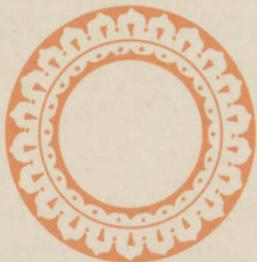




• GOOD THINGS TO EAT •



# Good Things to Eat



**C**HURCH & DWIGHT CO., INC., the makers of Arm & Hammer Brand and Cow Brand Baking Soda, are pleased to bring you this book of cooky recipes.

Here you will find old fashioned cookies with molasses or spice, and modern ones with a dash of orange or lemon. Some are sliced or rolled, others are drop cookies. Each recipe has been carefully selected to please you. Some satisfy a hearty appetite, others cater to a whimsy for something delicate and tasty.

Every recipe has been thoroughly tested again and again in our Research Test Kitchen. Use them with confidence, let them become your favorites. They will make your baking one success after another. Then you, too, will realize why our baking soda has been a baking necessity for these many generations.

Arm & Hammer Brand and Cow Brand Baking Soda are identical. Furthermore, they meet all the requirements of the United States Pharmacopoeia. Both are refined bicarbonate of soda, are mildly alkaline and can also be used wherever bicarbonate of soda is prescribed.

Martha Lee Anderson

Edition 122  
Copyright 1938 by  
Church & Dwight Co., Inc.  
10 Cedar Street, New York, N. Y.

Research Test Kitchen  
Church & Dwight Co., Inc.  
Syracuse, N. Y.

# DOWN SOUTH MOLASSES COOKIES

## PINGS

4½ cups pastry flour  
1 teaspoon salt  
1 teaspoon cinnamon  
2 teaspoons ginger  
1½ cups molasses  
1½ tablespoons Arm  
& Hammer or Cow  
Brand Baking Soda

1 cup melted shorten-  
ing  
½ cup sugar  
2 eggs  
½ cup boiling water

1. Sift, then measure flour. Sift again with salt and spices.
2. Mix molasses and baking soda in a sauce pan. Bring to boiling point, stirring continuously.
3. Then add melted fat and sugar. Blend well. Cool. Add the well-beaten eggs.
4. Gradually add dry ingredients to the molasses mixture, beating in well. Add boiling water last, stirring until well mixed.
5. Chill in refrigerator several hours or overnight. Drop by generous spoonfuls on an ungreased baking sheet. Sprinkle with sugar or garnish with raisins if desired.

Amount: 3½ dozen cookies. Temperature: 375° F.  
Time: 10-15 minutes. Pictured on Page 9.

2¼ cups all purpose  
flour  
½ teaspoon Arm &  
Hammer or Cow  
Brand Baking Soda  
½ teaspoon salt  
¾ cup butter or other  
shortening

1 cup light brown  
sugar, firmly  
packed  
1 egg  
2 tablespoons lemon  
juice  
Grated rind of 1 lemon  
⅔ cup coconut, cut;  
or nuts

1. Sift, then measure flour. Sift again with baking soda and salt.
2. Melt shortening slowly. Add sugar, stir well. Add unbeaten egg, lemon juice and rind. Beat very thoroughly.
3. Blend in dry ingredients. Chill dough thoroughly, about 1 hour, for easy handling.
4. Roll into small balls ¾ inch in diameter. Then roll balls in very finely cut coconut or nuts. Place on ungreased baking sheet. Bake in hot oven.

Amount: 5 dozen small cookies. Temperature: 400° F.  
Time: 12-15 minutes

## CRISP SUGAR COOKIES

2½ cups all purpose flour  
½ teaspoon Arm & Hammer or Cow Brand Baking Soda  
½ teaspoon salt  
¾ cup shortening  
1 cup sugar

2 eggs  
2 tablespoons sweet milk  
¼ teaspoon almond extract  
¼ teaspoon lemon extract

1. Sift, then measure flour. Sift three times with baking soda and salt.
2. Cream the shortening until light and fluffy. Gradually add sugar, beating after each addition. Add the unbeaten eggs, one at a time. Beat briskly.
3. Combine flavorings and milk. Add dry ingredients and liquid. Blend very well. Cover dough closely with waxed paper and chill in refrigerator for one hour or longer.
4. Turn on a lightly floured board and roll thin. Cut in desired shapes with floured cookie cutter. Place on ungreased baking sheet. Bake in moderate oven.
5. Before baking, these may be garnished with sugar, nuts, candied cherries or as desired.

