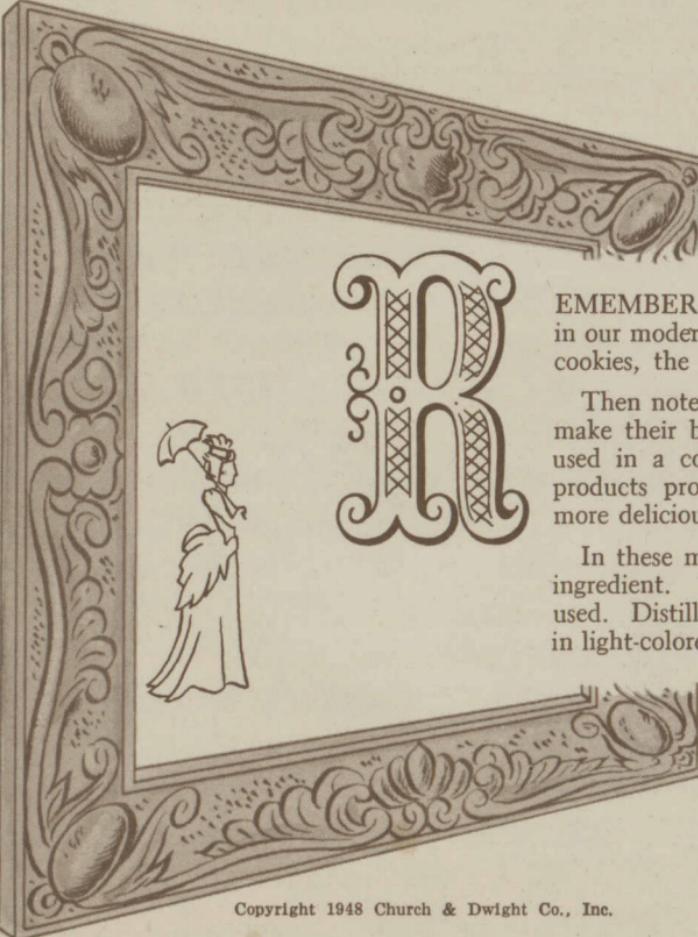




NEW FASHIONED  
OLD FASHIONED  
*Recipes*



# Mrs. Jim

EMEMBER how often we have wished we could regain in our modern baking the deliciousness of the cakes, the cookies, the biscuits our grandmothers used to make?

Then note . . . the ingredient our mothers trusted to make their baked products light, Baking Soda, is now used in a completely different way. And the baked products produced are even more moist and tender, more delicious in flavor.

In these modernized recipes, vinegar is an important ingredient. Either distilled or cider vinegar may be used. Distilled vinegar is colorless and so is best for use in light-colored products such as biscuits and plain cake.

*Martha Lee Anderson*

Home Economics Dept.  
Church & Dwight Co., Inc.  
10 Cedar St.  
New York 5, N. Y.

# NEW-FASHIONED Old-Fashioned Recipes

## Old-Fashioned Date and Nut Bread

(Makes 1 9½x5x3-inch loaf)

2½ cups sifted all-purpose flour	¼ cup shortening
1 teaspoon salt	2 tablespoons vinegar and boiling water to make 1½ cups
1 teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	1 cup pitted dates, cut in halves
1 cup nut meats	1 egg, beaten
	1½ cups brown sugar

1. Sift flour, salt, and soda together and mix in nut meats, broken.
2. Add shortening to combined vinegar and boiling water.
3. Pour over dates and let stand 10 minutes.
4. Combine egg and brown sugar.
5. Add dry ingredients to egg mixture alternately with date and liquid mixture.
6. Turn into greased 9½x5x3inch loaf pan.
7. Bake at 350° F. (moderate oven) about 1 hour and 15 minutes.

## Aunt Belle's Brown Bread

(Makes 3 loaves)

1 cup sifted all-purpose flour	1 cup whole wheat flour
1½ teaspoons Arm & Hammer Brand or Cow Brand Baking Soda	¾ cup molasses
1 teaspoon salt	5 tablespoons vinegar
1 cup corn meal	1¼ cups sweet milk
	2 tablespoons melted shortening

1. Sift flour, soda, and salt into mixing bowl.
2. Stir in corn meal and whole wheat flour.
3. Add molasses, vinegar, milk, and shortening.
4. Mix until well blended.
5. Pour into 3 greased No. 2 cans.
6. Steam 3 hours.

