



• GOOD THINGS TO EAT •

Make Good Things to Eat ★ **WITH BAKING SODA**

BAKING SODA, Arm & Hammer Brand and Cow Brand, has been a standard household article for more than 90 years. All this time its value to the homemaker has increased. At first, baking soda was primarily used in baking, but since then, its uses have become diversified until it is now a necessity throughout the entire household from the bath through the kitchen to the laundry . . . not to mention the barns and dairies on the farms.

As a leavening agent in baking, it is grandmother's secret and granddaughter's success.

Most all baked goods require some type of leavening agent to help make them light. In any case a considerable amount of a gas called carbon dioxide is released in the baked product. This expands with the heat of the oven and makes batters and doughs palatable, light and tender when baked.

When baking soda which is pure bicarbonate of soda is used, it reacts with some acid ingredient in the recipe. The acid may come from a variety of sources; the mild acids of molasses, brown sugar, chocolate, cocoa, vinegar or citrus fruit juices, apple sauce, spices, tomato juice, cottage cheese, etc.

The traditional thought connects the delicious, tender, moist cakes and breads with baking soda and sour milk . . . the modern idea is to make those same delectable tender

cakes and breads using baking soda and vinegar or citrus fruit juice with sweet milk instead of sour milk. Yes, that's how simple it is to use baking soda the modern way.

Many of the new recipes in this book are built especially for acid fruit juices and baking soda. However, if you have a favorite sour milk and baking soda recipe that has been in the family for years, you do not need to wait for milk to sour to make it.

Sweet milk and an acid juice may be substituted for sour milk or buttermilk in any baking soda recipe. The following quantities of acid juices will react with $\frac{1}{2}$ teaspoonful of baking soda:

- 1 $\frac{1}{3}$ tablespoons vinegar (4 teaspoons)
- 1 $\frac{1}{2}$ tablespoons lemon juice (4 $\frac{1}{2}$ teaspoons)
- $\frac{3}{4}$ cup orange juice (12 tablespoons)

It is surprisingly simple to sour milk artificially with acid juice. For example, when vinegar is used, simply place 1 $\frac{1}{3}$ tablespoons vinegar (preferably white vinegar as it makes a whiter product) in a standard measuring cup, then fill to the 1 cup mark with sweet milk. Mix well. The resulting liquid can be used in place of natural sour milk or buttermilk in any baking soda recipe.

Fruit juices in themselves add novelty and fascination to these tested recipes. But more important, with baking soda, they create a perfect way to make Good Things to Eat.

Martha Lee Anderson

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Cakes

RED DEVIL'S CAKE

Pictured on Cover

2 cups cake flour
1 ¼ teaspoons Arm & Hammer or Cow Brand Baking Soda
¼ teaspoon salt
½ cup butter or other shortening
1 cup sugar

2 eggs
2 squares (2 ounces) unsweetened chocolate, melted and cooled
¾ cup sour milk or buttermilk
1 teaspoon vanilla
½ cup boiling water

1. Sift, then measure the flour. Sift three times with the baking soda and salt.
2. Cream the butter until light and lemon colored. Gradually add sugar, beating after each addition until light and fluffy.
3. Slowly add the eggs which have been beaten until they are almost as stiff as whipped cream.
4. Add the chocolate, blending well.
5. Combine milk and vanilla. Alternately add dry ingredients and milk, beating after each addition until smooth.
6. Add boiling water, beat well. Turn into greased loaf pan. Bake in moderate oven.
7. Frost. Let cake stand two hours before cutting to allow the red color to fully develop.

Amt.: 8 x 8-inch pan. Temp.: 350° F. Time: 45 minutes.

LEMON LOAF CAKE

Pictured on Page 5

2 cups cake flour
½ teaspoon Arm & Hammer or Cow Brand Baking Soda
¼ teaspoon salt
½ cup butter or other shortening

1 cup sugar
2 eggs
½ cup sweet milk
1 ½ tablespoons lemon juice

1. Sift, then measure flour. Sift three times with baking soda and salt.
2. Cream the butter until light and lemon colored. Add sugar gradually.
3. Slowly add the eggs which have been beaten until they are almost as stiff as whipped cream.
4. Alternately add the dry ingredients and the liquid, beating until smooth after each addition. Add lemon juice, blending in well.
5. Turn into greased loaf pan. Bake.
6. Cover with Lemon Filling and top with ½ recipe of Fluffy Frosting.

Amount: 8 x 8-inch pan. Temperature: 350° F.

Time: 45 minutes

Note: Red Devil's Cake may be made in two 8-inch layers, baked at 350° F. for 30-35 minutes.



