

Cow Brand Soda



COOK BOOK
AND
FACTS WORTH KNOWING.

PARCEL POST REGULATIONS.

Articles of Mail Matter acceptable at Parcel Post rates include farm and factory products, merchandise of all descriptions such as dry goods, groceries, hardware, confectionery, stationery (including blank books, etc.), seeds, cuttings, bulbs, roots, bedding plants, scions or grafts, and all other matter not included in the first class, and not excluded from the mails by the general prohibitory regulations with respect to objectionable matter.

Parcels consisting of third class matter may be mailed at Parcel Post rates, or third class matter at the option of the sender. Parcels containing intoxicating liquors or explosives are expressly prohibited.

The postage on Parcel Post packets must be prepaid by means of postage stamps securely affixed to the parcels. An insufficiently prepaid Parcel Post packet is forwarded to destination subject on delivery to payment of double the deficiency, provided at least one cent is prepaid. After the additional postage required on any short paid parcel has been collected from the addressee "postage due" stamps are to be affixed to the parcel and cancelled by the Postmaster. Parcel Post packets totally unpaid will be sent to the Branch Dead Letter Office.

PARCEL POST PACKETS MUST NOT BE REGISTERED.

Parcels must be prepaid for mailing in such manner that the contents can be easily examined.

It is desirable that the sender's address should appear either inside the parcel or on the cover. This must be kept distinct from the address proper.

Parcels are, when re-directed, chargeable with additional postage at the rate which would have been chargeable had they been originally mailed from the office of re-direction to the new address except in cases where the original and the re-directed addresses are both within the delivery of the same Post Office.

The limit of weight for a Parcel Post packet is ELEVEN pounds, and the general limit of size is thirty inches in length by one foot in width or depth, but parcels will be accepted up to 3 feet 6 inches in length, provided that the combined length and girth do not exceed six feet. For example—a parcel measuring 3 feet 6 inches in its longest dimensions may measure as much as 2 feet 6 inches in girth (i.e., round its thickest part); or a short parcel may be thicker; thus if the length is not more than 3 feet the girth of the parcel may be 3 feet.

RATES of POSTAGE on parcels mailed in the MARITIME PROVINCES

ADDRESSED TO	1 lb	2 lbs	3 lbs	4 lbs	5 lbs	6 lbs	7 lbs	8 lbs	9 lbs	10 lbs	11 lbs
Any post office within 20 miles* including place of mailing	\$0.05	\$0.06	\$0.07	\$0.08	\$0.10	\$0.12	\$0.14	\$0.16	\$0.18	\$0.20	\$0.22
Any post office beyond 20 miles but within the Maritime Provinces10	.14	.18	.22	.26	.30	.34	.38	.42	.46	.50
Any post office in Quebec10	.16	.22	.28	.34	.40	.46	.52	.58	.64	.70
Any post office in Ontario12	.20	.28	.36	.44	.52	.60	.68	.76	.84	.92
Any post office in Manitoba12	.24	.34	.44	.54	.64	.74	.84	.94	1.04	1.14
Any post office in Saskatchewan, Alberta or British Columbia12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.32

RATES of POSTAGE on parcels mailed in the PROVINCE of QUEBEC

ADDRESSED TO	1 lb	2 lbs	3 lbs	4 lbs	5 lbs	6 lbs	7 lbs	8 lbs	9 lbs	10 lbs	11 lbs
Any post office within 20 miles* including place of mailing	\$0.05	\$0.06	\$0.07	\$0.08	\$0.10	\$0.12	\$0.14	\$0.16	\$0.18	\$0.20	\$0.22
Any post office beyond 20 miles but within the Province of Quebec	.10	.14	.18	.22	.26	.30	.34	.38	.42	.46	.50
Any post office in Ontario or Maritime Provinces	.10	.16	.22	.28	.34	.40	.46	.52	.58	.64	.70
Any post office in Manitoba	.12	.20	.28	.36	.44	.52	.60	.68	.76	.84	.92
Any post office in Saskatchewan	.12	.24	.34	.44	.54	.64	.74	.84	.94	1.04	1.14
Any post office in Alberta or British Columbia	.12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.32

RATES of POSTAGE on parcels mailed in the PROVINCE of MANITOBA

ADDRESSED TO	1 lb	2 lbs	3 lbs	4 lbs	5 lbs	6 lbs	7 lbs	8 lbs	9 lbs	10 lbs	11 lbs
Any post office within 20 miles* including place of mailing	\$0.05	\$0.06	\$0.07	\$0.08	\$0.10	\$0.12	\$0.14	\$0.16	\$0.18	\$0.20	\$0.22
Any post office beyond 20 miles but within the Province of Manitoba	.10	.14	.18	.22	.26	.30	.34	.38	.42	.46	.50
Any post office in Ontario or Saskatchewan	.10	.16	.22	.28	.34	.40	.46	.52	.58	.64	.70
Any post office in Quebec or Alberta	.12	.20	.28	.36	.44	.52	.60	.68	.76	.84	.92
Any post office in the Maritime Provinces or British Columbia	.12	.24	.34	.44	.54	.64	.74	.84	.94	1.04	1.14

