ARM & HAMMER
CIRCH & CO.
BICARBONATE OF SODA

ARM & HAMMER
SODA
BRINGS
BEST RESULTS
IN BAKING

Send for book of valuable recipes free.
HONEY BREAD

If honey is very thick and rich, you may add a little water and warm it. You may also add a little anise-seed and cardamom, if your folks like the flavor of these spices. Or you can add some finely chopped almonds and raisins, citron, etc. Sift two cups rye flour and two cups wheat flour several times with one teaspoon Arm and Hammer Soda, pinch of salt and spices and add to two cups strained honey, 1/4 cup brown sugar, 2 egg-yolks, 1 1/2 teaspoons of ground ginger to make a medium soft dough. Spread the dough evenly, about an inch deep into shallow buttered cake tins and bake in hot oven. If you want a softer crust on sides and bottom, or if your oven bakes more from the bottom, it is advisable to line the greased tins with paper first.

New series of Bird Cards ready September, 1922

CHURCH & DWIGHT CO.
NEW YORK
SUBSTITUTE FOR SOUR MILK

Mix 1 1/2 tablespoonfuls strong vinegar with 3/4 cupful warm water and 1/3 cupful flour. This equals one cup sour milk. Set in basin of hot water for a few minutes, and then set away to cool, stirring it occasionally. If possible, mix a few hours ahead of time, and let stand in warm place or on back of stove. If you have any honey, add 2 tablespoonfuls to the above, which will make it still more effective in connection with Arm & Hammer Soda as a leavening agent.
THE GOOD FARMER
Will carefully read the information contained in this pamphlet and thereby profit greatly.

SEE OTHER SIDE
USEFUL INFORMATION FOR THE FARMER.

COWS—We call the attention of Dairymen and Farmers especially to this article. The yield of milk in cows can be greatly increased (without increasing the food) by giving one teaspoonful of ARM & HAMMER BRAND SODA in the feed once a day. It takes about ten days to obtain the desired effect.

HORSES—One tablespoonful of ARM & HAMMER BRAND SODA 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.

COLIC IN HORSES and CATTLE—Dissolve one-half pound of ARM & HAMMER BRAND 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.

DAIRYMEN and
FARMERS should use the ARM & HAMMER BRAND SODA only, for keeping milk cans clean and sweet.

HOG and CHICKEN CHOLERA—A judicious mixture of 1 teaspoonful of ARM & HAMMER BRAND SODA with their feed, from two to three times a week, will often prove a preventive 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.
A PHYSICIAN WRITES.

“In 1918 and 1919 while fighting the ‘Flu’ with the U.S. Public Health Service it was brought to my attention that rarely anyone, who had been thoroughly alkalinized with bicarbonate of soda, contracted the disease, and those who did contract it, if alkalinized early, would invariably have mild attacks. I have since that time treated all cases of ‘Cold,’ influenza
and La Grippe by first giving generous doses of Bicarbonate of Soda, and in many, many instances within 36 hours the symptoms would have entirely abated."

During the first day take six doses of \( \frac{1}{2} \) teaspoonful of Arm & Hammer Bicarbonate of Soda in glass of water, at about two hour intervals.

During the second day take four doses of \( \frac{1}{2} \) teaspoonful of Arm & Hammer Bicarbonate of Soda in glass of water, at the same intervals.

During the third day take two doses of \( \frac{1}{2} \) teaspoonful of Arm & Hammer Bicarbonate of Soda in glass of water, and thereafter \( \frac{1}{2} \) teaspoonful in glass of water each morning until cold is cured.

Better results will be obtained if doses are not taken too near meal times.

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Church & Dwight Co.
27 Cedar St.
New York, N.Y.
FOR Colds AND INFLUENZA

ARM & HAMMER

BAKING SODA is

BICARBONATE OF SODA and is

ABSOLUTELY PURE

ITS PURITY GUARANTEES ITS SAFETY FOR USE MEDICINALLY

FOR SALE BY ALL GROCERS

FOR ADDITIONAL USES SEE OUR 'FRIEND IN NEED' BOOKLET FREE ON REQUEST
No. 2

USE THESE

WHEATLESS RECIPES

HELP WIN THE WAR
BROWN BREAD WITH PUMPKIN JUICE.

This is another delicious autumnal bread indigenous to New England. To make it properly one should have the fresh sweet yellow corn meal and rye meal, not rye flour, which is a very different product. To make a large loaf of this genuine Boston brown bread, sift together a cup and a half of corn meal, one cup of rye meal and a half teaspoonful of salt. Add quarter of a cup of molasses, one cup pumpkin juice, one cup of sour milk and a half teaspoonful of Arm & Hammer Soda dissolved in two tablespoonfuls of milk. Beat the batter thoroughly, turn into a two-quart brown bread tin and steam for four hours. When this is intended for Sunday mornings with baked beans it should be made on Saturday, then resteam in the morning. This makes excellent toast.
GRAHAM PUDDING.

2 cups of Graham flour, 1 cup of raisins, \( \frac{1}{2} \) cup of sugar, \( \frac{1}{4} \) teaspoonful of cinnamon cloves and allspice, 1 egg and 1 teaspoonful of Arm & Hammer Soda in one cup of sour milk—pinch of salt, steam two hours.

CHURCH & DWIGHT CO.

NEW YORK.
No. 2

ARM & HAMMER

SODA

BRINGS BEST RESULTS IN BAKING
BOSTON
BROWN BREAD

Sift together two cups of Indian Meal, two cups Graham flour, one-half cup coarse rye flour, one cup wheat flour, two teaspoonfuls salt. Take one cup molasses and two cups buttermilk, one and a half cups water, in which dissolve three 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 molds 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 molds in which to steam Brown Bread.
SIMPLE BUT EXCELLENT
RECIPE FOR
BUCKWHEAT CAKES

To 2 cups of Buckwheat add ½ teaspoonful of Arm & Hammer Soda and big pinch of salt, one cup of sour milk—or enough to make thin batter. Ready for use as soon as mixed.

CHURCH & DWIGHT CO.
NEW YORK.