The background of the cover is a collage of various home-cooked dishes. On the left, a glass baking dish contains a meatloaf topped with a thick layer of white sauce and sliced mushrooms. In the upper right, a white woven basket is filled with several round, golden-brown bread rolls. In the lower right, a red ceramic platter holds a batch of cinnamon rolls, some of which are topped with a white icing drizzle. The entire scene is set against a light blue and white checkered tablecloth. At the very top of the cover, a red horizontal band features five yellow stars.

# GOOD THINGS TO EAT

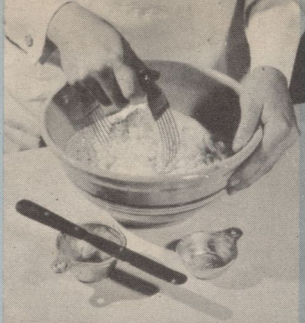
"<sup>MY</sup>  
**Surprise**  
RECIPE"

BY Martha Lee Anderson

*HOT BREADS · MEAT DISHES · DESSERTS*



1. Sift together dry ingredients



2. Cut shortening into dry ingredients



3. Store in tightly covered container in refrigerator

## THIS IS MY *"Surprise" Recipe . . .* YOUR BASIC MIXTURE

6 cups all-purpose flour  
1½ teaspoons Arm & Hammer Brand or  
Cow Brand Baking Soda

1½ teaspoons salt  
¾ cup shortening

1. Sift, then measure flour. Sift three times with salt and baking soda.
2. Cut shortening into dry ingredients until it is as fine as coarse corn meal.
3. *Store in tightly covered container in refrigerator. Use as needed to make the following recipes. This mixture may be kept on hand for many weeks.*



4. Add liquid—use as needed.



# Isn't it a surprise ★

to find that you can make delicious hot breads, meat dishes and desserts, all from one recipe—YOUR BASIC MIXTURE? It's just a dry biscuit mixture that you can make in a jiffy in your own kitchen, store in a tightly covered container in your refrigerator and use as needed to make any of the following recipes or any of your favorite biscuit recipes, such as shortcakes, cobbles, etc.

Martha Lee Anderson

RESEARCH TEST KITCHEN  
CHURCH & DWIGHT CO., INC.  
SYRACUSE, N. Y.

## To make dough for ONE DOZEN BISCUITS

1. Add enough sour milk or buttermilk (about  $\frac{3}{4}$  cup) to  $2\frac{1}{4}$  cups Your Basic Mixture\* to make a soft dough. This may take 1 tablespoon more or less milk.

*Note: If  $\frac{3}{4}$  cup sour milk or buttermilk is not available, a substitute may be made by placing 1 tablespoon lemon juice or vinegar (preferably white vinegar as it makes a whiter product) in a measuring cup, filling  $\frac{3}{4}$  full with sweet milk or diluted evaporated milk, and mixing well.*

2. Turn onto lightly floured board. Knead slightly. Roll  $\frac{1}{2}$  inch thick and cut with floured biscuit cutter. Prick with fork.

3. Place biscuits on ungreased baking sheet. Bake.

Amount: 12–2 inch biscuits.

Temperature: 475 °F.

Time: 12–15 minutes.

\*See Page 2



*Tea Ring*

## Tea Ring

2 $\frac{1}{4}$  cups Your Basic Mixture\*     $\frac{3}{4}$  cup sour milk or buttermilk (about)  
melted butter

1. Add enough sour milk or buttermilk to Your Basic Mixture to make a soft dough. This may take 1 tablespoon more or less milk. Turn onto lightly floured board. Knead slightly. Roll dough into rectangle  $\frac{1}{4}$  inch thick. Brush with melted butter, then spread with Raisin Filling. Roll as for a jelly roll.

2. Place on greased baking sheet. Draw the ends together, making a ring. With scissors cut almost through the ring at one inch intervals, turning each piece with the cut side down. Brush lightly with egg white or melted butter. Bake.

3. While hot, glaze with thin icing made from  $\frac{1}{2}$  cup confectioners sugar and 2-3 teaspoons water.

Temperature: 400° F.

Time: 20-25 minutes.

### RAISIN FILLING

$\frac{3}{4}$  cup currants, chopped raisins or mixed candied fruit

$\frac{1}{2}$  cup coarsely broken nutmeats

$\frac{1}{2}$  cup brown sugar

1 teaspoon cinnamon

1 teaspoon grated lemon rind

1. Mix thoroughly.

\*See Page 2.