Variation: ½ cup raisins may be added, if desired.



## Orange Raisin Gems

(Makes 1 dozen 2-inch gems)

2 cups sifted all-purpose flour	1 egg, well beaten
$\frac{3}{4}$ teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	$\frac{1}{3}$ cup orange juice $\frac{1}{2}$ teaspoon grated orange rind
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{3}$ tablespoons vinegar and sweet milk to make $\frac{2}{3}$ cup
$\frac{1}{3}$ cup sugar	$\frac{1}{3}$ cup shortening, melted
$\frac{1}{2}$ cup raisins	

1. Sift flour, soda, salt, and sugar together in mixing bowl. Add raisins.
2. Combine egg, orange juice and rind, vinegar and milk, and melted shortening.
3. Add to dry ingredients and stir only until dry ingredients are dampened.
4. Fill greased muffin pans  $\frac{2}{3}$  full.
5. Bake at  $425^{\circ}$  F. (hot oven) for 20 minutes.
6. Remove from oven and let stand for several minutes before removing from pans.

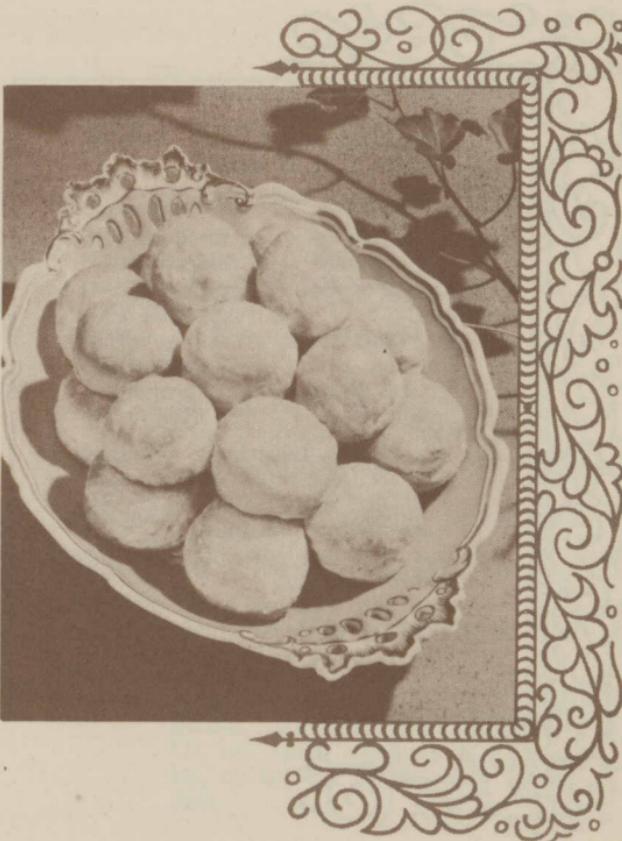
Variation:  $\frac{1}{2}$  cup nuts may be added with raisins, if desired.

## Mary Ann's Soda Biscuits

(Makes 16-18 2-inch Northern style biscuits or 32-34 2-inch Southern style biscuits)

2 cups sifted all-purpose flour	1/2 teaspoon salt
3/4 teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	1/4 cup shortening
	1/4 cup distilled vinegar
	1/2 cup sweet milk

1. Sift flour, soda, and salt together.
2. Cut in shortening.
3. Add vinegar and milk and stir lightly.
4. Turn onto floured board and knead lightly.
5. For Northern style—roll about  $\frac{1}{2}$  inch thick; Southern style—roll about  $\frac{1}{4}$  inch thick.
6. Cut biscuits; prick with fork for Southern style.
7. Place on greased baking sheet.
8. Bake at  $450^{\circ}$  F. (hot oven) for 12 to 15 minutes.



