cakes, light biscuits, tender griddle cakes, time after time, is not a matter of chance, but the simple and important matter of following directions, of using good ingredients, and baking carefully.

To measure baking soda heap the spoon and then level off with the straight edge of a knife, or against the stiff edge of the opening in the top of the box. Be sure to use just the amount of soda indicated in the recipe.

In these baking soda recipes all measurements are level. These recipes have been tested carefully and, for the best results, the directions should be followed accurately.

You will notice that the recipes call for sifted flour. Sift flour once before measuring because all flour packs on standing. A cake flour or a pastry flour is recommended for cakes because its finer gluten assures a more tender crumb; but for the other recipes, ordinary flour will give fine results.

Sweet milk and an acid juice can be substituted for sour milk or buttermilk in any recipe; the sweet milk and the acid juice combined should equal the quantity of sour milk called for. Reduce the quantity of sweet milk to be used by the amount of acid juice designated in the following table (these amounts of acid juices will neutralize $\frac{1}{2}$ teaspoon baking soda):

$1\frac{1}{2}$ tablespoons lemon juice— $1\frac{1}{3}$ tablespoons vinegar
 $\frac{1}{4}$ cup grapefruit juice— $\frac{3}{4}$ cup orange juice

These mild acids will cause the milk to curdle and the baked product will resemble that made from naturally soured milk.

1 teaspoon cream of tartar and $\frac{1}{2}$ teaspoon soda will leaven 2 cups flour. Sift them with the flour three times to insure even distribution.

Use these tested recipes with confidence. Use Arm & Hammer or Cow Brand Baking Soda, knowing that it will perfect your baking, knowing that it will help you satisfy your family's desire for good things to eat.

Sour Milk—Buttermilk and Baking Soda

SOUR milk is ready for baking purposes when it has reached the clabbered stage. The curd is thick and heavy and the whey has not separated to any great extent. It should be kept in a clean, covered container. If milk is placed in the refrigerator as soon as it reaches the clabbered stage, it will remain in this condition for three or four days.

Milk that has just begun to sour can be brought to the clabbered stage by setting it in a warm place. Milk that is quickly soured has a sweeter curd than that which is soured slowly.

Sour milk in which the curd and the whey have separated is still useable if the milk has not developed mold or a disagreeable odor. In separated milk the curd and the whey should be well mixed before it is measured.

$\frac{1}{2}$ teaspoon Baking Soda with 1 cup clabbered milk will leaven 2 cups flour.

Buttermilk can be substituted for clabbered milk. Home-made buttermilk should be allowed to stand for about two days to thicken slightly. It will then give satisfactory results in baking.

1 cup heavy sour cream can be substituted for $\frac{1}{3}$ cup butter and $\frac{2}{3}$ cup milk in any sour milk recipe.

1 cup thin sour cream can be substituted for 3 tablespoons butter and $\frac{3}{4}$ cup milk in any sour milk recipe.

Baking soda should *not* be mixed with sour milk or cream because in this way a good share of the gas, which should go to leaven the product, is lost. Baking soda should be added to the measured flour and sifted with it. This is an important factor in the success of these recipes. Treat baking soda as a dry ingredient.

CAKES



CHOCOLATE CAKE (See Recipe Page 6)

MIXING

1. Use fresh ingredients of good quality for best results. Pastry flour should be used where specified. Shortening should be firm and un-tainted by any odor.
2. Follow carefully the directions given with each recipe.
3. To measure flour: sift once, lift lightly into cup, level off with straight edged knife.
4. To measure fat: pack into spoon or cup and level off.
5. Work fat until very soft and creamy before adding sugar.
6. Beat the mixture well after each addition of flour and liquid.

BAKING

1. Grease bottom of pan well and sides lightly. If desired, the bottom may be lined with a piece of greased wax paper.
2. Fill pans about two-thirds full.
3. Adjust the temperature of the oven, using an oven thermometer as a guide.
4. Do not disturb cake until one fourth the allotted baking time is over. Then change its position if necessary.
5. When cake is done, the sides shrink from pan and a slight pressure of a finger will not leave a dent in the crust.
6. After cake has stood 2 or 3 minutes, turn out on cake rack to cool.

Chocolate Cake

2 cups sifted pastry flour	1 cup sifted brown sugar, firmly packed
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1 egg and 2 egg yolks, well beaten
$\frac{1}{4}$ teaspoon salt	3 squares (3 ounces) unsweetened chocolate, melted and cooled
$\frac{1}{3}$ cup butter, or other shortening	1 cup milk
	1 teaspoon vanilla

SIFT flour once, measure, add baking soda and salt and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs. Add chocolate and blend well. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Add vanilla. Turn into two greased 9 inch layer pans. Bake in moderate oven (325° F.) 30 minutes. Frost with Fluffy Frosting.

Apple Sauce Cake

2 cups sifted 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 applesauce, 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.