RATES of POSTAGE on parcels mailed in the PROVINCE of ONTARIO

ADDRESSED TO	1 lb	2 lbs	3 lbs	4 lbs	5 lbs	6 lbs	7 lbs	8 lbs	9 lbs	10 lbs	11 lbs
Any P.O. within 20 miles* including place of mailing	\$0.05	\$0.06	\$0.07	\$0.08	\$0.10	\$0.12	\$0.14	\$0.16	\$0.18	\$0.20	\$0.22
Any post office beyond 20 miles but within the Province of Ontario	.10	.14	.18	.22	.26	.30	.34	.38	.42	.46	.50
Any post office in Quebec or Manitoba	.10	.16	.22	.28	.34	.40	.46	.52	.58	.64	.70
Any P.O. in Saskatchewan or Maritime Provinces	.12	.20	.28	.36	.44	.52	.60	.68	.76	.84	.92
Any post office in Alberta	.12	.24	.34	.44	.54	.64	.74	.84	.94	1.04	1.14
Any post office in British Columbia	.12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.32

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RATES of POSTAGE on parcels mailed in the PROVINCE of SASKATCHEWAN

ADDRESSED TO	1 lb	2 lbs	3 lbs	4 lbs	5 lbs	6 lbs	7 lbs	8 lbs	9 lbs	10 lbs	11 lbs
Any post office within 20 miles* including place of mailing.....	\$0.05	\$0.06	\$0.07	\$0.08	\$0.10	\$0.12	\$0.14	\$0.16	\$0.18	\$0.20	\$0.22
Any post office beyond 20 miles but within the Province of Saskatchewan.....	.10	.14	.18	.22	.26	.30	.34	.38	.42	.46	.50
Any post office in Manitoba or Alberta.....	.10	.16	.22	.28	.34	.40	.46	.52	.58	.64	.70
Any post office in Ontario or British Columbia..	.12	.20	.28	.36	.44	.52	.60	.68	.76	.84	.92
Any post office in Quebec.....	.12	.24	.34	.44	.54	.64	.74	.84	.94	1.04	1.14
Any post office in the Maritime Provinces.....	.12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.32

RATES of POSTAGE on parcels mailed in the PROVINCE of ALBERTA

ADDRESSED TO	1 lb	2 lbs	3 lbs	4 lbs	5 lbs	6 lbs	7 lbs	8 lbs	9 lbs	10 lbs	11 lbs
Any P.O. within 20 miles* including place of mailing	\$0.05	\$0.06	\$0.07	\$0.08	\$0.10	\$0.12	\$0.14	\$0.16	\$0.18	\$0.20	\$0.22
Any post office beyond 20 miles but within the Province of Alberta.....	.10	.14	.18	.22	.26	.30	.34	.38	.42	.46	.50
Any P.O. in Saskatchewan or British Columbia	.10	.16	.12	.28	.34	.40	.46	.52	.58	.64	.70
Any post office in Manitoba.....	.12	.20	.28	.36	.44	.52	.60	.68	.76	.84	.92
Any post office in Ontario.....	.12	.24	.34	.44	.54	.64	.74	.84	.94	1.04	1.14
Any post office in Quebec or Maritime Provinces	.12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.32

RATES of POSTAGE on parcels mailed in the PROVINCE of BRITISH COLUMBIA

ADDRESSED TO	1 lb	2 lbs	3 lbs	4 lbs	5 lbs	6 lbs	7 lbs	8 lbs	9 lbs	10 lbs	11 lbs
Any post office within 20 miles* including place of mailing.....	\$0.05	\$0.06	\$0.07	\$0.08	\$0.10	\$0.12	\$0.14	\$0.16	\$0.18	\$0.20	\$0.22
Any post office beyond 20 miles but within the Province of British Columbia.....	.10	.14	.18	.22	.26	.30	.34	.38	.42	.46	.50
Any post office in Alberta.....	.10	.16	.22	.28	.34	.40	.46	.52	.58	.64	.70
Any post office in Saskatchewan.....	.12	.20	.28	.36	.44	.52	.60	.68	.76	.84	.92
Any post office in Manitoba.....	.12	.24	.34	.44	.54	.64	.74	.84	.94	1.04	1.14
Any P.O. in Ontario, Quebec, or Maritime Prov'es	.12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.32

The Maximum charge on any parcel shall not exceed 1 cent an ounce.