## Yankee Johnny Cake

(Makes 1 8x8x2-inch loaf)

1 cup sifted all-purpose flour	$\frac{1}{2}$ teaspoon salt
1 cup yellow corn meal	2 tablespoons sugar
1 teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	1 egg, well beaten $\frac{3}{4}$ cup sweet milk $\frac{1}{4}$ cup vinegar $\frac{1}{4}$ cup melted shortening

1. Sift all dry ingredients together.
2. Mix well egg, milk, and vinegar.
3. Add dry ingredients all at once, then melted shortening.
4. Stir only until dry ingredients are moistened.
5. Pour into a greased 8x8x2-inch pan.
6. Bake at 400° F. (moderately hot oven) for 30 to 35 minutes.

## Old South Corn Bread

(Makes 5 to 6 servings)

1 teaspoon salt	2 tablespoons melted shortening
1 cup white corn meal	1 teaspoon Arm & Hammer Brand or Cow Brand Baking Soda
1 cup boiling water	
$\frac{1}{4}$ cup vinegar	
$\frac{1}{3}$ cups sweet milk	
2 eggs, well beaten	

1. Combine salt and corn meal.
2. Add slowly to boiling water while stirring constantly to prevent lumping.
3. Combine vinegar and milk.
4. Add  $1\frac{1}{2}$  cups of the vinegar and milk to corn meal mixture; mix well.
5. Add eggs and melted shortening.
6. Stir until well blended.
7. Dissolve soda in remaining  $\frac{1}{2}$  cup of vinegar and milk.
8. Add to corn meal mixture and stir until completely blended.
9. Pour into greased  $1\frac{1}{2}$ -quart casserole.
10. Bake at 400° F. (moderately hot oven) for 1 hour.
11. Serve immediately with a spoon.

## Down East Pancakes

(Makes about 20 medium-sized cakes)

2 cups sifted all-purpose flour	3 tablespoons sugar
1 teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	$\frac{3}{4}$ teaspoon salt
	2 eggs, well beaten
	$\frac{1}{4}$ cup vinegar
	1 $\frac{3}{4}$ cups sweet milk
	$\frac{1}{4}$ cup shortening

1. Sift flour, soda, sugar, and salt together.
2. Combine eggs, vinegar, milk, and shortening and mix well.
3. Add to dry ingredients and stir only until smooth.
4. Pour batter from tip of large spoon or from pitcher onto large frying pan or griddle.
5. When underside is browned and before bubbles burst on top, turn and brown second side.

Variation: Apple Pancakes—Add 1 cup grated raw apples.

Blueberry Pancakes—Add  $\frac{1}{2}$  cup well-drained blueberries.

## Plantation Waffles

(Makes 6 to 7 waffles)

2 cups sifted all-purpose flour	$\frac{1}{2}$ teaspoon salt
1 teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	2 eggs, separated
	$\frac{1}{4}$ cup vinegar
	1 $\frac{3}{4}$ cups sweet milk
	$\frac{1}{3}$ cup melted shortening
	1 tablespoon sugar

1. Sift flour, soda, sugar, and salt together.
2. Beat egg yolks, vinegar, and milk together.
3. Add dry ingredients and melted shortening.
4. Stir until batter is smooth.
5. Beat egg whites until stiff but not dry and fold into batter.
6. Pour batter on heated iron to about one inch of edge.
7. Bake 3 to 4 minutes or until waffles stop steaming.
8. Serve with butter and syrup.

Variation: Pecan Waffles—Add  $\frac{3}{4}$  cup chopped pecans.