Sour Cream Devil's Food

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

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

Lemon Loaf Cake

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

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



LEMON LOAF (See Recipe above)

Fluffy Gingerbread

2 cups sifted flour	1/2 teaspoon cloves
1 1/2 teaspoons Arm & Hammer or Cow Brand Baking Soda	1/2 cup butter, or other shortening
1/2 teaspoon salt	1/2 cup sifted brown sugar, firmly packed
2 teaspoons ginger	2 eggs, well beaten
1 teaspoon cinnamon	3/4 cup molasses
1 cup boiling water	

SIFT flour once, measure, add baking soda, salt, and spices and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs. Add 1/4 of flour and blend. Add molasses and beat until smooth. Add remaining flour and beat well. Add boiling water and stir until blended. Turn into greased loaf pan (6" x 10") and bake in moderate oven (350° F.) 45 minutes. Serve hot.

Tomato Soup Cake

2 cups sifted flour	1/2 cup butter
1 1/2 teaspoons Arm & Hammer or Cow Brand Baking Soda	1 cup sugar
1/4 teaspoon salt	1 egg, well beaten
1 teaspoon cinnamon	1 cup raisins, cut once
1 teaspoon nutmeg	1 1/4 cups canned tomato soup (1 can)

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 after each addition until light and fluffy. Add egg; blend well. Add raisins. Add flour alternately with tomato soup, a small amount at a time, beating until smooth after each addition. Turn into two greased 8" layer pans and bake in moderate oven (350° F.) 40 minutes. Frost with Boiled Frosting flavored with orange and almond.

Mahogany Cake

2 cups sifted pastry flour	1 cup sugar
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1 egg, well beaten
1/2 teaspoon salt	1/2 cup cocoa
1/2 cup butter, or other shortening	1/3 cup water
1 teaspoon vanilla	1 cup sour milk

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. Add water to cocoa slowly, mixing until a smooth paste is formed. Add to creamed mixture, blending well. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Add vanilla. Turn into greased loaf pan (6" x 10"). Bake in moderate oven (325° F.) 50 minutes. Spread with Date Butter and top with Soft Chocolate Frosting.

Honey Diamonds

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| 2 cups sifted pastry flour | 1 cup sifted brown sugar, firmly packed |
| 1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda | 2 eggs, well beaten |
| 1/4 teaspoon salt | 1/3 cup honey |
| 1/2 teaspoon cinnamon | 1/2 cup milk |
| 1/4 cup butter, or other shortening | 1/2 cup nutmeats, ground |

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. Combine eggs and honey. Beat until thick. Add to creamed mixture. Blend well. Add flour alternately with milk, a small amount at a time, beating after each addition until smooth. Turn into greased shallow pan (8" x 12") and bake in moderate oven (375° F.) 35 to 40 minutes. Frost with Butter Frosting. Spread thickly with ground nuts. Cut in diamond shaped pieces.

Delicate Ginger Cakes

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|--|-------------------------------------|
| 1 1/2 cups sifted flour | 1/2 teaspoon ginger |
| 3/4 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1/4 teaspoon cloves |
| 1/4 teaspoon salt | 1/2 cup butter, or other shortening |
| 1/2 teaspoon cinnamon | 1/2 cup boiling water |
| 1 egg, well beaten | 3/4 cup molasses |

SIFT flour once, measure, add baking soda, salt and spices, and sift together three times. Pour boiling water over butter, and stir until blended. Add molasses. Add egg. Add flour mixture. Beat only until blended. Turn into greased, small cup cake tins. Bake in moderate oven (375° F.) 18 minutes. Makes 24 cakes.



DELICATE GINGER CAKES (See Recipe above)

Orange Sponge Cake

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

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

Sour Milk Chocolate Cake

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

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

Lemon Tea Cakes

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

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

Quick Gingerbread

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| 2¼ cups sifted flour | 2 teaspoons ginger |
| 1½ teaspoons Arm & Hammer or
Cow Brand Baking Soda | 1 cup molasses |
| 1 teaspoon salt | 1 cup sour milk |
| | 4 tablespoons shortening, melted |

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

Prune Cake

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| 2¼ cups sifted pastry flour | 1 teaspoon cinnamon |
| 1 teaspoon Arm & Hammer or
Cow Brand Baking Soda | ½ cup butter, or other shortening |
| ¼ teaspoon salt | 1¼ cups sugar |
| ½ teaspoon cloves | 2 eggs, well beaten |
| 1 teaspoon allspice | 1 cup cooked, seeded prunes,
coarsely cut |
| | 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 after each addition until light and fluffy. Add eggs and prunes, and beat until well blended. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Turn into two greased 9 inch layer pans. Bake in moderate oven (375° F.) 40 minutes. Frost with Boiled Frosting or Mocha Frosting.



PRUNE CAKE (See Recipe above)

Thanksgiving Steamed Pudding

3 cups sifted flour	1/2 teaspoon allspice
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1/2 teaspoon cinnamon
1 1/2 teaspoons salt	1 cup suet, finely ground
1/2 teaspoon cloves	1 cup molasses
1/2 teaspoon mace	1 cup milk
	1 1/2 cups seedless raisins, cut

SIFT flour once, measure, add baking soda, salt and spices and sift together three times. Combine suet, molasses and milk. Add flour and raisins. Beat until smooth. Turn into well greased pan or mold. Cover. Steam 3 hours. Serve with Hard Sauce. Serves 12.