Amount: 3 dozen cookies. Temperature: 375° F.  
Time: 8-10 minutes. Pictured on Cover.

## CHOCOLATE DROPS

½ cup sour milk or buttermilk  
1 cup white sugar  
1 egg  
½ cup butter  
2 squares (2 ounces) unsweetened chocolate

1½ cups all purpose flour  
½ teaspoon Arm & Hammer or Cow Brand Baking Soda  
¼ teaspoon salt  
1 teaspoon vanilla  
½ cup nutmeats

1. Mix sour milk and sugar thoroughly in a mixing bowl. Add egg, unbeaten. Blend thoroughly. If you have no natural sour milk or buttermilk, use vinegar and sweet milk. Simply place 2 teaspoons vinegar in a measuring cup and fill to the ½ cup mark with sweet milk.
2. Melt shortening and chocolate over water. Blend. Cool. Add to milk mixture.
3. Sift, then measure the flour. Sift again with the baking soda and salt. Add dry ingredients and vanilla to chocolate mixture. Blend well. Add chopped nuts.
4. Drop on ungreased baking sheet. Bake. Frost when cool. See page 14.

Amount: 3 dozen drops. Temperature: 375° F.  
Time: 10-12 minutes. Pictured on Page 5.



# DUTCH ALMOND COOKIES

# PLANTATION CREAMS

2 cups all purpose flour  
 $\frac{3}{4}$  teaspoon Arm & Hammer or Cow Brand Baking Soda  
 $\frac{1}{4}$  teaspoon cinnamon  
 $\frac{1}{2}$  cup butter or other shortening

$\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup white sugar  
1 egg  
1 tablespoon honey  
1 tablespoon vinegar  
 $\frac{1}{2}$  teaspoon almond flavoring  
1 cup ground blanched almonds

1. Sift, then measure flour. Sift again with baking soda and cinnamon.
2. Melt shortening. Add sugar, blend well. Add unbeaten egg, beat briskly. Then add honey and vinegar. Stir in dry ingredients along with 1 cup of ground blanched almonds and flavoring.
3. Form into roll. Chill in refrigerator several hours or overnight. Slice thin. Bake on unbuttered baking sheet in a moderate oven.
4. These may be glazed with egg white and garnished with almonds before baking.

Amount: 6 dozen  $2\frac{1}{2}$ " cookies. Temperature: 400° F.  
Time: 8-10 minutes

$3\frac{3}{4}$  cups all purpose flour  
1 cup butter or other shortening  
2 cups brown sugar  
1 cup rich sour cream

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

1. Sift, then measure the flour.
2. Cream butter until light and fluffy. Gradually add sugar, beating after each addition.
3. Mix baking soda and salt with sour cream, then immediately add to butter-sugar mixture.
4. Add eggs, one at a time, beating vigorously after each addition. Add vanilla. Then gradually add flour, blending thoroughly.
5. For variation in flavor 1 teaspoon nutmeg may be added.
6. Drop by spoonfuls on an ungreased baking sheet. Bake in a moderate oven.
7. Garnish with nuts if desired.

Amount: 4  $\frac{1}{2}$  dozen cookies. Temperature: 375° F.  
Time: 12-15 minutes

## DREAM BARS

## PERSIAN PATTIES

1/2 cup butter  
1 cup all purpose  
flour

1/2 cup brown sugar

1. Blend with pastry blender or finger tips as for pie crust. Press or pat in an un-buttered pan. Bake until light brown, about 10 minutes in a moderate oven.

