

ARM & HAMMER SODA

TRADE MARK



BOOK OF VALUABLE RECIPES

46th Edition of
One Million Each.

PERPETUAL CALENDAR.

- 1.—The first Table gives the week-day on which falls the first of each month.
- 2.—If the month commences on Sunday, Table headed "Sunday" is the Calendar for that month, and so on.

	JAN.	FEB.	MAR.	APR.	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.
1905..	SUN.	WED.	WED.	SAT.	MON.	THUR.	SAT.	TUES.	FRI.	SUN.	WED.	FRI.
1906..	MON.	THUR.	THUR.	SUN.	TUES.	FRI.	SUN.	WED.	SAT.	MON.	THUR.	SAT.
1907..	TUES.	FRI.	FRI.	MON.	WED.	SAT.	MON.	THUR.	SUN.	TUES.	FRI.	SUN.
1908..	WED.	SAT.	SUN.	WED.	FRI.	MON.	WED.	SAT.	TUES.	THUR.	SUN.	TUES.
1909..	FRI.	MON.	MON.	THUR.	SAT.	TUES.	THUR.	SUN.	WED.	FRI.	MON.	WED.
1910..	SAT.	TUES.	TUES.	FRI.	SUN.	WED.	FRI.	MON.	THUR.	SAT.	TUES.	THUR.
1911..	SUN.	WED.	WED.	SAT.	MON.	THUR.	SAT.	TUES.	FRI.	SUN.	WED.	FRI.
1912..	MON.	THUR.	FRI.	MON.	WED.	SAT.	MON.	THUR.	SUN.	TUES.	FRI.	SUN.
1913..	WED.	SAT.	SUN.	TUES.	THUR.	SUN.	TUES.	FRI.	MON.	WED.	SAT.	MON.
1914..	THUR.	SUN.	SUN.	WED.	FRI.	MON.	WED.	SAT.	TUES.	THUR.	SUN.	TUES.
1915..	FRI.	MON.	MON.	THUR.	SAT.	TUES.	THUR.	SUN.	WED.	FRI.	MON.	WED.
1916..	SAT.	TUES.	WED.	SAT.	MON.	THUR.	SAT.	TUES.	FRI.	SUN.	WED.	FRI.

SUNDAY.	MONDAY.	TUESDAY.	WEDNESDAY.	THURSDAY.	FRIDAY.	SATURDAY.
S 1 8 15 22 29	M 1 8 15 22 29	T 1 8 15 22 29	W 1 8 15 22 29	T 1 8 15 22 29	F 1 8 15 22 29	S 1 8 15 22 29
M 2 9 16 23 30	T 2 9 16 23 30	W 2 9 16 23 30	T 2 9 16 23 30	F 2 9 16 23 30	S 2 9 16 23 30	S 2 9 16 23 30
T 3 10 17 24 31	W 3 10 17 24 31	T 3 10 17 24 31	F 3 10 17 24 31	S 3 10 17 24 31	S 3 10 17 24 31	M 3 10 17 24 31
W 4 11 18 25	T 4 11 18 25	F 4 11 18 25	S 4 11 18 25	S 4 11 18 25	M 4 11 18 25	T 4 11 18 25
T 5 12 19 26	F 5 12 19 26	S 5 12 19 26	S 5 12 19 26	M 5 12 19 26	T 5 12 19 26	W 5 12 19 26
F 6 13 20 27	S 6 13 20 27	S 6 13 20 27	M 6 13 20 27	T 6 13 20 27	W 6 13 20 27	T 6 13 20 27
S 7 14 21 28	S 7 14 21 28	M 7 14 21 28	T 7 14 21 28	W 7 14 21 28	T 7 14 21 28	F 7 14 21 28

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INTRODUCTION.

WE WOULD BE PLEASED TO RECEIVE RECEIPTS HAVING MERIT, WITH A VIEW OF PUBLISHING THEM IN SOME FUTURE EDITION, AT THE SAME TIME GIVING CREDIT TO THE DONATOR OF THE RECEIPT. ALL HOUSEWIVES ARE CORDIALLY INVITED TO SEND US RECEIPTS THAT THEY KNOW TO BE OF THE BEST.

WE DESIRE TO CALL PARTICULAR ATTENTION TO THE OTHER GENERALLY INTERESTING MATTER CONTAINED IN THIS BOOK, AS IT IS ISSUED PARTICULARLY TO EDUCATE THE COMMON-SENSE HOUSEKEEPERS, ESPECIALLY IN THE RURAL COMMUNITIES, TO THE VALUE AND SAVING BY THE USE OF **ARM AND HAMMER BRAND SODA** OR **SALERATUS** WITH SOUR MILK.

MANY OF THE COOK-BOOKS NOW BEING PUBLISHED, WHEN REFERRING TO THE PREPARATION OF EDIBLES, WHERE SODA CAN BE USED, RECOMMEND IN MOST CASES THE USE OF BAKING POWDER. THIS PRACTICE WE DO NOT ADVISE; FIRST BECAUSE IT ENCOURAGES EXTRAVAGANCE IN THE HOUSEHOLD AND, SECONDLY, BECAUSE THE RESIDUUM RESULTING IN THE FOOD BY THE CHEMICAL ACTION OF MOST BAKING POWDERS IS VERY INJURIOUS, AS COMPARED WITH THE NATURAL ACTION OF SOUR MILK OR PURE SODA OR **SALERATUS**, LIKE THE **ARM AND HAMMER BRAND**. THE SOLID BUSINESS STYLE OF THE **ARM AND HAMMER** WRAPPER COVERS THE PUREST QUALITY OF SODA AND **SALERATUS**, WHICH NO OTHER BRAND CAN APPROACH, AND AMERICAN HOUSE-KEEPERS KNOW IT.

CHURCH & CO.

ADDITIONAL COPIES OF THIS BOOK MAY BE HAD FREE UPON APPLICATION TO CHURCH & CO., ROUTE 4, WALL STREET STATION, NEW YORK.

INSIST ON HAVING **ARM AND HAMMER SODA**.

DO NOT BUY BAKING POWDER

WHEN YOU HAVE SOUR MILK OR BUTTERMILK, WHICH COSTS NOTHING. BAKING POWDER MANUFACTURERS SAY: "DO NOT USE CREAM TARTAR AND SODA," AND THEN EXPATiate AT LENGTH ON THE DANGER OF ADULTERATION, AND THE LIABILITY OF HOUSEKEEPERS USING THESE ARTICLES IN THE WRONG PROPORTION, EVEN IF OBTAINED PURE, THEREBY MAKING COOKERY HEAVY OR YELLOW, WITH AN ALKALINE TASTE. WHEREAS, THE FACT IS THAT THE BEST BAKING POWDER IS COMPOSED OF A MIXTURE OF THESE TWO IDENTICAL SUBSTANCES (CREAM TARTAR AND SODA), WITH THE ADDITION OF STARCH ENOUGH TO REPEL MOISTURE. NOW, SODA, OR SALERATUS IS AN ARTICLE WHICH BY THE IMPROVED MODERN METHODS OF MANUFACTURE, CAN BE MADE SO PURE AND CHEAPLY THAT IT DOES NOT PAY TO ADULTERATE IT. WITH CREAM TARTAR IT IS DIFFERENT. THIS ACID, WHEN PURE, COMMANDS SO GREAT A PRICE THAT IT BECOMES A STRONG TEMPTATION TO THE UNSCRUPULOUS DEALER TO ADULTERATE. THE PRICE OF ONE POUND OF GOOD BAKING POWDER WILL FURNISH A LARGE FAMILY WITH SODA ENOUGH FOR SOME MONTHS.

THE FARMER'S WIFE HAS ALWAYS AN ACID FREE TO HER HANDS IN THE FORM OF SOUR MILK OR BUTTERMILK, WHICH CAN BE USED BOTH AS AN ACID TO NEUTRALIZE THE SODA OR SALERATUS, ALSO AS A MEANS OF WETTING AND ENRICHING THE DOUGH. WHY, THEN, SHOULD SHE GO TO THE EXPENSE OF BUYING BAKING POWDER OR CREAM TARTAR WHEN SHE ONLY NEEDS SODA WITH THE SOUR MILK.

ANY GOOD COOK BY A FEW EXPERIMENTS OR TRIALS WITH SOUR MILK AND SODA, CAN FORM RECIPES OF HER OWN, WHICH WILL BE MORE DELICIOUS AND TOOTHsome THAN WHEN MADE BY THE USE OF BAKING POWDER, AND HAVE THE ADDITIONAL SATISFACTION OF KNOWING WHAT MATERIALS THERE ARE IN THE COOKERY, AND CONSEQUENTLY A KNOWLEDGE OF ITS ABSOLUTE HEALTHFULNESS.

THE GREAT "ARM AND HAMMER BRAND"

BEST IN THE WORLD.

CHURCH & CO.'S SODA OR SALERATUS

HOUSEKEEPERS
WELL KNOW HOW
IMPORTANT IT IS TO
THOROUGHLY UNDERSTAND THE ART OF MAKING GOOD
BREAD AND OTHER SIMILAR ARTICLES OF COOKERY. IN
ORDER TO DO THIS IT IS ESSENTIAL, ABOVE EVERYTHING
ELSE, TO PROCURE GOOD MATERIALS, ESPECIALLY FLOUR
AND GOOD BAKING SODA OR SALERATUS.

THE VALUE OF SODA OR SALERATUS DEPENDS ENTIRELY
UPON THE AMOUNT OF CARBONIC ACID GAS IT CONTAINS,



AS THAT CONSTITUTES ITS SOLE RAISING PROPERTY. IT IS THEREFORE APPARENT THAT THE PARTICULAR BRAND OF SODA OR SALERATUS WHICH PRODUCES, WHEN USED FOR MAKING BREAD, THE LARGEST QUANTITY OF CARBONIC ACID GAS, IS THE MOST VALUABLE TO THE CONSUMER. THE
ARM & HAMMER

SODA CONTAINS UNIFORMLY OVER 52 PER CENT OF CARBONIC ACID GAS, OR OVER 99 PER CENT OF PURE SODA OR SALERATUS, EVERY POUND OF WHICH, SHIPPED FROM THE EXTENSIVE CHEMICAL WORKS OF THE MANUFACTURERS, IS TESTED, AND NOTHING ALLOWED TO BE DELIVERED FALLING SHORT OF THIS STANDARD. CHURCH & CO'S ARM AND HAMMER BRAND SODA OR SALERATUS IS ALMOST

ABSOLUTELY AND CHEMICALLY PURE—THE MINUTE FRACTION OF A HUNDREDTH PART LACKING IN THAT RESPECT BEING OF TRIVIAL IMPORTANCE.