## Orange-Pineapple Rolls

2 $\frac{1}{4}$  cups Your Basic Mixture\*    1 teaspoon grated orange rind  
1 tablespoon sugar  
 $\frac{3}{4}$  cup sour milk or buttermilk (about)

1. Thoroughly mix Your Basic Mixture, sugar and grated orange rind. Add enough sour milk or buttermilk to make a soft dough. This may take 1 tablespoon more or less milk.

2. Turn onto lightly floured board. Knead slightly. Roll into rectangle  $\frac{1}{4}$  inch thick. Brush with melted butter. Spread with Orange-Pineapple Filling. Roll as for jelly roll. Cut into slices 1 inch thick. Place in greased baking pan. Bake.

Amount: 10 rolls.

Temperature: 475° F.

Time: 18-20 minutes.

### ORANGE-PINEAPPLE FILLING

1 $\frac{1}{2}$  tablespoons butter

2 tablespoons flour

$\frac{1}{4}$  cup orange juice

1 teaspoon grated orange rind

$\frac{1}{4}$  cup drained, crushed pineapple

$\frac{1}{2}$  cup sugar

1. Melt butter, add flour and mix well. Add orange juice, rind and pineapple and cook until very thick, stirring constantly. Remove from heat, add sugar and mix until sugar is dissolved. Cool.

\*See Page 2.

*Cinnamon Nut Whirls*



# Cinnamon Nut Whirls

2 $\frac{1}{4}$  cups Your Basic Mixture\*

1 tablespoon granulated  
sugar

$\frac{3}{4}$  cup sour milk or  
buttermilk (about)

$\frac{1}{4}$  cup finely cut nutmeats

2 tablespoons melted  
butter

$\frac{1}{2}$  cup brown sugar,  
firmly packed

$\frac{1}{2}$  teaspoon cinnamon

*Note: If  $\frac{3}{4}$  cup sour milk or buttermilk is not available, a substitute may be made by placing 1 tablespoon lemon juice or vinegar (preferably white vinegar as it makes a whiter product) in a measuring cup, filling  $\frac{3}{4}$  full with sweet milk or diluted evaporated milk, and mixing well.*

1. Mix Your Basic Mixture with the granulated sugar. Add enough sour milk or buttermilk to make a soft dough. This may take 1 tablespoon more or less milk. Turn onto lightly floured board. Knead slightly. Roll dough  $\frac{1}{4}$  inch thick. Brush with melted butter.

2. Spread with mixture made by adding the 2 tablespoons melted butter to the brown sugar, cinnamon and nuts. Press firmly into the dough.

3. Cut in strips 1 x 6 inches. Using two strips of dough, place one on top of the other, sugared side up, and twist together. Bring ends together to make a circle. Bake in greased shallow pan.

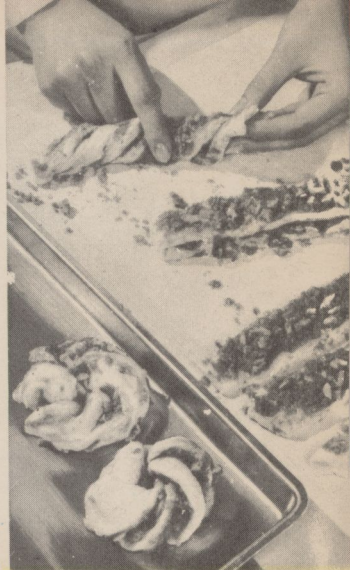
4. While hot, glaze with thin icing made from  $\frac{1}{2}$  cup confectioners sugar and 2-3 teaspoons water. Sprinkle with finely cut nuts.

Amount: 6-7 rolls.

Temperature: 475° F.

Time: 10 minutes.

\*See Page 2.



*See how easy it is to twist  
dough made from Your  
Basic Mixture into these  
appetizing sweet rolls.*



## Meat Pie ★

1 medium onion, chopped  
 1 medium green pepper, chopped  
 1/2 cup diced celery  
 1 cup diced cooked meat  
 1/4 cup shortening  
 1/4 cup flour

2 cups meat and vegetable  
 stock, or milk  
 1 cup diced, cooked vegetables  
 (potatoes, carrots, peas,  
 etc.)  
 salt and pepper to taste

1. Brown onion, green pepper, celery and meat in the shortening. Add flour slowly, stirring constantly, until browned.
2. Gradually add the stock or milk, stirring constantly. Add the remaining ingredients. Heat until the mixture begins to thicken. Pour into greased baking dish or individual casseroles. Top with Biscuit Rings. Bake.