1 cup brown sugar  
2 eggs  
2 tablespoons all pur-  
pose flour  
1/4 teaspoon Arm &  
Hammer or Cow  
Brand Baking  
Soda

Pinch of salt  
1/2 teaspoon vanilla  
1 1/2 cups coconut  
1/2 cup walnuts,  
chopped

1. Beat eggs slightly, add brown sugar. Now add flour, baking soda and salt which have been mixed together. Fold the vanilla nuts and coconut into the mixture.
2. Remove butter-flour mixture from oven. Immediately pour second mixture on the top of first, spreading evenly.
3. Bake 20-25 minutes in moderate oven.
4. Cool. Cut in squares. Roll in confectioners' or powdered sugar if desired.

Amount: 13 x 9 inch pan. Temperature: 350° F.  
Time: 35-45 minutes

2 1/4 cups all purpose  
flour

1/4 teaspoon salt  
3/4 teaspoon Arm &  
Hammer or Cow  
Brand Baking Soda  
1/4 teaspoon cinna-  
mon

1/2 cup butter or other  
shortening

1 cup sugar  
2 eggs  
3 squares (3 ounces)  
unsweetened choc-  
olate

1. Sift, then measure flour. Sift three times with baking soda, salt and cinnamon.
2. Cream butter until light and lemon colored. Gradually add sugar. Add eggs, unbeaten, one at a time. Blend well.
3. Melt chocolate over hot water. When cool add to butter-sugar mixture. Add dry ingredients. Chill in refrigerator until firm enough to handle.
4. Turn onto lightly floured board. Roll 1/8 inch thick. Cut with 2 1/2 inch cooky cutter. Bake in moderate oven on an ungreased baking sheet.
5. To make Patties, make a sandwich of 2 cookies, using an Orange Frosting for filling. See page 14.

Amount: 3 1/2 dozen patties. Temperature: 350° F.  
Time: 8-10 minutes. Pictured on Cover.



Mary



## OATMEAL TRILBYS

1 1/4 cups all purpose flour  
1 teaspoon Arm & Hammer or Cow Brand Baking Soda  
1/4 teaspoon salt  
1 cup butter  
1 cup brown sugar, firmly packed  
1/4 cup hot water  
2 cups oatmeal

1. Sift, then measure flour. Sift again with baking soda and salt.
2. Cream butter and add sugar slowly. Add the dry ingredients alternately with the hot water. Add the oatmeal.
3. Form into rolls and chill overnight or for several hours.
4. Cut in 1/4 inch slices and bake on a greased cooky sheet in a moderate oven. When baked, allow cookies to stand a few minutes before removing from pan. Cool.
5. Spread with Date Filling to make sandwiches. See page 14.

Amount: 4 dozen cookies. Temperature: 375° F.  
Time: 10-12 minutes. Pictured on Page 5.

## BUTTERSCOTCH WHIRLS

4 cups all purpose flour  
1 teaspoon Arm & Hammer or Cow Brand Baking Soda  
1 teaspoon salt  
1 cup butter  
2 cups brown sugar  
2 eggs  
1 tablespoon lemon juice  
1 teaspoon vanilla

1. Sift, then measure flour. Sift three times with baking soda and salt.
2. Cream the butter until light and fluffy. Add sugar gradually.
3. Add the eggs, one at a time, beating well after each addition. Add lemon juice and vanilla. Gradually add dry ingredients, blending well.
4. Divide dough in two portions. Roll or pat each portion to thickness of 1/2 inch, spread with Date Filling. See page 14. Roll like a jelly roll, place in refrigerator several hours or until ready to bake.
5. When ready to bake, cut thin slices from the roll and place on a greased baking sheet. Bake in a hot oven.

Amount: 5 dozen cookies. Temperature: 400° F.  
Time: 10 minutes. Pictured on Page 12.

