

SOME OF MY
FAVORITE

*Good Things
to Eat*

By Martha Lee Anderson



Some of my Favorite *Good Things to Eat*

THIS collection of recipes offers real treats for you and your family.

Many favorite recipes call for sour milk, but if it is not available, you may easily make it.

A SUBSTITUTE FOR SOUR MILK: Simply place 4 teaspoons lemon juice or vinegar in a standard measuring cup, then fill to the 1 cup mark with sweet milk or diluted evaporated milk. The resulting liquid is equal to natural sour milk or buttermilk when they are best for baking. White vinegar makes a whiter product than brown vinegar.

Sour cream may similarly be made by using sweet cream with vinegar or lemon juice.

Arm & Hammer Brand Baking Soda and Cow Brand Baking Soda meet all the requirements of the United States Pharmacopoeia. Both are pure bicarbonate of soda and can be used wherever bicarbonate of soda is prescribed.

Martha Lee Anderson

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

Soda Biscuits

2 cups all-purpose flour
1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda
3/4 cup sour milk or buttermilk (about)

1/2 teaspoon salt
4 tablespoons shortening

1. Sift, then measure flour. Sift again with the baking soda and salt.
2. Rub or cut shortening into the dry ingredients until it is as fine as coarse corn meal.
3. To sour $\frac{3}{4}$ cup sweet milk artificially and quickly, place 1 tablespoon lemon juice or vinegar (preferably white vinegar as it makes a whiter product) in a measuring cup, fill $\frac{3}{4}$ full with sweet milk and mix well.
4. Add enough milk to make a soft dough. This may take 1 tablespoonful more or less milk.
5. Turn onto floured board. Knead slightly. Roll $\frac{1}{2}$ inch thick and cut with floured biscuit cutter. Prick with fork.
6. Place biscuits on ungreased baking sheet. Bake in hot oven.
7. For a delightful variation, roll the dough $\frac{1}{4}$ inch thick, spread generously with melted butter and sprinkle evenly with $\frac{3}{4}$ cup brown sugar. Roll as for a jelly roll. Cut slices about 1 inch thick, place in muffin tins, cut side down, bake.

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

Carrot Pudding

- | | |
|---|--|
| 1 cup all-purpose flour | 1 cup very finely
grated carrots |
| 1 teaspoon Arm &
Hammer or Cow
Brand Baking
Soda | ½ cup melted butter,
or bacon drippings |
| ½ teaspoon cinnamon | 1 cup sugar |
| 1 teaspoon allspice | 1 cup chopped or
ground raisins |
| ¼ teaspoon salt | 1 cup coarsely broken
nutmeats |
| 1 cup finely grated
potatoes | |

1. Sift, then measure flour. Sift three times with spices, salt and baking soda.
2. Combine with other ingredients in the order listed and mix thoroughly.
3. Turn into one large mold. Steam.
4. Serve hot with hard sauce.

Amount: 4 large servings.

Time: Steam 3½ hours.

Hard Sauce

- | | |
|----------------------|--|
| ½ cup butter | 1 teaspoon vanilla or
other flavoring |
| 1 cup powdered sugar | |

1. Cream the butter until very soft.
2. Stir in the sugar and the flavoring. Grated lemon rind, nutmeg, or powdered cinnamon, may be used.
3. Cream, or milk, plus more sugar may be added to make more sauce.
4. Store in a cool place.

*Have you read
page 2?!*



CARROT PUDDING AND HARD SAUCE

RECIPE ON PAGE 4



Fruit Fantasy

2 cups all-purpose flour
1/4 teaspoon Arm & Hammer or Cow Brand Baking Soda
1/2 teaspoon salt
2/3 cup shortening
4 teaspoons lemon juice
ice water
fresh, or canned, sweetened fruit

1. Sift, then measure the flour. Sift again with baking soda and salt.
2. Cut or rub in the shortening.
3. Add lemon juice and enough ice water to hold ingredients together.
4. Divide pastry into three equal parts.
5. Roll out each part on slightly floured board and cut in an 8 inch circle.
6. Bake in separate layer pans.
7. Place between layers of fresh or canned fruit. Top with whipped cream, if desired.

Amount: Serves six.

Temperature: 425° F.

Time: 15 minutes.