* This rate also obtains in cases where the 20 mile area extends into an adjacent Province.

INTRODUCTION

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 COW BRAND BAKING SODA IN PACKAGES.

We desire to call particular attention to the other generally interesting matter contained in this book, as it is issued particularly to educate the Common-Sense Housekeepers, especially in the rural communities to the value and saving by the use of **COW BRAND BAKING SODA** with sour milk.

Many of the Cook Books now being published, when referring to the preparation of edibles, where soda can be used, recommend in most cases the use of Baking Powder. This practice we do not advise; first, because it encourages extravagance in the household and, secondly, because the residuum resulting in the food by the chemical action of most Baking Powders is very injurious, as compared with the natural action of Sour Milk or Pure Soda like the Cow Brand. The Solid business style of the Cow Brand wrapper covers the purest quality of Soda, which no other brand can approach, and Canadian Housekeepers know it.

CHURCH & DWIGHT, LIMITED.

Additional Copies of this book may be had **FREE** upon application to **CHURCH & DWIGHT, LIMITED, Montreal.**

THE GREAT "COW BRAND"

BEST IN THE WORLD

Cow Brand Baking Soda

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.

The value of Soda 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 which produces, when used for making bread, the largest quantity of carbonic acid gas, is the most valuable to the consumer. Cow Brand Baking Soda contains uniformly over 52 per cent. of carbonic acid gas, or over 99 per cent. of pure Soda, 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. **Cow Brand Baking Soda** 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 **Cow Brand Baking Soda** 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.

MUCH INFERIOR SODA IS PUT UP IN KEGS

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 packages, with the manufacturer's name and brand of **Cow** printed thereon. This is done at the factory, and guarantees that you are getting what you want.

HOUSEKEEPERS

Do not use too much. The superior quality and strength of **Cow Brand Baking Soda** does not require that so large a quantity be used as does cheap bulk soda.

Insist on having **Cow Brand Soda** in packages, and you will have the best.

COW



BRAND

IMPORTANT REASONS

WHY HOUSEKEEPERS should buy Cow Brand package Soda in preference to bulk Soda or other package Soda recommended by the dealer.

The retail price of Cow Brand Baking 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 merchant's pocket.

Package Soda, like Dwight's Cow Brand, has the guarantee of a responsible manufacturer. Bulk Soda may be anybody's manufacture, and generally of a poor quality. Sometimes retail dealers are imposed upon, not knowing what the jobber sends. A few think their customers should accept anything they choose to sell them, saying it is really Cow Brand Baking Soda, or it is the same thing.

Often good flour is spoiled and condemned by the use of inferior ingredients. 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.

DWIGHT'S COW BRAND BAKING SODA

A Household Word

VALUABLE RECEIPTS

PREPARED AND TESTED BY EXPERT COOKS

SOUPS

POTATO SOUP

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

and pare the potatoes, then put them into boiling water and cook till very soft. Cook the onion in the milk in double boiler. When the potatoes are done, drain and mash them. Add the boiling milk and the seasoning.

Rub them through a strainer, and put them back into the double boiler to

boil again. Melt the dripping in a small pan, add the flour, and stir till it thickens. Stir it into the boiling soup. Let it boil five minutes. Add one teaspoonful of finely chopped parsley and serve hot, with croutons (tiny squares fried bread). If the soup be too thick add a little more hot milk or water.



PUREE OF TOMATOES

One can of tomatoes, two cups of boiling milk with half a teaspoonful of Cow Brand Baking Soda stirred in, one small minced onion, two tablespoonfuls of butter rubbed up with one of sifted flour, pepper and salt, handful of dry bread.

BREADS

QUICK BREAD

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

RYE AND MEAL BREAD

Sift together two cups rye meal, one and a half cups Indian meal and one teaspoonful salt. In one cup water and a half cup buttermilk dissolve one even teaspoonful **Cow Brand Baking Soda**, add a small cup molasses. Stir in the meal a little at a time; beat all up lightly and add two tablespoonfuls melted butter. Pour at once into greased large tin, set into steamer and steam for three hours, then bake for about thirty minutes longer in oven to give it a good crust.

OLD HOMESTEAD MEAL BREAD

Sift together well three cups rye flour, two cups fine ground Indian meal, one teaspoonful salt. In one cup luke warm water dissolve one teaspoonful **Cow Brand Baking Soda**, add a small cup New Orleans molasses, and one cup buttermilk. Mix all into a batter, not too stiff. Bake in a round pan which should be set into a larger pan holding some boiling water. A richer loaf can be made by adding one or two eggs and a small piece of shortening.

BOSTON BROWN BREAD

Sift together two cups Indian meal, two cups Graham flour, one cup coarse rye flour, one cup wheat flour, two teaspoonfuls salt. Take one large cup molasses and two cups buttermilk. Add one and a half cups water, in which dissolve two small teaspoonfuls **Cow Brand Baking 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 one hour longer.