# BROWNIES

$\frac{3}{4}$  cup all purpose flour  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon Arm & Hammer or Cow Brand Baking Soda  
 $\frac{1}{2}$  cup butter or other shortening

2 squares (2 ounces) unsweetened chocolate  
1 cup sugar  
2 eggs  
1 teaspoon vanilla  
 $\frac{1}{2}$  cup nutmeats

1. Sift, then measure flour. Sift again with the baking soda and salt.
2. Melt the chocolate and shortening over water. Add the sugar gradually; blending well.
3. Slowly add the well-beaten eggs. Beat thoroughly. Add flavoring and nutmeats. Add dry ingredients. Stir until smooth.
4. Turn into greased pan. Bake in moderate oven. Cool slightly and cut in squares.

Amount: 8 x 8 x 2 inch pan. Temperature: 350° F.  
Time: 30-35 minutes

# GINGER BARS

3 cups all purpose flour  
 $1\frac{1}{2}$  teaspoons Arm & Hammer or Cow Brand Baking Soda  
1 teaspoon ginger  
teaspoon cinnamon

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup butter or other shortening  
1 cup sugar  
 $\frac{1}{2}$  cup molasses  
2 eggs  
1 cup sour cream

1. Sift, then measure flour. Sift again with baking soda, spices and salt.
2. Cream butter until light and fluffy. Gradually add sugar, creaming after each addition. Add molasses, beating well.
3. Slowly add the eggs which have been beaten until they are almost as thick as whipped cream. Alternately add the dry ingredients and the sour cream, beating after each addition.
4. Pour into shallow greased pan. Bake in a moderate oven.
5. While still warm, frost with Orange Frosting. Cut in squares. See page 14.

Amount: one 12 x 16 inch pan. Temperature: 350° F.  
Time: 20 minutes. Pictured on Page 8.



# ORANGE MERINGUE SQUARES

## SPICE DULCIES

1 $\frac{3}{4}$  cups cake flour  
3 $\frac{1}{4}$  teaspoon Arm & Hammer or Cow Brand Baking Soda  
 $\frac{1}{2}$  teaspoon salt  
4 tablespoons butter, or other shortening  
3 $\frac{1}{4}$  cup sugar

2 egg yolks  
Grated rind of  $\frac{1}{2}$  orange  
 $\frac{2}{3}$  cup strained orange juice  
2 egg whites  
Pinch of salt  
 $\frac{1}{2}$  cup sugar

2 $\frac{1}{4}$  cups all purpose flour  
1 $\frac{1}{2}$  teaspoons Arm & Hammer or Cow Brand Baking Soda  
 $\frac{1}{2}$  teaspoon cloves  
1 $\frac{1}{2}$  teaspoons cinnamon  
1 teaspoon ginger  
 $\frac{1}{2}$  teaspoon salt

$\frac{3}{4}$  cup butter or other shortening  
1 cup sifted brown sugar, firmly packed  
1 egg  
4 tablespoons molasses  
 $\frac{1}{2}$  cup chopped nuts  
Granulated sugar

1. Sift, then measure flour. Sift three times with baking soda and salt.
2. Cream butter until light and lemon colored. Add  $\frac{3}{4}$  cup sugar gradually. Add egg yolks, one at a time, beat well. Add orange rind.
3. Alternately add dry and liquid ingredients, beating until smooth after each addition.
4. Turn into 2 greased shallow pans lined with greased waxed paper.
5. To make meringue, add salt to egg whites, and beat until foamy throughout. Add  $\frac{1}{2}$  cup sugar gradually, beating after each addition. Beat until mixture will stand up in peaks
6. Spread evenly on cake batter, using the back of a spoon. Bake in hot oven. Turn out on cake racks to cool. Cut in strips or squares.

Amount: Two 8 x 8 inch pans. Temperature: 375° F  
Time: 25 minutes. Pictured on Page 8.

1. Sift, then measure flour. Sift again with baking soda, spices and salt.
2. Cream shortening, add brown sugar gradually. Blend in egg. Add molasses.
3. Then add dry ingredients, blending well. Add nuts last.
4. Chill dough for about one hour or longer if desired. Then form dough into balls about the size of walnuts. Dip each one in the granulated sugar, then place on ungreased baking sheet and sprinkle with water. These should be placed about 1 $\frac{1}{2}$  inches apart to allow for spreading. Bake in a moderate oven.