Fruit Cobbler

2 cups all-purpose flour
1/2 teaspoon Arm & Hammer or Cow Brand Baking Soda
1/4 teaspoon salt
2 tablespoons sugar
1 cup thick sour cream

1. Sift, then measure the flour. Sift three times with baking soda, salt and sugar.
2. Add sour cream, and enough ice water to hold ingredients together.
3. Dough should be sufficiently stiff to roll out on a well-floured board. Roll or pat dough to the desired size or shape.
4. Spread over a layer of fresh or canned, sweetened fruit in a large baking dish. Bake.

Amount: Serves eight.

Temperature: 450° F.

Time: 15 to 20 minutes.

Honey Delights

½ cup butter	¼ teaspoon allspice
½ cup honey	1 teaspoon Arm & Hammer or Cow Brand Baking Soda
2 cups all-purpose flour	
¼ teaspoon cinnamon	
¼ teaspoon cloves	

1. Boil butter and honey together 1 minute. Cool.
2. Sift, then measure the flour. Sift three times with baking soda and spices.
3. Combine sifted dry ingredients with the honey and butter mixture. Add enough additional flour to make a soft dough.
4. Roll about $\frac{3}{8}$ inch thick on a floured board.
5. Cut in any desired shapes. Bake on greased baking sheet.
6. Decorate with Ornamental Icing.

Amount: 2½ dozen 2" cookies.

Temperature: 350° F.

Time: 10 to 15 minutes.

Chipped Chocolate Cookies

1 ½ cups cake flour	½ cup butter, or other shortening
½ teaspoon salt	¼ cup granulated sugar
½ teaspoon Arm & Hammer or Cow Brand Baking Soda	½ cup brown sugar
8 oz. sweet, or semi-sweet chocolate	1 egg
	½ cup chopped nuts
	½ teaspoon vanilla

1. Sift, then measure the flour. Sift three times with baking soda and salt.
2. Cut chocolate into pieces about the size of a pea.
3. Cream butter until light and lemon-colored. Add sugar gradually, beating after each addition.
4. Add well-beaten egg, mix thoroughly.
5. Add sifted dry ingredients in three parts, beat until smooth, after each addition.
6. Add cut chocolate, nuts and vanilla.
7. Drop in teaspoonfuls about 2" apart on greased baking sheet. Bake.

Amount: About 2½ dozen.

Time: 10 to 12 minutes.

Temperature: 375° F.



CHIPPED CHOCOLATE COOKIES

HONEY DELIGHTS

RECIPE PAGE 8

Sunshine Cake

2 cups cake flour	1 cup sugar
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	2 eggs
$\frac{1}{8}$ teaspoon salt	grated rind of one orange
$\frac{1}{2}$ cup butter, or other shortening	$\frac{2}{3}$ cup buttermilk, or sour milk
	1 teaspoon vanilla

1. Sift, then measure the flour. Sift three times with baking soda and salt.
2. Cream butter until light and lemon-colored. Gradually add the sugar, beating after each addition.
3. Add grated orange rind, beaten egg yolks and vanilla. Blend well.
4. Add sifted dry ingredients alternately with buttermilk, or sour milk.
5. Fold in beaten egg whites.
6. Turn into greased, paper-lined tin. Bake.
7. When cool, frost with Orange Coconut Frosting. (*Recipe page 11*)

Amount: 9 x 9 inch pan.

Temperature: 350° F.

Time: 45 minutes.

Ornamental Icing

1 egg white 1 cup confectioners sugar

1. Beat the egg white until stiff, but not dry.
2. Add the sugar gradually, beating until the mixture remains in peaks when the beater is drawn out. It may be necessary to add a little more sugar.
3. Coloring may be added if desired.
4. This icing may be used to decorate both cakes and cookies.

Orange Coconut Frosting

3 tablespoons butter ¼ cup orange juice
2 cups confectioners ¾ cup grated coconut
sugar

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: 1½ cups.