Steamed Chocolate Pudding

2 cups sifted pastry flour	1 egg, well beaten
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	2 squares (2 ounces) unsweetened chocolate, melted and cooled
1/4 teaspoon salt	1 cup buttermilk
1/3 cup butter, or other shortening	1/4 cup sweet milk
3/4 cup sugar	1 teaspoon vanilla

SIFT flour once, measure, add baking soda, and salt and sift again. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add egg. Add chocolate and blend well. Add flour alternately with combined buttermilk and milk, a small amount at a time, beating until smooth after each addition. Add vanilla. Pour into greased molds, filling them 2/3 full. Cover and steam 2 1/2 hours. Serve with plain or whipped cream. Serves 10.

Dark Fruit Cake

5 cups sifted flour	1/2 pound each candied cherries, citron, orange, and lemon peel, finely sliced
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1 pound almonds, blanched and shredded
1/2 teaspoon salt	1 pound seedless raisins
1/2 teaspoon cloves	1 pound currants
1/2 teaspoon cinnamon	1/2 cup water
1/2 teaspoon mace	1 cup honey
1 pound butter, or other shortening	1/2 cup molasses
1 pound sifted brown sugar	
8 eggs, well beaten	

SIFT flour once, measure, add baking soda, salt and spices and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs. Blend well. Add fruits and nuts. Add water, honey and molasses. Beat well. Add flour gradually, mixing until well blended after each addition. Turn into 2 paper lined tube pans. Bake in very slow oven (250° F.) 3 1/2 hours. Cool, remove paper and store. Makes 10 pounds fruit cake.

Sour Cream Loaf Cake

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|---|------------------------|
| 2 cups sifted pastry flour | 1 cup sugar |
| ½ teaspoon Arm & Hammer or
Cow Brand Baking Soda | 1 cup heavy sour cream |
| 1 teaspoon baking powder | 2 eggs, well beaten |
| ¼ teaspoon salt | ¼ cup milk |
| | 1 teaspoon vanilla |

SIFT flour once, measure, add baking soda, baking powder and salt and sift together three times. Beat sugar gradually into cream. Add eggs. Add flour, alternately with milk, a small amount at a time, beating until smooth after each addition. Add vanilla. Turn into greased loaf pan (8" x 8") and bake in moderate oven (350° F.) 45 minutes. Frost with Orange Butter Frosting.

Birthday Cake

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|---|-----------------------------------|
| 2 cups sifted pastry flour | ½ cup butter, or other shortening |
| ½ teaspoon Arm & Hammer or
Cow Brand Baking Soda | 1 cup sugar |
| 1 teaspoon cream of tartar | 3 egg yolks, beaten until thick |
| ¼ teaspoon salt | ⅔ cup milk |
| | 3 egg whites, stiffly beaten |
| | 1 teaspoon vanilla |

SIFT flour once, measure, add baking soda, cream of tartar, and salt, and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add egg yolks. Blend well. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Add vanilla. Fold in egg whites. Turn into two greased 9 inch layer pans. Bake in moderate oven (350° F.) 25 minutes. Frost with Fluffy Frosting and garnish with coconut, or frost with Soft Chocolate Frosting.



BIRTHDAY CAKE (See Recipe above)

FROSTINGS

1. Frosting is the crowning touch that turns a perfect cake into a beautiful cake. Select a frosting that flatters the appearance and flavor.
2. When using a cooked frosting, cool the cake before putting the layers together. Pile part of the frosting near the edge on top of the cake, and spread it quickly down the sides. Pile the rest in the center of the cake, and spread out evenly.
3. Butter Frosting spreads more easily if put on while the cake is still warm.

Boiled Frosting

1 cup sugar
½ cup water

2 egg whites, stiffly beaten
½ teaspoon vanilla

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

Fluffy Frosting

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

¼ teaspoon cream of tartar
Dash of salt
½ 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.

Butter Frosting

4 tablespoons butter
2 cups confectioners sugar

3 tablespoons milk
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.

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.

Orange Butter Frosting

2 tablespoons butter
 2 cups confectioners sugar
 3 tablespoons milk
 1/4 teaspoon grated orange rind
 1/4 teaspoon orange extract
 A few drops lemon extract

WORK butter with spoon until very soft. Add sugar gradually, beating well, thinning with milk until of right consistency to spread. Add orange rind and flavoring.

Soft Chocolate Frosting

1 cup confectioners sugar
 1 egg, slightly beaten
 Dash of salt
 2 squares (2 ounces) unsweetened chocolate, melted
 1/2 teaspoon vanilla

ADD sugar gradually to egg, and beat until smooth and light. Add salt and chocolate and blend well. Add vanilla. Cool before spreading.

Date Butter

1 cup dates, finely cut
 1/4 cup sugar
 1/4 cup water
 1/2 cup nutmeats, coarsely cut

COMBINE dates, sugar and water. Cook until dates are soft, stirring frequently. Add nuts. Cool slightly.