CONSUMERS CAN, THEREFORE, RELY UPON INVARIABLY OBTAINING GOOD RESULTS IN COOKING IF THEY INSIST UPON USING ONLY THE ARM AND HAMMER BRAND OF SODA OR SALERATUS IN THEIR HOUSEHOLDS. IT IS MANUFACTURED OF UNIFORM QUALITY, BECAUSE OF THE PURITY OF ITS MATERIALS, AND THOROUGHLY CHARGED WITH CARBONIC ACID GAS, BESIDES BEING ALWAYS PACKED FULL WEIGHT.

BAKING POWDER.

THE LARGE INCREASE IN THE USE OF BAKING POWDER OF LATE YEARS HAS INDUCED UNSCRUPULOUS PERSONS TO ENTER INTO THE MANUFACTURE OF CHEAP AND INFERIOR BAKING POWDERS, PRODUCING DELETERIOUS EFFECTS ON THE HEALTH OF FAMILIES USING THEM. ONE EMINENT CHEMIST, AFTER ANALYZING NEARLY FIFTY DIFFERENT BRANDS, DETERMINED THAT FIFTY PER CENT. WERE GROSSLY ADULTERATED. THE SOLE VALUE IN BAKING POWDER IS THE RISING PROPERTY, OR CARBONIC ACID GAS, WHICH IS CONTAINED IN THE SODA OR SALERATUS ALONE. THE SAFEST AND MOST ECONOMICAL PLAN IS TO USE ONLY CHURCH & CO'S ARM AND HAMMER BRAND SODA OR SALERATUS, OR, IF BAKING POWDERS ARE PREFERRED, HOUSEKEEPERS CAN MAKE THE BEST QUALITY AT HOME.

HOUSEKEEPERS.

DO NOT USE TOO MUCH. THE SUPERIOR QUALITY AND STRENGTH OF ARM AND HAMMER SODA OR SALERATUS DOES NOT REQUIRE THAT SO LARGE A QUANTITY BE USED AS DOES CHEAP BULK SODA.

INSIST ON HAVING THE ARM AND HAMMER SODA OR SALERATUS IN PACKAGES, AND YOU WILL HAVE THE BEST.

GENERAL DIRECTIONS.

Take ONE teaspoonful, NOT TOO LARGE, Arm and Hammer brand Soda or Saleratus, sift and mix thoroughly through one pound or quart of flour, and add to that sour milk enough to knead the dough.

Two teaspoonfuls Pure Cream Tartar to one of Arm and Hammer brand Soda or Saleratus ought to produce the same effect; but sour milk or buttermilk is preferable, because good Cream Tartar is difficult to obtain, besides being expensive.

CHURCH & CO'S ARM AND HAMMER BRAND SODA OR SALERATUS IS ALWAYS FULL STRENGTH. IF THE COOKING IS NOT RIGHT AT FIRST, USE LESS OF THE SODA AFTERWARD, UNTIL THE PROPER QUANTITY IS DETERMINED.

Housekeepers using Baking Powder can make the very best for immediate use by mixing thoroughly one part Arm and Hammer brand Soda or Saleratus with two parts Cream Tartar, WHICH MUST BE STRICTLY PURE. Should a supply be desired for future use, take larger quantities in the same proportion and add another part of powdered starch. Have all perfectly dry before mixing together. The result will be the best Baking Powder possible to be obtained. Keep in an air-tight package. Directions for any good Baking Powder apply to this. The only ingredients, however, containing raising properties is Soda or Saleratus. Housekeepers will readily perceive that by using the Arm and Hammer brand Soda or Saleratus with sour milk simply, they save twenty times the cost of buying Baking Powders.

In using Soda or Saleratus in recipes containing molasses, remember always to put the dry Soda in a bowl and pour the syrup on to the Soda. It will dissolve quickly, foam up, and make your cake or pudding a beautiful golden yellow. Hot lard can also be poured on the Soda to dissolve it, but never boiling hot water in recipes for baking.

Nothing makes more delicious cakes and biscuits than buttermilk. Sour Cream is also very nice, but not always so easy to get.

The following recipes are recommended to housekeepers as being especially adapted to the use of Church & Co's Soda or Saleratus (Arm and Hammer brand), and sure to secure perfection in the articles baked, being tried, tested and proved by the most experienced cooks.

In these recipes it is always advisable to use the Arm and Hammer brand of Soda or Saleratus by sifting it throughout the flour or meal before wetting; but if housekeepers prefer to dissolve the Soda or Saleratus in water, it is important that the water be lukewarm.

We have in these recipes paid particular attention to the use of Soda or Saleratus without Cream Tartar. Pure Cream Tartar is almost unattainable, as all intelligent housekeepers know. Should, however, it be desirable to substitute Cream Tartar for sour milk or cream in any of these recipes, twice as much Cream Tartar should be used as of Soda, in place of the sour milk or cream.



INSIST ON HAVING ARM AND HAMMER SODA.

HINTS ON BAKING.

Never use soft butter or lard for pie crust. Butter should be washed in cold water before using in baking.

Never use a large quantity of flavoring of any kind in baking, it spoils the delicacy of the cake or dessert.

When using dried or evaporated fruit in baking, a pinch of salt should be added, as this brings back the flavor of the fresh fruit. The same rule governs for canned fruits.

It is always safe to open a barrel of flour at the bottom end. You are sure that the whole barrel is good, if it is all right at the bottom.

If the oven bakes too quickly from the bottom, set the baking tin upon another tin with a thick paper under it.

For all loaf cakes, eggs, butter, etc., should be kept in a cold place until ready for use.

For molasses cake of every description use a tablespoonful of vinegar to every batch. This will greatly improve both the color and the flavor.

Always see that the oven is heated through before putting in the bread or other bake stuff, then set a little basin of hot water in it to produce steam or moisture and close all dampers.

Too much salt hinders bread from rising.

Many people like potatoes in bread, they contain much starch and further fermentation, and make a whiter loaf.

To whip sweet cream successfully, it should have stood at least twelve hours, and is that called double cream.

To stone raisins without having them stick to the fingers, soak them in hot water for two minutes, then plunge them into cold water and drain.

Fruit to be added to loaf cake should first be rubbed well with flour, this will prevent it from settling to the bottom.

Eight or nine common sized eggs weigh one pound.

Soft butter the size of an egg weighs one ounce and a half.

One quart of sifted flour (well heaped) weighs one pound.

One pint of Best Brown Sugar weighs thirteen ounces.

Two teacups (well heaped) of coffee A sugar weigh one pound.

Two teacups (level) of granulated sugar weigh one pound.

Two teacups of soft butter (well packed) weigh one pound.

One and one-third pints of powdered sugar weigh one pound.

Two tablespoonfuls of powdered sugar or flour weigh one ounce.

One tablespoonful (well rounded) of soft butter weighs one ounce.

Four teaspoonfuls are equal to one tablespoonful.

One tablespoonful (well heaped) granulated coffee A or Best Brown Sugar equals one ounce.

One generous pint of liquid or one pint of finely-chopped meat packed solidly, weighs one pound, which it will be very convenient to remember.

INSIST ON HAVING ARM AND HAMMER SODA

VALUABLE RECEIPTS.

PREPARED AND TESTED BY EXPERT COOKS.

SOUPS.

POTATO SOUP.

Three potatoes, one pint of milk or half milk and half water, one teaspoonful chopped onion, one tablespoonful salt, one sprinkle of white pepper, one-half tablespoonful sifted flour, one-half tablespoonful of dripping. Wash and pare the potatoes, then put them into

boiling water and cook till very soft.

Cook the onion in the milk in double boiler. When the potatoes are done, drain and mash them. Add the boiling milk and the seasoning. Rub them through a strainer, and put them back into the double boiler to boil again. Melt the dripping in a small pan, add the flour, and stir till it thickens. Stir it into the boiling soup. Let it boil five minutes. Add one

teaspoonful of finely chopped parsley and serve hot, with croutons (tiny squares fried bread). If the soup be too thick add a little more hot milk or water.



SPINACH SOUP.

To make an appetizing soup, pick over and wash thoroughly one-half peck of spinach. Put it into a large kettle three-quarters full of boiling, salted water, and allow it to boil briskly for about twelve minutes, leaving the kettle uncovered. Drain and put into a pan of cold water; when cool rub through a sieve. Put two tablespoonfuls of sifted flour and one tablespoonful of butter into a sauce-pan, melt over the fire and add gradually one quart of scalded milk; when smooth and thick, stir into this a cupful of the spinach pulp and return all to the sauce-pan. Season with salt and pepper and simmer for three minutes, then move to the back of the range and add a half-cupful of cream. Dish and serve with salted crackers or bread.

PUREE OF TOMATOES.

One can of tomatoes, two cups boiling milk with half a teaspoonful of **ARM AND HAMMER SODA** (or Saleratus) stirred in, one

INSIST ON HAVING ARM AND HAMMER SODA.

small minced onion, two tablespoonfuls of butter, rubbed up with one of sifted flour, pepper and salt, handful of dry bread-crumbs and one cup of boiling water. Put tomatoes and onions over the fire with the hot water. Boil half an hour; strain and rub through a colander, working the tomatoes to a pulp. Meanwhile boil the milk, stirring in soda, butter and flour, and after boiling, keep hot. Put pepper, salt and sugar with the tomatoes; simmer five minutes; pour into the tureen; stir in the crumbs and one minute later the thickened milk. Serve at once. If the milk be cooked with the puree it will almost surely curdle.

BREAD, BISCUITS, ETC.

EXCELLENT CORN BREAD.

Beat two eggs, the whites and yolks separately; take one pint of sour milk or buttermilk, two tablespoonfuls of sugar, one tablespoonful of butter, warmed so it will mix readily with the other ingredients, and a little salt. Mix these well together with the exception of the whites of the eggs. Put two-thirds of a teaspoonful of **ARM AND HAMMER SODA** (or Saleratus), absolutely free from lumps, into a pint of corn meal and sift and stir them into the milk, etc., then after beating the whites of the eggs, add them also. Butter a pan thoroughly, and bake in a moderate oven.

RYE AND MEAL BREAD.

Sift together two cups rye meal, one and a half cups Indian meal and one teaspoonful salt. In one cup water and a half cup buttermilk dissolve one even teaspoonful **ARM AND HAMMER SODA** (or Saleratus), add a small cup New Orleans Molasses. Stir in the meal a little at a time; beat all up lightly and add two tablespoonfuls melted butter. Pour at once into greased large tin, set into steamer and steam for three hours, then bake for about thirty minutes longer in oven to give it a good crust.

COTTAGE BREAD (VERY FINE, MRS. J. BRAUN.)

