

GOOD
THINGS
TO EAT

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HIS is a collection of my favorite hot breads. They are real treats for you and your family.

Old favorite recipes often call for sour milk, yet if it is not available, you may easily make it to use in baking soda recipes.

TO MAKE 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 it is 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 and Cow Brand Baking Soda are identical. Furthermore, they 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

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SODA BISCUITS

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

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 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 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 1/2 inch thick and cut with floured biscuit cutter. Prick with fork.
6. Place biscuits on ungreased baking sheet. Bake in hot oven.

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

*See illustration
on page five*

FIRST COUSINS

CINNAMON BUNS. Roll Soda Biscuit dough into 8 x 12 inch rectangle 1/4 inch thick. Spread generously with soft butter, sprinkle with 1/4 cup sugar mixed with 1/2 teaspoon cinnamon. Roll as for jelly roll. Cut in slices. Place in a greased pan cut side down. Brown or maple sugar may be used in place of white sugar.

Amount: 12 buns Temperature: 475° F.
Time: 15-20 minutes

QUICK ROLLS. Roll Soda Biscuit dough into 8 x 12 inch rectangle 1/4 inch thick. Cut with floured 2 inch cutter. Fold in half, pressing edges firmly together. Place slightly apart in a greased pan. Brush with melted butter, cover and let stand 20 minutes in a warm place. Bake in hot oven 10 minutes, then brush again with melted butter and complete baking 10 to 15 minutes. Brush with melted butter once more. Serve immediately.

Amount: 12 rolls Temperature: 475° F.
Time: 20-25 minutes

ORANGE MARMALADE ROLLS. Roll Soda Biscuit dough 1/3 inch thick, cut with floured cutter. Place a small amount of marmalade or jelly on each round. Fold dough over marmalade and press edges together with a fork. Place on a well greased pan. Brush with melted butter. Bake like Soda Biscuits.

LEMON CLOVER ROLLS

Illustrated on page 5

2 cups all purpose flour	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ teaspoon Arm & Hammer or Cow Brand Baking Soda	$\frac{1}{4}$ cup sugar
	$\frac{1}{3}$ cup shortening
	$\frac{1}{2}$ cup sweet milk
	3 tablespoons lemon juice

1. Sift, then measure flour. Sift again with the baking soda, salt and sugar.
2. Cut or rub in shortening until it is as fine as coarse corn meal.
3. Add the combined milk and lemon juice, stirring quickly to form a soft dough.
4. Turn onto a lightly floured board. Knead slightly.
5. Form dough into balls about the size of marbles. Place 3 balls in each muffin tin. Bake in hot oven. For a glaze, upon removal from oven, wash with cream.

Amount: 12 rolls

Time: 20 minutes

Temperature: 450° F.

BRAN MUFFINS

Illustrated on page 5

1 $\frac{1}{2}$ cups all purpose flour	$\frac{3}{4}$ cup bran
1 $\frac{1}{4}$ teaspoons Arm & Hammer or Cow Brand Baking Soda	1 egg
$\frac{3}{4}$ teaspoon salt	$\frac{1}{4}$ cup molasses
3 tablespoons sugar	$\frac{3}{4}$ cup sweet milk
	2 tablespoons vinegar
	2 tablespoons shortening

1. Sift, then measure the flour. Sift twice with the baking soda, salt and sugar. Mix with bran.
2. Combine well beaten egg, molasses, milk, vinegar and melted shortening.
3. Turn the dry ingredients into the liquid ingredients. Mix only until dry ingredients are thoroughly dampened.
4. Fill greased muffin pans $\frac{3}{4}$ full. Preheat heavy iron or aluminum pans if used.
5. Bake in a hot oven.

