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OLD WORKS, 1867, 18,000 SQUARE FEET SURFACE ROOM.
NEW WORKS, 1893, COVERING SEVEN ACRES SURFACE ROOM.
Introduction.

This little book of recipes and information for the Kitchen was first published by our firm about 1878, and has been improved and enlarged many times since then to the number of 27,000,000. It is issued particularly to educate common-sense housekeepers, especially in rural communities, to the use of Arm and Hammer Brand of Soda or Saleratus with sour milk. Most modern Cook Books now being published in innumerable quantities give principal attention to the cooking of meats and other food as distinguished from bread and cookery where soda can be used to best advantage. When referring to the preparation of these latter edibles they recommend Baking Powder, which practice we do not advise because it encourages extravagance in the household, and the residuum resulting in the food by the chemical action of Baking Powder is injurious as compared with the natural action of sour milk on Pure Soda or Saleratus like the Arm and Hammer Brand.

"Imitation is the sincerest flattery." Within a few years no less than three competitors, lacking original bright ideas, and coveting the benefits of the steadily increasing popularity of our brand, have plagiarized our advertising methods largely, even to the
small slips wrapped around a picture card originated by us in each package. They have seemingly thought it fair business courtesy to issue recipe books practically identical with this pamphlet; besides, one manufacturer has adopted a brand intended to be similar and to convey the same idea as Arm and Hammer. Others call attention to their “Artistic” (?) packages, ignoring the old proverb, “Fine feathers do not make fine birds.” 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 housekeepers know it.

CHURCH & CO.

Take Notice.

Dr. Austin Church, the founder of the firm of Church & Co., commenced the manufacture of Soda and Saleratus sixty years ago, and first introduced it into family use in this country. This experience has enabled the firm of Church & Co. to produce the best article of the kind ever offered for sale.

In most recipes where Baking Powder is called for you can substitute one small teaspoonful of Arm and Hammer Brand Soda or Saleratus to every pint of sour milk or buttermilk used to wet the flour, meal, etc., remembering to mix the Arm and Hammer Brand Soda or Saleratus well with the flour before sifting.

Give this a trial.
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 shape 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 the dough. Why, then, should she go to the expense of buying Baking Powder or Cream Tartar when she only needs Soda?

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 tasteful 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 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 and 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.

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**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 question, however, arises, "What is adulteration in Baking Powder?" as the best goods manufactured must contain about twenty-five per cent. of starch to repel moisture, which, of course, takes one-quarter of the strength of the powder away. The sole value in Baking Powder is the rising property, or carbonic acid gas, which is contained in the Soda or Saleratus alone. It follows that all other materials comprised in Baking Powder are adulterations. 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.
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 ingredient, 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.
Recipes for Bread.

Graham Bread.—One quart of sour milk, two rounded teaspoonfuls of Arm and Hammer brand Soda or Saleratus, two teaspoonfuls of salt, one cup of New Orleans molasses, two tablespoonfuls of brown sugar, four coffee-cups of Graham flour, four coffee-cups of wheat flour. Bake one hour in a slow oven.

Brown Bread.—Three cups yellow Indian meal, one and one-half cups rye meal, three cups sour milk, one-half cup molasses, one teaspoonful Arm and Hammer brand Soda or Saleratus, steam three hours, then bake three hours slowly.

Boston Brown Bread.—One even cup of Indian meal, two heaping cups of rye flour, one teaspoonful of Arm and Hammer brand Soda or Saleratus, one cup of New Orleans molasses. Mix very thoroughly the meal, salt and Soda, add one pint of hot water to the molasses, and stir up well into a smooth batter. Put in a buttered tin boiler, cover tightly, set in an iron kettle to boil three hours or more, adding hot water as necessary. When done, set the bread-boiler (uncovered) in the oven for fifteen minutes.

Milk Bread.—One quart milk, half teacupful of yeast, one-fourth pound butter, one tablespoonful white sugar. Stir into the milk, which should be made blood warm, a pint of flour, the sugar, and lastly the yeast, beat well together, let stand five or six hours to rise; dissolve one teaspoonful Arm and Hammer brand Soda or Saleratus in a little warm water, melt the butter, and add all with a little salt to the batter, work in flour enough to make a stiff dough, let this rise three hours, and make into small loaves; set near the fire for half an hour, and then bake.

Corn Bread.—For three small loaves take one quart white Indian meal, pour boiling water enough to scald the meal, without leaving any lumps or wetting too much, then one cup molasses and one teaspoonful Arm and Hammer brand Soda or Saleratus, dissolved in a little water. Let it cool enough to mix with the hands. Use a bowl of sponge prepared the night before, and knead up with wheat flour until quite stiff, then set it near the stove to rise. When light, bake one hour.

Sour Dough Bread.—Take four ounces of bread or biscuit dough (griddle-cake batter will answer if you have no dough), one tablespoonful sugar, a little salt, and two pints warm water; mix and let all stand in a warm place for eight hours, then add two teaspoonfuls Arm and Hammer brand Soda or Saleratus dissolved in a little warm water, work in just flour enough to enable the dough to be easily worked; knead well, make into loaves, let it rise until light, then bake.

Buttermilk Bread.—One pint buttermilk heated to scalding, stir in while hot a tablespoonful white sugar, and enough flour to make a tolerably stiff batter. Let it stand over night in a warm place. In the morning stir into the sponge a teaspoonful Arm and Hammer brand Soda or Saleratus dissolved in a little warm water, a little salt, and two tablespoonfuls melted butter; work in just flour enough to enable the dough to be easily worked; knead well, make into loaves, let rise until light, then bake. This makes very wholesome bread.
To Make Wheat Bread.—Put seven pounds of wheat flour in a large bowl or tray, heap it around the sides, leaving a hollow in the centre; put into it a quart of warm water, add to it a large tablespoonful of salt, half a teaspoonful of Arm and Hammer brand Soda or Saleratus dissolved in a little water, and half a gill of baker’s yeast; have three pints more of water, and with as much of it as may be necessary make the whole in a rather soft dough, work it well with both hands; when it is smooth and shining, flour over it, and let it rise for four or five hours, then knead it again for fifteen minutes, cover it and let it set to rise again; when it is like a sponge, work it down again, divide it in loaves, either two or four, and bake it in a quick oven, according to their size; one hour, if divided in two loaves; half an hour each, if divided in four.

In cold weather bread should be mixed in a warm room, and not allowed to become cold whilst mixing; have a thickly-folded cloth, warm it and lay it over, and set the bowl in a warm place; if there is any difficulty about its rising, set the bowl or tray over a kettle of hot water. It is as well to mix this bread at night, in cold weather, and cover it close, in a warm room, until morning.

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 manufacturers’ 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.

What to Do in Emergencies and Accidents.

Send for a physician when a serious accident of any kind occurs, but treat as directed below until he arrives:

If an artery is cut, red blood spurts; compress it above the wound.

If a vein is cut, dark blood flows; compress it below and above.

For apoplexy, raise the head and body; for fainting, lay the person flat.

For slight burns, dip the part in cold water; if the skin is destroyed, cover with varnish or linseed oil.

If choked, go upon all fours and cough.

Violent shocks will sometimes stun a person and he will remain unconscious. Untie strings, collar, etc., loosen anything that is tight and interferes with the breathing, raise the head, see if there is bleeding from any part, apply smelling salts to the nose and hot bottles to the feet.

When the clothing is in flames, lay the person down on the floor of the room and throw the table-cloth, rug, or other large cloth, over them, and roll them on the floor.

Many careful persons have great fears of their houses being destroyed by fire, and very wisely keep pails of water at exposed places for the purpose of extinguishing any blaze that might break out. Plenty of Arm and Hammer Soda used with the water in the pails, will add greatly to the extinguishing power of the water. Whether pails of water are kept purposely or not, Arm and Hammer Soda should be used with water to extinguish fire.
Breakfast or Tea.

