



GOOD THINGS TO EAT

By Martha Lee Andersson

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My Favorite Chocolate Cakes



Good Things to Eat

MARTHA LEE ANDERSON

CHOCOLATE cake appeals to the young and old alike. And when that chocolate cake is "made with baking soda," you are assured of a soft velvet texture and a moistness that is a joy and a pleasure.

Because I have known how ladies everywhere are pleased to receive new recipes for chocolate cake, I have gathered a number of my favorites in this book. Every one represents a totally different type. Yet each is delicious and tempting. There are very economical cakes to fit a slender budget, simple cakes for daughter to make and more elaborate ones for festive occasions . . . all made with baking soda.

Arm & Hammer Brand and Cow Brand Baking Soda are identical. Both are refined bicarbonate of soda and meet all the requirements of the United States Pharmacopoeia. They are mildly alkaline and can also be used wherever bicarbonate of soda is indicated. For over 90 years they have been a household requirement and a baking necessity.

I invite you to try these recipes and enjoy the perfect goodness of baking with baking soda.

Martha Lee Anderson

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SOUR CREAM CHOCOLATE CAKE

3

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| 2 cups cake flour | 1 cup heavy sour cream |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 egg |
| $\frac{1}{4}$ teaspoon salt | 3 squares (3 ounces) unsweetened chocolate |
| 1 cup sugar | $\frac{3}{4}$ cup sweet milk |
| | 1 teaspoon vanilla |

1. Sift, then measure flour. Sift 3 times with baking soda and salt.
2. Beat the sour cream until it thickens. Slowly add sugar. Beat after each addition. If natural sour cream is not available use vinegar and sweet cream. Simply place $1\frac{1}{3}$ tablespoons vinegar in a standard measuring cup and fill to the 1-cup mark with sweet cream.
3. Blend in well-beaten egg, add chocolate which has been melted and cooled.
4. Combine vanilla and milk. Add dry and liquid ingredients alternately, beating until smooth after each addition.
5. Turn into greased layer pans. Bake in a moderate oven.
6. When cool, frost with Fluffy Frosting.

Amount: 2-9-inch layers. Temperature: 350° F. Time: 25-35 minutes

That grand combination for a moist cake... sour cream and baking soda! Do try it!



MARTHA LEE'S CHOCOLATE LAYERS

Pictured on Page 5

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| 2 cups cake flour | 1/2 cup shortening |
| 1/2 teaspoon salt | 1 cup sugar |
| 4 squares (4 ounces) unsweetened
chocolate | 2 eggs |
| 1 cup sweet milk | 1/2 cup sweet milk |
| 1/2 cup sugar | 1 teaspoon Arm & Hammer or Cow
Brand Baking Soda |
| 1 teaspoon vanilla | 3 tablespoons boiling water |

1. Sift, then measure flour. Mix with salt.
2. Combine chocolate, 1 cup sweet milk and 1/2 cup sugar in top of double boiler. Cook until thick. Add vanilla. Cool.
3. Cream butter, add 1 cup sugar gradually, beating after each addition. Then add well-beaten eggs. Beat thoroughly.
4. Combine baking soda and boiling water. Add dry ingredients and 1/2 cup milk alternately. Use boiling water and baking soda as the last addition of liquid. Blend thoroughly. Then add chocolate mixture. Blend.
5. Bake in greased layer tins. Cool. Fill and frost with Fluffy Frosting, substituting brown sugar and orange juice for white sugar and water.

Amount: 2-9-inch layers. Temperature: 350° F. Time: 30-35 minutes

My favorite and my namesake!





OLD-FASHIONED BLACK CHOCOLATE CAKE

1 $\frac{1}{4}$ cups cake flour	1 $\frac{1}{4}$ cup butter
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1 cup brown sugar
1 $\frac{1}{4}$ teaspoon salt	1 $\frac{1}{2}$ cup boiling water
2 squares (2 ounces) unsweetened chocolate	1 egg
	1 $\frac{1}{4}$ cup sour milk or buttermilk
	1 teaspoon vanilla

1. Sift, then measure flour. Sift 3 times with baking soda and salt.
2. Cut chocolate in fine pieces. In a bowl put chocolate, butter and sugar. Pour the boiling water over these, stirring until smooth.
3. Add slightly beaten egg. Combine sour milk and vanilla. Add dry and liquid ingredients. Beat until smooth. If natural sour milk or buttermilk is not available, use vinegar and sweet milk. Simply place 1 teaspoon vinegar in a measuring cup and fill to the $\frac{1}{4}$ -cup mark with sweet milk.
4. Turn into a greased loaf pan. Bake in a moderate oven.
5. When cool, frost with Fudge Frosting. This recipe may be doubled.

Amount: 1—8 x 8-inch pan. Temperature: 350° F. Time: 35-45 minutes

This is ancient history, and men love it!



BERKSHIRE MARBLE CAKE

7

Pictured on Pages 8 and 9

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| 2 cups sifted cake flour | 1/2 cup milk |
| 3/4 teaspoon Arm & Hammer or Cow Brand Baking Soda | 2 tablespoons lemon juice |
| 1/4 teaspoon salt | 3 tablespoons cocoa |
| 1/2 cup butter | 1/4 teaspoon Arm & Hammer or Cow Brand Baking Soda |
| 1 cup sugar | Grated rind of 1 lemon |
| 2 eggs | 2 tablespoons milk |

1. Sift, then measure flour. Sift again with 3/4 teaspoon baking soda and salt.
2. Cream shortening until light and fluffy. Gradually add sugar, beating after each addition. Slowly add the well-beaten eggs.
3. Alternately add the dry ingredients and the 1/2 cup milk, beating until smooth after each addition. Add lemon juice, blending in well.
4. Combine cocoa and 1/4 teaspoon baking soda with the 2 tablespoons milk; stir until smooth. Add to 1/3 of the cake batter.
5. Place by tablespoonfuls in greased pan, alternating mixtures. Bake in a moderate oven.