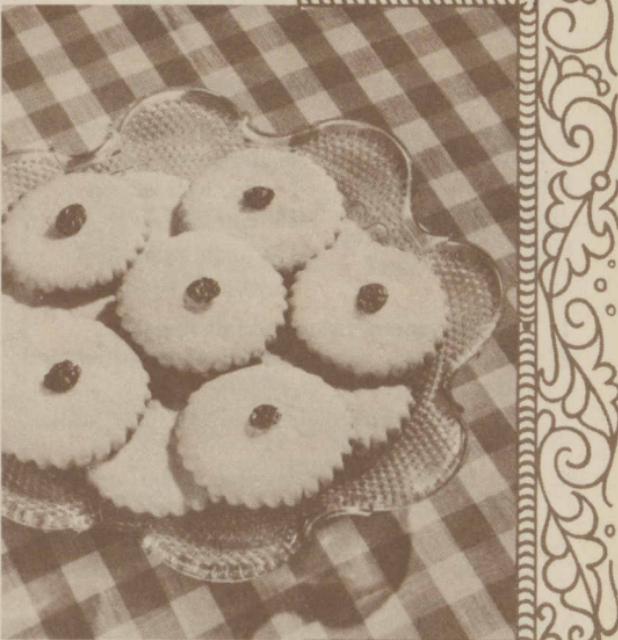
Or, use under creamed meat, poultry, or fish for luncheon or supper dish.

## Grandma's Sugar Cookies

(Makes 4 dozen large cookies)

2 cups sifted all-purpose flour	$\frac{1}{2}$ cup shortening
$\frac{1}{4}$ teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ teaspoon nutmeg	2 eggs
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon lemon extract
	1 tablespoon distilled vinegar
	$\frac{1}{4}$ cup sweet milk

1. Sift flour, soda, nutmeg, salt together.
2. Cream shortening and gradually add sugar.
3. Cream until fluffy.
4. Add eggs, one at a time, beating well after each addition.
5. Add lemon extract.
6. Combine vinegar and milk and add to creamed mixture alternately with dry ingredients.
7. Roll about  $\frac{1}{8}$ -inch thick on floured board.
8. Cut and place on cooky sheet.
9. Sprinkle with sugar.
10. Bake at  $375^{\circ}$  F. (moderate oven) 12 to 15 minutes.





## Mother's Molasses Cookies

(Makes 3 to 4 dozen large cookies)

2½ cups sifted all-purpose flour	½ teaspoon each cloves, allspice, nutmeg
½ teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	½ cup shortening
½ teaspoon salt	½ cup sugar
1 teaspoon ginger	1 egg
½ teaspoon cinnamon	½ cup molasses
	1 tablespoon vinegar and enough sweet milk to make ½ cup

1. Sift flour, soda, salt, and spices together.
2. Cream shortening; add sugar gradually and cream until fluffy.
3. Add egg and beat well.
4. Beat in molasses.
5. Combine vinegar and milk; add alternately with dry ingredients; stir until well blended.
6. Chill. Roll about  $\frac{1}{4}$  to  $\frac{1}{8}$  inch thick on floured board.
7. Cut in desired shapes.
8. Bake on cooky sheet.
9. Bake at  $375^{\circ}$  F. (moderate oven) for about 12 minutes.

## Cousin Sarah's Doughnuts

(Makes about 1½ dozen doughnuts)

2 cups sifted all-purpose flour	2 tablespoons shortening
½ teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	½ cup sugar 1 egg ½ teaspoon vanilla
¼ teaspoon nutmeg	2 tablespoons vinegar and sweet milk to make ½ cup
¼ teaspoon salt	

1. Sift flour, soda, nutmeg, and salt together.
2. Cream shortening; add sugar gradually, continue creaming.
3. Add egg, beat well.
4. Add vanilla.
5. Add combined vinegar and milk alternately with dry ingredients; stir only until well blended.
6. Roll small quantities of the dough at a time, about ½ inch thick.
7. Cut doughnuts (2½-inch cutter) and let stand about 10 minutes.
8. Fry in hot fat (365° F.) to delicate brown. Turn once. (Fry only 4 or 5 doughnuts at a time so fat will not cool unduly.) Drain on absorbent paper.

## Spicy Gingerbread

(Makes 1 9x9x2-inch cake)

2 cups sifted all-purpose flour	½ teaspoon cloves
1 teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	½ cup brown sugar ¾ cup molasses ½ cup melted shortening
½ teaspoon salt	2 eggs, well beaten
1 teaspoon ginger	2 tablespoons vinegar and boiling water
1 teaspoon cinnamon	to make 1 cup

1. Sift flour, soda, salt, and spices together.
2. Beat sugar, molasses and shortening into eggs.
3. Add dry ingredients and beat until smooth.
4. Add combined vinegar and water and stir until well blended.
5. Pour into greased 9x9x2-inch pan.
6. Bake at 350° F. (moderate oven) for about 45 minutes.