Cakes

ORANGE LOAF

Pictured on Page 9

2 cups cake flour	1 cup sugar
½ teaspoon Arm & Hammer or Cow Brand Baking Soda	2 eggs
¼ teaspoon salt	Grated rind of 1 orange
⅓ cup butter or other shortening	¾ cup strained orange juice

1. Sift, then measure flour. Sift three times with the baking soda and salt.
2. Cream the butter until light and lemon colored. Add sugar gradually, beating after each addition.
3. Slowly add the eggs which have been beaten until they are almost as thick as whipped cream. Add orange rind.
4. Alternately add dry ingredients and the liquid, beating after each addition.
5. Turn into a pan lined with greased wax paper. Bake in a moderate oven.
6. When cool, frost with Orange Coconut Frosting.

Amount: 8 x 8-inch pan. Temperature: 350° F.
Time: 40-50 minutes.

FLUFFY GINGERBREAD

2 cups all purpose flour	½ cup butter or other shortening
1½ teaspoons Arm & Hammer or Cow Brand Baking Soda	½ cup sifted brown sugar, firmly packed
½ teaspoon salt	2 eggs
1 teaspoon ginger	¾ cup molasses
1 teaspoon cinnamon	1 cup boiling water
½ teaspoon cloves	

1. Sift, then measure the flour. Sift three times with the baking soda, salt and spices.
2. Cream the butter until light and lemon colored. Add sugar gradually, beating after each addition until light and fluffy.
3. Gradually add the eggs which have been beaten until they are almost as stiff as whipped cream.
4. Add one-fourth of the dry ingredients. Blend well.
5. Add the molasses, beating until smooth. Then add remaining dry ingredients, beating very well.
6. Add boiling water, stir until blended.
7. Pour into a greased loaf pan. Bake in a moderate oven. Serve hot.

Amount: 8 x 8-inch pan. Temperature: 350° F.
Time: 45 minutes.

Frostings

FLUFFY FROSTING

Pictured on Page 5

1 cup sugar	$\frac{1}{4}$ teaspoon cream of tartar
2 egg whites, unbeaten	Dash of salt
4 tablespoons cold water	$\frac{1}{2}$ teaspoon vanilla

1. Combine sugar, egg whites, water, cream of tartar and salt in upper part of double boiler.
2. Place over boiling water and beat constantly with rotary type beater until frosting will stand in peaks, or about 7 minutes. Add vanilla last.

Amount: 3 cups.

LEMON FILLING

Pictured on Page 5

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

1. Combine lemon juice, rind, sugar, and $\frac{3}{4}$ cup water. Slowly bring to boiling point.
2. Make a smooth paste of cornstarch and the 2 tablespoons of water. Add slowly to syrup, stirring constantly. Cook until mixture is thick and clear, or about 5 minutes. Remove from heat. Add small amount to slightly beaten egg yolk. Beat vigorously. Return to remaining mixture and blend well. Cool. Amount: $1\frac{1}{2}$ cups.

ORANGE COCONUT FROSTING

Pictured on Page 9

3 tablespoons butter	$\frac{1}{4}$ cup orange juice
2 cups confectioners sugar	$\frac{3}{4}$ cup grated coconut

1. Cream butter until very soft.
2. Add sugar gradually, thinning with orange juice to spreading consistency. Beat until smooth.
3. Beat coconut into frosting. Amount: $1\frac{1}{2}$ cups.

SOFT CHOCOLATE FROSTING

Pictured on Cover

1 cup confectioners sugar	2 squares (2 ounces) unsweetened chocolate
1 egg	Dash of salt
Dash of salt	$\frac{1}{2}$ teaspoon vanilla

1. Gradually add sugar to the slightly beaten egg. Beat until smooth and light.
2. Add salt and melted chocolate, blending well. Add vanilla. Cool before spreading.
3. This makes sufficient to cover top and sides of an 8x8-inch loaf cake.





Cookies

ORANGE JUICE COOKIES

Pictured on Page 8

2 1/2 cups all purpose flour	1 cup sugar
1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda	2 eggs
1/4 teaspoon salt	1 cup shredded coconut, finely cut
3/4 cup butter or other shortening	3/4 cup strained orange juice, fresh or canned

1. Sift, then measure the flour. Sift three times with the baking soda and salt.
2. Cream the butter until it is light and lemon colored. Add sugar gradually, beating after each addition.
3. Slowly add the eggs which have been beaten until they are almost as stiff as whipped cream.
4. Alternately add dry ingredients and liquid, beating until smooth after each addition. Add coconut.
5. Drop by teaspoonfuls on ungreased baking sheets. Sprinkle with additional coconut if desired. Bake in hot oven.