Amount: 12 muffins

Time: 20-25 minutes

Temperature: 400° F

*Hot breads are always tempting
— and so easy to make*



MAMMY'S CORN BREAD

Illustrated on page 5

1 cup all purpose flour	2 to 4 tablespoons
1 cup yellow corn meal	sugar
	1 egg
$\frac{3}{4}$ teaspoon Arm & Hammer or Cow Brand Baking Soda	$\frac{7}{8}$ cup sweet milk
	2 tablespoons lemon juice
	4 tablespoons butter or other shortening
$\frac{1}{2}$ teaspoon salt	

1. Sift, then measure flour. Sift three times with the corn meal, baking soda, salt and sugar.
2. Beat the egg well, add milk, lemon juice and melted butter.
3. Combine the liquid and dry ingredients, stirring only until smooth.
4. Pour into greased pan or fill muffin tins or corn stick pan $\frac{2}{3}$ full. Thoroughly preheat iron pans if used. Bake in hot oven.
5. Remove from oven, place under broiler or in very hot oven for 1 or 2 minutes till golden brown, brush with melted butter. For a generous Corn Bread double the recipe.

Amount: 8 x 8 inch pan or 12 muffins
 Temperature: 400° F. Time: 20-25 minutes

ORANGE RAISIN MUFFINS

2 cups all purpose flour	1 egg
$\frac{3}{4}$ teaspoon Arm & Hammer or Cow Brand Baking Soda	$\frac{1}{3}$ cup orange juice
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon grated orange rind
$\frac{1}{3}$ cup sugar	$\frac{2}{3}$ cup sour milk or buttermilk
$\frac{1}{2}$ cup raisins	$\frac{1}{3}$ cup shortening

1. Sift, then measure the flour. Sift twice with the baking soda, salt and sugar. Then add raisins.
2. Combine well beaten egg, orange juice, rind, sour milk and melted shortening.
3. To sour $\frac{2}{3}$ cup sweet milk artificially and quickly, place 3 teaspoons lemon juice or vinegar (white vinegar makes a whiter product) in a measuring cup, fill to the $\frac{2}{3}$ mark with sweet milk. Mix well.
4. Turn the wet ingredients into the dry ingredients. Mix only until dry ingredients are dampened.
5. Fill greased muffin tins $\frac{2}{3}$ full. Bake in hot oven.
6. For variation, $\frac{3}{4}$ cup orange juice can be used in this recipe in place of a combination of orange juice and sour milk.

Amount: 12 muffins Temperature: 425° F.
 Time: 25 minutes

ORANGE BREAD

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

$\frac{3}{4}$ cup strained
orange juice
2 tablespoons
lemon juice
1 teaspoon grated
orange rind
 $\frac{1}{4}$ teaspoon grated
lemon rind
 $\frac{1}{4}$ cup shortening

1. Sift, then measure the flour. Sift again with the baking soda, salt and sugar.
2. Combine well beaten egg, orange juice, lemon juice, grated rind and melted shortening.
3. Add the dry ingredients, stirring only until well mixed.
4. Turn into a small sized bread tin lined with greased wax paper.
5. Cover and let stand 20 minutes. Bake in a moderate oven.
6. For Orange Nut Bread, add $\frac{3}{4}$ cup coarsely cut nuts to the dry ingredients.

Amount: 1 loaf

Time: 1 hour

Temperature: 350° F.

OLD FASHIONED BROWN BREAD

1 cup all purpose flour
1 cup corn meal
1 cup graham flour
3 teaspoons Arm &
Hammer or Cow
Brand Baking Soda

1 teaspoon salt
2 tablespoons
brown sugar
 $\frac{3}{4}$ cup molasses
2 $\frac{1}{4}$ cups sour milk
or buttermilk

1. Sift, then measure all purpose flour. Sift again with corn meal, graham flour, baking soda, salt and sugar.
2. To sour 1 cup sweet milk artificially and quickly, place 4 teaspoons lemon juice or vinegar in a measuring cup and fill to the 1 cup mark with sweet milk. Mix well.
3. Combine molasses and sour milk, add dry ingredients. Stir only until blended.
4. Fill greased molds $\frac{2}{3}$ full. Cover. Half pound coffee cans with tight fitting covers may be used. If no covers are available, use wax paper secured firmly with a string.
5. Steam 3 hours. Then place uncovered in a slow oven (300° F.) for 5 minutes to dry.

Amount: Two 1 quart molds.





have you
read page
15?

