The Sea Foam is an entirely new invention, without any of the bad qualities of Yeast or Baking Powders, Soda or Salaratus.

**RECIPIES:**

**1.** White Wheat Bread—Sift dry one quart of flour with two teaspoonfuls Sea Foam and a little salt; makes a light dough, with water or sweet milk, and bake right away.

**2.** Indian Corn Bread—One pint wheat flour, one pint Indian meal, two teaspoonfuls Sea Foam; a cup sugar; two eggs; a little shortening; half teaspoonful salt, and a quarter tumbler of water. It cannot be equalled.

**3.** Graham Bread for Dyspepsia—One quart wheat meal, sometimes called Graham flour; two teaspoonfuls Sea Foam Powder; two eggs; one and a half glasses molasses; milk or water to make a thin dough.

**4.** Sheet Ginger Bread—Two teaspoonfuls Sea Foam; flour, a cup; a tablespoonful ginger; butter, the size of an egg; two eggs; half a cup sugar; bake in a hot oven.

**5.** Fruit Cake—Two cups flour; two teaspoonfuls Sea Foam; two eggs; a little salt; two glasses molasses; a cup of butter; a cup of sugar; one gill molasses; one cup of molasses; a little shortening; half a cup sugar; make in muffin rings and bake quick.

**6.** New England Crullers—One quart flour; two teaspoonfuls Sea Foam Powder; a cup sugar; a cup milk; two eggs; a tablespoonful butter; and a little grated nutmeg.

**7.** Bagel Biscuit—One quart flour; two teaspoonfuls Sea Foam; three eggs; the size of an egg; water in a basin; milk; and bake quick.

**8.** Drop Dumplings—One quart flour; one teaspoonful Sea Foam; butter the size of an egg; water and milk to mix. Bake in a hot oven.

**9.** Mountain Muffins—One quart flour; two teaspoonfuls Sea Foam; a little salt; two eggs; milk enough for a soft batter. Pour into the muffin ring and bake quick.

**10.** Ginger Snaps—Two cups flour; two teaspoonfuls Sea Foam Powder; half cup butter; half a cup sugar; two eggs; some flour, milk, and a cup of sugar. Mix and bake quick.

**11.** Golden Waffles—The same as for Silver Waffles, except use brown sugar; and the waffles are brown nicely.

**12.** Pound Cakes & other Fancy Cakes—Pound Cakes in a bag; two cups flour; one cup sugar; a tablespoonful Sea Foam Powder. You will have better cakes than your neighbors.

**13.** Boiled Puddings, Dumplings, Pot-Pie Crust or other articles requiring to be boiled, do not need more than half the quantity of the Sea Foam; too much makes them boil to pieces.

**14.** Silver Foam Cake—Three cups flour; one teaspoonful Sea Foam; the whites of six eggs; one cup sugar; half a cup butter; mix with water or fresh milk. Flavor with vanilla, lemon or almond.

**15.** Golden Foam Cake—Two cups flour; two teaspoonfuls Sea Foam Powder; the whites of six eggs; one cup sugar; half a cup butter; one cup milk. Flavor with Pimm's, orange or vanilla.

**16.** Suet Pudding—One pint flour; a half cup sugar; the size of one cup, four cups; two teaspoonfuls Sea Foam; half or sweet in a bag; serve up with rich sauce.

**17.** Small English Christmas Pudding—A cup flour; four eggs; a tablespoonful Sea Foam Powder; a cup sugar; half cup butter; a few drops of rum or brandy; sweet with molasses or sugar, and flavor with lemon, vanilla or almond. Put in a bag and boil or steam three hours. Serve with brandy or wine sauce. A dish for King or Queen.

**18.** Alaska Mountain Pudding—One pint flour; four eggs; two teaspoonfuls Sea Foam Powder; one cup sugar; one cup water, one cup sugar; one cup milk; a little salt; one-half cup sugar; boil in water, add the sugar and milk; a little salt; a pair of tongs, open with nutmeg and allspice.

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*Written according to Act of Congress in the year 1860, by George F. Gantz & Co., in the Clerk’s Office of the District Court of the United States, for the Southern District of New York.*