GRAHAM BREAD

One quart sour milk, two round teaspoonfuls of **Cow Brand Baking Soda**, two teaspoonfuls of salt, one cup of molasses, two tablespoonfuls of brown sugar, four coffee-cups of Graham flour, sifted, four coffee-cups of wheat flour sifted. Bake one hour in a slow oven.

INSIST UPON HAVING COW BRAND BAKING SODA

STEAMED GRAHAM BREAD

Take two eggs, small cup molasses, one cup sweet milk, two cups Graham flour, one cup white flour, pinch of salt, one teaspoonful of Cow Brand Baking Soda, butter size of an egg; steam three hours.

EGG BREAD

Two eggs well beaten, two cups sour milk, one smooth teaspoonful of Cow Brand Baking Soda, one small handful of corn meal; lard size of small egg melted and added to batter; a little salt. Bake in hot oven.

INDIAN LOAF

Two cups corn meal, two cups flour, one cup sweet milk, one cup sour milk, one half cup molasses, one teaspoonful Cow Brand Baking Soda, one pinch salt.

BROWN BREAD

Take one cup of molasses, one cup of sour milk (and a little over), two teaspoonfuls of Cow Brand Baking Soda, half cup of sweet milk (good measure), salt, a tablespoonful of sugar, one cup of corn meal, two cups of flour; steam three hours.

SELF-RAISING OR PREPARED FLOUR

One quart flour sifted, one teaspoonful Cow Brand Baking Soda, two teaspoonfuls cream tartar, one saltspoonful salt.

BISCUITS, MUFFINS, ROLLS AND GEMS

THE GREAT COW BRAND SODA BISCUITS

One teaspoonful salt, one teaspoonful Cow Brand Baking Soda, two cups buttermilk, lard twice the size of an egg. Use enough sifted flour to make a smooth dough. Roll half an inch thick and bake in hot oven.

SODA CRACKERS

One pound flour, two ounces lard, one-half teaspoonful of Cow Brand Baking Soda, one-eighth cake of yeast, pinch of salt, one teaspoonful of sugar, one-half teaspoonful of Malt Ext. 120°. Water sufficient to make dough.

DELICIOUS TEA BISCUIT

Take one quart of sifted flour, one teaspoonful of salt and one teaspoonful of Cow Brand Baking Soda; sift thoroughly together; then rub in a heaping tablespoonful of lard or butter, and add sufficient sour milk or buttermilk to make a soft dough—just stiff enough to handle with the floured hand. Roll out the dough, and cut out the biscuit. Put into hot pans and bake immediately.

INSIST UPON HAVING COW BRAND BAKING SODA

OATMEAL GEMS

Two cups rolled oats, one and a half cups of sour milk. Mix and let stand over night. In the morning add one even teaspoonful of **Cow Brand Baking Soda**, a little salt, one egg beaten very light, one-quarter cup of sugar or molasses and one cup of flour. Bake in gem pans.

METROPOLITAN CORN GEMS

Beat together one-half cup corn meal, two tablespoonfuls sugar, two tablespoonfuls butter and two eggs. Then add a half pint of sour milk with one teaspoonful (even) of **Cow Brand Baking Soda**, dissolved in it, and one cupful of sifted wheat flour. Pour into deep gem tins, well greased and heated. Bake in a hot oven.

SLAP JACK

Scald two cups of yellow meal with a pint of boiling water, beaten to a smooth mash; thin with one quart of buttermilk in which is dissolved two teaspoonfuls of **Cow Brand Baking Soda**, beat all thoroughly; add a little salt, one or two eggs well beaten, and enough sifted flour to form batter. Have the griddle clean, smooth and hot. Cold cooked rice or hominy can be used instead of corn meal.

JOHNNY CAKE

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

CORN CAKE

Mix two cupfuls of sour milk, two cupfuls of Indian meal, one cupful of flour, four tablespoonfuls of sugar, four tablespoonfuls of cream, one teaspoonful of **Cow Brand Baking Soda**, and a little salt. Half the quantity of butter may be used instead of cream.

PARKER HOUSE ROLLS

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

BUTTERMILK MUFFINS

Take one quart of buttermilk, two eggs, one teaspoonful of **Cow Brand Baking Soda**, dissolved in warm water, one teaspoonful of salt, flour to make good batter. Beat the eggs well and stir them into the milk, beating hard all the while, add the flour and salt, and last the Soda.