Griddle Cakes.—Mix one quart of sour milk or buttermilk with three tablespoonfuls of molasses, and salt to taste, then add slowly, four cups of sifted flour, well mixed with two teaspoonfuls Arm and Hammer brand Soda or Saleratus, before wetting. One or two eggs will greatly improve this.

Soda Griddle Cakes.—Stir together in one pint of milk one teaspoonful each of Arm and Hammer brand Soda or Saleratus and salt, two teaspoonfuls of cream tartar, sufficient flour to make a good batter, and fry them on the griddle.

Buckwheat Cakes.—Mix three tablespoonfuls of molasses with one quart of sour milk or buttermilk and one or two beaten eggs. Then add and stir slowly enough buckwheat flour to make a nice batter, and one handful of corn meal well mixed with one large teaspoonful Arm and Hammer brand Soda or Saleratus. Salt to taste. Bake immediately.

Buckwheat Cakes.—One quart of sour milk or buttermilk, two tablespoonfuls molasses, and one or two beaten eggs stirred into the milk, with salt to taste. Then add common flour and buckwheat flour in equal portions enough to make a nice batter. Sift two teaspoonfuls Arm and Hammer brand Soda or Saleratus in with the flour. Mix all thoroughly, and bake quickly.

For Buckwheat Cakes raised with yeast, the old-fashioned way, it is necessary to put in every morning before baking them one-quarter to one-half teaspoonful of Arm and Hammer brand Soda or Saleratus dissolved in milk or water. Eggs do not improve buckwheat cakes, but a little molasses makes them brown nicely.

Kentucky Corn Egg Bread.—Use one and a half pints of meal, one pint of sour buttermilk, one small teaspoonful Arm and Hammer brand Soda or Saleratus (not heaping) stirred in milk; two eggs, which beat before adding to above; one teaspoonful of salt, one tablespoonful of melted lard. Mix batter well, have pan hot, greased, and bake quickly. This recipe will answer for Corn Muffins also.

Flannel Cakes.—Pour about a pint boiling water in 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 brand Soda or Saleratus, before wetting. Mix thoroughly and bake quickly. One or two eggs beaten in with the milk greatly improves this recipe.

Corn Meal Batter Cakes.—One pint of corn meal, three-quarters pint of sour milk, one small teaspoonful Arm and Hammer brand Soda or Saleratus (not heaping), stirring till it foams. Two eggs, salt to taste. Mix well. Have the griddle hot and well greased. Serve immediately.

Oat Meal Cake.—One cup of cream, two of sour milk, two tablespoonfuls of brown sugar, one large teaspoonful of Arm and Hammer brand Soda or Saleratus dissolved in the sour milk, and oat meal enough to form a batter.
Slap Jacks.—Scald two cups of yellow meal with a pint of boiling water, beating to smooth mash; thin with one quart of buttermilk in which is dissolved two teaspoonfuls Arm and Hammer brand Soda or Saleratus; beat all thoroughly; add a little salt, one or two eggs well beaten, and enough flour to form a batter. Have the griddle clean, smooth and hot. Cold rice or hominy can be used instead of the corn meal.

Indian Rings. — One cup of meal, one cup molasses, one cup milk, one egg, salt, one-half teaspoonful Arm and Hammer brand Soda or Saleratus; lard, size of an egg.

Waffles.—Two eggs, one pint of sour milk, butter size of an egg, one teaspoonful of Arm and Hammer brand Soda or Saleratus, a little salt, and enough flour to make a batter. Beat the white of an egg separately and add last. Dissolve the Soda in the 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.

Corn Bread.—Two teacups flour, two teacups sour milk or buttermilk; two teaspoonfuls Arm and Hammer brand Soda or Saleratus, half a cup molasses, one egg.

Graham Gems.—One pint sour milk, one egg, one tablespoonful molasses, one and a half pints Graham flour, half a teaspoonful of Arm and Hammer brand Soda or Saleratus; beat together a few minutes. Have the tins hot and greased; drop in the batter, and bake ten or fifteen minutes in a quick oven.

Quick Biscuit.—One pint cream, one and one-half pints butter-milk, one large teaspoonful Arm and Hammer brand Soda or Saleratus, salt, flour to make it stiff as bread.

Soda Biscuit.—One pint of rich buttermilk, in which is dissolved one teaspoonful of Arm and Hammer brand Soda or Saleratus, one teaspoonful of butter, a little salt, and a quart of flour. Mix quickly and thoroughly with broad-bladed knife, roll out lightly, and bake at once. If made up early in the afternoon, they should be kept in a cool place until tea-time.

Pancakes.—One quart of flour, two eggs, one teaspoonful salt, one heaping teaspoonful Arm and Hammer brand Soda or Saleratus, enough buttermilk or sour milk to thin batter. Beat the eggs, add buttermilk, sift the flour and Soda together into the eggs and milk, and add the salt.

Hominy Muffins.—Two cups boiled hominy, cold; beat it smooth; stir in three cups sour milk, and half a cup melted butter, two teaspoonfuls salt, two tablespoonfuls sugar; add three eggs, well beaten, one teaspoonful Arm and Hammer brand Soda or Saleratus dissolved in lukewarm water; two cups flour. Bake quickly.

Rice Gems.—One pound wheat flour, one pound rice flour; mix thoroughly and add one pound sugar, one pound butter, four eggs, flavor to taste. Then dissolve one teaspoonful Arm and Hammer brand Soda or Saleratus in enough milk to form a dough that can be rolled out and cut the same as cookies.
Corn Cake.—Three eggs, beaten light, two cups sour milk, three tablespoonfuls melted butter, one tablespoonful white sugar, one small teaspoonful salt, one teaspoonful Arm and Hammer brand Soda or Saleratus mixed well with corn meal, enough to make a thin batter. Bake in shallow pan or small tins for half an hour in a hot oven.

Steamed Indian Loaf.—Four cups corn meal, two cups flour, two cups sweet milk, two cups sour milk, one teaspoonful Arm and Hammer brand Soda or Saleratus, one egg, a little salt, one cup molasses. Steam three hours.

Soda Biscuit.—One pint sour milk or buttermilk, two teaspoonfuls melted butter, one teaspoonful Arm and Hammer brand Soda or Saleratus, one quart flour, one teaspoonful salt. Mix all together quickly, cut into biscuits, and bake in a very hot oven quickly.

Corn Dodgers.—To one quart of corn meal mix one-half teaspoonful of Arm and Hammer brand Soda or Saleratus, one-half teaspoon of salt, one pint of fresh buttermilk or sour milk, one-half tablespoonful of lard. Mix with the hand and make into small dodgers; place in a hot, greased pan, and bake quickly.

Fritters.—Take one pint of buttermilk, a little salt, a teaspoonful of Arm and Hammer brand Soda or Saleratus (in the buttermilk), one or two eggs, and flour to make a stiff batter. Drop into boiling lard and fry a golden brown. Serve with maple syrup.

Fritters may be varied by mixing into them either oysters or clams and serving with a sauce made from their own liquor, or by putting in apples, peaches, bananas, or almost any fruit, and serving with a sauce made of the crushed or cooked fruit.

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 the 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 into the merchants' pockets.

Package Soda, like Church & Co.'s Arm and Hammer Brand, has the guarantee of a responsible manufacturer. Bulk Soda may be of 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 really 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.
Cakes.—In cake-making always cream the butter and sugar together; always sift the flour, always dissolve the soda in milk, molasses or water, and beat the eggs nice and stiff.

Cup Cake.—One teacup butter, two teacups sugar, three teacups flour, four eggs, one small teaspoonful Arm and Hammer brand Soda or Saleratus. Flavor with rind of one lemon and a little juice.

Black Cup Cake. — Three cups butter, six cups sugar, ten cups flour, eight eggs, two cups milk, one teaspoonful Arm and Hammer brand Soda or Saleratus. Spice and fruit as you please. One-third of this recipe makes a good loaf.