GRIDDLE CAKES

2 cups all purpose flour 1 teaspoon salt
 1 teaspoon Arm & Hammer or Cow Brand Baking Soda 1 or 2 eggs
 2 cups sour milk or buttermilk
 1 tablespoon sugar 2 tablespoons shortening

1. Sift, then measure flour. Sift again with baking soda, sugar and salt.
2. Beat egg until light and fluffy. Combine egg, milk and melted shortening.
3. To sour each cup sweet milk artificially and quickly, place 4 teaspoons lemon juice or vinegar (white vinegar makes a whiter product) in a measuring cup, fill to the 1 cup mark with sweet milk. Mix well.
4. Add dry ingredients to liquid, beating until smooth.
5. Bake griddle cakes on a heavy frying pan, soapstone griddle or an aluminum griddle. It should not be necessary to grease a griddle after thoroughly rubbing with an unsalted fat or oil when the iron is new.
6. Pour the batter from the tip of a large spoon or from a pitcher.
7. Bake, turning each cake when it is browned on the underside and before bubbles burst on the top. Turn only once. Serve immediately on warm plate.

Amount: 1½ dozen medium cakes

PINEAPPLE FRITTERS

Illustrated on page 8

1 cup all purpose flour 1 tablespoon sugar
 1 teaspoon Arm & Hammer or Cow Brand Baking Soda 1 egg
 ¾ cup sour milk or buttermilk
 8 small pineapple slices
 ½ teaspoon salt

1. Sift, then measure flour. Sift again with baking soda, salt and sugar.
2. Add dry ingredients to the combined milk and well beaten egg. Beat until smooth.
3. To sour ¾ cup sweet milk artificially and quickly, place 3 teaspoons lemon juice or vinegar (white vinegar makes a whiter product) in a measuring cup, fill ¾ full with sweet milk. Mix well.
4. Drain the fruit very well, pat with absorbent paper to remove all excess moisture.
5. Dip pineapple slices into batter. Allow excess batter to drip off, then drop into deep fat. Fry until golden brown, about 3 minutes.
6. The fat, when ready for frying, should be 365-375° F. or it should brown a cube of bread in 60 seconds.
7. Drain on unglazed paper. Sprinkle with powdered sugar.
8. Peaches cut in eighths, apples in ½ inch slices, and whole dates are delicious as fritters.

Amount: 8 fritters

CRISP WAFFLES

Illustrated on page 9

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|--|---------------------|
| 2 cups all purpose flour | 1 tablespoon sugar |
| ½ teaspoon Arm & Hammer or Cow Brand Baking Soda | 3 eggs, separated |
| ½ teaspoon salt | 2 cups sweet milk |
| | ¼ cup melted butter |

1. Sift, then measure flour. Sift again with baking soda, salt and sugar.
2. Combine milk, well beaten egg yolks and melted butter. Add dry ingredients to liquid ingredients. Beat until well blended.
3. Fold in stiffly beaten egg whites just before baking. Bake on a hot waffle iron 4 to 5 minutes or until thoroughly baked.
4. Never stack waffles. Any treatment that causes them to steam will change an otherwise crisp waffle into a limp soggy one. If a waffle is not used immediately, place it on a wire rack in a warm oven (300° F.) with the door slightly ajar.
5. The length of baking period is of great importance in making crisp waffles. This varies with different makes of irons. Be sure to bake them long enough.

Amount: Six 4-section waffles

GAY TOUCHES

Illustrated on page 9

1. **BACON WAFFLES.** Pour batter on iron in usual manner, then place 2 or 3 three inch lengths of thinly sliced bacon over batter. Close iron. Bake.
2. **PECAN WAFFLES.** Sprinkle a small handful of pecans on iron, then fill with batter in usual manner. Close iron. Bake.
3. **HAM WAFFLES.** Pour batter on iron in usual manner, then evenly sprinkle 2 or 3 tablespoons of ground or chopped boiled or baked ham over batter. Close iron. Bake.
4. **CORN WAFFLES.** Pour batter on iron in usual manner, then sprinkle 2 or 3 tablespoons well drained kernel corn over the batter. Close iron. Bake.
5. **COCONUT WAFFLES.** Pour batter on iron in usual manner, then sprinkle 1 or 2 tablespoons shredded coconut over batter. Close iron. Bake.