INSIST UPON HAVING COW BRAND BAKING SODA

GRIDDLE CAKES AND WAFFLES

THE OLDTIME BUCKWHEAT CAKE

Sift a quart of old-fashioned buckwheat flour with a cup of yellow Indian meal and a tablespoonful of salt. Add three cupfuls of hot water and one of milk. The hot water mixed with cold flour will make a mixture that is blood warm. Beat the batter vigorously and add to it a cupful of home-made yeast or an yeast cake dissolved in a cupful of lukewarm water. Set the batter where it will rise thoroughly over night, yet where it is not hot enough to sour; cover carefully. In the morning beat the batter again, grease the griddle and add to the batter a cupful of warm milk in which a heaping teaspoonful of **Cow Brand Baking Soda** has been dissolved. Beat the batter again until it forms up almost like soda water; then begin to bake the cake immediately. It is not well to let the batter stand after adding **Cow Brand Baking Soda**, as it gradually becomes heavy again. If the batter is not thin enough add more milk.

BUCKWHEAT CAKES

Mix three tablespoonfuls molasses with one quart sour milk or buttermilk, and one or two beaten eggs. Then add, stirring in slowly, enough buckwheat flour to make a smooth batter, and one handful of corn meal well mixed with one large teaspoonful of **Cow Brand Baking Soda**. Salt to taste. Bake immediately.

GRIDDLE CAKES

Sift a teaspoonful of **Cow Brand Baking Soda** into two cupfuls of sifted flour and a half teaspoonful of salt; stir into the mixture two scant cupfuls of sour milk and two well beaten eggs; make a smooth batter and bake on a well greased hot griddle. Serve at once.

CORN MEAL BATTER CAKES

Take one pint corn meal, three-fourths pint sour milk, one teaspoon nearly full of **Cow Brand Baking Soda**, stir in milk until it foams; two eggs beaten separately, salt to taste. A tablespoonful of flour added to the meal is an improvement. Have the griddle hot and well greased.

WAFFLES

Take one quart flour, three eggs beaten separately, a piece of lard the size of an egg, half teaspoonful of **Cow Brand Baking Soda**, a little salt; mix with enough sour cream to make a thin batter. Beat thoroughly before putting in the irons.

WAFFLES WITHOUT EGGS

Take one tablespoonful sifted cornmeal, one-half tablespoonful lard, one teaspoonful salt. Scald this with boiling water just enough to moisten the meal thoroughly. Add one pint of sour milk, and flour to make batter consistency of cake batter. Beat until perfectly smooth, just before baking add teaspoonful of **Cow Brand Baking Soda** dissolved in a little water; stir this in well. Have the irons very hot, grease well, bake quickly and serve at once.

INSIST UPON HAVING COW BRAND BAKING SODA

CAKE

BREAD CAKE

Take three cups bread sponge, two cups brown sugar, one cup butter, one teaspoonful **Cow Brand Baking Soda**, two eggs, one cup raisins, one-half cup citron, one teaspoonful each of cinnamon and cloves, a little nutmeg, flour. Let rise until light.

BREAD DOUGH CAKE

Take three large cups of bread sponge, one teaspoonful all kinds spices, one and one-half cups sugar, one large cup chopped raisins seeded, a little salt, two eggs, two-thirds cup butter, one-half cup molasses, one teaspoonful **Cow Brand Baking Soda**, flour to thicken. Let stand one and one-half hours, then bake in slow oven.

VELVET LUNCH CAKE

Take one-half cup butter, one cup sugar, one cup sour milk, one teaspoonful **Cow Brand Baking Soda**, one egg, two cups flour, one cooking spoonful molasses, one teaspoonful cinnamon, one-quarter teaspoonful cloves, one-quarter teaspoonful nutmeg.

ENGLISH TEA CAKE

Take one cup of sugar, one-half cup of butter (melted), one teaspoonful each cloves and cinnamon, one-half teaspoonful of nutmeg, one cup of sour milk, two cups of flour, one teaspoonful **Cow Brand Baking Soda** well rounded, one cup of seeded raisins. Mix the sugar and spices together; add the butter and cream well; put Soda in milk and add to the mixed ingredients; stir in the flour and last the raisins sprinkled with flour. An excellent cake that does not require eggs.

BERRY SHORTCAKE

Take three cups flour, one teaspoonful **Cow Brand Baking Soda** two teaspoonfuls cream of tartar, one teaspoonful salt. Put these all in the flour and sift together. A piece of lard the size of two eggs, rubbed in the sifted flour, then wet up with butter-milk or sour milk. Half of this is enough for one quart of berries.

APPLE SAUCE CAKE

Take one cupful sugar, one-quarter cup shortening, one cupful apple sauce, two cupfuls flour, one teaspoonful **Cow Brand Baking Soda** dissolved in about two tablespoonfuls water, one teaspoonful each of cloves and cinnamon, a little nutmeg, salt; with or without one egg, one cup seeded raisins or currants. Beat the apple sauce until it is very smooth.