Dissolve one compressed yeast cake in one cup lukewarm milk, (a half cup home-brewed yeast can be used instead). Add three cups lukewarm water, one teaspoonful salt, two tablespoonfuls shortening, one tablespoonful sugar and two quarts sifted flour with a small pinch **ARM AND HAMMER SODA** (or Saleratus). Mix all into a stiff dough, rub over the top with lard to prevent crust. Cover with a cloth and set to rise over night. In the morning turn out on bread board, roll up and cut into two or three loaves; then mould and set them to rise in greased bread tins to the top. Bake from forty to fifty minutes. In warm weather set to rise at nine o'clock in the evening, in winter at seven.

RAISED BISCUITS.

To the above dough mix in the morning two more tablespoonfuls of soft butter, two heaping tablespoonfuls sugar, and mix thoroughly. Let it rest about an hour. Roll up into biscuits, greasing your hands with lard while rolling them up, lay them close together in biscuit tins and set to rise. Bake thirty minutes in brisk heat.

GRAHAM BREAD.

One quart of sour milk, two round teaspoonfuls of **ARM AND HAMMER SODA** (or Saleratus), two teaspoonfuls of salt, one

INSIST ON HAVING ARM AND HAMMER SODA.

cup of New Orleans molasses, two tablespoonfuls of brown sugar, four coffee-cups of Graham flour, sifted, four coffee-cups of wheat flour, sifted. Bake one hour in a slow oven.

BOSTON BROWN BREAD.

Sift together two cups Indian meal, two cups Graham flour, one cup coarse rye flour, one cup wheat flour, two teaspoonfuls salt. Take one large cup molasses and two cups buttermilk. Add one and a half cups water, in which dissolve two small teaspoonfuls **ARM AND HAMMER SODA** (or Saleratus). Mix all into a soft dough (a little more water may have to be added). Pour into brown bread moulds with covers, which must be well greased. Bake in a deep pan, into which has been poured hot water, about one inch deep. Water should be all evaporated after two hours, then bake about one hour longer.

ARM AND HAMMER SODA BISCUITS.

One teaspoonful salt, one teaspoonful **ARM AND HAMMER SODA** (or Saleratus), two cups buttermilk, lard twice the size of an egg. Use enough sifted flour to make a smooth dough. Roll half an inch thick and bake in hot oven.



DELICIOUS TEA BISCUIT.

Take one quart of sifted flour, one teaspoonful of salt and one teaspoonful of **ARM AND HAMMER SODA** (or Saleratus); sift thoroughly together; then rub in a heaping tablespoonful of lard or butter, and add sufficient sour milk or buttermilk to make a soft dough—just stiff enough to handle with the floured hand, Roll out the dough, and cut out the biscuit. Bake immediately.

HAVE THE OVEN AND PANS VERY HOT BEFORE
MIXING. PUT THE DOUGH INTO THE OVEN
SOON AS MIXED.

NO MORE IMPORTANT CONSIDERATION ENTERS
INTO OUR LIVES THAN THOSE FROM WHICH OUR
BODIES DERIVE THEIR SUSTENANCE. WHOLE-
SOME BREAD DEPENDS ALTOGETHER UPON PURE
INGREDIENTS. USE ONLY THE **ARM AND HAMMER**
BRAND SODA IN PACKAGES.

INSIST ON HAVING **ARM AND HAMMER SODA.**

FOR BREAKFAST AND TEA.

DELICIOUS BREAKFAST GEMS.

Break two eggs in a pan and beat with them two teaspoonfuls of salt, two cups of buttermilk, one level teaspoonful **ARM AND HAMMER SODA** (or Saleratus), and one cup sugar. Then sift into the mixture three cups of flour and beat well for several minutes. Before putting into the



gem-pans, add two heaping tablespoonfuls of lard well heated. **HAVE THE TINS HOT AND WELL GREASED AND BAKE IN A HOT OVEN.**

DOUGHNUTS (SOUR MILK).

One cup sugar, two eggs, four tablespoonfuls of soft butter. Beat up light. Add one teaspoonful **ARM AND HAMMER SODA** (or Saleratus) dissolved in a little cold water. one large cup sour milk, one-half teaspoonful salt. Then add two cups flour sifted with one teaspoonful cream tartar. More flour may be required. Let the dough rest a while, then roll out half an inch thick and cut with doughnut cutter. Fry in hot fat and sprinkle with sugar.

JOHNNY CAKE.

Sift together one cup and a quarter wheat flour, two cups Indian meal, two tablespoonfuls of sugar, one teaspoonful of salt. Mix together with two cups of sour milk and one teaspoonful **ARM AND HAMMER SODA** (or Saleratus), dissolved in a little cold water. Add now to the batter three tablespoonfuls of soft butter and one to three eggs. Pour into well buttered tins and bake thirty minutes in a brisk oven.

GOLDEN CORN MUFFINS (MRS. J. BRAUN).

Three ounces yellow corn meal, two ounces sugar, two ounces lard or butter, two eggs, all mixed and beaten. Add half a pint of milk with a quarter teaspoonful **ARM AND HAMMER SODA** (or Saleratus), half a pound of flour sifted with a half teaspoonful of pure cream of tartar and a pinch of salt. Have the deep gem-tins well greased and heated, then fill them half full with the batter.

IF YOU WANT TO USE SOUR MILK, TAKE A HALF TEASPOONFUL ARM AND HAMMER SODA (OR SALERATUS) MORE AND OMIT THE CREAM OF TARTAR.

GRAHAM ROLLS (VERY FINE).

Dissolve one yeast cake in half pint warm water, add a quarter cup dark molasses, a half cup milk or water, a pinch of salt and a pinch of **ARM AND HAMMER SODA** (or Saleratus). Add one pint Graham flour and enough sifted wheat flour to make a soft dough. Let it stand over night. Mould up in the morning with a little more flour. Set to rise in greased tins, or in deep gem moulds, Bake in a medium hot oven.

INSIST ON HAVING ARM AND HAMMER SODA.

FLANNEL CAKES.

Pour about a pint of boiling water upon two cups of corn meal; stir in one quart sour milk or buttermilk, then strain the whole; add flour enough to make a proper batter, first sifting the flour well, mixed with two teaspoonfuls **ARM AND HAMMER SODA** (or Saleratus), before wetting. Mix thoroughly and bake quickly. One or two eggs beaten in with the milk greatly improves this recipe.

RYE GEMS.

MRS. J. C. PERRY, LOS ANGELES, CAL.

One pint of rye flour, two-thirds of a level teaspoonful of **ARM AND HAMMER SODA** (or Saleratus) and the same of salt sifted with the flour, a tablespoonful of brown sugar, or molasses, and a cup and a half of sour milk, Beat all together and bake in greased gem-pans in a good oven.

BREAD, BISCUIT, ROLLS, ETC.

CREOLE RICE MUFFINS.

Sift together several times two small cups wheat flour, one tablespoonful sugar, a half teaspoonful of **ARM AND HAMMER SODA** (or Saleratus), one teaspoonful cream of tartar and a pinch of salt. Rub in dry one heaping tablespoonful butter and moisten with a half pint milk. Add one cup boiled rice (soft) and one or two eggs. Bake in gem-tins or muffin rings, and in a quick oven.

OPEN YOUR MOUTH AND
SHUT YOUR
EYES -



WAFFLES.

Two eggs, one pint of sour milk, butter the size of an egg; one teaspoonful of **ARM AND HAMMER SODA** (or Saleratus), a little salt and enough sifted flour to make a batter. Beat the white of an egg separately and add last. Dissolve the soda in milk as usual.

WAFFLES and **GRIDDLE CAKES** can be made of the same proportions and consistency; but **MUFFINS**, **SALLY LUNN** or **JOHNNY CAKE** need to be a little stiffer.

FEATHERWEIGHT GRIDDLE CAKES.

Beat two eggs, half teaspoonful salt, one tablespoonful sugar and a half cup of cream or milk. Sift together a half teaspoonful **ARM AND HAMMER SODA** (or Saleratus), one teaspoonful cream of tartar, one cup pastry flour. Mix all and beat well. If too soft, add a little more flour. Have the griddle good and hot, and well greased.

A PIECE OF FAT SALT PORK OR THE SKIN OF A FLANK OF BACON IS FREQUENTLY USED FOR GREASING THE GRIDDLE.

SOME HOUSEKEEPERS USE A TURNIP CUT IN HALF FOR THIS PURPOSE.

PARKER HOUSE ROLLS (MRS. J. BRAUN).

Two pounds flour, two heaping teaspoonfuls pure cream of tartar, one heaping teaspoonful **ARM AND HAMMER SODA** (or Saleratus), one heaping teaspoonful salt, all sifted together three times; then add two heaping teaspoonfuls sugar. Rub into the above dry (like tea biscuit) five ounces butter or lard, which must be hard. Add one or two eggs and one and a half pints sweet milk and work into a light dough. Do not work more than is necessary for the dough to hold together. Roll out at once a half an inch thick, and cut out with a large round cutter, then wash the edges with melted butter and double over like turnovers. Let them stand a few minutes, wash with egg and bake in a hot oven.

ARM AND HAMMER QUICK BREAD.

Sift together as for tea biscuit (see recipe for tea biscuit), one quart bread-flour, with one heaping teaspoonful cream of tartar, one even teaspoonful **ARM AND HAMMER SODA** (or Saleratus) and a half teaspoonful salt. Mix in dry two tablespoonfuls of lard and last work all into a smooth dough with nearly a pint of milk. Let it stand a few minutes, then mould up into two loaves, place in tins, let stand four or five minutes and bake in a brisk oven. If it gets brown too quickly on top, place greased paper over the loaves.

CINNAMON OR COFFEE BUNS (MRS. J. BRAUN).

In one and a half pints warm milk dissolve two yeast cakes, or one cup home-made yeast; add a half cup sugar, half cup butter, a pinch of salt, one teaspoonful lemon extract, one or two eggs, and cinnamon for flavoring; mix with sufficient sifted flour to make a smooth soft dough. Let rise over night and in the morning roll out half an inch thick in long strips twelve inches wide. Wash over with melted butter and sprinkle with cinnamon and powdered sugar. Roll up, flatten a little, and cut into slices three-quarters of an inch wide; then set them, with the cut side on top, on greased tins and let them rise. Bake in a moderate oven,

P. S.—One yeast cake is sufficient in summer for above mixture.

ZWIEBACK.

Same dough as above, break up in small pieces, roll up long like finger rolls, set them closely together and bake. Let stand until next day and slice each in two. Toast in slow oven.

POTATO YEAST (MRS. J. BRAUN).