Try serving a variety of waffles for Sunday supper



CHICKEN SHORTCAKE

Illustrated on page 12

1 recipe Soda Biscuits
(see page 3)

1 ½ cups chopped chicken

Salt and
pepper
Butter

1. Roll Soda Biscuit dough into a 10 x 6 inch rectangle. Spread with softened butter, then with the ground chicken which has been seasoned with salt and pepper.
2. Fold the dough into three layers, folding the long sides toward each other. Flatten slightly with a rolling pin by rolling lengthwise. With a sharp knife, cut into slices 1 inch wide.
3. Stand rolls about ½ inch apart on baking sheet. Bake in hot oven.
4. Serve like patty shells with creamed chicken or with chicken gravy. Mushrooms, pimento, green pepper or shredded almonds are delicious additions to the gravy.

Amount: 12 rolls

Temperature: 475° F.

Time: 15-20 minutes

A thrifty menu for your next party — or try it for leftovers.

CHICKEN SHORTCAKE

STUFFED BAKED TOMATOES

POTATO CHIPS

LEMON CLOVER ROLLS

A FAVORITE DESSERT

COFFEE

FLUFFY GINGERBREAD

2 cups all purpose
flour

1 ½ teaspoons Arm &
Hammer or Cow
Brand Baking
Soda

½ teaspoon salt

1 teaspoon ginger

1 teaspoon cinnamon

½ teaspoon cloves

½ cup butter or other
shortening

½ cup sifted brown
sugar, firmly
packed

2 eggs

¾ cup molasses

1 cup boiling water

1. Sift, then measure the flour. Sift three times with the baking soda, salt and spices.
2. Cream the butter until light and lemon colored. Add sugar gradually, beating after each addition until light and fluffy.
3. Gradually add the eggs which have been beaten until they are almost as stiff as whipped cream.
4. Add one-fourth of the dry ingredients. Blend well.
5. Add the molasses, beating until smooth. Then add remaining dry ingredients, beating very well.
6. Add boiling water, stir until blended.
7. Pour into a greased loaf pan. Bake in a moderate oven. Serve hot.

Amount: 9 x 9 inch pan

Temperature: 350° F.

Time: 45 minutes

DUTCH APPLE CAKE

2 cups all purpose flour
 ½ teaspoon Arm &
 Hammer or Cow
 Brand Baking Soda
 ½ teaspoon salt
 2 tablespoons sugar
 ⅓ cup shortening

1 cup sour milk or
 buttermilk
 4 apples
 Butter
 ¼ cup sugar
 1 teaspoon
 cinnamon

1. Sift, then measure flour. Sift three times with baking soda, salt and sugar.
2. Cut in the shortening until the mixture looks like coarse corn meal.
3. To sour 1 cup milk artificially and quickly, place 4 teaspoons lemon juice or vinegar (white vinegar makes a whiter product) in a measuring cup and fill to the 1 cup mark with sweet milk. Mix well. Add the milk to dry ingredients, stir quickly but thoroughly.
4. Turn into a greased pan and spread out evenly. Spread with melted butter.
5. Cut pared apples in eighths. Press apple slices into dough close together, making 4 rows.
6. Sprinkle with cinnamon and sugar which have been mixed. Bake in a hot oven. Cut in squares. Serve warm.

Amount: 8 x 8 inch pan
 Time: 30-35 minutes

Temperature: 450° F.

DATE AND NUT BREAD

Illustrated on page 5

1 cup dates
 1 teaspoon Arm &
 Hammer or Cow
 Brand Baking
 Soda
 1 ½ cups boiling water.
 2 cups all purpose
 flour

1 cup graham flour
 1 egg
 2 cups brown sugar
 1 teaspoon salt
 4 tablespoons melted
 butter
 1 cup walnuts and
 butternuts mixed

1. Pour boiling water over chopped dates and baking soda. Let stand until cool.
2. Sift, then measure all purpose flour. Mix with graham flour. (½ graham and ½ buckwheat flour may be used.)
3. Beat egg well. Combine with sugar, salt and shortening.
4. Alternately add date mixture and flour. Add nuts last.
5. Pour into paper lined, greased loaf pans.

Amount: Two 4 x 7½ inch loaves Temperature: 350° F.
 Time: 45-60 minutes

*To make sour milk
 see page two*

MORE USES FOR BAKING SODA

DENTRIFRICE. 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.

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.