APPLE CAKE

Take two cups sugar, four eggs, one cup of shortening, one heaping teaspoonful **Cow Brand Baking Soda**, dissolved in one-half cup of cold water, three cups flour, one teaspoonful cinnamon, cloves and allspice, three green apples chopped fine.

BANANA CAKE

Take one cup of sugar, one third cup of butter, half cup sweet milk, three eggs, one teaspoonful of **Cow Brand Baking Soda**, two of cream tartar, two cups of sifted flour, flavour to taste. Filling—Mash two bananas to a cream, stir into boiled frosting and put between layers. To be eaten same day as made.

INSIST UPON HAVING COW BRAND BAKING SODA

"Lives there a man with soul so dead
That does not love hot ginger-bread?"

NEW ENGLAND GINGER BREAD

Take one-half cup brown sugar, one-half cup lard, one cup molasses, two eggs, two teaspoonfuls ginger, one teaspoonful cinnamon, one cup boiling water, two level teaspoonfuls **Cow Brand Baking Soda** and two and one-half cups flour.

SOFT GINGER CAKE

Take one cup of molasses to which add one teaspoonful ginger, one teaspoonful **Cow Brand Baking Soda**, and a pinch of salt, one-half cup drippings melted in one-half cup hot water added to the molasses, two cups of flour.

SOFT GINGER BREAD

Beat one egg lightly in a cup with a fork. Add one tablespoonful melted butter, three tablespoonfuls sour milk, and fill the cup with molasses. Turn all into a bowl and beat hard. Add one cup sifted flour, one teaspoonful **Cow Brand Baking Soda**, and spices. Bake in a sheet.

GINGER DROP CAKE

Take three eggs, one cup lard, one cup sugar, two teaspoonfuls **Cow Brand Baking Soda**, three teaspoonfuls ginger, five cups flour, pinch of salt, one cup molasses, one cup sour milk, a little cinnamon.

JENNY LIND CAKE

Take one pint of thick, sweet cream, two cups of sugar, two eggs, two teaspoonfuls of cream of tartar; one teaspoonful of **Cow Brand Baking Soda**, one quart of flour, well sifted; bake in a square pan; flavor with vanilla.

LA FAYETTE CAKE

Take one cup shortening, one cup of brown sugar, one cup of molasses, one cup sour milk, one teaspoonful **Cow Brand Baking Soda**, one teaspoonful each cloves and allspice, one tablespoonful of cinnamon, a grated nutmeg, the juice and grated rind of a lemon and a glass of jelly. Stir into this a cup or more of seeded raisins, currants and a little sliced citron. Add to this, flour to make a rather thin batter and bake very slowly two hours. The slow baking has a great deal to do with the success of this cake. If kept in a stone jar or in the refrigerator it will be as good in two months as the day it was baked, as it needs to stand a little before cutting. If the cake dries, wet it thoroughly and heat through in the oven. Pieces of this can be steamed and served with pudding sauce. No butter or eggs are required for this cake.

FLORENCE CAKE

Take one cup sugar, three-fourths cup molasses, one-half cup butter, two eggs, two cups flour, one teaspoonful **Cow Brand Baking Soda**, one-fourth teaspoonful each of cinnamon, cloves, nutmeg and allspice, one cup raisins (seeded), one cup sour milk.

JAM CAKE

Take one cup sugar, a cup of butter, three eggs, one cup jam, two cups flour, three tablespoonfuls sour milk, one teaspoonful **Cow Brand Baking Soda**, one cup raisins, seeded.

INSIST UPON HAVING COW BRAND BAKING SODA

CHOCOLATE CAKE

Take one cup sugar, two eggs, three-quarters cup butter, one cupful sour milk, with one teaspoonful **Cow Brand Baking Soda** dissolved in it; one cup and a tablespoonful sifted flour, two squares melted chocolate poured in last.

LAYER CHOCOLATE CAKE

Take one egg, one cupful sugar, one teaspoonful melted butter, one cupful sour milk, one teaspoonful **Cow Brand Baking Soda** vanilla, one square grated chocolate, flour; bake in layers and fill with frosting.

SOLID CHOCOLATE CAKE

Take one cup sugar, three-fourths of a cup of butter, three eggs, one-half cup sweet milk, two and one-half cups sifted flour, one teaspoonful **Cow Brand Baking Soda**. Now boil chocolate, take one-half cup sugar, place over fire with one-half cup sweet milk, add two melted squares of chocolates with yolk of one egg. When cool add to batter, and lastly add the well beaten whites of four eggs.