Boil three large potatoes, washed not peeled, with sufficient water to cover them well, until soft. Put in a jar at once, while boiling hot, add one pint of sifted flour, mash the potatoes with the flour, add one quart water to reduce to blood heat, dissolve two yeast cakes in a little water, mix all together, and set in warm place covered up. Must not be disturbed for twelve hours. It must have risen and fallen again at least one inch, which can be noticed at the side of the jar. Stir up and then strain. A half cup of this yeast is sufficient for a quart batter of cakes, etc. It will keep fresh for a week or more. When using it always add a pinch of **ARM AND HAMMER SODA** (or Saleratus),

BUCKWHEAT CAKES.

Mix three tablespoonfuls molasses with one quart sour milk or buttermilk, and one or two beaten eggs. Then add, stirring in slowly, enough buckwheat flour to make a nice batter, and one handful of corn meal well mixed with one large teaspoonful **ARM AND HAMMER SODA** (or Saleratus). Salt to taste. Bake immediately,

INSIST ON HAVING ARM AND HAMMER SODA.

WHEAT WAFFLES (RAISED).

Set over night a half cup potato yeast, or one yeast cake, with sufficient sifted flour and one pint of milk to make a stiff batter; in the morning beat up light two eggs with two handfuls sugar, a little salt and a pinch of **ARM AND HAMMER SODA** (or Saleratus), and mix this with the other batter. Use a little nutmeg for flavoring. Have waffle-iron hot.

POP OVERS.

Rub together a cup and a half of sifted flour, a pinch of salt, a tablespoonful of sugar and a tablespoonful of butter. Add three eggs, beaten light, a cup and a half of milk and a pinch of **ARM AND HAMMER SODA** (or Saleratus). Bake in deep gem-pans well greased,

PASTRY.

Before we commence on our pastry let us get everything ready, remembering always to have a broad-bladed knife to mix crust with, and the lard, buttermilk or water must be icy-cold, unless special mention is made otherwise. Never use the hands to mix pastry if you want it short and flaky. Remember the crust on meat pies must be thicker than those on fruit pies, and not so rich,

Shortcakes must be much richer than biscuit crust, but not so thick. Use sour milk if you cannot get cream or buttermilk. Above all have a hot oven.

AMERICAN PUFF PASTE.

One pound washed butter, one pound flour sifted with a quarter teaspoonful **ARM AND HAMMER SODA** (or Saleratus) and a half teaspoonful cream of tartar, a pinch of salt, one egg, and sufficient ice-water to make a medium stiff dough. Break up the butter slightly with the flour dry first. In mixing handle as little as possible. Roll out into a sheet about eighteen inches long by twelve inches wide; fold this over so that the ends meet in the centre and double again. Let it rest for a half hour on ice, then roll out, fold and double again, let it rest again for half an hour and then roll and fold as before. Repeat this operation once or twice more.

This is good for pattie-shells, cream pies, tarts, etc.



"OLD KING COLE WAS A JOLLY
OLD SOUL."

PIE CRUST.

In one quart flour sifted with a small teaspoonful salt, and a pinch of **ARM AND HAMMER SODA** (or Saleratus). rub a half cup butter and one cup lard. Moisten with ice-water, using only enough to moisten the flour, and in mixing handle as little as possible. For bottom crust butter can be omitted.

INSIST ON HAVING ARM AND HAMMER SODA.

POT PIE PASTE.

Mix together one pint of flour, half a teaspoonful **ARM AND HAMMER SODA** (or Saleratus), one teaspoonful of sugar, half a teaspoonful of salt, and run all through a sieve, Then wet thoroughly with a cupful of sour milk or buttermilk. After sprinkling flour on the board, roll out the dough into thickness of about half an inch, cut into small pieces and put it in the boiling pot-pie stew. Cook exactly ten minutes.

ROUGH PUFF PASTE.

Twelve ounces butter; sixteen ounces flour, sifted; yolk of an egg; teaspoonful of lemon juice; ice-water. Chop butter and flour together, till butter is about as large as white beans. Add half saltspoonful of salt; make a hole in the centre and put into it the egg-yolk, lemon juice and ice-water to make a firm paste. Handle lightly, turn out on board, the paste just holding together. Roll it one-half inch thick, then fold in three, and repeat three times. **KEEP COLD** when using. Roll one-eight inch thick.

PARISIENNE PEACH MERINGUE.

Take six mellow peaches peel and cut them into thin slices; mix with them one cup powdered sugar and put them into ten deep saucers. Cover over with meringue.

For meringue beat up the whites of three eggs very stiff, adding one handful powdered sugar while beating. Stir into it very carefully a half cup more sugar, when done. After covering the peaches in the saucers with the meringue, sprinkle a little sugar and ground mace over the top and set in oven to brown.

HEALTHFUL AND CONVENIENT PIE CRUST.

Spread a cold pie-plate **THICKLY** with sweet, fresh table butter, and when done, sift over it as much finely powdered cracker crumbs as will adhere to the butter; fill and bake as usual.

With a little more care, the pulverized cracker may be used as well for an upper crust on fruit or mince pies. Having prepared the under crust as above directed, add the fruit and seasoning; then sift the powdered cracker over the top until the fruit is well covered, putting on the butter last, in very thin cut slices or shavings until the top is well covered with butter. The heat of the oven will do the rest.

LADY WASHINGTON PIE.

Line flat pie-plate with pie-crust and spread thin with jelly or jam. Mix together one cup bread or cake crumbs moistened with a glass of hot water, juice of one lemon and a teaspoonful vanilla, two table-spoonfuls melted butter, a half cup molasses, a half cup sour cream a small teaspoonful **ARM AND HAMMER SODA** (or Saleratus), one egg, spices, a half cup washed currants, a quarter cup each of citron



INSIST ON HAVING ARM AND HAMMER SODA.

LADY WASHINGTON PIE—CONTINUED.

and candied orange peel (chopped fine). Mix in enough sifted flour to make a soft batter and fill into the lined plates. Over the top lay a few strips of pie-crust, crosswise, washed with egg. When baked dust with sugar.

LEMON PIE.

Line two deep tin pie-plates with a paste rolled very thin. Set in a cool place until the filling is made.

Beat to a froth three small teacupfuls of sugar, the outside of the rind and the juice of three lemons, and the yolks of six eggs; then beat the whites to a very stiff froth, and stir into the sugar and other ingredients, adding three tablespoonfuls of milk. Fill the two plates with this mixture, and bake in a moderate oven forty-five minutes. Thorough beating of the mixture and the slow baking are absolutely necessary to the success of the dish.

VIRGINIA CUSTARD OR POTATO PIE.



Boil or bake three large potatoes and mash them. Beat up a half cup sugar and four eggs; add one quart and a gill of milk, a pinch **ARM AND HAMMER SODA** (or Saleratus), a half nutmeg grated, a teaspoonful salt and a tablespoonful melted butter. Strain all through a colander, fill in lined deep dishes and bake like custard. Sweet potatoes can be used in the same manner.

PUDDINGS AND DESSERTS.

BOILED INDIAN PUDDING.

Stir one cupful Indian meal and a half cup sifted wheat flour into one quart of boiling milk. When it thickens add one-half cup brown sugar, one-half cup beef suet, chopped fine, and a little flour; add one pinch salt, four eggs and a half nutmeg, grated; also two tablespoonfuls molasses with a half teaspoonful **ARM AND HAMMER SODA** (or Saleratus). Tie in a cloth and boil in a kettle of boiling water three and a half to four hours.

P. S.—This pudding can be made with one egg only, to reduce cost.

BERRY PUFF PUDDING.

Sift together one and a half cups of flour, one teaspoonful cream of tartar, one-half teaspoonful **ARM AND HAMMER SODA** (or Saleratus), one teaspoonful salt and a tablespoonful butter. Add enough sweet milk, stirring all the time, to make a smooth thick batter. Have some buttered coffee-cups ready. Put a teaspoonful of batter into each cup, then a thick layer of raspberries, strawberries or whatever fruit is

INSIST ON HAVING ARM AND HAMMER SODA.

BERRY PUFF PUDDING—CONTINUED.

preferred. Sprinkle some sugar over the fruit, then cover with another layer of batter. Repeat this until the cups are about two-thirds full, steam now from forty to forty-five minutes and serve immediately when done

BOILED OR STEAMED APPLE DUMPLINGS.

AN APPLE DUMPLING CONNOISSEUR



Sift one quart of flour, mixing thoroughly into it one teaspoonful **ARM AND HAMMER SODA** (or Saleratus) and about a half teaspoonful salt; put in one tablespoonful lard, or butter, if preferred. When all are thoroughly mixed, wet up quickly with two cups sour milk. Roll the dough out to about the thickness of a quarter of an inch, then cut into squares large enough to wrap around a tart apple pared and cored. Fill the cavity of the core with brown sugar and a pinch of cinnamon. It is best to cook in a steamer from half to three-quarters of an hour.

BAKED APPLE DUMPLINGS.

Same as above, except that double the shortening can be used, and when the dumplings are ready for the oven, lay in a greased pan and have the folds of the dumplings at the bottom.

Bake brown and serve with hard or vanilla sauce, or both.

APPLE ROLY-POLY.

Mix in the same way as for tea biscuit, four cups sifted flour, a half cup butter, a half teaspoonful **ARM AND HAMMER SODA** (or Saleratus), with about one pint sour milk; add some nutmeg and salt and the yolks of three or four eggs. Roll out about a half inch thick, then wash with melted butter and spread over it finely chopped apples, (sweetened and spiced) with some English currants and roll up again. Steam about forty minutes. Serve with French cream sauce and hard sauce. Other fruits such as blackberries, etc., can be used instead of apples. Fruit Dumplings are made in the same way.

WHORTLEBERRY PUDDING.

PLAIN AND INEXPENSIVE.

Dissolve a half teaspoonful **ARM AND HAMMER SODA** (or Saleratus), in one and a half cups sweet milk; pour into a tablespoonful butter and a half cup molasses, add a pinch of salt and sufficient sifted flour to make a pretty thick batter, then add one pint picked whortleberries. Steam for two and one-half hours. Serve with sauce.

ADMIRAL DEWEY PUDDING.

Mix together one pint browned bread crumbs, a half nutmeg, one tablespoonful cinnamon, a cup of brown sugar, four eggs, one pint sweet

INSIST ON HAVING ARM AND HAMMER SODA.

ADMIRAL DEWEY PUDDING—CONTINUED.

milk with a half teaspoonful **ARM AND HAMMER SODA** (or Saleratus) and a pinch of salt. Add one pint of suet chopped into one pint, sifted flour and one cup each of currants, raisins and prunes (the latter cut up). Have the batter stiff. A little more flour may need to be added. Boil three or four hours in a napkin. Serve hard sauce in extra dish.