Lemon Filling

Juice and grated rind of
 1 lemon
 1/2 cup sugar
 3/4 cup water
 2 1/2 tablespoons cornstarch
 1 egg yolk, slightly beaten

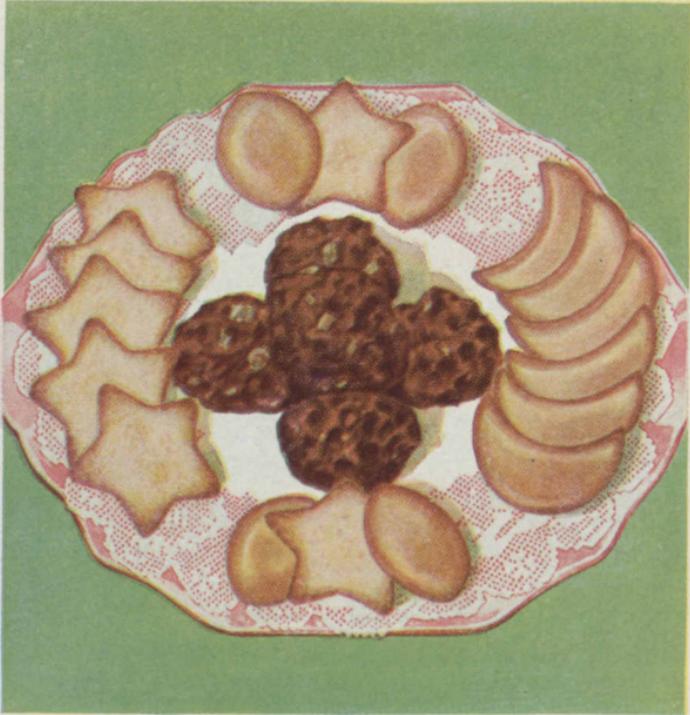
COMBINE lemon juice and rind, sugar and water and heat over low flame until mixture boils. Mix cornstarch to smooth paste with 2 additional tablespoons water. Add slowly to syrup, stirring constantly. Continue cooking over very low flame 5 minutes longer, or until mixture is thick and clear. Remove from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

Hard Sauce

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.

COOKIES



MIXING

1. Use ingredients that are fresh and of good quality. Pastry flour is not necessary for cookies.
2. Follow directions carefully. The individual nature of each kind of cookie depends on the manner of mixing.
3. All cookie dough should be chilled before rolling. This makes it possible to handle a softer dough and the result is a more tender cookie.
4. Place on a lightly floured board only the amount of dough that can be handled easily. Roll lightly to desired thickness. Cut shapes close together. Keep all trimmings for last rolling.

BAKING

1. The baking sheets for cookies need not be greased unless specified.
2. Drop cookies should be placed about 1½ inches apart in neat spoonfuls to allow for spreading.
3. Icebox cooky dough may be kept in the refrigerator for a week or two and cut thin and baked as needed.
4. Rolled cookies should be placed about 1 inch apart to allow for spreading.
5. As soon as cookies are removed from the oven transfer them with a spatula to cake racks to cool.
6. Store in a wide mouthed, shallow, covered jar.

Honey Boys

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|---|----------------------------------|
| 4½ cups sifted pastry flour | 1 cup strained honey |
| 1 teaspoon Arm & Hammer or
Cow Brand Baking Soda | ½ cup sugar |
| 1 teaspoon salt | ½ cup milk |
| 2 teaspoons cinnamon | 3 tablespoons shortening, melted |
| | ½ teaspoon vinegar |
| 1 egg, well beaten | |

SIFT flour once, measure, add baking soda, salt and cinnamon and sift together three times. Combine honey, sugar, milk, shortening and vinegar. Cook until hot, stirring constantly. Do not boil. Cool. Add egg. Add flour, a small amount at a time, beating after each addition until smooth. Allow dough to ripen in a cool place overnight. Then turn onto floured board and knead well. Roll ¼ inch thick. Cut with gingerbread boy cutter and decorate with bits of raisin, or cut with fancy cutters. Bake in hot oven (425° F.) 10 minutes. Makes 3 dozen cookies.

Chocolate Walnut Drops

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|---|--|
| 1¾ cups sifted flour | 1 egg, well beaten |
| ½ teaspoon Arm & Hammer or
Cow Brand Baking Soda | 2 squares (2 ounces) unsweetened
chocolate, melted and cooled |
| ¼ teaspoon salt | ½ cup milk |
| ½ cup butter, or other shortening | ½ cup nutmeats, coarsely cut |
| ½ cup sifted brown sugar, firmly
packed | 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 cream together until light and fluffy. Add egg. Add chocolate and blend well. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Add nutmeats and vanilla. Drop by teaspoonfuls on ungreased baking sheet. Bake in hot oven (400° F.) 10-12 minutes. Makes 2 dozen Drops.

Coconut Icebox Cookies

4 cups sifted flour	1 cup granulated sugar
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	½ cup sifted brown sugar, firmly packed
1 teaspoon salt	2 eggs, well beaten
1 teaspoon cinnamon	2 cups shredded coconut
1 cup melted butter, or other shortening	½ cup milk

SIFT flour once, measure, add baking soda, salt and cinnamon, and sift again. Combine remaining ingredients. Mix well. Add flour. Stir until blended. Form into two rolls 6 inches long. Wrap in wax paper. Place in refrigerator until thoroughly chilled, or overnight. Cut ¼ inch slices as needed. Bake in quick oven (425° F.) 5 minutes or until brown. Makes 4 dozen cookies.

