USE WHEATLESS RECIPES AND HELP OUR SOLDIER BOYS
BOSTON
BROWN BREAD

2 cups Indian Meal,
2 cups Graham Flour,
1 1/2 cups coarse Rye Flour,
2 1/2 rounded teaspoonfuls Arm & Hammer Soda,
2 teaspoonfuls Salt,
1 cup Molasses,
2 cups Buttermilk,
1 1/2 cups Water.

Sift together, two cups of Indian meal, two cups graham flour, one and a half cups coarse rye flour, two teaspoonfuls salt. Take one cup molasses and two cups buttermilk, one and a half cups water, in which dissolve two and a half rounded teaspoonfuls of Arm & Hammer Soda. 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 a half hour longer, according to size of loaves. If you can bake in a closed steamer, the loaves will be moist and the crust more tender. Small lard pails with covers make good moulds in which to steam Brown Bread.

EXCELLENT
CORN BREAD

1 tablespoonful Butter,
2 tablespoonfuls Sugar,
Yolks 2 Eggs,
3/4 even teaspoonful Arm & Hammer Soda.
Pinch Salt,
1 pt. Sour Milk or Buttermilk.
1 pt. yellow Corn meal,

Melt the butter and rub together with sugar and
yolk of two eggs, add a pinch of salt; then mix the yellow corn meal with \( \frac{3}{4} \) even teaspoonful of Arm & Hammer Soda. Also add one pint of sour milk. This milk and yellow corn meal should be added by pouring in part of the milk, then some of the meal, then more milk, and so on. In the meantime you have the white of two eggs beaten stiff and mix carefully, stirring the batter as little as possible. Use greased square tins and bake in a hot oven. Nothing better.

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