DELICIOUS PEACH PUDDING.

Have a deep earthenware dish well buttered and sprinkled with granulated sugar. Cut up half a loaf stale bread into thin slices and butter them; place one layer of the bread in the bottom of the dish and on top of this place a layer of sliced fresh (or canned) peaches, and sprinkle them with sugar. Cover this with another layer of bread, then with another layer of peaches, and finally with another layer of bread. Pour over the whole a custard made with a half cup sugar, three eggs (or less), three cups milk (or more), and some nutmeg, grated. Bake about one hour. Set the dish into a large pan, with a half pint water in it, so that the pudding while baking may remain moist on the bottom and sides. Serve with fruit sauce.

HONEYCOMB PUDDING.

One-half cup suet, one cup milk, one egg, two cups of sifted flour, one cup of raisins, one-half cup of molasses, two teaspoonfuls of cream of tartar, one teaspoonful of **ARM AND HAMMER SODA** (or Saleratus). Steam one hour.

RICE PUDDING.

Put one-half cup of rice in covered dish with water and stew slowly about an hour. Add three yolks of eggs and one-half cup sugar. Stir. Add one quart of scalded milk. Cover with the whites, beaten stiff with one-half cup powdered sugar and one-half spoonful of vanilla. Brown in oven.

IMPORTANT REASONS

WHY HOUSEKEEPERS SHOULD BUY ARM AND HAMMER BRAND PACKAGE SODA (OR SALERATUS) IN PREFERENCE TO BULK SODA OR OTHER PACKAGE SODA RECOMMENDED BY THE DEALER.

THE RETAIL PRICE OF **ARM AND HAMMER BRAND** OF SODA IN PACKAGES IS THE SAME AS FOR INFERIOR PACKAGE SODA. CONSUMERS GAIN NOTHING BY BUYING UNKNOWN AND INFERIOR SODA; THEY SIMPLY PUT MORE MONEY IN THE MERCHANTS POCKET.

PACKAGE SODA, LIKE **CHURCH & CO'S ARM AND HAMMER BRAND**, HAS THE GUARANTEE OF A RESPONSIBLE MANUFACTURER. BULK SODA MAY BE ANYBODY'S MANUFACTURE, AND GENERALLY OF A POOR QUALITY. SOMETIMES RETAIL DEALERS ARE IMPOSED UPON, NOT KNOWING WHAT THE JOBBER SENDS. A FEW THINK THEIR CUSTOMERS SHOULD ACCEPT ANYTHING THEY CHOOSE TO SELL THEM, SAYING IT IS REALY **ARM AND HAMMER BRAND SODA**, OR IT IS THE SAME THING.

ARM AND HAMMER BRAND SODA, BEING OF SUCH PERFECT QUALITY, IS OF NECESSITY VERY STRONG, AND WE CAUTION PARTIES NOT TO USE TOO MUCH.

INSIST ON HAVING ARM AND HAMMER SODA.

NEW ENGLAND PUDDING—VERY FINE.

Cut into thin slices a half loaf Graham bread or Boston brown bread. Butter each slice well. Also butter half as many slices of stale white bread. Arrange them in a buttered, sugar-dusted pudding dish until half full, then pour a custard over the whole. Some English currants may be sprinkled between the layers. Let the custard soak through before baking. Set the pudding dish in a large pan containing a little water.

YORKSHIRE SUET PUDDING.

Three large cups sifted flour, one cup suet chopped very fine, one teaspoonful salt, cinnamon and mace. To one cup sour milk, or cream (not thick), add one small cup molasses, one teaspoonful **ARM AND HAMMER SODA** (or Saleratus), one egg and one cup stoned raisins. Mix thoroughly; fill in a mould with tight-fitting cover, well buttered, and dust with crumbs or sugar. Steam three hours.

FARINA SOUFFLEE.

Into one pint boiling milk stir a cupful farina; when it starts to thicken set it aside to cool. Then add a large cupful sugar, the yolks of four eggs, the rind of a lemon, grated, two tablespoonfuls melted butter, a half cup sweet cream, a pinch of **ARM AND HAMMER SODA** (or Saleratus) and last, the whites of four eggs beaten very stiff. Mix as little as possible. Bake in porcelain dish for about forty minutes. Should be served as soon as baked.

FLOATING ISLAND.



One quart milk, four eggs, six tablespoonfuls sugar, two teaspoonfuls corn starch, pinch of salt. Flavor with vanilla. Beat the yolks of the eggs with the corn starch, three tablespoonfuls of sugar and the salt. Into this pour slowly the milk after it has been scalded. Let it stand on the stove until it thickens and then pour into a baking dish. Beat the whites of the eggs to a stiff froth; add the rest of the sugar and the vanilla. Put this on top of the custard by spoonfuls; then place in the oven and bake until slightly browned.

LEMON CREAM.

Dissolve two tablespoonfuls of corn starch in a little water. Add the juice and grated rind of one large lemon, and one cup of sugar. On this pour two and one-half cups of boiling water. Add the yolks of three eggs. Set on the stove and cook slowly, stirring it until it thickens like custard. Remove from the fire and stir in the whites of the eggs, beaten stiff, and set away to cool. It can be made the day before using.

INSIST ON HAVING ARM AND HAMMER SODA.

BAKED CUSTARD.

One pint of milk, three dessertspoonfuls sugar, four eggs, one-half teaspoonful salt, nutmeg or lemon flavoring, one-half cup cold milk, extra. Scald, but not boil, the pint of milk. Beat eggs and sugar very thoroughly. To them add salt and spice, or lemon, and the half cup of cold milk, and to this mixture the scalding milk. Fill six custard cups; set them into a pan in which is hot water and bake until the custard is well set and is lightly browned.

PUDDING SAUCES.

FRENCH CREAM SAUCE.

Heat in a double boiler or chafing-dish, one cup sugar, one pint sweet milk, with a pinch of salt and a tablespoonful butter; and two heaping tablespoonfuls of corn starch dissolved in a little milk and one egg. Stir occasionally until it thickens, then pour in a small cup of sweet cream and add a little nutmeg. This formula makes a good sauce without the egg.

VANILLA SAUCE.

Cream in a small bowl, two tablespoonfuls salt butter with a half cup fine sugar. Boil together a half cup of brown sugar, a cup of white sugar, two tablespoonfuls corn starch dissolved, six whole cloves, a cinnamon stick and a few kernels of whole allspice. When it thickens, strain and mix with the butter in the bowls. To serve, add a teaspoonful of vanilla extract.

HARD SAUCE.

Cream together until very light a half cup butter (salted) and three-fourths of a cup of fine sugar. Put away in a plate on ice to harden. Sprinkle some ground mace over the top. The white of an egg might be added.

STRAWBERRY SAUCE.

Rub together one-half cupful butter with one cupful of sugar (warm butter first). Stir into this gradually one cupful of boiling milk, one cupful strawberries previously crushed with a handful of sugar.

P. S.—In place of strawberries any fruit may be used. Serve hot or cold.

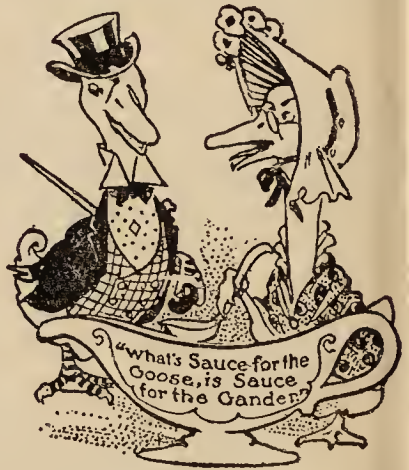
CHOCOLATE SAUCE.

A bar of chocolate (two ounces), melt in basin with one tablespoonful of butter, stirring it; then pour one small cupful of hot milk into it gradually; add a half cupful of sugar and a teaspoonful of vanilla. Serve hot or cold.

FOAMING LEMON SAUCE.

Beat together one cupful of sugar and two egg yolks, gradually adding the juice of two lemons and grated rind of one lemon. Set in boiling water both and beat until light and foamy, gradually adding a half teacupful boiling hot water. A sprinkle of nutmeg may be added.

INSIST ON HAVING ARM AND HAMMER SODA.



CAKES AND COOKIES.

FOOD CAKE.

Two cupfuls brown sugar, two eggs, one-half cup butter, one teaspoonful **ARM AND HAMMER SODA** (or Saleratus), dissolved in one-half cup of sour milk, one-quarter cake chocolate, grated, and dissolved in one-half cup boiling water, three cupfuls sifted flour. Bake in a long, shallow pan or in two square layer pans. Ice with chocolate or white icing.

OLD-FASHIONED GINGER CAKE.

Two-thirds of a cup of molasses, filled with brown sugar; one-half cup melted lard or drippings, one teaspoonful of ginger, a pinch of salt, one teaspoonful of **ARM AND HAMMER SODA** (or Saleratus) dissolved in one-half cup of water, and two cups of flour, sifted. Bake in a square cake-pan and in a moderate oven.

FRENCH GINGER NUTS

One pint New Orleans molasses, a quarter pint of water, one ounce **ARM AND HAMMER SODA** (or Saleratus), one cup lard, a half cup brown sugar, two quarts sifted flour, a heaping tablespoonful ginger and a half teaspoonful cinnamon. Drop with a spoon on slightly greased cookie-tins.

LADY WASHINGTON CUPS.

One pint cake crumbs, one cup New Orleans molasses, half-cup sour milk, one even teaspoonful **ARM AND HAMMER SODA** (or Saleratus), a quarter of a cup brown sugar, two heaping tablespoonfuls lard, a little lemon peel, grated, a teaspoonful cinnamon, the same of allspice, one egg, a handful of currants, and enough sifted flour to make a soft dough. Bake in greased cup-cake tins. Frost with chocolate.



BLACK CAKE (VERY FINE).

One cup dark brown sugar, one of butter, one of sour cream, one of New Orleans molasses, four cups of sifted flour, one tablespoonful of **ARM AND HAMMER SODA** (or Saleratus) dissolved in a little water, one tablespoonful of ginger, one teaspoonful of cinnamon, one-half teaspoonful of cloves, three eggs, one cup of raisins and one-half cup of citron. To be eaten with sauce.

COCOANUT LAYER CAKE.

Bake three layers of American sponge cake (see recipe page 23). Beat up the white of one egg with sufficient fine sugar and a little lemon juice until very light and stiff; add a little boiling water, a half cup more of sugar and one tablespoonful of corn starch, and last add a half cup of desiccated cocoanut, or a half fresh cocoanut, grated, and a half teaspoonful vanilla. Spread the mixture between the layers of sponge cake and on top. Dust a little more of the cocoanut over the top.