Amount: 6 servings      Temperature: 475° F.      Time: 10-15 minutes.

*Note: If 3/4 cup sour milk or buttermilk is not available, a substitute may be made by placing 1 tablespoon lemon juice or vinegar (preferably white vinegar as it makes a whiter product) in a measuring cup, filling 3/4 full with sweet milk or diluted evaporated milk, and mixing well.*

\*See Page 2.

## Biscuit Rings ★★

2 1/4 cups Your Basic Mixture\*      3/4 cup sour milk or buttermilk (about)

1. To Your Basic Mixture add enough sour milk or buttermilk to make a soft dough. This may take 1 tablespoon more or less milk.
2. Turn onto lightly floured board, knead slightly. Roll 1/2 inch thick. Cut with floured doughnut cutter. Arrange on meat mixture.

## Meat Roll



2 1/4 cups Your Basic Mixture\*

3/4 cup sour milk or buttermilk (about)

1 small onion, finely chopped

2 cups ground, cooked meat  
catsup

salt and pepper

1. To Your Basic Mixture add enough sour milk or buttermilk to make a soft dough. This may take 1 tablespoon more or less milk. Turn onto lightly floured board. Knead slightly. Roll into rectangle 1/2 inch thick.

2. Sauté onion in shortening. Add onion, salt and pepper to ground meat. Moisten with catsup and spread on dough. Roll as for jelly roll. Place on greased baking sheet. With sharp knife score at one inch intervals, cutting almost through the roll. Bake. Serve hot, with Vegetable Sauce.

Amount: 8 servings.

Temperature: 475° F.

Time: 10-15 minutes.

*Note: If 3/4 cup sour milk or buttermilk is not available, a substitute may be made by placing 1 tablespoon lemon juice or vinegar (preferably white vinegar as it makes a whiter product) in a measuring cup, filling 3/4 full with sweet milk or diluted evaporated milk, and mixing well.*

\*See Page 2.

## Vegetable Sauce



2 tablespoons shortening

2 tablespoons flour

1 cup liquid drained from  
vegetables, or milk

2 cups drained cooked  
vegetables (peas, carrots,  
corn, etc.)

salt and pepper

1. Melt shortening in sauce pan. Add flour, stir to a smooth paste. Add liquid gradually. Cook until thickened, stirring constantly. Add vegetables, heat through. Season to taste.

NOTE: 1/4 cup grated cheese may be substituted for the 2 cups cooked vegetables.



## Sausage Twists



*Note: If  $\frac{3}{4}$  cup sour milk or buttermilk is not available, a substitute may be made by placing 1 tablespoon lemon juice or vinegar (preferably white vinegar as it makes a whiter product) in a measuring cup, filling  $\frac{3}{4}$  full with sweet milk or diluted evaporated milk, and mixing well.*

8-10 link sausages (large)

$2\frac{1}{4}$  cups Your Basic Mixture\*

$\frac{3}{4}$  cup sour milk or buttermilk (about)

1. Place sausages in frying pan. Cover with hot water and boil rapidly until water evaporates. Brown sausages in grease that is left in pan. Drain on absorbent paper.
2. Add enough sour milk or buttermilk to Your Basic Mixture to make a soft dough. This may take 1 tablespoon more or less milk. Turn onto lightly floured board. Knead slightly. Roll  $\frac{1}{4}$  inch thick. With sharp knife cut into strips 1 x 6 inches.
3. Twist strip of dough around sausage in a spiral manner. Bake on ungreased baking sheet. Serve warm with Lemon Sauce.

Amount: 8-10 sausage rolls. Temperature: 475° F. Time: 12-15 min.

\*See Page 2.



## Lemon Sauce



$\frac{1}{2}$  cup sugar

2 tablespoons cornstarch

1 cup hot water

2 tablespoons lemon juice

grated rind  $\frac{1}{2}$  lemon

1 tablespoon butter

1. In saucepan mix sugar and cornstarch thoroughly. Stir in the hot water. Boil, stirring constantly, until thick and transparent. Add the lemon juice, rind and butter.



*Sausage Twists*

## Top Stove Dessert ★★

$\frac{3}{4}$  cup brown sugar, firmly packed  
2 tablespoons butter  
 $1\frac{3}{4}$  cups tart fruit juice (orange, grapefruit, pineapple, lemon, etc.)