Buttermilk Rolled Oats Cookies

2 eggs, well beaten	2 cups sifted flour
1 cup sugar	½ teaspoon Arm & Hammer or Cow Brand Baking Soda
¾ cup butter, melted	½ teaspoon salt
¾ cup buttermilk	½ teaspoon cinnamon
2 cups rolled oats	

BEAT sugar gradually into eggs. Add butter, buttermilk and rolled oats. Sift flour once, measure, add baking soda, salt and cinnamon and sift together three times. Add to first mixture and blend well. Drop by teaspoonfuls on baking sheet. Bake in hot oven (425° F.) 15 minutes. Makes 3 dozen cookies.

Raisin Rocks

2 cups sifted flour	½ cup butter, or other shortening
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	½ cup sugar
1 teaspoon salt	1 egg, unbeaten
½ teaspoon cloves	½ cup sour milk
1 teaspoon cinnamon	½ cup molasses
½ teaspoon nutmeg	1 cup seedless raisins, or currants
	½ 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 nuts. Drop by teaspoonfuls on ungreased sheet. Bake in hot oven (400° F.) 10 to 12 minutes. Makes 3 dozen Rocks.

Chocolate Indians

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|--|--|
| 1 cup sifted pastry flour | 2 squares (2 ounces) unsweetened chocolate, melted |
| ¼ teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 cup sugar |
| ¼ teaspoon salt | 3 eggs, well beaten |
| ½ cup butter, or other shortening, melted | ½ cup dates, finely cut |
| | ½ cup nutmeats, coarsely cut |
| | 1 teaspoon vanilla |

SIFT flour once, measure, add baking soda, and salt and sift together three times. Combine butter and chocolate and cool. Add sugar gradually to eggs, beating until light and fluffy. Add chocolate mixture. Blend well. Add dates and nuts. Add flour, beating until smooth. Add vanilla. Turn into 2 greased shallow loaf pans (8" x 8"). Bake in moderate oven (350°F.) 30 minutes. Cut into strips (2½" x 1½") before removing from pan. Makes 36 Indians.

Soft Molasses Cookies

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|---|---|
| 4½ cups sifted flour | 1 cup butter, or other shortening |
| 2 teaspoons Arm & Hammer or Cow Brand Baking Soda | 1 cup sifted brown sugar, firmly packed |
| 3 teaspoons ginger | 2 eggs, well beaten |
| 1 teaspoon salt | ¾ cup molasses |
| | ¾ cup sour milk |

SIFT flour once, measure, add baking soda, ginger, and salt and sift again. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs. Add molasses. Add flour alternately with milk, beating after each addition until smooth. Chill for 1 hour or more. Turn onto floured board. Roll ¼ inch thick. Cut with scalloped cookie cutter. Bake in hot oven (400° F.) 12 minutes. Makes 3 dozen 3 inch cookies.



SOFT MOLASSES COOKIES (See Recipe above)

COOKIES

Date Cookies

- | | |
|--|---|
| 2 cups sifted flour | ½ cup sifted brown sugar, firmly packed |
| ½ teaspoon Arm & Hammer or Cow Brand Baking Soda | 2 eggs, well beaten |
| ¼ teaspoon salt | ½ cup dates, finely cut |
| ¼ teaspoon nutmeg | ½ cup nutmeats, coarsely cut |
| ½ cup butter, or other shortening | ½ cup sour milk |

SIFT flour once, measure, add baking soda, salt and nutmeg, and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add eggs. Add dates and nuts. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Drop by teaspoonfuls on ungreased baking sheet. Bake in hot oven (425° F.) 15 minutes. Makes 3 dozen cookies.

Doughnuts

- | | |
|--|----------------------------------|
| 4 cups sifted flour | ½ teaspoon nutmeg |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 cup sugar |
| 1 teaspoon salt | 2 eggs, well beaten |
| ¼ teaspoon cinnamon | 2 tablespoons shortening, melted |
| | 1 cup sour milk |

SIFT flour once, measure, add baking soda, salt and spices and sift again. Beat sugar gradually into eggs. Add shortening and sour milk. Add flour mixture. Beat well. Chill. Turn onto floured board. Roll ¼ 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.

Old Fashioned Molasses Cookies

- | | |
|---|------------------------------|
| 8 cups sifted flour | 1 teaspoon cinnamon |
| 4 teaspoons Arm & Hammer or Cow Brand Baking Soda | 3 cups molasses |
| ¼ teaspoon salt | 1 cup lard, melted |
| 1 tablespoon ginger | ½ cup butter, melted |
| | 10 tablespoons boiling water |

SIFT flour once, measure 4 cups, add baking soda, salt and spices and sift together three times. Combine molasses, melted shortening and boiling water. Add the 4 cups flour and blend well. Add remaining 4 cups flour gradually, beating well after each addition. Let stand in cool place about 1 hour. Turn onto lightly floured board. Roll ¼ inch thick. Cut with large floured cooky cutter; sprinkle with sugar and bake in hot oven (425° F.) 15 minutes. Makes 5 dozen cookies.