INSIST ON HAVING ARM AND HAMMER SODA.

PLAIN COOKIES.

MRS. J. C. PERRY, LOS ANGELES, CAL.

One-half cup of butter, or sweet drippings, one cup of sugar. Beat thoroughly; then add one-half cup of sour milk, a little cinnamon, and two cups of flour in which has been sifted half a level teaspoonful of **ARM AND HAMMER SODA** (or Saleratus) and the same of salt. Mix together; roll thin and cut into shapes. Bake on a floured baking sheet (or pan) in a good oven.

CRULLERS.

One cup sour cream, one cup sugar, four cups sifted flour, one teaspoonful **ARM AND HAMMER SODA** (or Saleratus), sifted, one teaspoonful cream tartar, sifted, two eggs, a little nutmeg and vanilla—if desired.

DOUGHNUTS.

One-half pound granulated sugar, two eggs, unbeaten. Mix well. One and one-half pounds prepared flour, sifted (see recipe for this flour page 25), one pint sweet milk, a little grated nutmeg. Fry in boiling fat, beef fat preferred.

GINGERSNAPS.

Sift three cupfuls of flour with one teaspoonful of salt, one teaspoonful of ginger; put in a teacup four tablespoonfuls of hot lard, four tablespoonfuls of hot water; then fill the cup full of warm New Orleans molasses and stir in a teaspoonful of **ARM AND HAMMER SODA** (or Saleratus) until it foams; mix quickly, roll thin and bake in a hot oven. Delicious!

ROLL JELLY CAKE.

Four eggs, one cup of sugar, one cup of sifted flour, one-half teaspoonful of **ARM AND HAMMER SODA** (or Saleratus), one teaspoonful of cream of tartar, a little salt. This will make two cakes. Spread thin on long tins. As soon as baked, turn from the tins, spread with jelly and roll up immediately. It will not break in rolling.

AUNT NELL'S COOKIES.

Two cups granulated or brown sugar, a half cup butter, a half cup lard, one large cup sweet milk, a half cup cream, one even teaspoonful **ARM AND HAMMER SODA** (or Saleratus), two and a half heaping cups flour sifted with one heaping teaspoonful cream of tartar and some nutmeg to flavor. If flour is not sufficient add a little more. Roll out and dip in coarse sugar.

BOLIVARS.

One pint New Orleans molasses, one cup water, a quarter of a cup sour cream or milk, a half cup lard, two teaspoonfuls **ARM AND HAMMER SODA** (or Saleratus), a tablespoonful ginger, and sufficient sifted flour to make a stiff dough. Roll out thick; cut out with scalloped cutter; wash with milk and bake in hot oven.

DELICIOUS POUND CUP CAKES.

Rub to a cream, one cup powdered sugar with one-third cup butter, add three eggs, one at a time, a small half cup sweet cream, a small half teaspoonful **ARM AND HAMMER SODA** (or Saleratus), and an even teaspoonful cream tartar sifted into one and a half cups flour. Beat all well together and fill into well greased deep cup-cake moulds. Use no flavoring. Do not have the oven too hot. Frost on bottom and sides with boiled cream frosting, flavored with lemon juice.

INSIST ON HAVING ARM AND HAMMER SODA.

SOFT GINGERBREAD.

One cupful molasses, one-half cupful shortening, one egg, one teaspoonful of **ARM AND HAMMER SODA** (or Saleratus) dissolved in half cup warm water, one teaspoonful ginger. Use sifted flour to make batter.

BERKSHIRE CAKES.

Three-quarters of a pint of molasses, a heaping tablespoonful butter, a half teaspoonful **ARM AND HAMMER SODA** (or Saleratus), a small half teacup sour milk, a pinch of salt, a tablespoonful ginger, a teaspoonful cinnamon and enough sifted flour to thicken, two handfuls of currants. Roll out a quarter of an inch thick and cut in slices; prick well with fork and bake in a steady heat.

GOLD CAKE (DELICIOUS).

Rub to a cream one-half cup shortening and three-fourths of a cup sugar, then add slowly two eggs, a half cup milk and a small half teaspoonful **ARM AND HAMMER SODA** (or

Saleratus). Sift in a heaping cupful flour and an even teaspoonful cream tartar. Add a teaspoonful vanilla. Bake in paper-lined cake tins.

MAGIC CAKE.

Half-cup of butter, one cup sugar, two or three eggs, one and a half cups sifted flour, three tablespoonfuls milk, one teaspoonful cream tartar, and a half teaspoonful **ARM AND HAMMER SODA** (or Saleratus). Flavor with vanilla.

JAM CAKE.

Six egg, one cup of butter, four cups of sifted flour, one heaping teaspoonful of **ARM AND HAMMER SODA** (or Saleratus) dissolved in one-half cup of buttermilk, two teaspoonfuls of cinnamon, one-half nutmeg and two cups of black or dew-berry jam. This makes six layers. Put icing between layers.

LEBKUCHEN.

Two pounds of butter and one of lard, mixed, heat a gallon of honey; add a teacup of **ARM AND HAMMER SODA** (or Saleratus), one of allspice, one of cinnamon, a quarter teacup of cloves, one of sweet milk, two nutmegs, two teaspoonfuls of black pepper, two pounds of chopped almonds and two of citron. Add pastry flour enough to make a soft dough and let it stand ten days; then take off a piece at a time and work well, then roll thin and cut out. They should be iced while hot. These German cakes improve with age and should be made in large quantities.

AMERICAN SPONGE CAKE.

Beat a half pound of sugar with four eggs, light. Add a quarter pint sweet milk, a half teaspoonful **ARM AND HAMMER SODA** (or Saleratus), a half teaspoonful vanilla extract and twelve ounces flour sifted with an even teaspoonful of cream of tartar. Beat all together and bake in paper-lined mould, Bake in a steady heat. Turn out of the mould as soon as baked.

INSIST ON HAVING ARM AND HAMMER SODA.

JELLY ROULADE.

Beat up same mixture as for American Sponge Cake; then spread rather thin upon a greased paper and bake in quick oven. Turn over immediately upon a dry towel dusted with sugar and pull off the paper; then spread with jelly or jam and roll up tight into the towel.

FRIED CAKES.

Mix two eggs, one and a half cups sugar, one large cup sour milk, one teaspoonful **ARM AND HAMMER SODA** (or Saleratus), a quarter cup of butter or lard, a pinch of salt and a half teaspoonful mace or nutmeg. Then add enough sifted flour to make the dough just stiff enough to roll out. Roll out and cut with a doughnut cutter. Let them stand a few minutes before frying in hot grease.

PLAIN COOKIES.

MRS. MATTIE BALLARD, TACOMA, WASH.

One cup of butter, one heaping cup of sugar, one cup of cold water (or, better, sour milk) in which a teaspoon a little more than evenly full of **ARM AND HAMMER SODA** (or Saleratus) has been dissolved; mix in sifted flour until they will keep their shape. Bake in quick oven.

CRACKERS.

IMPERIAL BISCUITS.

One quart and one pint sifted flour, two pounds sugar, eight eggs, one pound butter, one teaspoonful **ARM AND HAMMER SODA** (or Saleratus), and two teaspoonfuls vanilla. Rub the butter in the flour and add the sugar; put in the eggs and then the soda with a little sour milk or cream. Roll into strips, then cut them into pieces as large as walnuts and bake on clean lightly greased tins, not close together, in a slow oven.

PRINCESS BISCUITS.

Two pounds "A" sugar, fourteen ounces lard, one teaspoonful **ARM AND HAMMER SODA** (or Saleratus), one and a third pints butter-milk, two quarts and one pint to three quarts sifted flour and lemon flavoring. Mix the sugar and lard together, add the milk and soda and then the flour last. Cut with a small scalloped round cutter, prick with a fork and bake in a not too hot oven.

MESSINA LEMON WAFERS.

One and a half pounds granulated sugar, one-half pound butter, two ounces lard, six egg yolks, one-half pint sour milk (short measure), two even teaspoonfuls **ARM AND HAMMER SODA** (or Saleratus), two heaping spoonfuls cream of tartar, lemon flavoring, two teaspoonfuls; one quart and one-half pint sifted flour. Rub flour, butter and lard together, and add soda and cream tartar. Mix the sugar in the center with the eggs, milk, etc. Make a stiff dough, then roll and cut small. Bake in cool oven.

MISCELLANEOUS.

LIGHT DUMPLINGS FOR POT-PIE.

Cook Meat until it is tender, season with salt and pepper, and put in potatoes sliced about an inch thick, or use small potatoes which do

INSIST ON HAVING ARM AND HAMMER SODA.

not need slicing. Have just enough water in to boil up over the potatoes when boiling fast, but not enough to boil over the dumplings when they are put in, or they will not be light. As soon as the potatoes are in, take a pint of flour and sift it with two small teaspoonfuls of cream tartar and one of **ARM AND HAMMER SODA** (or Saleratus), add a quarter teaspoonful salt and rub in a teaspoonful of butter; then add milk enough to stir very thick, so that when dropped from the spoon the dumplings will keep their shape. By this time the water should be boiling. Now wet the spoon, drop the dumplings on top of the potatoes, and cover the kettle tightly. In fifteen minutes the pot-pie will be ready to serve, and the dumplings will be "as light as a feather."

SELF-RAISING, OR PREPARED FLOUR.

One quarter flour sifted, one teaspoonful **ARM AND HAMMER SODA** (or Saleratus), two teaspoonfuls cream tartar, one saltspoonful salt.

YORKSHIRE PUDDING, WITH ROAST BEEF.

Ten heaping tablespoonfuls prepared flour (see recipe for prepared flour); one-half or one-quarter cup of cold water; two cups of milk; three eggs; salt. Rub the flour smooth in the water and milk; salt, beat in the yolks, then, just before putting into the oven, whip in the beaten whites. Put two tablespoonfuls from the fat "top" of your beef gravy into square baking-pan; pour in the batter, and bake in the lower part of the oven until "set." Then baste every few minutes, with the hot drippings until it is of a rich brown. Cut in squares, and lay about the meat.

COCOA.

One pint hot water, one pint sweet milk, four teaspoonfuls cocoa, or two squares of grated chocolate, two teaspoonfuls of corn starch dissolved in one-half cup milk, one teacup brown sugar, one egg beaten thoroughly with one-half cup very hot, though not boiling, water. Pour the water over the cocoa in a granite pot, then add the milk and sugar, beaten thoroughly. When this boils up add the dissolved corn starch very slowly. Let all boil together well for some five or ten minutes. When the cocoa is ready, break the egg into a quart bowl and pour over it one-half cup very hot water, and beat it with a Dover egg beater till the bowl is nearly full of froth. Pour some of this into the cocoa-pot, then pour in the boiling cocoa, reserving some of the egg for the top, and serve. This makes eight cups of delightful cocoa.