Amount: 4 dozen cookies. Temperature: 400° F.
Time: 10-12 minutes.

DATE COOKIES

Pictured on Page 8

2 cups all purpose flour	1/2 cup sifted brown sugar, firmly packed
1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda	2 eggs
1/4 teaspoon salt	1/2 cup sour milk
1/4 teaspoon nutmeg	1/2 cup dates, finely cut
1/2 cup butter or other shortening	3/2 cup nutmeats, coarsely cut shortening

1. Sift, then measure the flour. Sift three times with the baking soda, salt and nutmeg.
2. Cream the butter until light and fluffy. Gradually add sugar, beating after each addition.
3. Add the eggs which have been beaten until thick and lemon colored.
4. Alternately add dry and liquid ingredients, a small amount at a time, beating until smooth after each addition.
5. Add dates and nuts last.
6. Drop by spoonfuls on ungreased baking sheet. Bake in hot oven.

Amount: 3 dozen cookies. Temperature: 425° F.
Time: 15 minutes.

Cookies

PEANUT BUTTER ICEBOX COOKIES

Pictured on Page 8

2½ cups all purpose flour	1 cup granulated sugar
¾ teaspoon Arm & Hammer or Cow Brand Baking Soda	¼ cup sifted brown sugar, firmly packed
¼ teaspoon salt	1 cup peanut butter
¾ cup butter or other shortening	2 eggs

1. Sift, then measure the flour. Sift again with the baking soda and salt.
2. Cream the butter until light and lemon colored. Add granulated sugar gradually, beating after each addition. Then add brown sugar.
3. Blend peanut butter in well.
4. Add well-beaten eggs, then the dry ingredients, a little at a time, beating until smooth after each addition.
5. Form into two rolls. Wrap in wax paper. Let stand in refrigerator several hours to chill.
6. Bake as needed by slicing thin slices from roll of dough. Bake in moderate oven.

Amount: 5 dozen cookies. Temperature: 425° F.
Time: 8-10 minutes.

OLD FASHIONED MOLASSES COOKIES

Pictured on Page 8

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

1. Sift, then measure the flour. Sift 4 cups of the flour with the baking soda and salt.
2. Combine the molasses melted shortening and boiling water. Blend well.
3. To the molasses mixture add the remaining 4 cups of flour. Stir until smooth.
4. Add the dry ingredients gradually, beating after each addition.
5. Chill in refrigerator or a cool place about 1 hour.
6. Turn onto a lightly floured board. Roll ¼ inch thick. Cut with a large sized floured cookie cutter. Sprinkle with sugar.
7. Bake in a hot oven.

Amount: 5 dozen cookies. Temperature: 425° F.
Time: 15 minutes.



Quick Breads

SODA BISCUITS

Pictured on Page 12

2 cups all purpose flour
1/2 teaspoon Arm & Hammer
or Cow Brand Baking Soda
1/2 teaspoon salt

4 tablespoons shortening
3/4 cup sour milk or buttermilk
(about)

1. Sift, then measure flour. Sift again with the baking soda and salt.
2. Using the finger tips or a pastry blender, rub or cut shortening into the dry ingredients until the mixture resembles coarse cornmeal.
3. To sour 3/4 cup sweet milk artificially and quickly, place 1 tablespoon lemon juice or vinegar (preferably white vinegar as it makes a whiter biscuit) in a measuring cup, fill 3/4 full with sweet milk and mix well.
4. Make a well in the center of the mixture and turn in the sour milk or buttermilk all at once, reserving about 1 tablespoon of the liquid as it may not be required. Then stir to make a soft dough as quickly as possible, using a fork. Add remainder of liquid if necessary.
5. As soon as the flour has been gathered together, turn the dough onto a floured board. The dough should be stiff but soft to the touch and not sticky.

6. Knead the dough lightly for about 30 seconds, using the palm of the hand and finger tips.
7. Then pat or roll to a thickness of about 1/2 inch. Cut with floured biscuit cutter.
8. Place biscuits on ungreased baking sheet. Bake in hot oven.

Amount: 12—2-inch biscuits. Temperature: 475° F.
Time: 12—15 minutes.

LEMON CLOVER ROLLS

Pictured on Page 12

2 cups all purpose flour
3/4 teaspoon Arm & Hammer
or Cow Brand Baking Soda
1/2 teaspoon salt

1/4 cup sugar
1/3 cup shortening
1/2 cup sweet milk
3 tablespoons lemon juice

1. Sift, then measure flour. Sift again with the baking soda, salt and sugar.
2. Cut or rub in shortening until it is as fine as coarse cornmeal.
3. Add the combined milk and lemon juice, stirring quickly to form a soft dough.
4. Turn onto a lightly floured board. Knead slightly.
5. Form dough into balls about the size of marbles. Place 3 balls in each muffin tin. Sprinkle with sugar. Bake in hot oven.