*These thrifty Recipes are all tested
and call for level measurements*



SPICED CRUMB CAKE

RECIPE PAGE 13

Spiced Crumb Cake

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|---|---------------------------------|
| 2 cups cake flour | $\frac{1}{4}$ teaspoon allspice |
| 1 teaspoon Arm & Hammer or
Cow Brand Baking Soda | $\frac{1}{4}$ teaspoon salt |
| 1 cup sugar | $\frac{1}{2}$ cup shortening |
| $1\frac{1}{2}$ teaspoons cinnamon | 1 egg |
| 1 teaspoon cloves | 2 tablespoons molasses |
| | 1 cup sour milk, or buttermilk |
| 2 tablespoons butter, melted | |
| 1 tablespoon flour | |
| 4 tablespoons sugar | |
| $\frac{1}{2}$ teaspoon cinnamon | |

1. Sift, then measure the flour. Sift three times with baking soda, sugar, salt and spices.
2. Cut in the shortening as in making pie crust, until a fine crumb mixture is obtained.
3. To the crumb mix add molasses and well-beaten egg, blend well.
4. Add sour milk or buttermilk and beat until smooth.
5. Turn into well greased loaf tin.
6. For a crumb top, mix the flour, sugar and cinnamon. Brush melted butter evenly over top of the batter and sprinkle evenly with the sugar mixture. Bake.

Amount: 8 x 8 inch pan

Temperature: 350 to 375° F.

Time: 45 to 50 minutes

Apple Sauce Cake

2 cups all-purpose flour	½ cup butter, or other shortening
1 teaspoon Arm & Hammer or Cow Brand Baking Soda	1 cup sugar
¼ teaspoon salt	1 egg
¼ teaspoon cloves	1 cup raisins, chopped
½ teaspoon nutmeg	1 cup nutmeats, coarsely broken
1 teaspoon cinnamon	1 cup thick apple sauce

1. Sift, then measure the flour. Sift three times with the baking soda, salt and spices.
2. Cream the butter well. Gradually add sugar, beating after each addition.
3. Add the egg, beating well, then the raisins and nuts.
4. Alternately add the dry ingredients and apple sauce, beating until smooth after each addition.
5. Turn into a greased, paper-lined loaf pan. Bake.

Amount: 9 x 9 inch pan.

Temperature: 350° F.

Time: 1 hour 15 minutes.

Old Fashioned Gingerbread

2 ½ cups all-purpose flour	½ teaspoon cloves
1 ½ teaspoons Arm & Hammer or Cow Brand Baking Soda	1 teaspoon ginger
½ teaspoon salt	½ cup butter, or other shortening
1 teaspoon cinnamon	½ cup sugar
	1 cup molasses
	1 egg, well-beaten
	1 cup boiling water

1. Sift, then measure the flour. Sift three times with baking soda, salt and spices.
2. Cream the shortening until it is light and fluffy. Add sugar gradually, beating after each addition.
3. Add well-beaten egg, and molasses, beat until smooth.
4. Add sifted dry ingredients, mix thoroughly.
5. Add hot water, stir until smooth.
6. Turn into well greased pan. Bake.

Amount: 8" x 14" pan.

Temperature: 350° F.

Time: 35 to 40 minutes.

More Uses for Baking Soda

TO CLEAN THE TEETH. Throughout life, in order to maintain tooth health at its highest point, a proper and adequate diet rich in vitamins and tissue building substances, coupled with regular hygiene of the mouth, is absolutely necessary.

Oral hygiene is important, and cleanliness of the teeth is an essential part of oral hygiene. A prophylactic measure usually recommended is brushing the teeth after each meal.

Arm & Hammer or Cow Brand Baking Soda can be used effectively to clean the teeth. Poured in the palm of the hand and used on a brush that has been dipped in cool water, it will aid in cleansing both natural and artificial teeth.

Arm & Hammer Brand Baking Soda and Cow Brand Baking Soda are Sodium Bicarbonate U.S.P. and are acceptable to the Council on Dental Therapeutics of the American Dental Association.

FIRE EXTINGUISHER. **Arm & Hammer or Cow Brand Baking Soda** is an excellent 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.

GLASSWARE. Clean and polish tumblers, goblets, plates, vases, candlesticks, prisms and other glassware perfectly by rubbing with a paste made of baking soda and water. Rinse with cool water. Dry. Glass that is really clean is very easy to dry. The surface is so free from dirt film that even drops of water have difficulty clinging to it. Soap is unnecessary.

REFRIGERATORS. Sweeten and clean refrigerators both inside and out, 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.

MILK BOTTLES. Pour a little **Arm & Hammer or Cow Brand Baking Soda** into the bottle, half fill with cool water. Soak a few minutes if necessary, then shake. Bicarbonate of Soda not only hastens the cleaning, but sweetens the bottle. Milk cans, pails and containers are cleansed in the same manner, using more baking soda in greater quantities of water.