POP-CORN BALLS.

Two cups of molasses, one cup of brown sugar, one tablespoonful of vinegar, a piece of butter the size of a small egg. Make the candy in a large kettle; pop the corn, salt it, and sift it through the fingers, that the extra salt and unpopped kernels may drop through. Four quarts or more of popped corn may be needed. Stir all the corn into the kettle that the candy will take, then heap it on buttered platters or make it into balls.

BEANS.

Soak one pint dried beans in two quarts cold water (I used spring water) for two hours, having dissolved one teaspoonful Soda in the water. Then pop the beans out of the skins, as one blanches almond nuts. Boil twenty to twenty-five minutes, when the beans are ready for eating and for baking.

INSIST ON HAVING ARM AND HAMMER SODA.

FROSTING, CANDIES, ETC.

BOILED CREAM FROSTING.

Take two cups granulated sugar and a small cup of water in which has been dissolved a pinch of cream of tartar. Boil over a brisk fire for about fifteen minutes, or until the sugar "balls" under the fingers. To determine this dip a teaspoonful into ice-water, then into the boiling sugar and return it immediately into the water again. If the sugar that adheres to the spoon can be rolled into a ball by the fingers then it has boiled long enough. Pour the sugar into a large tin pan, which has been rinsed in cold water. When it has cooled off work it back and forth with a wooden stick, or a large spoon, until it becomes creamy and white. It will then soon become stiff. Pack away in a tureen covered with a wet cloth. When wanted for frosting remelt in a hot water bath.

CLEAR LEMON CANDY.

Roll one pound granulated sugar with a half cup water in which has been dissolved a pinch of cream of tartar. After boiling a while try the sugar in the same way, as has been described in recipe for boiled cream frosting. The sugar, however, must crack when put into cold water and should not stick to the teeth when bitten. Then pour out upon an oiled marble slab or into a large flat pan (oiled) to cool. For flavoring use a little lemon extract and a quarter of a teaspoonful of tartaric acid. Cut into square bars.

BUTTER SCOTCH.

Dissolve two pounds granulated sugar, or "Coffee A" sugar, in one and a third cups water, and add a pinch of cream of tartar dissolved in water. Let this boil for fifteen minutes without stirring it after it is boiling. Then add a half cup butter. When boiled until it will crack (see recipe for lemon candy), add a quarter of a teaspoonful lemon extract and pour immediately into buttered pans a quarter of an inch thick, and mark off into inch squares. When nearly cool these will break off easily.



PLAIN CREAM FROSTING.

Pour a half cup hot water into a basin and stir into it enough sifted fine confectionery sugar until the whole is very stiff. Beat for fifteen minutes, adding a few drops lemon juice occasionally. Then thin down with sweet cream until it is soft ENOUGH NOT TO RUN. Add vanilla or any other flavoring desired.

CHOCOLATE FROSTING.

To the above frosting add one bar chocolate, melted with a small piece of butter.

ROYAL EGG FROSTING FOR ORNAMENTING.

Beat the white of one egg with sufficient (XXXX) frosting or pulverized sugar and a small pinch of cream tartar until the whole is very light. Care must be taken that no part of the yolk be mixed in, and also that the basin and everything is very clean.

INSIST ON HAVING ARM AND HAMMER SODA.

CHOCOLATE CREAM DROPS.

Take some of the boiled cream frosting without remelting it and work in a little fine sugar and vanilla. Form into a long roll, cut this into little pieces and roll the latter into little balls. Let them stand until a crust forms and then dip them into melted sweet chocolate and set on waxed paper in a cool place to harden,

MOLASSES HONEY COMB.

Three cups light New Orleans molasses, a half cup sugar, a quarter cup water and one tablespoonful vinegar. Boil over a moderate fire. When it commences to thicken stir it slowly, then boil until the sugar cracks. Stir in quickly one even teaspoonful **ARM AND HAMMER SODA** (or Saleratus) with a little water and add also a few drops of lemon extract. It will foam up and harden in a minute. Therefore, pour it quickly into a deep pan (greased).

ICE CREAM TAFFY.

Boil two pounds granulated sugar with three-fourths of a pint of water and one cup of syrup. Stir only until it begins to boil. When boiled until the sugar cracks on being plunged into ice-water (see recipe for clear lemon candy) add a teaspoonful vanilla extract and a piece of good butter. Pour out to cool, then pull over a hook until light and creamy. Roll into strips and cut with the scissors in suitable pieces. While pulling this candy a pinch of **ARM AND HAMMER SODA** (or Saleratus) can be added.

THINGS WELL TO KNOW.

To clean hair brushes and combs dissolve a spoonful of **ARM AND HAMMER SODA** (or Saleratus) in a pan of warm water. dip in the comb and rub it through the brush, then rub the brush bristles with another brush, or with the hand, place them in the sun or by the fire to dry.

To clean jewelry, put in a flannel bag with **ARM AND HAMMER SODA** (or Saleratus); shake freely; or leave your jewelry in dry soda and it will become bright and clean. It is also excellent for cleaning silver, brightening plated-ware, knives, forks, &c.

ARM AND HAMMER SODA (or Saleratus) moistened with sweet milk or soap-suds will remove fruit or tea stains on table linen or napkins.

For sunburn, freckles, an eruption on the face, or mosquito bites nothing will give quicker relief than frequently washing in a strong solution of **ARM AND HAMMER BRAND SODA**. For hives or eczema it gives a most cooling and comfortable feeling, relieving the patient almost instantly from the irritating itch which always accompanies those maladies. For a good wash dissolve Soda or Saleratus, about one ounce of **ARM AND HAMMER BRAND**, in one quart of water.

A TEASPOONFUL OF ARM AND HAMMER BRAND SODA OR SALERATUS IN A GLASS OF WATER, USED AS A GARGLE AND TO THOROUGHLY RINSE THE MOUTH, WILL PREVENT GUMS FROM ULCERATING, CURE ULCERATED BONE, AND CURE TOOTHACHE.

IN CASES OF GOUT, WHERE THE BONE IS INFLAMED, A POULTICE OF WET SODA (ARM AND HAMMER BRAND) WILL GIVE RELIEF.

INSIST ON HAVING ARM AND HAMMER SODA.

MUCH inferior Soda is put up in kegs, and although the **ARM AND HAMMER SODA** is put up in that way, it is an easy matter for the dealer to substitute one kind for another when selling from a keg. Hence it is always best to insist upon having it in **ONE POUND** or **HALF-POUND PACKAGES**, with the manufacturer's name and brand of **ARM AND HAMMER** printed thereon in red and blue ink. This is done at the factory, and guarantees that you are getting what you want.

FIRE.

TO PROMPTLY AND EFFECTUALLY EXTINGUISH A FIRE, A LARGE PACKAGE OF ARM AND HAMMER BRAND SODA SHOULD BE KEPT IN EVERY PART OF EVERY BUILDING, HOME, FACTORY OR ELSEWHERE. THE ENTIRE CONTENTS OF THE PACKAGE IS TO BE THROWN OR SCATTERED AT THE BASE OF THE FLAMES, WITH A SWEEPING MOTION OF THE HAND. THE ACTION OF THE SODA ON THE FIRE IS TO EXTINGUISH IT INSTANTLY: THE HEAT FROM THE FIRE RELEASES THE CARBONIC ACID GAS, WHICH KILLS THE FLAME.

THIS IS A SIMPLE AND EFFECTIVE METHOD OF FIGHTING FIRE AND CAN BE USED BY ANYONE CONNECTED WITH THE HOUSEHOLD, EVEN A CHILD; AND WILL SAVE MANY THOUSANDS OF DOLLARS DAMAGE, WHICH WOULD RESULT FROM A LARGE FIRE, AND PERHAPS HUMAN LIFE.

WE RECOMMEND THE ARM AND HAMMER BRAND OF SODA ABOVE ALL OTHERS, INASMUCH AS IT CONTAINS THE GREATEST AMOUNT OF CARBONIC ACID GAS.

IT WOULD PAY ONE TO EXPERIMENT IN ORDER THAT CONFIDENCE BE INSPIRED, AND THE EXPERIMENTS, AS CAN READILY BE SEEN, WOULD COST BUT A FEW PENNIES. TRY IT.

FIRE IN ONE'S CLOTHING.—Don't run—especially not down stairs or out of doors. Roll on carpet, or wrap in a woolen rug or blanket. Keep the head down, so as not to inhale the flame.

FIRE IN A BUILDING.—Crawl on the floor. The clearest air is the lowest in the room. Cover head with woolen wrap, wet if possible. Cut holes for the eyes. Don't get excited.

FACTS FOR HOUSEKEEPERS:

1—In washing use plenty of **ARM AND HAMMER BRAND SODA**, and the clothes will look whiter, and not need so much soap nor so much rubbing.

To soften water, use a liberal amount of **ARM AND HAMMER SODA** dissolved slowly in boiling water.

2—Charcoal is recommended as an absorber of gasses in the milk-room where foul gases are present. It should be freshly powdered and kept there continually.

3—Clear boiling water will remove tea stains. Pour the water through the stain and thus prevent its spreading.

4—Salt will curdle new milk. In preparing porridge, gravies, etc., salt should not be added until the dish is prepared.

5—Rain-water and soap will remove machine grease from washable fabrics.

6—Milk which has changed may be rendered fit for use again by stirring in a little **ARM AND HAMMER SODA** or Saleratus.

7—Fresh meat beginning to sour will sweeten if placed out-of-doors in the air over night.

8—Fish may be scaled easier by first dipping them into boiling water for a minute.

9—Kerosene will soften boots and shoes that have been hardened by water, and render them as pliable as new.

10—Wetting the hair thoroughly once or twice with a solution of salt and water will keep it from falling out.

11—When the butter fails to come after the customary amount of churning, a teaspoonful of **ARM AND HAMMER BRAND SODA** or Saleratus will be found to expedite matters.

12—Almost every vegetable, both green and dry (except corn), is greatly improved by using **ARM AND HAMMER BRAND SODA** or Saleratus in the boiling water,

13—Feather dusters, and even white pet dogs, look lovely after a bath in **ARM AND HAMMER BRAND SODA** or Saleratus water.

One part oil of lavender to one part of water, placed in an atomizer, and sprinkled freely about the room, will be found an excellent means for keeping flies out of the room.