SOUR CREAM CHOCOLATE CAKE

Melt two squares of chocolate in one-half cup of sour cream; beat together the yolks of three eggs, one and a half cups of sugar, and another half cup of sour cream; add the melted chocolate, a pinch of salt, one large cup of flour, one teaspoonful of **Cow Brand Baking Soda**, and one of vanilla; finally the beaten whites of three eggs. Bake in a square tin, and when cool pour a boiled icing over it.

CHOCOLATE NUT CAKE

Take one cup sugar, one-half cup butter, yolks of two eggs, three squares of chocolate melted over hot water, add a little sugar, and one-half cup of hot water, cook a few minutes, then cool. One-half cup buttermilk, one teaspoonful **Cow Brand Baking Soda** in the buttermilk, two cups flour, add the chocolate and one and one half cups nut meats cut in pieces and added to the whites beaten until stiff. This cake is nice with chocolate fudge frosting and is better the second day than the first.

CHOCOLATE SPICE CAKE

Take one cup sugar, one-half cup butter, one egg, three tablespoonfuls melted chocolate, one cup buttermilk, one teaspoonful **Cow Brand Baking Soda**, one teaspoonful each of cloves and cinnamon, one and one-half cups of flour.

COCOA SPICE CAKE

Take one egg, one-half cup shortening, four tablespoonfuls of cocoa, one and one-fourth of a cup of sugar, one cup buttermilk, one teaspoonful **Cow Brand Baking Soda**, one teaspoonful cinnamon, one and one-half cups of flour, flavoring.

COCOA CAKE WITHOUT EGGS

Take one cup of sugar, four tablespoonfuls of butter, one cup of sour milk or buttermilk, one teaspoonful **Cow Brand Baking Soda**, one and one-half cups flour, one-half cup dry cocoa, a dash of milk, stir well.

INSIST UPON HAVING COW BRAND BAKING SODA

DARK CAKE

Take two eggs, two cups brown sugar, one-half cup butter, one-half cup sour milk, two and one-half cups sifted flour, one teaspoonful **Cow Brand Baking Soda**, one sixth of a cake of chocolate dissolved in one-half cup boiling water.

SPICE CAKE

Take two cups sugar, two thirds of a cup of butter, two eggs, one cup buttermilk, one teaspoonful **Cow Brand Baking Soda**, one teaspoonful each of cinnamon, cloves and nutmeg, two cups sifted flour.

SPICE CAKE WITH SWISS CREAM FROSTING

Take one cup of sugar, one egg, one cup of sour milk, one tablespoonful of molasses, one-half cup of butter, two and one-quarter cups of flour, one teaspoonful **Cow Brand Baking Soda** one-half teaspoonful of cloves and cinnamon, a little nutmeg.

Swiss Cream Frosting.—Cream piece of butter (about size of an egg), add two tablespoonfuls of cream or milk, one half teaspoonful of vanilla, add powdered sugar till thick enough to spread.

SPICE CAKE

Take half cup lard, one cup cold water, one cup brown sugar, one-half teaspoonful salt, one teaspoonful spices of all kinds, one cup raisins (seeded). Let this come to a boil and when cool add one teaspoonful **Cow Brand Baking Soda** one and one-half cups flour. Bake in slow oven.

BLACK CAKE

One cup of dark brown sugar, one of butter, one of sour cream, one of New Orleans molasses, four cups of sifted flour, one tablespoonful of **Cow Brand Baking Soda** dissolved in a little water, one tablespoonful of ginger, one teaspoonful of cinnamon, one half teaspoonful of cloves, three eggs, one cup of raisins and one half cup of citron. Serve with sauce.

MOLASSES CAKE

Take one cup sugar, one cup shortening (lard and butter), one cup molasses, one cup sour milk, three cups flour, one egg, one teaspoonful ginger, three teaspoonfuls **Cow Brand Baking Soda**, in flour, three teaspoonfuls of vinegar, cinnamon to flavor.

MOLASSES LAYER CAKE

Take one cup molasses, yolks of two eggs, six tablespoonfuls of water, two tablespoonfuls shortening, one teaspoonful cloves, one teaspoonful cinnamon, two cups flour, one teaspoonful **Cow Brand Baking Soda**

LAYER MOLASSES CAKE

Take one-half cup sugar, one-half cup molasses, two-thirds cup cold water, one and two-thirds cup flour, piece of butter size of an egg, one egg, one teaspoonful **Cow Brand Baking Soda**. Bake in two layers and use boiled frosting in center and on top.

INSIST UPON HAVING COW BRAND BAKING SODA

FRUIT CAKE

Take one pound brown sugar, one cup buttermilk, five eggs, one pound currants, one-half pound figs, one large cup hickory nut meats, chopped fine, two teaspoonfuls **Cow Brand Baking Soda**, two teaspoonfuls cinnamon, one teaspoonful allspice, one large cup butter, five cups sifted flour, two pounds raisins, seeded, one-half pound dates, one teaspoonful cloves, one nutmeg. Prepare fruit and dry with flour, then mix butter and sugar; add milk and flour. Bake two and one-half hours.