Tumbler Cake. — Four tumblers flour, two and one-half tumblers sugar, three-quarters tumbler butter, one tumbler milk, three eggs, one teaspoonful Arm and Hammer brand Soda or Saleratus, one lemon.

Clove Cake. — One-half pound butter, one pound sugar, one pound flour, one pound raisins, one cup milk, four eggs, one teaspoonful Arm and Hammer brand Soda or Saleratus, one large spoonful cloves, cinnamon and nutmeg.

Clove Cake. — Half a cup butter, or part lard, one cup brown sugar, two cups flour, one cup milk, one cup chopped raisins, one egg, one teaspoonful Arm and Hammer brand Soda or Saleratus, one teaspoonful cinnamon, one of cloves, half a nutmeg. Bake three-quarters of an hour.

Tea Cake. — One cup butter, three cups sugar, five cups flour, one cup milk, three eggs, nutmeg, one teaspoonful Arm and Hammer brand Soda or Saleratus.

Measure Cake. — Three-fourths cup of butter, one and one-half cups sugar, two and one-half cups flour, three eggs, one teaspoonful Arm and Hammer brand Soda or Saleratus, half a cup buttermilk.

Composition Cake. — Three-quarters pound of butter, one and one-quarter pounds of sugar, one and three-quarter pounds of flour, one pint sour milk, two teaspoonfuls Arm and Hammer brand Soda or Saleratus, six eggs, one nutmeg.

Composition Cake. — One cup butter, two cups sugar, five cups flour, one cup sour milk, three eggs, one teaspoonful Arm and Hammer brand Soda or Saleratus. Fruit to taste.

Clay Cake. — Half a pound butter, one pound sugar, one pound flour, six eggs, one cup sour milk, one teaspoonful Arm and Hammer brand Soda or Saleratus, one lemon.

Loaf Cake. — One cup butter, four cups flour, half a pint milk, one egg, a little yeast, nutmeg, one teaspoonful Arm and Hammer brand Soda or Saleratus. Put in two cups of sugar and raisins just before baking.

Wedding Cake. — One pound butter, one and a quarter pounds sugar, one pound flour, thirteen eggs, three pounds raisins (stoned and chopped), mace, nutmegs, cloves and cinnamon, also citron to taste, one teaspoonful Arm and Hammer brand Soda or Saleratus dissolved in water.
Children's Favorite.—One and a half cups of sugar, two tablespoonfuls of molasses with one teaspoonful of Arm and Hammer brand Soda or Saleratus, one cup of butter, two eggs, two and a half cups of flour, with a teaspoonful each of cinnamon and cloves, and a cup of raisins and currants. Frost with chocolate frosting.

Dough Cake.—One pint wheat bread dough, raised very light, one cup butter, two cups sugar, half a cup of sour cream or sour milk, three eggs, one teaspoonful Arm and Hammer brand Soda or Saleratus. Spice and fruit as you please. Let it rise before it is put in the pan, and an hour afterward, before baking.

Dough Cake.—One cup butter, three cups sugar, four eggs, six cups dough, one-half teaspoonful Arm and Hammer brand Soda or Saleratus, raisins, nutmegs, etc., to taste. This recipe makes three good-sized loaves.

Ginger Cookies.—One cup butter, one cup molasses, half a cup sugar, two tablespoonfuls ginger, one teaspoonful cloves, one teaspoonful Arm and Hammer brand Soda or Saleratus dissolved in a little milk. Roll thin and wet with milk before making; flour enough to stiffen it.

Ginger Cookies.—Half a pound butter, one pint molasses, two teacups sugar, two tablespoonfuls ginger, two teaspoonfuls Arm and Hammer brand Soda or Saleratus, flour to make it stiff enough to roll.

Ginger Cookies.—Two cups lard, two cups molasses, two teaspoonfuls Arm and Hammer brand Soda or Saleratus, flour to make it stiff enough to roll, one teaspoonful ginger, salt. Heat the molasses and stir in the lard. Roll very thin.

Ginger Bread.—One cup molasses, one cup sour cream, two and one-half cups flour, one teaspoonful ginger, one teaspoonful Arm and Hammer brand Soda or Saleratus, salt.

Ginger Bread.—One cup butter, one pint molasses, one cup milk, four eggs, one teaspoonful Arm and Hammer brand Soda or Saleratus, one tablespoonful of ginger. Make it as stiff as pound cake with flour.

Ginger Bread.—Two cups of molasses, one-half cup of butter, one of sour cream, two teaspoonfuls of Arm and Hammer brand Soda or Saleratus, one spoonful ginger, and five cups of flour.

Soft Ginger Bread.—One cup cream, one cup molasses, two and one-half cups flour, one egg, one teaspoonful ginger, half a teaspoonful Arm and Hammer brand Soda or Saleratus dissolved in the milk. Beat up quickly and bake in two pans. (If you use sweet milk use less flour and dissolve soda in molasses.)

Old-fashioned Molasses Cake.—One cup of sugar, one of molasses, one of sour milk, four of flour, half a cup of butter and lard mixed, one teaspoonful of Arm and Hammer brand Soda or Saleratus dissolved in the milk. Beat up quickly and bake in two pans. (If you use sweet milk use less flour and dissolve soda in molasses.)

Molasses Cake.—One cup sour milk, two-thirds of a cup molasses, butter size of an egg, one teaspoonful Arm and Hammer brand Soda or Saleratus. Thicken with flour and season with essence of lemon.

Molasses Taffy.—Put a quart of molasses in an iron saucepan (kettle), set it over a slow fire and boil nearly half an hour, watching and stirring it to prevent it from boiling over. If likely to boil over lift off for a moment; when the candy begins to thicken add half a teaspoonful Arm and Hammer brand Soda or Saleratus; try in ice water, and when brittle pour in greased pans and mark in squares.

Hickory nuts or peanuts are very nice in molasses candy, or popcorn which is very crispy can be crushed with a rolling-pin and stirred in, making a nice candy for all.
White Molasses Candy.—One pound of granulated sugar, one pint of golden syrup; boil till quite thick when dropped into cold water, then add one pint of Porto Rico molasses and four tablespoonfuls vinegar; boil until it will crack, remove at once from the fire, and stir in quickly half a teaspoonful of Arm and Hammer brand Soda or Saleratus and flavor with lemon; pour in pans and work until white. This is very fine.

Strawberry Short Cake.—Take one pint of buttermilk (into which is dissolved a teaspoonful of Arm and Hammer brand Soda or Saleratus), a little salt, and about two tablespoonfuls of butter, a tablespoonful of sugar, and nearly a quart of flour, roll out quickly into two sheets just large enough for your biscuit-pan, butter them and place one on top of the other and bake in a quick oven. Have three quarts of berries stemmed and well sugared, put two quarts between the layers, reserving the third quart to crush with sugar for the top. Do not put the berries into the short cake until ready to be eaten.

Ginger Snaps.—One cup molasses, one cup sugar, one cup butter (not quite full), seven cups flour, one egg, one large teaspoonful Arm and Hammer brand Soda or Saleratus, one tablespoonful vinegar, ginger to taste.

Ginger Snaps.—One scalding hot cup of molasses in which you stir a teaspoonful of Arm and Hammer brand Soda or Saleratus, pour it while foaming over a cup of sugar, one egg and one tablespoonful of ginger, all beaten together, then add a tablespoonful of vinegar and enough flour stirred in lightly to roll out and cut.

Crullers.—Butter size of an egg, three eggs, one and three-quarters cups sugar, one and one-half cups sour milk, all well mixed; then mix thoroughly one and one-quarter teaspoonfuls of Arm and Hammer brand Soda or Saleratus with enough flour to make a soft dough when sifted into the above.

Crullers.—One cup and a half of sugar, half a cup of butter beaten to a cream, one cup of sour milk with a teaspoonful of Arm and Hammer brand Soda or Saleratus, and two cups of flour, flavor with lemon. Fry until a light brown in hot lard.