The value of "Javelle Water" was known to our grandmothers for whitening linen and taking stains out of white goods. Household Ammonia and other substitutes have become popular, because they are easily obtained at the grocers, but cannot be called superior to "Javelle Water." For fruit stains it is invaluable, or for mildew and rust. To make a quantity—four pounds bicarbonate of soda, one pound of chloride of lime, put the soda into a kettle over the fire, add one gallon of boiling water, let it boil from 10 to 15 minutes, then stir in the chloride of lime, avoiding lumps; use the mixture when cool, Baby linen and children's pinafores will be benefited by "Javelle Water," and it should be in every laundry. Keep in bottle tightly corked.

14—The water-closet, kitchen sink and laundry tubs can be kept sweet and clean with a generous usage of **ARM AND HAMMER BRAND SODA** or Saleratus and hot water.

15—Corned beef and cabbage or spinach always require from one-quarter to one-half a spoonful of **ARM AND HAMMER BRAND SODA** or Saleratus to make them palatable. Judgment must be used in putting in more or less Soda according to the amount to be cooked.

16—Egg-plant laid over night in water is far whiter and more tender if a little **ARM AND HAMMER BRAND SODA** or Saleratus is dissolved in the water.

INSIST ON HAVING ARM AND HAMMER SODA.

17—Teaspoons vary in size, and the new ones hold about twice as much as the old-fashioned spoon of thirty years ago. A medium-sized teaspoon contains about a drachm.

18—Flowers may be kept fresh for a long time by putting a pinch of **ARM AND HAMMER BRAND SODA** or Saleratus into the water in which they are held. They should not be gathered while the sun is shining upon them, but early in the morning or after the sun has gone down for an hour.

19—Meats and Game—Nearly all large roasts, or any kind of meat, poultry or game, should be trimmed and washed in a pan of water in which is a spoonful of **ARM AND HAMMER BRAND SODA** or Saleratus. If there be the slightest taint the Soda sweetens and purifies it. Liver, heart, and sweetbreads must be treated in the same manner to remove the coagulated blood.

20—In boiling meat of any kind, ham, tongue or poultry, unless it be very tender, do not neglect to throw in the boiling water a quarter teaspoonful of **ARM AND HAMMER BRAND SODA** or Saleratus.

21—Onions boiled taste much better, and are not so apt to prove disagreeable after eating, when about half a teaspoonful of **ARM AND HAMMER BRAND SODA** or Saleratus is added to the water in which they are boiled.

22—The odor of the last contents of a bottle or any glass or earthen vessel may be removed by filling it with cold water in which a small portion of **ARM AND HAMMER BRAND SODA** has been dissolved and letting it stand open in an airy place for a few days, changing the water every day.

Tough poultry may be made more tender by putting **ARM AND HAMMER BRAND SODA** or Saleratus in the water in which it is washed. This applies to the cooking of all meats and vegetables, especially when they are a little old.

“Perfect” tea demands soft water for its brewing, but not having this at command the next best thing is to add a pinch of **ARM AND HAMMER BRAND SODA** to filtered water.

CHURCH & CO'S ARM AND HAMMER BRAND SODA or Saleratus is not only most desirable for culinary uses, but for medical recipes it is finding more and more favor in the eyes of the profession, and it will be found in the medicine-chest of every family that has a proper regard for health and cleanliness.

To Old AND Young!

A BEAUTIFUL LITHOGRAPHED CARD, WHICH WILL BE FOUND INSTRUCTIVE TO BOTH OLD AND YOUNG, IS PACKED IN EACH PACKAGE OF THE OLD, RELIABLE ARM AND HAMMER SODA. THERE ARE THIRTY DESIGNS IN ALL, WHICH WILL MAKE A VERY INTERESTING COLLECTION AND STUDY.

INSIST ON HAVING ARM AND HAMMER SODA.

ARM AND HAMMER SODA IN THE SICK ROOM AND FOR TOILET PURPOSES.

For headache or sour stomach the effect of Soda is apparent instantly, by taking a little dissolved in water.

When the patient is feverish, wash the skin in warm water and Soda.

If an odor arises from excessive perspiration, use a teaspoonful of Soda to a pint of hot water.

If the food distresses the stomach, give half a teaspoonful of Soda in a wineglass of milk.

If you wish to keep gruels or milk in the sick room, put in a pinch of Soda to keep them sweet.

After washing out the baby's bottle, let it stand in Soda water before using again.

If your own face looks red and shiny in warm weather, bathe it in hot water and a teaspoonful of Soda.

Applications of hot water and Soda will alleviate piles and other inflammations of the rectum.

If the hair smells sour and feverish, wash it in cool (not to cool) water, with half a spoonful of Soda to a quart of water. Dry thoroughly and rub in a little bay rum.

For Rattle-Snake Bite.—Apply to the wound slightly moistened, just so as to make a paste. When it becomes discolored, either yellow or greenish, remove and put on a fresh application. Continue to apply in this manner until the Soda ceases to become discolored.

Wash baby with weak Soda water in warm weather.

ARM AND HAMMER BRAND SODA (or Saleratus) is recommended by English physicians for Toothache. A small quantity dissolved in a wineglass of water, a piece of cotton soaked in the solution and placed in the tooth, and the mouth washed with the ballance, will alleviate severe cases of toothache.

It is a good dentifrice, in fact, better than any other, as it neutralizes the acids which secrete themselves around the teeth, thereby preventing their decaying effect on them. Use with brush, same as tooth-powder, or dissolved in water,

Corns and bunions may be softened and cured by making a salve of lard and **ARM AND HAMMER BRAND SODA** (or Saleratus), and applying at night on retiring. If this is persevered in they will soon disappear.

The sick ought to have the largest and most cheerful room in the house—southern exposure, to admit the sunlight.

DYSPEPSIA OR HEARTBURN, A LITTLE ARM AND HAMMER BRAND SODA OR SALERATUS DISSOLVED IN A TUMBLER OF WATER, AND DRANK THREE OR FOUR TIMES A DAY, WILL BE FOUND VERY BENEFICIAL.

INVALUABLE FOR THE CURE OF HICCOUGH.—A teaspoonful of **ARM AND HAMMER SODA** dissolved in half a glass of water will give instant and permanent relief.

ARM AND HAMMER SODA is a sovereign remedy for erysipelas. Add one heaping teaspoonful of **ARM AND HAMMER SODA** to one pint of boiling water, and apply the solution as hot as it can be borne. Apply every 15 minutes until the first sharp attack is relieved. Then every half hour for a time, after that every hour until quite cured.

For this testimonial we are indebted to Miss Kate Will, No. 44 Cass Street, Chicago, Ill., a member of the Illinois Women's Press Ass'n,

INSIST ON HAVING ARM AND HAMMER SODA.

BITES AND STINGS OF MOSQUITOES AND OTHER INSECTS MAY BE INSTANTLY RELIEVED BY APPLICATION OF A STRONG SOLUTION OF ARM AND HAMMER SODA. BATHE FREQUENTLY.

USEFUL INFORMATION FOR FARMERS.

HOG AND CHICKEN CHOLERA.—A judicious mixture of **ARM AND HAMMER SODA** with the animal feed will prove a **SURE** prevention of this very prevalent disease among swine and poultry. It should be continued weekly. It is a prevention rather than a cure and is harmless, besides keeping the animals in good condition otherwise.

DAIRYMEN AND FARMERS should use the **ARM AND HAMMER BRAND** only, both for baking purposes and for keeping milk cans clean and sweet.

COWS.—We call dairymen's and farmers' special attention to this article. The yield of milk in cows can be greatly increased (without increasing the food) by giving one teaspoonful of **ARM AND HAMMER SODA** in the feed once a day. It takes about ten days to obtain the desired effect.

COLIC IN HORSES AND CATTLE.—Dissolve one-half pound of **ARM AND HAMMER SODA** in warm water. Put in a long-necked bottle, and pour the contents down the animal's throat. If the first does not prove sufficient, repeat in one hour. This applies to all cattle.

HORSES.—One tablespoonful of **ARM AND HAMMER BRAND SODA** (or *Saleratus*) to a pail of water, if given a horse to drink once or twice a week, will be found very beneficial, preventing worms, and is cooling and sweetening to the stomach, etc., etc. This also applies to all cattle.

FOR THE CURE OF SCRATCHES IN HORSES.—First wash all dirt from the parts with castile soap and warm water. Then take one-half cupful of **ARM AND HAMMER BICARBONATE SODA** to a quart of lukewarm water. Wash the effected part twice a day. Should the scratches not yield readily to this treatment on the third day, increase the quantity of **BICARBONATE OF SODA**.

The above solution also makes an excellent wash for horses' tails and manes,

Vaseline and **ARM AND HAMMER BICARBONATE SODA** well mixed will also be found very beneficial in case of scratches.

FARMERS SHOULD INSURE AGAINST DAMAGE FROM WEEVIL IN GRAIN.

IN CRIBBING CORN IN THE SHUCK, PUT IN A LAYER OF CORN ABOUT SIX INCHES THICK, THEN SCATTER OR SPRINKLE OVER THIS CORN, **ARM AND HAMMER BRAND OF SODA**, IN PROPORTION TO FROM TWELVE TO FIFTEEN POUNDS TO EVERY ONE HUNDRED BARRELS OF CORN IN THE SHUCK, AND CONTINUE THIS UNTIL THE CRIB IS FILLED, THIS WILL ABSOLUTELY PREVENT ALL DANGER OF WEEVILS DAMAGING CORN.

SEE SEPERATE HANDBILLS WITH TESTIMONIALS.

ALSO SEND FOR **ARM AND HAMMER BOOK OF VALUABLE RECIPES.**

INSIST ON HAVING ARM AND HAMMER SODA.

ARM & HAMMER BRAND SODA AND SALERATUS BATHS.

GIVE IT A FAIR TRIAL



AND NOTE ITS EFFECT.

A MOST DELIGHTFUL BATH MAY BE TAKEN BY FILLING THE BATH TUB WITH WATER AS HOT AS CAN BE COMFORTABLY BORNE AND THEN THOROUGHLY DISSOLVING IN IT FROM ONE-HALF TO ONE POUND OF ARM AND HAMMER BRAND SODA OR SALERATUS. IT MAKES THE WATER DELIGHTFULLY PLEASANT AND HAS THE EFFECT OF SOFTENING THE SKIN AND GIVING IT A VELVETY TEXTURE. IT IS PERFECTLY HARMLESS AND THERE IS NO DANGER OF USING TOO MUCH. IN FACT, THE MORE USED THE MORE DELIGHTFUL WILL BE THE EFFECT.

FOR COLDS, RHEUMATISM, LUMBAGO, AND ILLS OF LIKE NATURE, THIS IS ALSO A MOST EXCELLENT REMEDY.



THE ABOVE IS A COPY OF OUR PACKAGE.