1. Mix and bring to boiling point. When boiling add the following batter:

$1\frac{1}{8}$  cups Your Basic Mixture\*  
 $\frac{1}{2}$  cup sifted sugar  
 $\frac{1}{2}$  cup raisins  
 $\frac{1}{2}$  cup sour milk or buttermilk

*Note: If  $\frac{1}{2}$  cup sour milk or buttermilk is not available, a substitute may be made by placing 2 teaspoons lemon juice or vinegar (preferably white vinegar as it makes a whiter product) in a measuring cup, filling  $\frac{1}{2}$  full with sweet milk or diluted evaporated milk, and mixing well.*

1. Thoroughly mix Your Basic Mixture, sugar and raisins. Add the sour milk or buttermilk and stir just enough to dampen the dry ingredients.

2. Drop by tablespoonfuls into the boiling syrup. Cover tightly, simmer over very low heat without removing cover. Serve warm.

Amount: 6 servings

Time: 25-30 minutes



\*See Page 2.

## Fried Apple Pies

$2\frac{1}{4}$  cups Your Basic Mixture\*  
 $\frac{3}{4}$  cup sour milk or buttermilk (about)  
applesauce, sweetened, and flavored  
confectioners sugar

*Note: If  $\frac{3}{4}$  cup sour milk or buttermilk is not available, a substitute may be made by placing 1 tablespoon lemon juice or vinegar (preferably white vinegar as it makes a whiter product) in a measuring cup, filling  $\frac{3}{4}$  full with sweet milk or diluted evaporated milk, and mixing well.*

1. Add enough sour milk or buttermilk to Your Basic Mixture to make a soft dough. This may take 1 tablespoon more or less milk. Turn onto lightly floured board. Knead slightly.

2. Roll dough very thin,  $\frac{1}{16}$ - $\frac{1}{8}$  inch. Cut in circles 5 inches in diameter. Place 1 rounding tablespoon applesauce on half of the circle. Fold the other half over the applesauce. Bring the bottom edge over the top edge and press firmly together.

3. Place fold side down in deep hot fat ( $365^{\circ}$  F.) and fry until brown on both sides, turning once.

4. Drain on absorbent paper. Dust with confectioners sugar. Serve hot or cold.

Amount: 10 small pies.

\*See Page 2.



*Fried Apple Pies*

## Apricot-Prune Dumplings

1 cup dried apricots	$\frac{3}{4}$ cup sour milk
1 cup pitted, dried prunes	or buttermilk (about)
2 cups hot water	nutmeg
$\frac{1}{2}$ cup sugar	cinnamon
$2\frac{1}{4}$ cups Your Basic Mixture*	coarsely broken nutmeats
butter	

*Note: If  $\frac{3}{4}$  cup sour milk or buttermilk is not available, a substitute may be made by placing 1 tablespoon lemon juice or vinegar (preferably white vinegar as it makes a whiter product) in a measuring cup, filling  $\frac{3}{4}$  full with sweet milk or diluted evaporated milk, and mixing well.*

1. Cook apricots and prunes together in hot water until tender. Just before they are done, add the sugar and finish cooking. Drain.
2. Add enough sour milk or buttermilk to Your Basic Mixture to make a soft dough. This may take 1 tablespoon more or less milk. Turn onto lightly floured board. Knead slightly. Roll  $\frac{1}{4}$  inch thick. Cut into 6 squares.
3. Pile drained fruit on each square of dough. Sprinkle with nutmeg, cinnamon and nutmeats. Dot with butter.
4. Bring the dough over the fruit and press corners firmly together. Brush with melted butter and sprinkle with sugar. Place in greased baking dish. Add Fruit Syrup and bake.

Amount: 6 dumplings      Temperature: 425° F.  
Time: 20-25 minutes.

\*See Page 2.



## Fruit Syrup

$\frac{1}{4}$ teaspoon cinnamon	$1\frac{1}{2}$ cups liquid
$\frac{1}{4}$ teaspoon nutmeg	drained from fruit
1 tablespoon flour	1 tablespoon butter
1 tablespoon cold water	

1. Thoroughly mix cinnamon, nutmeg and flour. Stir to a smooth paste with cold water.
2. Add the fruit juice plus enough hot water to make  $1\frac{1}{2}$  cups liquid. Add butter and heat until melted, stirring constantly.



All these  
recipes are  
tested and  
call for  
level  
measurements



## Baking Soda ★ Uses ★

**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.

*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 whenever bicarbonate of soda is prescribed.*

**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.



*HOT BREADS · MEAT DISHES · DESSERTS*