Sugar Cookies.—One cup of butter, one and a half cups of sugar, two eggs, four and a half cups of flour, half a teaspoonful of Arm and Hammer brand Soda or Saleratus dissolved in one-half cup of sour milk. Roll thin.

Jelly Cake.—One cup of butter, two of sugar, three eggs, one cup of milk with a teaspoonful of Arm and Hammer brand Soda or Saleratus and four cups of flour. Bake in layers and spread with currant jelly. Ice with the white of one egg and same amount of cream stirred together, and made stiff enough to spread with confectioner’s sugar.

Lemon Jelly Cake.—One and a half cups of sugar to one of butter, four eggs, half a teaspoonful of Arm and Hammer brand Soda or Saleratus in half a cup of sour milk, nearly three cups of sifted flour. Flavor with lemons, and bake in layers.

Lemon Jelly for Above.—The grated rind and juice of one lemon, one cup of granulated sugar and one egg; beat all together thoroughly and cook in double boiler until thick. Spread when cold and frost with white frosting.

With these two recipes for layer cake a great variety may be made by using different frostings or placing chopped fruit between the layers.

A nice chocolate frosting is quickly made by beating two whites of eggs up stiff and stirring in pulverized sugar until it thickens enough to spread, then add four tablespoonfuls of cocoa and a teaspoonful of extract of vanilla.
Buttermilk Cake.—Three cups of pulverized sugar, one of butter, one cup of buttermilk with a teaspoonful of Arm and Hammer brand Soda or Saleratus, six eggs, and three cups of flour; flavor with vanilla. Mix ingredients as usual and bake in a quick oven.

Coffee Cake.—One cup of coffee, one of butter, one of sugar, one of molasses, with a teaspoonful of Arm and Hammer brand Soda or Saleratus. A cup of raisins and chopped citron, and five cups of flour.

New Year Cookies.—One and a half pounds butter, two pounds sugar, one pound lard, one pint water, one teaspoonful Arm and Hammer brand Soda or Saleratus, flour to make it stiff enough to roll into thin cakes; caraway seeds, if you like.

Pound Cake.—One pound sugar, nine eggs, one cup butter, one teaspoonful Arm and Hammer brand Soda or Saleratus, flour to make it stiff enough to roll out thin.

Molasses Cake.—One cup molasses, one cup sugar, one cup cold tea or coffee, one cup butter, two eggs, two teaspoonfuls Arm and Hammer brand Soda or Saleratus, one tablespoonful ginger, a little salt, flour to thicken, not too much.

Jumbles.—One cup butter, one and a half cups sugar, seven cups flour, six eggs, one teaspoonful Arm and Hammer brand Soda or Saleratus, nutmeg to taste. Roll thin in white sugar.

Dried Apple Cake.—Three cups dried apples, soaked over night and chopped fine, stewed in three cups molasses; three eggs, three cups flour, one cup butter, two teaspoonfuls Arm and Hammer brand Soda or Saleratus, one and a half pounds raisins, half a pound currants, allspice, cinnamon and nutmeg to taste. This will make two large loaves.

Sugar Cookies.—One cup butter, two cups sugar, half a cup milk, three eggs, half a teaspoonful Arm and Hammer brand Soda or Saleratus dissolved in the milk. Flavor and add just enough flour to make it stiff enough to roll out thin.

Fruit Cookies.—Two cups sugar, one cup butter, two eggs, two cups chopped raisins, two tablespoonfuls sour cream or sour milk, two teaspoonfuls cinnamon, one tablespoonful nutmeg; one teaspoonful Arm and Hammer brand Soda or Saleratus. Roll a few at a time.

Doughnuts.—Two cups of sugar, one cup of sour milk, one teaspoonful Arm and Hammer brand Soda or Saleratus, three eggs, butter size of an egg; add flour to make stiff enough to roll out. Fry in hot lard. A little cinnamon can be added if you wish.

Soda Cake.—One pound flour, half-pound currants, half-pound sugar, quarter-pound butter, one teaspoonful Arm and Hammer brand Soda or Saleratus, one cup new milk.

Lemon Cake.—One and a half cups sugar, one cup butter, half a cup milk, two and a half cups flour, three eggs, half a teaspoonful Arm and Hammer brand Soda or Saleratus, the juice and grated rind of one lemon.

Fruit Cake.—Three pounds raisins, three pounds currants, one pound citron; one pound butter, one pound sugar, and a quarter pound flour, ten eggs, half a cup molasses, one teaspoonful mace, cloves, allspice, cinnamon and nutmeg; one teaspoonful Arm and Hammer brand Soda or Saleratus wet in milk. Scorch part of the flour.

Spice Cake.—One-half pound butter, one pint molasses, one pound flour, one-half pound C sugar, juice of two lemons, one teaspoonful Arm and Hammer brand Soda or Saleratus, one teaspoonful cinnamon, one teaspoonful cloves, one large spoonful ginger, five eggs.
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 that 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 that 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.

Meat Pie.—For a good meat pie chop pieces of veal, beef or lamb, or all three, and make a layer in the bottom of your baking dish with thin slices of tomatoes and a very little onion, season nicely, add bits of butter sparingly and cracker crumbs. Repeat this until the dish is nearly full, then pour into it a cup of water and place on top a crust made of one cup of flour into which you have carefully sifted one-half a spoonful of our Arm and Hammer brand Soda or Saleratus and one-half a teaspoonful of salt. Rub in a tablespoonful of butter (or lard), wetting it up with sour milk or buttermilk into a stiff dough, roll lightly, place over the pie, and bake a nice brown. Garnish with parsley around the edges before serving.

Chicken Pie.—Boil a good-sized chicken until tender (a little Soda added to the water hastens the boiling and improves the meat), when done, having seasoned it before it was half cooked, remove the bones and make layers of the chicken with thinly-sliced potatoes until your dish is full, then pour in your gravy, thickened, and cover with a crust same as for the meat pie. Or take three-fourths of a cup of sour milk (clabbered), in which is dissolved half a teaspoonful Arm and Hammer brand Soda or Saleratus, one egg well beaten, cup and a half of flour, half a teaspoonful of salt, and a teaspoonful of sugar. This makes a very fine crust.

We urgently advise the use of sour milk or buttermilk with our Arm and Hammer brand of Soda or Saleratus, in preference to using with Cream Tartar or using Baking Powder alone. Not only is the cookery more palatable, but it is decidedly more healthy, because, even if pure Cream Tartar could be obtained, there is a residuum left after the acid unites with the Soda or Saleratus which ought not to go into food. If Baking Powder is used, the quality of the Powder may be inferior, and the same residuum goes into the articles cooked, as in the case of the Soda and Cream Tartar.

No more important consideration enters into our lives than those from which our bodies derive their sustenance. Wholesome bread depends altogether upon pure ingredients. Use only the Arm and Hammer Brand of Soda IN PACKAGES.
Puddings, Etc.

Pot Pie Paste.—Mix together one pint of flour, half teaspoonful of Arm and Hammer brand Soda or Saleratus, one teaspoonful of sugar, half 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.

Suet Pudding.—One cup of beef suet, one cup raisins, one cup milk, one cup molasses, two teaspoonfuls Arm and Hammer brand Soda or Saleratus, one teaspoonful salt, flour enough to make the batter rather thick. Boil three hours.

Boiled or Steamed Apple Dumpings.—Sieve one quart flour, mixing thoroughly into it one teaspoonful Arm and Hammer brand 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 half an inch, then cut into square pieces large enough to wrap around a tart apple pared and cored. It is best to cook with a steamer from half to three-quarters of an hour.

Baked Apple Dumplings.—Same as the 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 soft sauce, or both.

Plum Pudding.—One pound beef suet (chopped fine), one-half pound brown sugar, enough milk to make a stiff batter, one teaspoonful Arm and Hammer brand Soda or Saleratus, one pound raisins, one pound currants, half pound citron, one pound flour. Mix all well, put in a bag and boil four hours.