Variation: Add 1 tablespoon grated orange rind. Add ½ cup shredded coconut.

## Linda's Buttermilk Cake

(Makes 1 7x10x2-inch loaf cake or 2 8-inch layers, 1½ inches deep)

2 cups sifted cake flour	3 eggs, separated
¾ teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	1 teaspoon vanilla ½ teaspoon lemon extract ½ cup buttermilk
½ teaspoon salt	2 tablespoons distilled vinegar
¾ cup shortening	
1 cup sugar	

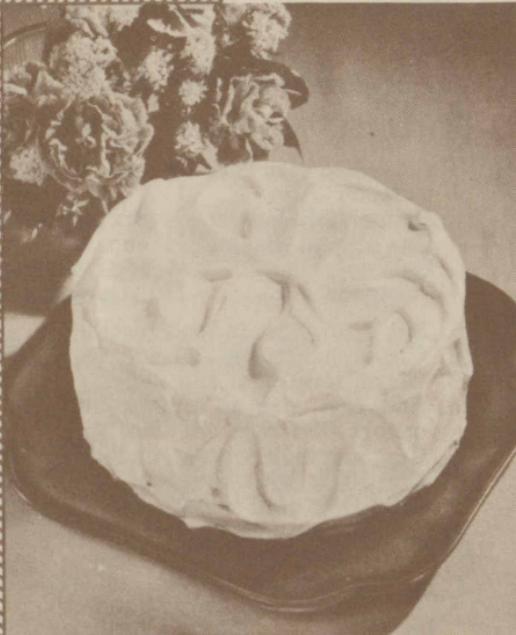
1. Sift flour, soda, and salt together.
2. Cream shortening; add sugar gradually, creaming until light and fluffy.
3. Add egg yolks; beat until very light.
4. Add vanilla and lemon extract; blend well.
5. Add dry ingredients alternately with combined buttermilk and vinegar.
6. Beat until batter is smooth.
7. Fold in stiffly beaten egg whites.
8. Pour into greased 7x10x2-inch loaf pan or 2 8-inch layer cake pans, 1½ inches deep.
9. Bake loaf at 350° F. (moderate oven) 40 to 45 minutes; layers at 375° F. (moderate oven) 25 to 30 minutes.

## Everyday Cake

(Makes 3 9-inch layers, 1¼ inches deep)

3 cups sifted cake flour	¾ cup shortening
1 teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	1½ cups sugar 3 eggs, unbeaten ¾ cup milk ¼ cup distilled vinegar
¾ teaspoon salt	1½ teaspoons vanilla

1. Sift flour, soda, and salt together.
2. Cream shortening and add sugar gradually.
3. Cream until light and fluffy.
4. Add eggs, one at a time, and beat thoroughly after each addition.
5. Combine milk, vinegar, and vanilla, and add alternately with the flour, one third at a time. Beat until smooth after each addition.
6. Turn into 3 greased, 9-inch layer cake pans.
7. Bake at 375° F. (moderate oven) for 25 to 30 minutes.



## Sour Cream Cake

(Makes 2 9-inch layers, 1½ inches deep or 32-36 2¼-inch cup cakes)

2 cups sifted cake flour	½ teaspoon allspice
½ teaspoon salt	½ cup shortening
1 teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	2 cups brown sugar
1 teaspoon cinnamon	2 eggs
½ teaspoon cloves	1 teaspoon vanilla
	2 tablespoons vinegar and sour cream to make 1 cup
	½ cup nut meats

1. Sift flour, salt, soda, and spices together.
2. Cream shortening; add sugar gradually and cream until fluffy.
3. Add eggs, one at a time, beating well after each addition.
4. Add vanilla.
5. Add combined vinegar and sour cream alternately with dry ingredients; beat until smooth. Fold in nuts, broken.
6. Turn into 2 greased 9-inch layer cake pans, 1½ inches deep, or cup cake pans.
7. Bake at 375° F. (moderate oven) 25 to 30 minutes for layers; 20 to 25 minutes for cup cakes.