Amount: 4 dozen cookies. Temperature: 375° F.  
Time: 10-15 minutes. Pictured on Page 8.

# LEMON WAFERS

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

1 cup sugar  
1 egg, unbeaten  
2 tablespoons lemon juice  
Grated rind of 1 or 2 lemons as desired

1. Sift, then measure flour. Sift three times with baking soda and salt.
2. Cream the butter, add sugar. Add egg, beating until well blended. Then add lemon juice and rind.
3. Add dry ingredients, a small amount at a time, beating until smooth.
4. Chill dough in refrigerator until stiff, or shape into a roll 1 $\frac{1}{2}$  inches in diameter, then chill for several hours.
5. Roll dough, cut with 2-inch cookie cutter or cut very thin slices from the roll. Dip in granulated sugar.
6. Place on ungreased baking sheet. Bake in a moderate oven. The cookies should bake without browning except for a slight darkening around the edges.

Amount: 5 dozen. Temperature: 350° F.  
Time: 10-12 minutes. Pictured on Page 5.

# FROSTINGS

## CHOCOLATE FROSTING

1 square chocolate  
1 tablespoon butter  
3 tablespoons cream

1 teaspoon vanilla  
Confectioners' sugar

1. Melt chocolate and butter over water. Add cream and vanilla. Add confectioners' sugar to make a spreading consistency.

## DATE FILLING

1 $\frac{1}{4}$  cups (8 oz. package) dates  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  cup sugar

1 tablespoon lemon juice  
 $\frac{1}{4}$  cup chopped nuts

1. Cook the chopped dates, water and sugar slowly until the dates are soft.
2. Remove from heat, beat until smooth. Add lemon juice and nuts.

## ORANGE FROSTING

2 cups confectioners' sugar  
 $\frac{1}{4}$  cup orange juice

1 teaspoon grated orange rind  
1 tablespoon butter

1. Gradually add confectioners' sugar to orange juice and rind. Add melted butter.

# WITH BAKING SODA . . . IT'S EASY

**FIRE EXTINGUISHER.** Arm & Hammer or Cow Brand Baking Soda is unsurpassed as a fire extinguisher. It not only smothers the fire, but generates carbonic acid gas which temporarily envelops the flames, shuts off the air supply or oxygen, and so extinguishes the fire.

**DENTIFRICE.** The function of any dentifrice is to aid in cleaning the teeth. None will cure dental ills caused by neglect. Good health and good looks are both served well when Arm & Hammer or Cow Brand Baking Soda (they are identical) are used as a dentifrice. Both are acceptable to the Council on Dental Therapeutics of the American Dental Association.

Arm & Hammer and Cow Brand Baking Soda have a natural "bite" that safely cleans the teeth without injury to the enamel.

Our Baking Soda is a good dentifrice for both natural and artificial teeth.

**ENAMEL SURFACES.** Enameled table tops, stoves, washing machines, refrigerators,

etc., may be cleaned either by sprinkling baking soda on the dampened surface and rubbing, or by washing with a baking soda solution, a handful to a basin of water. This removes the oil or surface film which holds the dirt and leaves the surface clean and odorless.

**REFRIGERATORS.** Use baking soda to keep your refrigerator sweet and clean both inside and out. Clean with a baking soda solution (a handful to a basin of water) or with a damp cloth sprinkled with baking soda. Remove spots by sprinkling with baking soda; rub gently with a damp cloth.

**CASSEROLES.** Cooking food at too high temperatures or too long, makes baking dishes hard to clean. In such cases soak the dishes in warm water to which a small handful of baking soda has been added. Baking soda will loosen the incrustated particles and make the cleaning easy. Baking soda cleans without the use of abrasives or steel wool; it cannot scratch your finest baking dishes.