Cottage Pudding.—One pint flour, one cup sour milk, one egg butter size of an egg, three-quarters cup sugar, one teaspoonful Arm and Hammer brand Soda or Saleratus mixed well with flour before it is added. Nutmeg and salt to taste.

Sauce for Above.—Two cups sugar, two teaspoonfuls butter, one cup of boiling water. Nutmeg or cinnamon to taste.

Boiled Apple Pudding.—Pare, core and chop fine six large juicy apples; add two cups fine bread-crumbs, one cup suet (chopped fine), juice one lemon, one-half teaspoonful salt, and one teaspoonful Arm and Hammer brand Soda or Saleratus dissolved in warm water. Mix well together with a wooden spoon. Boil three hours in a buttered mold. Serve with sweet sauce.

Plum Pudding.—One cup molasses, one teaspoonful Arm and Hammer brand Soda or Saleratus mixed into it well, one cup suet (chopped fine), or three-fourths cup butter instead, one cup of milk, one teaspoonful cloves, two teaspoonfuls cinnamon, one nutmeg, one cup raisins, one cup currants, a little salt, and about three cups flour. Put in a bag, allowing room enough for the pudding to swell, and boil four or five hours.
Huckleberry Puffs.—Sift one pint of flour, a little salt, and one-quarter teaspoonful Arm and Hammer brand Soda or Saleratus together twice; add one beaten egg and enough sour milk to form a batter. Have at hand several well-greased teacups, into these place three layers of batter and two layers of blueberries (or huckleberries), alternating, leaving the batter on top. Put them in a steamer tightly covered, and steam about half an hour or more, and serve with the berry juice.

Corn Meal Pudding.—Two tablespoonfuls sugar or molasses, three cups sour milk, one large spoonful melted butter, one teaspoonful salt, one-half teaspoonful cinnamon, one large teaspoonful Arm and Hammer brand Soda or Saleratus mixed well with two cups corn meal, and one cup flour, before mixing the whole together.

Boiled Bread Pudding.—To one quart bread-crumbs, soaked in water, add one cup of molasses, one tablespoonful of butter, one cup of fruit, one teaspoonful each of all kinds of spices, one teaspoonful of Arm and Hammer brand Soda or Saleratus, about one cup flour. Boil one hour.

Newton Puffs.—One cup of molasses, one cup of sugar, one cup of water, one-half cup of butter, four cups of flour, one egg, one teaspoonful Arm and Hammer brand Soda or Saleratus, one tablespoonful of ginger, and a little less of cinnamon. Drop on tins and bake.

Pudding Sauce.—One teacup of sugar, half a cup of butter, one tablespoonful of flour; beat all together and add three gills of boiling water. Flavor and color with cherry or berry juice. Let it just come to a boil, then set on the back of the stove until ready to use.

Soda Cream.—Five and one-half ounces tartaric acid, and four and one-half pounds loaf sugar, dissolved in one gallon boiling water; while hot clarify with the beaten whites of five eggs; when cool add four ounces of essence of wintergreen, lemon, vanilla, or whatever will please the taste. Bottle.

When inclined to use it as a beverage fill a glass to the depth of about one inch, then two-thirds full with water, and last add one-fourth teaspoonful Arm and Hammer brand Soda or Saleratus, stirring it well. It effervesces as well as best soda water from fountains and is a much more healthful and delicious beverage.

Sponge Gingerbread.—Five cups flour, one heaping tablespoonful butter, one cup molasses, one cup sugar, one cup milk (sour is best), two teaspoonfuls Arm and Hammer brand Soda or Saleratus dissolved in molasses, two teaspoonfuls ginger, one teaspoonful cinnamon. Mix molasses, sugar, butter and spice, warm them slightly and beat until lighter in color; add milk, then soda, mix well and put in the flour. Beat very hard five minutes, and bake in a broad, shallow pan, or in pâté tins.

In Any Recipe

CALLING for Baking Powder one even teaspoonful of, Arm and Hammer Brand Soda with two even teaspoonfuls of pure Cream Tartar will produce far better results if used instead of Baking Powder, besides making the cooking lighter and more digestible. Every recipe which specifies Soda or Saleratus without naming any brand, or, even if brand is named, will produce better results if only the Arm and Hammer brand is used.
Soda in the Kitchen.

A housekeeper of many years' experience states that she is convinced that most ladies do not know the value of Baking Soda or Saleratus as a help to economy in housekeeping. It is one of the least expensive and most indispensable articles in kitchen use, saving, as it does, flour, sugar and fuel. It is also a great aid to cleanliness, in that respect saving soap. A smaller quantity of flour is needed when Soda is used in preference to Baking Powder or Yeast. Acid fruits, such as cranberries, gooseberries, plums, prunellas and rhubarb, require almost an unlimited amount of sugar, much of which can be saved by stirring in, before sweetening, a little Soda—as a general rule about a half teaspoonful to a quart of fruit. A little Soda put into the water in which you boil your vegetables and tough meats will make them tender and sweet, besides hastening cooking and thereby saving fuel. Ham should be parboiled in Soda water, taken out, washed and scraped well, and then finished by boiling in clear water; this method makes it sweeter and more tender than the ordinary way. In warm weather meat may be freshened by washing in cold Soda water before cooking. If slightly tainted this treatment will effectually cure it.

It is not only a saver of soap, but more cleanly, readily removing grease from dishes, tinware and sinks. When added to dishwater no soap is needed, and you have no suds or greasy rim around the dishpan; used in this way it imparts that polish to the dishes so pleasing to dainty housekeepers. Baking Soda or Saleratus dissolved in water is not only perfectly harmless, but delightful and cleansing to the most sensitive skin.

Poor flour, or even good flour, can be improved by using good Soda. Either will be completely spoiled by using poor Soda, and what little is saved through a whole year by buying cheap Soda is then thrown away many times over. The only safe way is to buy what is known to be best. The Arm and Hammer brand—a household word.

It does not pay to economize when buying such a delicate cooking material as Soda. The Arm and Hammer brand in packages goes enough farther than Soda weighed out to you and wrapped up by the grocer to pay the difference, if any, in the cost, besides being packed in cartons made expressly to keep it from the air and from being wasted; and Arm and Hammer brand of Soda or Saleratus always keeps soft, not hard and lumpy, which is the case with cheap bulk and other package Soda.

For scouring and brightening table and kitchen knives use Arm and Hammer brand Soda, with or without ordinary brick dust.

To polish silver or tinware apply Arm and Hammer brand Soda or Saleratus. If stains are bad use Soda moist.

Arm and Hammer brand Soda or Saleratus in warm water and soapsuds will clean and brighten lamp-chimneys that have become dingy or stained by smoke.
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.

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

3.-A teaspoonful of borax put into the last water in which clothes are rinsed will whiten them surprisingly. Pound the borax so it will dissolve easily.

4.-One teaspoonful of ammonia to a teacupful of water, applied with a rag, will clean silver or gold jewelry.

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

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

7.-Paint stains that are dry and old may be removed from cotton or woolen goods with chloroform. First cover the spot with olive oil or butter.

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

9.-Boiling starch is much improved by the addition of sperm or salt, or both, or a little gum-arabic dissolved.

10.-Milk which has changed may be rendered fit for use again by stirring in a little Arm and Hammer brand Soda or Saleratus.

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

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

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

14.-A tablespoonful of turpentine boiled with your white clothes will aid the whitening process.

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

16.-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.

17.-Fancy long plumes on ladies’ hats can be washed beautifully in a weak solution of Arm and Hammer brand Soda or Saleratus, squeezed out with the hands and dried in corn starch; curled up again they look like new. Also delicate laces can be cleaned in like manner.

18.-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.

19.-Your white fur boa will look fluffy and pretty as ever if you wash it carefully in warm water and Arm and Hammer brand Soda or Saleratus.

20.-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.
21.-Marble can be scoured with whitening and Arm and Hammer brand Soda or Saleratus and a damp cloth. 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.

22.-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.

23.-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.

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

25.—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.