Amount: 12 rolls. Temperature: 450° F Time: 20 minutes.

Quick Breads

OLD FASHIONED CORN BREAD

1 cup all purpose flour
3/4 teaspoon Arm & Hammer
or Cow Brand Baking Soda
1 teaspoon salt
1 1/2 cups cornmeal

2 eggs
1 1/2 cups buttermilk or sour
milk
3 tablespoons shortening

1. Sift, then measure the flour. Sift again with the baking soda, salt and cornmeal.
2. Combine well-beaten eggs, buttermilk and melted shortening.
3. Add the liquid ingredients to the dry ingredients, stirring only until smooth.
4. Turn into a well-greased pan. Bake in hot oven.

Amount: 8 x 8-inch pan. Temperature: 425° F.
Time: 25-30 minutes.

Note: You don't need to wait for milk to sour to make this corn bread. It is easy to artificially sour sweet milk, making it equal to sour milk or buttermilk when they are at their best for baking with baking soda.

For each cup of sour milk desired, simply place 1 1/2 tablespoons lemon juice or 1 1/3 tablespoons vinegar (white vinegar makes a whiter product) in a standard measuring cup, then fill to the 1 cup mark with sweet milk.

ORANGE BREAD

Pictured on Page 12

2 cups all purpose flour
1 teaspoon Arm & Hammer
or Cow Brand Baking Soda
3/4 teaspoon salt
1/2 cup sugar
1 egg
3/4 cup strained orange juice

2 tablespoons lemon juice
1 teaspoon grated orange
rind
1/4 teaspoon grated lemon
rind
1/4 cup melted shortening

1. Sift, then measure the flour. Sift again with the baking soda, salt and sugar.
2. Combine well-beaten egg, orange juice, lemon juice, grated rind and melted shortening.
3. Add to the dry ingredients, stirring only until well mixed.
4. Turn into a small sized bread tin lined with greased wax paper.
5. Cover and let stand 20 minutes. Bake in a moderate oven.

Amount: 1 loaf. Temperature: 350° F.
Time: 1 hour.

Note: For Orange Nut Bread, add 1/2 cup coarsely cut nuts to the dry ingredients. It's delicious!

Baking Soda Tips

Cut Glass and Crystal—Glassware, goblets, tumblers, candlesticks, etc., are cleaned to a sparkling brightness by rubbing with a heavy paste made of Arm & Hammer or Cow Brand Baking Soda and water. Rinse with cold water and dry with a soft cloth.

Fire Extinguishers—Arm & Hammer or Cow Brand Baking Soda is unsurpassed as a fire extinguisher. It not only smothers the fire but immediately generates carbon dioxide gas which temporarily envelops the flames and cuts off the supply of air or oxygen. Baking soda is therefore doubly effective in immediately extinguishing small fires.

Coffee Pots—Good coffee can only be made in a clean pot, whether it is a percolator, tricolorator, coffee maker or other type. To remove the brown stain, wipe out frequently with a dampened cloth sprinkled with baking soda, rinse well, then dry. If badly stained, fill coffee pot with a baking soda solution (a small handful to a quart of water), boil for five to ten minutes until the stain is removed. Then rinse and dry. Use only a cool baking soda paste on aluminum ware.

Thermos Bottles and Jugs—Milk Bottles—To keep thermos bottles and jugs clean and sweet,

put a few tablespoonfuls of baking soda in jug or bottle, partially fill with warm water and shake vigorously. Rinse with clean water. Corks and other closures are kept odorless by rubbing with moist baking soda. For storing, do not put corks or other closures on tightly until bottles or jugs are perfectly dry.

Ash Trays—The stale offensive odor of ash trays can be removed by cleansing with a baking soda solution (a small handful to a quart of warm water) or by rubbing with a damp cloth sprinkled with baking soda. Rinse and dry. Brass and copper trays may require polishing with a soft cloth.

Refrigerators—Keep refrigerators sweet and clean by washing with a solution of baking soda and water. Wipe the porcelain and metal surfaces of the refrigerator, whether electric, gas, oil or ice, with a soft cloth wrung from lukewarm water containing a small handful of baking soda to a small basin of water. Rinse ice trays with a similar solution to prevent the development of stale or musty flavors in the ice cubes. In ice refrigerators, cleaning the pipes and drains with this solution prevents clogging, the growth of bacteria and the development of odors.