## Devil's Food Cake

(Makes 2 8-inch layers, 1½ inches deep)

1¾ cups sifted cake flour	½ cup shortening
½ teaspoon salt	1 cup sugar
1 teaspoon Arm & Hammer Brand or Cow Brand Baking Soda	2 eggs
	2 squares chocolate
	1 teaspoon vanilla
	¼ cup vinegar
	¾ cup sweet milk

1. Sift flour, salt, and soda together.
2. Cream shortening and add sugar gradually.
3. Cream until fluffy. Add eggs; beat well.
4. Add melted chocolate and vanilla; beat.
5. Combine vinegar and milk. Add to mixture alternately with flour. Beat until smooth.
6. Turn into 2 greased, 8-inch layer cake pans.
7. Bake at 375° F. (moderate oven) for 25 to 30 minutes.



## Household Hints

Interestingly enough, the same soda you like so much for baking is a strangely unique product with many diversified and economical household uses. Soda is a quality product, so pure it is used in foods every day. Yet, at the same time, it has certain cleansing, sweetening and deodorizing properties, which make it not only a delicate, fine cleansing agent, but a safe one as well.

It is inexpensive; it is conveniently packaged; it is readily available. Therefore, homemakers welcome the idea of always keeping one package on their food shelf for use when baking and for many other household uses; a second in the bathroom for use as a dentifrice and for medicinal purposes.

### FOR CLEANING

#### *Glassware:*

For cleaning and polishing glassware such as tumblers, vases, candlesticks, bowls, and pitchers, rub with a paste made of baking soda and water. Use a small dampened brush to apply the paste in the ridges and to remove resistant spots. Rinse and dry.

#### *Milk Bottles:*

To remove milk rings pour a little baking soda into the bottles, add water, soak and shake

bottle to hasten cleansing action. Baking soda also sweetens milk containers while it cleans them.

#### *Baby Bottles and Nipples:*

To remove curdy deposit let baby bottles and nipples soak in a solution of baking soda and water after use. Then wash and sterilize both bottles and nipples.

#### *Silver:*

For easy, thorough cleaning of silver put one teaspoonful of baking soda to each quart of

water in an aluminum pan. Bring to a boil. Use enough water to cover the silver. Place silver in the solution for several minutes. Remove. Rinse and dry. Since the aluminum pan may be discolored in the process, do not use one you care about keeping bright.

#### *Vacuum Bottles:*

To clean and sweeten vacuum bottles and other containers which do not permit cleaning by hand, such as decanters, flasks, and shakers, pour baking soda into container and add a little warm water. Shake until clean. Rinse with clear water and invert to dry. Corks or other closures used for vacuum or other jugs may be kept sweet and odorless by rubbing with moist baking soda.

#### *Bread Boxes:*

After washing bread boxes with soap and water, rinse with a baking soda solution. Rinse again with clear water. Dry thoroughly.

#### *Refrigerators, Home Freezers and Ice Trays:*

To sweeten and deodorize refrigerators and home freezers, clean inside surfaces with a baking soda solution, using about three tablespoonfuls of baking soda to one quart of water,

or sprinkled dry on a damp cloth. Clean ice trays each week with a similar baking soda solution.

### FOR SWEETENING

#### *Cooking Utensils:*

The inside of coffee pots and glass coffee makers are quickly cleaned of coffee stains and clinging coffee odors are removed when thoroughly washed in a baking soda solution, one tablespoonful to a cup of water.

#### *Strong Odors:*

Odors such as those of fish are quickly removed from pans by soaking in soda water. Use about three tablespoonfuls of soda to each quart of water. Then, wash pans with soapy water, rinse and dry.

#### *To Extinguish Fires:*

Small grease fires may be extinguished by pouring baking soda over the burning area. Baking soda not only smothers the fire, but generates carbon dioxide which temporarily envelopes the flames, shuts off the air supply or oxygen, and so puts out the fire. Never throw water on a grease fire for the water will only spread the fire.