26.—To revive wilted flowers plunge the stems to about one-third of their length into boiling water. This will drive the sap back into the flowers, causing them to become fresh. Then cut away the third of the stem which has been heated and place the flowers in cold water.

27.—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.

28.—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.

29.—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.

30.—The best quality of mucilage in the market is made by dissolving clear glue in equal volumes of water and strong vinegar, and adding one-fourth of an equal volume of alcohol and a small quantity of a solution of alum in water.

31.—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 with 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 Soda to filtered water.

Success is not the result of chance. Therefore it must be due to true merit in the Arm and Hammer brand of Soda that our business has increased 3000 per cent. in twenty-five years.

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.
Things Well to Know.

A tablespoonful 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 ones, and also cure toothache.

In cases of gout, where the bone is inflamed, a poultice of wet Soda (Arm and Hammer brand) will give relief.

For sunburn, freckles, or an eruption on the face, 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.

To clean hair brushes and combs dissolve a spoonful of Arm and Hammer brand Soda 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 brand 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 brand Soda or Saleratus moistened with sweet milk or soap-suds will remove fruit or tea stains on table linen or napkins.

Soft butter the size of an egg weighs one ounce.
One pint of coffee A sugar weighs twelve ounces.
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.
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.

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.
Arm and Hammer Soda in the Sick Room and for Toilet Uses.

For scalds and burns Arm and Hammer brand Soda or Saleratus is invaluable and acts like magic, and in some cases, where badly scalded, it has been known to save a person's life. Such a case happened where large quantities of Arm and Hammer brand Soda were at hand. The scald extended over the entire lower limb of a man. Soda was wet with water and applied at once. The patient was free from pain immediately, nor did he experience any all the time the limb was healing. Make a paste with water of Arm and Hammer brand Soda, just moist enough to hold together, and apply directly to the scald or burn. After one trial you will always keep it for this purpose, if for no other.

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 cure piles and other inflammations of the rectum.

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

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 balance, will cure the most 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 dissolve 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.
**DYSPESPSIA 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 Hiccup**.—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.

**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.

Farmers Should Insure Against Damage of 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 separate handbills with testimonials and Arm and Hammer book of valuable recipes.

**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 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.

**Measurement of Land.**—The dimensions of land, or of any surface of considerable extent, are taken by means of **Gunter's Chain**, which is 4 poles or 22 yards in length, and is divided into 100 equal parts called links. If the field be a square or a parallelogram, multiply the length in rods by the width in rods, and divide by 160, the number of square rods in an acre. If the field is triangular, multiply the length of the longest side in rods by the greatest width in rods, and divide half the product by 160. If the field be of irregular shape, divide into triangles, and find the acreage of each triangle as above. All straight-sided fields can be thus measured. Where the sides are crooked and irregular, take the length in rods in a number of places at equal distances apart, add them, and divide by the number of measurements, which will give the mean length; proceed similarly with the width; multiply the mean length by the mean width, and divide by 160. Where the field is in a circle, find the diameter in rods, multiply the square of the diameter by 7854, and divide by 160.
Measurement of Corn in the Crib, Hay in the Mow, etc.

Two cubic feet of good dry corn in the ear will make one bushel of shelled corn: therefore, to calculate the quantity of shelled corn in a crib of corn in the ear, ascertain the length, the breadth and the height of the crib in feet, measuring inside of the rail; multiply the length by the breadth and the product by the height: this gives the cubic contents of the crib in feet; divide by 2, and the result will be the number of bushels of shelled corn in the crib. When the sides are flaring, multiply half the sum of the top and bottom width, the perpendicular height, and the length in inches, together, and divide the product as in the previous rule.

To find the number of bushels of apples, potatoes, etc., in a bin, ascertain the cubic contents as above by multiplying together the length, the breadth and the depth of the bin, divide the product by 8 and point off one in the result for decimals.

To ascertain the weight of hay in a mow, approximately in tons, find the cubic contents in feet, and divide by 512.

Measurement of Cisterns.—Tabular view of the number of barrels contained between the walls for each foot in depth.

<table>
<thead>
<tr>
<th>Square Cistern—</th>
<th>Brls.</th>
<th>Square Cistern—</th>
<th>Brls.</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 x 5 feet holds</td>
<td>5.92</td>
<td>8 x 8 feet holds</td>
<td>15.19</td>
</tr>
<tr>
<td>6 x 6 &quot; &quot; &quot;</td>
<td>8.54</td>
<td>9 x 9 &quot; &quot;</td>
<td>19.39</td>
</tr>
<tr>
<td>7 x 7 &quot; &quot; &quot;</td>
<td>11.63</td>
<td>10 x 10 &quot; &quot;</td>
<td>23.74</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Circular Cistern—</th>
<th>Brls.</th>
<th>Circular Cistern—</th>
<th>Brls.</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 feet in diameter holds</td>
<td>4.66</td>
<td>8 feet in diameter holds</td>
<td>15.19</td>
</tr>
<tr>
<td>6 &quot; &quot; &quot; &quot;</td>
<td>8.54</td>
<td>9 &quot; &quot; &quot; &quot;</td>
<td>19.39</td>
</tr>
<tr>
<td>7 &quot; &quot; &quot; &quot;</td>
<td>11.63</td>
<td>10 &quot; &quot; &quot; &quot;</td>
<td>23.74</td>
</tr>
</tbody>
</table>

Rule for Measuring the Capacity of a Square Cistern.—Multiply the length in feet by the width in feet, and multiply that by 1728, then divide by 231. The quotient will be the number of gallons capacity of one foot in depth.

Rule for Measuring the Capacity of a Circular Cistern.—Multiply the square of the diameter by .7854, or the square of the circumference by .07958, in order to find the area of the cistern, then multiply the area by the depth in inches, and divide the product by 231. The quotient will equal the number of gallons the cistern will contain.

In measuring cisterns, etc., 31\frac{1}{2} gallons are estimated to one barrel; 63 gallons to one hogshead.

Box Capacity.—A box 24 inches long by 16 inches wide and 28 inches deep will contain five bushels.

A box 24 inches long by 16 inches wide and 14 inches deep will contain two and one-half bushels.

A box 14 inches wide, 23 1/2 inches long and 10 inches deep will contain one and one-half bushels.

A box 16 inches square and 8 2-5 inches deep will contain one bushel.

A box 16 inches long by 8 2-5 inches wide and 8 inches deep will contain one-half bushel.

A box 8 inches square and 8 2-5 inches deep will contain one peck.

A box 8 inches long by 8 2-5 inches wide and 4 inches deep will contain one gallon.

A box 8 inches long by 4 inches wide and 4 1-5 inches deep will contain one-half gallon.

A box 4 inches square and 4 1-5 inches deep will contain one quart.

Miscellaneous Measures.—

1 barrel of flour.............................. weighs 196 lbs.
1 barrel of beef, pork or fish.............. " 200 "
1 barrel of salt............................. " 280 "
1 bushel of salt............................. " 50 "

(25)
1 bushel of barley ........................................... weighs 48 "
1 bushel of corn or rye .................................. " 56 "
1 bushel of blue grass seed ................................ " 14 "
1 bushel of hemp seed ...................................... " 44 "
1 bushel of wheat, beans, clover seed, peas or potatoes .................................. " 60 "
1 bushel of timothy seed .................................. " 45 "
1 bushel of oats ............................................. " 32 "
1 bushel of apples or peaches, dried ................. " 28 "
1 bushel of onions .......................................... " 57 "

Food for Stock.—The following table shows the number of pounds of various products, used as food for stock, which are equivalent in value to 10 pounds of good hay:

<table>
<thead>
<tr>
<th>Product</th>
<th>Equivalent Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley</td>
<td>5 to 6 pounds</td>
</tr>
<tr>
<td>Peas and beans</td>
<td>3 to 5 pounds</td>
</tr>
<tr>
<td>Carrots, red</td>
<td>20 to 30</td>
</tr>
<tr>
<td>Straw, barley</td>
<td>20 to 25</td>
</tr>
<tr>
<td>Carrots, white</td>
<td>25 to 50</td>
</tr>
<tr>
<td>Straw, oats</td>
<td>20 to 40</td>
</tr>
<tr>
<td>Clover, green</td>
<td>45 to 50</td>
</tr>
<tr>
<td>Straw, pea</td>
<td>10 to 15</td>
</tr>
<tr>
<td>Indian Corn</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Straw, wheat</td>
<td>40 to 50</td>
</tr>
<tr>
<td>Mangel-wurzel</td>
<td>30 to 35</td>
</tr>
<tr>
<td>Turnips</td>
<td>40 to 55</td>
</tr>
<tr>
<td>Oats</td>
<td>4 to 7</td>
</tr>
<tr>
<td>Wheat</td>
<td>5 to 6</td>
</tr>
<tr>
<td>Oil cake</td>
<td>2 to 4</td>
</tr>
</tbody>
</table>

Bushels of Seed to the Acre.—Table of different varieties of seed, showing the quantity of each required to plant an acre:

<table>
<thead>
<tr>
<th>Seed</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat</td>
<td>1 1/4 to 2 bushels</td>
</tr>
<tr>
<td>Barley</td>
<td>1 1/4 to 2 &quot;</td>
</tr>
<tr>
<td>Oats</td>
<td>2 to 4 &quot;</td>
</tr>
<tr>
<td>Rye</td>
<td>1 to 2 &quot;</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>3/4 to 1 &quot;</td>
</tr>
<tr>
<td>Millet</td>
<td>1 to 1 &quot;</td>
</tr>
<tr>
<td>Corn</td>
<td>1/4 to 1 &quot;</td>
</tr>
<tr>
<td>Beans</td>
<td>1 to 2 &quot;</td>
</tr>
<tr>
<td>Peas</td>
<td>2 1/2 to 3 &quot;</td>
</tr>
<tr>
<td>Hemp</td>
<td>1 to 1 &quot;</td>
</tr>
<tr>
<td>Flax</td>
<td>1/2 to 2 &quot;</td>
</tr>
<tr>
<td>Rice</td>
<td>2 to 2 &quot;</td>
</tr>
<tr>
<td>Broom corn</td>
<td>1 to 1 &quot;</td>
</tr>
<tr>
<td>Potatoes</td>
<td>5 to 10 &quot;</td>
</tr>
<tr>
<td>Timothy</td>
<td>12 to 24 quarts</td>
</tr>
<tr>
<td>Mustard</td>
<td>3 to 10 &quot;</td>
</tr>
<tr>
<td>Herd's grass</td>
<td>12 to 18 &quot;</td>
</tr>
<tr>
<td>Flat turnip</td>
<td>2 to 3 lbs</td>
</tr>
<tr>
<td>Red clover</td>
<td>10 to 16 &quot;</td>
</tr>
<tr>
<td>White clover</td>
<td>3 to 4 &quot;</td>
</tr>
<tr>
<td>Blue grass</td>
<td>10 to 15 &quot;</td>
</tr>
<tr>
<td>Orchard grass</td>
<td>20 to 30 &quot;</td>
</tr>
<tr>
<td>Carrots</td>
<td>4 to 5 &quot;</td>
</tr>
<tr>
<td>Parsnips</td>
<td>6 to 8 &quot;</td>
</tr>
</tbody>
</table>

Vitality of Seeds.—The table shows the limit of time beyond which the seeds of the common garden vegetables become useless for sowing:

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Limit of Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>2 years</td>
</tr>
<tr>
<td>Beets</td>
<td>7 &quot;</td>
</tr>
<tr>
<td>Cabbage</td>
<td>4 &quot;</td>
</tr>
<tr>
<td>Carrot</td>
<td>2 &quot;</td>
</tr>
<tr>
<td>Celery</td>
<td>2 &quot;</td>
</tr>
<tr>
<td>Cucumber</td>
<td>10 &quot;</td>
</tr>
<tr>
<td>Lettuce</td>
<td>3 &quot;</td>
</tr>
<tr>
<td>Melon</td>
<td>10 &quot;</td>
</tr>
<tr>
<td>Onion</td>
<td>1 year</td>
</tr>
<tr>
<td>Parsnip</td>
<td>1 &quot;</td>
</tr>
<tr>
<td>Peas</td>
<td>2 years</td>
</tr>
<tr>
<td>Radish</td>
<td>3 &quot;</td>
</tr>
<tr>
<td>Squash</td>
<td>10 &quot;</td>
</tr>
<tr>
<td>Sweet corn</td>
<td>2 &quot;</td>
</tr>
<tr>
<td>Tomato</td>
<td>7 &quot;</td>
</tr>
<tr>
<td>Turnip</td>
<td>4 &quot;</td>
</tr>
</tbody>
</table>

(29)
Interest Tables.

1 Per Cent.

<table>
<thead>
<tr>
<th>AMOUNT</th>
<th>ONE DAY.</th>
<th>ONE WEEK.</th>
<th>ONE MONTH.</th>
<th>ONE YEAR.</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1.00</td>
<td>.0000277</td>
<td>.0001939</td>
<td>.000833</td>
<td>.01</td>
</tr>
<tr>
<td>10.00</td>
<td>.000277</td>
<td>.001939</td>
<td>.00833</td>
<td>.10</td>
</tr>
<tr>
<td>100.00</td>
<td>.0277</td>
<td>.1939</td>
<td>.833</td>
<td>$1.00</td>
</tr>
<tr>
<td>1,000.00</td>
<td>.277</td>
<td>1.939</td>
<td>8.33</td>
<td>10.00</td>
</tr>
</tbody>
</table>

5 Per Cent.

<table>
<thead>
<tr>
<th>AMOUNT</th>
<th>ONE DAY.</th>
<th>ONE WEEK.</th>
<th>ONE MONTH.</th>
<th>ONE YEAR.</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1.00</td>
<td>.0001385</td>
<td>.00097</td>
<td>.00416</td>
<td>.05</td>
</tr>
<tr>
<td>10.00</td>
<td>.01385</td>
<td>.097</td>
<td>.416</td>
<td>.50</td>
</tr>
<tr>
<td>100.00</td>
<td>.1385</td>
<td>.97</td>
<td>4.16</td>
<td>5.00</td>
</tr>
<tr>
<td>1,000.00</td>
<td>.1385</td>
<td>9.7</td>
<td>41.6</td>
<td>50.00</td>
</tr>
</tbody>
</table>

6 Per Cent.

<table>
<thead>
<tr>
<th>AMOUNT</th>
<th>ONE DAY.</th>
<th>ONE WEEK.</th>
<th>ONE MONTH.</th>
<th>ONE YEAR.</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1.00</td>
<td>.0001662</td>
<td>.001163</td>
<td>.005</td>
<td>.06</td>
</tr>
<tr>
<td>10.00</td>
<td>.01662</td>
<td>.1163</td>
<td>.50</td>
<td>.60</td>
</tr>
<tr>
<td>100.00</td>
<td>.1662</td>
<td>1.163</td>
<td>5.00</td>
<td>6.00</td>
</tr>
<tr>
<td>1,000.00</td>
<td>.1662</td>
<td>11.63</td>
<td>50.00</td>
<td>60.00</td>
</tr>
</tbody>
</table>

Time at Which Money Doubles at Compound Interest.

- At 2 per cent. interest, in 35 years; at 3 per cent., in 23 years 5½ months; at 4 per cent., in 17 years 8 months; at 5 per cent., in 15 years 2½ months; at 6 per cent., in 14 years 11 months; at 7 per cent., in 10 years 3 months; at 8 per cent., in 9 years; at 9 per cent., in 8 years and ¾ month; at 10 per cent., in 7 years 3½ months.

A Table of Daily Savings at Compound Interest.