Sour Cream Sugar Cookies

- | | |
|---|------------------------|
| 2½ cups sifted flour | 1 cup heavy sour cream |
| ½ teaspoon Arm & Hammer or
Cow Brand Baking Soda | 1 cup sugar |
| ½ teaspoon salt | 1 egg, well beaten |
| | 1 teaspoon vanilla |

SIFT flour once, measure, add baking soda and salt and sift together three times. Beat sugar gradually into cream. Add egg. Add vanilla. Add flour, a small amount at a time, beating after each addition until smooth. Chill. Turn onto floured board. Roll ¼ inch thick. Cut with 3 inch cutter. Sprinkle with sugar. Bake in hot oven (425° F.) 10 minutes. Makes 2½ dozen cookies.

Brownies

- | | |
|---|------------------------------|
| 2 squares (2 ounces) unsweetened chocolate, melted | |
| ⅓ cup butter, or other shortening, melted | ¼ teaspoon salt |
| ¾ cup sifted flour | 2 eggs, slightly beaten |
| ¼ teaspoon Arm & Hammer or
Cow Brand Baking Soda | ¾ cup sugar |
| | ½ teaspoon vanilla |
| | ¾ cup nutmeats, coarsely cut |

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



BROWNIES (See Recipe above)

BISCUITS



MIXING

1. Cut or rub the fat into the sifted flour until the mixture looks like fine meal. The more finely divided the fat, the more tender the biscuit.
2. For sour milk or buttermilk biscuits the dough should be stiff but not hard.

BAKING

1. Cut biscuits with well floured cutter so they can rise evenly when baked.
2. Place close together on ungreased baking sheet.
3. Bake in hot oven (475° F.). A slow oven will dry out the biscuits before they are done.

Soda Biscuits

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

½ teaspoon salt
 4 tablespoons shortening
 ¾ cup sour milk or buttermilk (about)

SIFT flour once, measure, add baking soda and salt and sift again. Cut in shortening. Add enough milk to make a stiff dough. Turn onto floured board. Knead slightly. Roll ½ inch thick. Cut with floured biscuit cutter. Bake in hot oven (475° F.) 15 minutes. Makes 12 biscuits.

Sour Cream Biscuits

2 cups sifted flour
 1 teaspoon salt

½ teaspoon Arm & Hammer or
 Cow Brand Baking Soda

1 ¼ cups sour cream (about)

SIFT flour once, measure, add baking soda, salt and sift again. Add enough sour cream to form a soft dough. Turn onto floured board. Knead slightly. Roll ½ inch thick. Cut with floured biscuit cutter. Bake in hot oven (500° F.) 15 minutes. Makes 12 biscuits.

Coffee Cake

2 ½ cups sifted flour
 ½ teaspoon salt
 1 cup sifted brown sugar, firmly
 packed
 ½ cup butter, or other shortening

1 teaspoon Arm & Hammer or
 Cow Brand Baking Soda
 1 teaspoon cinnamon
 1 egg, well beaten
 ¾ cup buttermilk

SIFT flour once, measure, add salt, and sift again. Add brown sugar and mix well. Cut in shortening until mixture resembles coarse crumbs. Reserve ¾ cup of crumbs for topping. To remainder add baking soda and cinnamon. Mix well. Add egg and buttermilk. Stir only until blended. Turn into greased shallow pan (6" x 10"). Sprinkle with ¾ cup crumbs and additional cinnamon. Bake in hot oven (400° F.) 30 minutes. Serve hot.

Shubert Tea Bread

2 cups sifted flour
 ½ cup sugar
 ½ teaspoon salt
 ½ cup butter, or other shortening
 ½ teaspoon Arm & Hammer or
 Cow Brand Baking Soda

¼ teaspoon nutmeg
 ¼ teaspoon cinnamon
 ½ teaspoon ginger
 1 egg, well beaten
 ¾ cup sour milk

SIFT flour once, measure, add sugar and salt and sift again. Cut in butter until mixture resembles coarse crumbs. Reserve 1 cup of crumbs. To remainder add baking soda and spices. Mix well. Combine egg and sour milk. Add and stir only until blended. Sprinkle half of crumbs in bottom of shallow, greased pan. Turn batter on them and sprinkle remaining crumbs on top of batter. Bake in moderate oven (375° F.) 20-25 minutes. Serve warm.

BISCUITS

Currant Buns

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

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

Hot Cross Buns

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

SIFT flour once, measure, add baking soda, baking powder, salt, sugar and spices, and sift again. Cut in shortening. Add raisins. Add enough sour milk to make a stiff dough. Turn onto floured board. Knead slightly. Roll $\frac{1}{2}$ inch thick. Cut with 2 inch cutter. Place close together in shallow pan. With sharp knife cut a cross in each roll. Brush with a solution of milk and sugar. Bake in hot oven (475° F.) 20 minutes. Brush again with sugar and milk solution. Fill cross with plain frosting. Serve hot. Makes 12 buns.