Amount: 9 x 9-inch pan or 9 x 6-inch loaf Temperature: 350° F. Time: 55-65 minutes

An old-fashioned cake with a modern touch.







BROWN VELVET

Pictured on Pages 8 and 9

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| 1½ cups cake flour | 2 tablespoons melted butter |
| 1 teaspoon Arm & Hammer or Cow Brand Baking Soda | 1 cup sour milk or buttermilk |
| ¼ teaspoon salt | 1 cup sugar |
| 2 squares (2 ounces) unsweetened chocolate | 1 egg |
| | 1 teaspoon vanilla |

1. Sift, then measure flour. Sift again with baking soda and salt.
2. Melt chocolate and butter over water. Blend well.
3. Mix the sour milk, sugar and well-beaten egg. Stir until the sugar is dissolved. If natural sour milk or buttermilk is not available, use vinegar and sweet milk. Simply place 1⅓ tablespoons vinegar in a measuring cup and fill to the 1-cup mark with sweet milk.
4. Blend chocolate with milk mixture. Add dry ingredients. Beat well after each addition. Add vanilla last.
5. Turn into a buttered loaf pan. Bake in a moderate oven.
6. Ice with ½ recipe of mint flavored Fluffy Frosting. Tint icing if desired.

Amount: 8 x 8-inch pan. Temperature: 350° F. Time: 35-45 minutes

Easy to mix, inexpensive to make, delicious to taste!

PRINCESS NUT LOAF

11

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| $1\frac{1}{4}$ cups cake flour | 3 eggs |
| $\frac{1}{2}$ teaspoon Arm & Hammer or Cow Brand Baking Soda | $1\frac{1}{2}$ squares ($1\frac{1}{2}$ ounces) unsweetened chocolate |
| $\frac{1}{8}$ teaspoon salt | $\frac{1}{2}$ cup sour milk or buttermilk |
| $\frac{1}{2}$ cup butter | 1 teaspoon vanilla |
| 1 cup sugar | $\frac{1}{2}$ cup coarsely broken nutmeats. |

1. Sift, then measure flour. Sift 3 times with baking soda and salt.
2. Cream butter until it is light and fluffy. Gradually add sugar, beat well.
3. Slowly add the eggs which have been beaten until they are almost as thick as whipped cream. Blend in chocolate which has been melted and cooled.
4. If natural sour milk or buttermilk is not available, use vinegar and sweet milk. Simply place 2 teaspoons vinegar in a standard measuring cup and fill to the $\frac{1}{2}$ cup mark with sweet milk.
5. Combine vanilla and sour milk. Alternately add dry and liquid ingredients. Beat well after each addition. Add the nutmeats.
6. Pour into a greased loaf pan. Bake in a moderate oven.
7. When cool, frost with a Fudge Frosting.

Amount: 1—8 x 8-inch pan. Temperature: 350° F. Time: 45–55 minutes

Simply delicious! Just the cake for that extra special occasion.





DEVIL'S FOOD

13

Pictured on Page 12

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| 1 $\frac{3}{4}$ cups cake flour | 4 squares (4 ounces) unsweetened chocolate |
| $\frac{3}{4}$ teaspoon salt | 1 cup sweet milk |
| $\frac{1}{2}$ cup butter or other shortening | 1 teaspoon Arm & Hammer or Cow Brand Baking Soda |
| 1 $\frac{1}{4}$ cups sugar | 1 teaspoon vanilla |
| 2 eggs | |

1. Sift, then measure flour. Sift again with salt.
2. Cream butter until light and lemon colored. Gradually add sugar, beating after each addition.
3. Add eggs, unbeaten, one at a time, beating until the mixture resembles fluffy hard sauce. Blend in chocolate which has been melted and cooled.
4. Dissolve the baking soda in milk, then add vanilla. Add dry and liquid ingredients, a small amount at a time, beating after each addition.
5. Turn into a greased loaf pan. Bake in a moderate oven.
6. Frost with Fluffy Frosting and when firm, if desired, pour a thin coating of unsweetened melted chocolate over the top.

Amount: 9 x 9-inch pan. Temperature: 350° F. Time: 50-60 minutes

Who doesn't love a "Devil's Food!"



FLUFFY FROSTING

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

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

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

FUDGE FROSTING

8 tablespoons cream
 $1\frac{1}{2}$ cups sugar
1 square (1 ounce) chocolate cut in pieces

1 egg yolk
1 tablespoon butter
 $\frac{1}{2}$ teaspoon vanilla

1. Combine cream, sugar, chocolate and egg yolk. Stir thoroughly to dissolve sugar. With a damp cloth wipe away any sugar crystals which appear on the sides of the sauce pan.
2. Cook very slowly to 232° F. or until a soft ball stage is reached. Add butter and vanilla. Cool to lukewarm or 110° F. Beat until thick enough to spread.
3. It is sufficient to generously frost a 9 x 9-inch loaf cake.



Use Baking Soda

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.

BREAD BOXES. Bread boxes may be kept sweet and clean by frequently washing with soap and water, then rinsing with a baking soda solution, a handful of baking soda to a quart of water. Rinse in clean water. Dry.

BATHTUBS, BOWLS, ETC. Keep bathtubs clean and glistening by sprinkling with baking soda and rubbing with a damp cloth. Baking soda cannot clog the drains because it is immediately soluble. Use a paste of baking soda and water to polish the metal hardware. Rinse with clear water. Wipe with a dry cloth. Baking soda is perfectly adapted to this because it cleans thoroughly but cannot scratch the smoothest surface.

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.

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.