<table>
<thead>
<tr>
<th>PER DAY.</th>
<th>PER YEAR.</th>
<th>IN TEN YEARS.</th>
<th>FIFTY YEARS.</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0.0324</td>
<td>$10</td>
<td>$130</td>
<td>$2,900</td>
</tr>
<tr>
<td>.0514</td>
<td>20</td>
<td>260</td>
<td>5,890</td>
</tr>
<tr>
<td>.11</td>
<td>40</td>
<td>520</td>
<td>11,600</td>
</tr>
<tr>
<td>.27½</td>
<td>100</td>
<td>1,300</td>
<td>29,000</td>
</tr>
<tr>
<td>.55</td>
<td>200</td>
<td>2,000</td>
<td>55,000</td>
</tr>
<tr>
<td>1.10</td>
<td>400</td>
<td>5,200</td>
<td>116,000</td>
</tr>
<tr>
<td>1.37</td>
<td>500</td>
<td>6,500</td>
<td>145,000</td>
</tr>
</tbody>
</table>

By the above table it appears that if a mechanic or clerk saves 3½ cents per day from the time he is twenty-one till he is seventy, the total, with interest, will amount to $2,900; and a daily saving of 27¼ cents reaches the important sum of $9,000. Save all you can in a prudent manner for a time of possible want, but act justly by paying your debts, and liberally by assisting those in need and helping in a good cause.

No housekeeper should allow any other brand to be put upon her, on the ground that it is just as good, etc., but should insist upon having the "Arm and Hammer" brand or none. It is therefore better to insist on having it in packages bearing our name and trade mark which is a guarantee of its genuineness and purity.
Rates of Postage

IN THE UNITED STATES.

Letters to any part ........................................ 2 cents per ounce.
City drop letters ........................................ 2 cents per ounce.
Postal cards .................................................. 1 cent each.
Registered letters, letter postage and 8 cents extra.
Special delivery letters, letter postage and special stamp, 10 cents extra.
Periodicals, newspapers, magazines, etc., 1 cent for each 4 ounces.
Periodicals, newspapers, magazines, etc., mailed by the publisher to subscribers, 1 cent per pound.
Books, pamphlets, circulars, and other matter wholly in print, including music, lithography, and corrected copy accompanied by the manuscript, 1 cent for every 2 ounces. Limit of weight in this class 4 pounds, unless a single volume of a book weighs more.
Merchandise, cards, patterns, photographs, letter paper and envelopes, printed or plain, printed blanks, bulbs, roots, seeds, etc., 1 cent per ounce. Limit of weight in this class 4 pounds.

TO CANADA.

Postage on letters, newspapers, books, circulars, etc., same as in United States.
Patterns and sample packages, not to exceed 8 ounces, 10 cents, prepaid.

Money Orders.

IN UNITED STATES.

Not exceeding $2.50, 3 cents; $2.50 to $5, 5 cents; $5 to $10, 8 cents; $10 to $20, 10 cents; $20 to $30, 12 cents; $30 to $40, 15 cents; $40 to $50, 18 cents; $50 to $60, 20 cents; $60 to $75, 25 cents; $75 to $100, 30 cents.

FOR FOREIGN COUNTRIES.

Great Britain and Ireland, France, German Empire, Canada, Belgium, Italy, Switzerland, Portugal, Algeria, Jamaica, Windward Islands, Sandwich Islands, Victoria, Tasmania, Queensland, Cape Colony, Japan, Hong Kong, New Zealand, New South Wales, Leeward Islands and Sweden, under $10, 10 cents; $10 to $20, 20 cents; $20 to $30, 30 cents; $30 to $40, 40 cents; $40 to $50, 50 cents.

Foreign Postage.

The rates to all countries in the Universal Postal Union are: letters, 5 cents for each ½ ounce or fraction thereof; 2 cents for each postal card, and 1 cent for each 2 ounces on newspapers and periodicals.
The Universal Postal Union comprises: Argentine Republic, Austria-Hungary, Belgium, Bolivia, Brazil, Bulgaria, Ceylon, China (via Hong Kong), Chili, Colombia, Cuba, Denmark and Danish Colonies, Ecuador, Egypt, Falkland Islands, France and French Colonies, Germany, Great Britain and British West Indies, Greece, Greenland, Guatemala, Hayti, Holland and Dutch Colonies, Honduras, Hong Kong, India (British), Ireland, Italy, Japan, Liberia, Luxembourg, Malacca, Mauritius, Mexico, Montenegro, Newfoundland, Norway, Paraguay, Patagonia, Penang, Persia, Peru, Portugal and Portuguese Colonies, Roumania, Russia, St. Bartholomew, Salvator, Servia, Siam, Singapore, Spain and Spanish Colonies, Straits Settlements, Sweden, Switzerland, Trinidad, Turkey, United States of Colombia, Uruguay, Venezuela.
On letters to the above-named places, prepayment is optional.

(31)
POSTAGE TO FOREIGN PLACES NOT IN THE POSTAL UNION.

<table>
<thead>
<tr>
<th>Letters not exceeding 2 ozs.</th>
<th>Newspapers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia, via England</td>
<td>12 cents.</td>
</tr>
<tr>
<td>*Australia (except New South Wales, Queenstown, Victoria, Tasmania) via San Francisco</td>
<td>5 cents.</td>
</tr>
<tr>
<td>*Canada and British N. A. Provinces, except Newfoundland</td>
<td>2 cents for each oz.</td>
</tr>
<tr>
<td>Cape of Good Hope and Colony</td>
<td>15 cents.</td>
</tr>
<tr>
<td>China, via England</td>
<td>13 cents.</td>
</tr>
<tr>
<td>Natal</td>
<td>15 cents.</td>
</tr>
<tr>
<td>*New South Wales, Queensland, Victoria, Tasmania and New Zealand via San Francisco</td>
<td>12 cents.</td>
</tr>
<tr>
<td>St. Helena</td>
<td>15 cents.</td>
</tr>
<tr>
<td>Transvaal</td>
<td>21 cents.</td>
</tr>
</tbody>
</table>

* Prepayment compulsory. To the countries not so marked it is optional.

Bible Weights and Measures.

A day's journey = 33 1-5 U. S. miles.
A Sabbath-day's journey = 1 “ “
Ezekiel's reed = 11 feet (nearly).
Cubit—Hebrew = 22 inches “ “
—Greek = 18 " (about).
A finger's breadth = 1 inch “ “
“ “ = $8.09.
A talent of silver = $1,518.32. “gold.
“ “ = $23,309.
A piece of silver = 13 cents. “ “
A farthing = 3 “ “
A gerah = 2 ¼ “ “
A mite = 1 ¼ mills.
A homer (as dry measure) = 1 1-9 bushels. “ (as liquid “ ) = 76 gallons and 5 pints.
An ephah or bath = 7 " “
A hin = 1 " “
A firkin = 7 “ “
An omer = 6 “ “
A cab = 3 “ “
A log. = 3¼ “ “

The Pulse.—The natural rate of the pulse varies at different ages, as follows:

<table>
<thead>
<tr>
<th>Ages</th>
<th>Beats per minute</th>
</tr>
</thead>
<tbody>
<tr>
<td>At birth</td>
<td>130–140</td>
</tr>
<tr>
<td>One year</td>
<td>115–130</td>
</tr>
<tr>
<td>Two years</td>
<td>100–115</td>
</tr>
<tr>
<td>Three years</td>
<td>95–105</td>
</tr>
<tr>
<td>Four to seven years</td>
<td>85–95</td>
</tr>
<tr>
<td>Seven to fourteen years</td>
<td>80–90</td>
</tr>
<tr>
<td>Fourteen to twenty-one years</td>
<td>75–85</td>
</tr>
<tr>
<td>Twenty-one to sixty years</td>
<td>70–75</td>
</tr>
<tr>
<td>Old age</td>
<td>75–85</td>
</tr>
</tbody>
</table>
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 & 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.
BOOK OF
VALUABLE RECEIPTS
TWENTY-SEVENTH EDITION OF ONE MILLION EACH.

THE ABOVE IS A COPY OF OUR PACKAGE