Sultana Scone

4 cups sifted flour	6 tablespoons sugar
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	$\frac{1}{2}$ cup shortening
2 teaspoons cream of tartar	$\frac{1}{2}$ cup Sultana Raisins
1 teaspoon salt	1 egg, well beaten
	1 cup milk

SIFT flour once, measure, add baking soda, cream of tartar, salt and sugar and sift again. Cut in shortening. Add raisins. Combine egg and milk. Add to flour mixture, stirring quickly to form a stiff dough. Turn onto floured board. Knead slightly. Divide in two parts. Roll into circles 7 inches in diameter. Cut dough almost through crosswise with sharp, floured knife. Brush with slightly beaten egg, leaving cuts untouched. Bake in hot oven (475° F.) 20 minutes.

Tea Biscuits

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

⅓ cup shortening
 ½ cup nutmeats, coarsely broken
 1 egg, well beaten
 ¾ cup sour milk or buttermilk
 (about)

SIFT flour once, measure, add baking soda and salt and sift again. Cut in shortening. Add nutmeats. Combine egg and milk. Add enough of milk mixture to make a stiff dough. Turn onto floured board. Knead slightly. Roll ½ inch thick. Cut with small floured cutter. Bake in hot oven (475° F.) 15 minutes. Brush with a solution of sugar and water. Makes 24 small biscuits.

Strawberry Shortcake

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

⅓ cup shortening
 ¾ cup buttermilk or sour milk
 (about)
 2 quarts fresh strawberries

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



STRAWBERRY SHORTCAKE (Recipe above)

MUFFINS

Muffins—Waffles—Griddle Cakes

MIXING

1. The secret of these quick breads is quick, light mixing. Combine wet ingredients and add to sifted dry ingredients. Stir only until all flour is dampened. Do not try to beat lumps out. In folding egg whites into waffle batters, fold just until the last bit of white disappears.

BAKING

1. Muffins may stand in tins 20-30 minutes before baking without harm.
2. A griddle is hot enough when cakes are ready to turn after 2 to 3 minutes baking.
3. For baking waffles, follow directions given with your waffle iron.

Corn Sticks

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

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



CORN STICKS (See Recipe above)

Bran Muffins

1 cup sifted flour	1 egg, well beaten
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1 cup milk
1 teaspoon salt	½ 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.

Date Muffins

2 cups sifted flour	4 tablespoons sugar
½ teaspoon Arm & Hammer or Cow Brand Baking Soda	1 cup pitted, sliced dates
½ teaspoon salt	1 egg, well beaten
	1 cup sour milk
	⅓ cup shortening, melted

SIFT flour once, measure, add baking soda, salt, and sugar, and sift again. Add dates. Combine egg, milk, 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.

Oatmeal Muffins

2 cups rolled oats	1 teaspoon salt
1 ½ cups sour milk	4 tablespoons sugar
1 cup sifted flour	1 egg, well beaten
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	4 tablespoons shortening, melted

ADD rolled oats to sour milk and let soak several hours, or overnight. Sift flour once, measure, add baking soda, salt and sugar and sift again. Add egg to rolled oats mixture and blend. Add flour, stirring only enough to blend. Add shortening. Bake in greased muffin pans in hot oven (425° F.) 20 to 25 minutes. Makes 12 muffins.

Breakfast Muffins

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

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

MUFFINS

Corn Bread

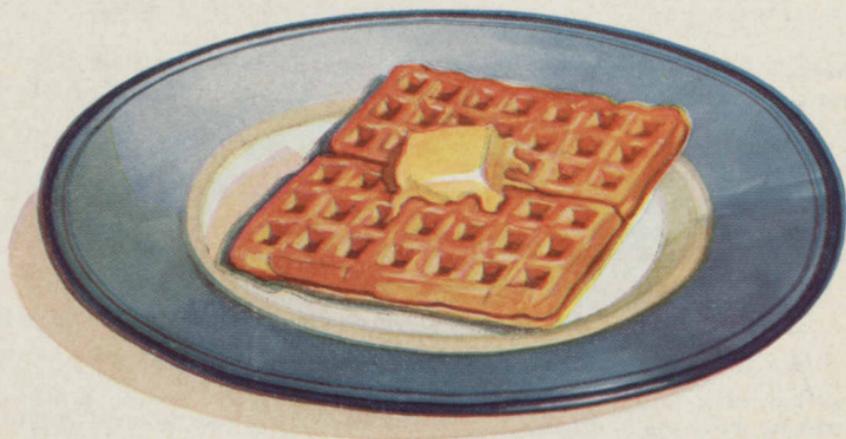
- | | |
|---|--------------------------------------|
| 1 $\frac{1}{4}$ cups sifted flour | 4 tablespoons sugar |
| $\frac{3}{4}$ cup cornmeal | 1 teaspoon salt |
| $\frac{3}{4}$ teaspoon Arm & Hammer or
Cow Brand Baking Soda | 1 $\frac{1}{4}$ cups sour milk |
| 1 teaspoon baking powder | $\frac{1}{4}$ cup shortening, melted |
| | 2 eggs, well beaten |

SIFT flour once, measure, add cornmeal, baking soda, baking powder, sugar and salt, and sift again. Combine milk, shortening and eggs. Add slowly to flour mixture, stirring until smooth. Turn into greased shallow pan. Bake in hot oven (425° F.) 30 to 35 minutes.

Graham Bread

- | | |
|---|--------------------------------------|
| $\frac{1}{2}$ cup brown sugar, firmly packed | 1 $\frac{1}{2}$ teaspoons salt |
| $\frac{3}{4}$ cup boiling water | 2 cups graham flour, unsifted |
| 1 cup sifted flour | $\frac{3}{4}$ cup buttermilk |
| 1 teaspoon Arm & Hammer or
Cow Brand Baking Soda | $\frac{1}{3}$ cup shortening, melted |

COMBINE brown sugar and water, and stir until sugar is dissolved. Cool. Sift flour once, measure, add baking soda and salt and sift again. Add graham flour. Add buttermilk and melted shortening to sugar solution. Add flour mixture, beating until smooth. Turn into greased loaf pan (8" x 4" x 3") and bake in moderate oven (350° F.) 1 hour.



SOUTHERN WAFFLES (See Recipe Page 29)

Southern Waffles

- | | |
|---|----------------------------|
| 1 cup boiling water | 1 teaspoon salt |
| 1 cup yellow corn meal | 1 tablespoon sugar |
| 2 cups sifted flour | 2 cups sour milk |
| 1 teaspoon Arm & Hammer or
Cow Brand Baking Soda | 1/4 cup shortening, melted |
| 2 egg whites, stiffly beaten | 2 egg yolks, well beaten |

POUR boiling water over corn meal. Sift flour once, measure, add baking soda, salt and sugar, and sift again. Combine milk, shortening and egg yolks. Add slowly to corn meal. Add flour, stirring only enough to blend. Fold in egg whites. Bake on hot waffle iron. Serve with butter and syrup. Makes eight 4 section waffles.

Rich Waffles

- | | |
|---|----------------------------|
| 1 1/4 cups sifted flour | 1 tablespoon sugar |
| 1/2 teaspoon Arm & Hammer or
Cow Brand Baking Soda | 1 cup sour milk |
| 1/2 teaspoon salt | 1/4 cup shortening, melted |
| 3 egg whites, stiffly beaten | 3 egg yolks, well 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.

Ham Waffles

- | | |
|---|---------------------------------|
| 2 cups sifted flour | 2 cups sour milk or buttermilk |
| 1 teaspoon Arm & Hammer or
Cow Brand Baking Soda | 1/4 cup melted shortening |
| 1/2 teaspoon salt | 2 egg yolks, well beaten |
| 1 tablespoon sugar | 1 1/2 cups cooked, shredded ham |
| | 2 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. Add ham. Fold in egg whites. Bake on hot waffle iron. Serve with butter and syrup. Makes six 4 section waffles.

Sour Cream Waffles

- | | |
|---|--------------------------|
| 2 cups sifted flour | 2 tablespoons sugar |
| 1/2 teaspoon Arm & Hammer or
Cow Brand Baking Soda | 1 cup sour cream |
| 1 teaspoon salt | 1 cup milk |
| 2 egg whites, stiffly beaten | 2 egg yolks, well beaten |

SIFT flour once, measure, add baking soda, salt and sugar and sift again. Combine sour cream, milk 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 six 4 section waffles.

GRIDDLE CAKES

Buckwheat Cakes

1½ cups sifted buckwheat flour
½ cup sifted flour
1 teaspoon Arm & Hammer or
Cow Brand Baking Soda

1 teaspoon salt
2½ cups sour milk or buttermilk
1 tablespoon molasses
1 tablespoon shortening, melted

SIFT flour once, measure, add baking soda and salt and sift again. Combine milk and molasses. Add to flour, stirring only until smooth. Add shortening. Bake on hot, well greased griddle. Makes 18 cakes.

Sour Milk Griddle Cakes

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

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

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

Apple Fritters

2 cups sifted flour
¾ teaspoon Arm and Hammer or
Cow Brand Baking Soda
½ teaspoon salt
2 tablespoons sugar

¼ teaspoon nutmeg
2 eggs, well beaten
1½ cups sour milk
2 tablespoons shortening, melted
2 cups diced apple

SIFT flour once, measure, add baking soda, salt, sugar and nutmeg, and sift again. Combine eggs, milk and shortening. Add to flour mixture. Beat until smooth. Add apples. Drop by spoonfuls into deep hot fat (375° F.) and cook to a rich brown, turning frequently. Serve hot with syrup. Serves 8.



SOUR MILK GRIDDLE CAKES (See Recipe above)

Table 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 minutes
		Muffins	25-30 minutes
	Cookies	Cookies	8-15 minutes
	Layer Cake		25-30 minutes
	Loaf Cake		45 minutes
	Loaf Cake (thick)		50-60 minutes
Fruit Cake			3 to 4 hours
Sponge Cake			1 hour

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For
Successful Baking