FRUIT CAKE

Take one pound brown sugar, two-thirds pound butter, one and one-half pounds flour (brown the flour), six eggs, one cup of sour cream one teaspoonful **Cow Brand Baking Soda**, two pounds raisins (seeded), two pounds currants, one pound citron one pint molasses; nutmeg, cloves and cinnamon to taste.

FRUIT CAKE WHEN EGGS ARE SCARCE

Take two cups sugar, two cups sour milk, two cups raisins, one cup currants, four cups flour, eight tablespoonfuls shortening (melted), cinnamon, cloves and nutmeg, one teaspoonful of each), two teaspoonfuls **Cow Brand Baking Soda**. Bake slowly one hour.

EGGLESS FRUIT CAKE

Take one cup sugar, one-half cup butter, one cup sour or buttermilk, one-half teaspoonful each of cinnamon, cloves and nutmeg, one teaspoonful **Cow Brand Baking Soda**, two cups flour, one cup of raisins.

FRUIT CAKE OR BRIDE CAKE

Take two cups brown sugar, one cup molasses, one tablespoonful **Cow Brand Baking Soda**, one cup sour milk, (half soda in molasses, half soda in sour milk), four eggs, one cup butter, two pounds raisins, one pound currants, one-half pound citron; grate in some chocolate, one teaspoonful of cinnamon, cloves, allspice, one nutmeg, one-half teaspoonful salt, three and one-half cups flour. This is fine and will keep for months.

DELICATE CAKE

Take two cups sugar, one cup butter, one cup sweet milk, four cups flour, two teaspoonfuls cream of tartar, one teaspoonful of **Cow Brand Baking Soda**, whites of seven eggs, cream butter and sugar and add sweet milk; sift flour, cream tartar and Soda together thoroughly, add to cake mixture; add whites of eggs and seasoning last.

VELVET LUNCH CAKE

Take one-half cup butter, one cup sugar, one cup sour milk, one teaspoonful **Cow Brand Baking Soda** one egg, two cups flour, one cooking spoonful molasses, one teaspoonful cinnamon, one quarter teaspoonful cloves, one-quarter teaspoonful nutmeg.

CRULLERS

One cup sour cream, one cup sugar, four cups sifted flour, one teaspoonful **Cow Brand Baking Soda** sifted one teaspoonful cream tartar sifted two eggs, a little nutmeg and vanilla if desired.

INSIST UPON HAVING COW BRAND BAKING SODA

COFFEE CAKE

Take one cup sugar, one-half cup butter, one egg, one cup molasses, one cup strong coffee, one teaspoonful **Cow Brand Baking Soda**, three and one-half cups flour, one teaspoonful cinnamon, one-half teaspoonful cloves and nutmeg, one cup raisins.

CREAM CAKE

Take one egg, one cup sugar, one cup sour cream, one-third cup molasses, two cups flour, one teaspoonful **Cow Brand Baking Soda**, salt, one teaspoonful cloves and one of cinnamon.

DROP CAKES

Take one and one-half cups of sugar, one-half cup of butter (scant), two eggs, four tablespoonfuls of sour milk, one cup of chopped raisins (seeded), one teaspoonful of cloves, one tablespoonful of cinnamon, one teaspoonful of **Cow Brand Baking Soda** dissolved in milk, two to two and one-half cups of flour. They should be quite stiff. Drop on buttered pans; a teaspoonful makes a good-sized cake.

LEBKUCHEN

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

LADY CUPS

Take one pint cake crumbs, one cup molasses, half cup sour milk, one even teaspoonful **Cow Brand Baking Soda**, a quarter of a cup brown sugar, two heaping tablespoonfuls lard, a little lemon peel grated, a teaspoonful cinnamon, the same of allspice, one egg, a handful of currants and enough sifted flour to make soft dough. Bake in greased cup-cake tins. Frost with chocolate.

PORK CAKE

Take three cups molasses, three cups sugar, one pint of boiling water, one pound of raisins (seeded), one pound of pork, two tablespoonfuls ginger, one tablespoonful cinnamon, one tablespoonful allspice, one tablespoonful cloves, six cups of flour, one teaspoonful **Cow Brand Baking Soda**. Pour boiling water over the pork after it is finely chopped and add molasses and sugar.

PRINCESS BISCUITS

Take two pounds "A" sugar, fourteen ounces lard, one teaspoonful **Cow Brand Baking Soda**, one and a third pints butter-milk, two quarts and one pint to three quarts sifted flour and lemon flavoring. Mix the sugar and lard together, add the milk and Soda and the flour last. Cut with a small scalloped cutter, prick with a fork and bake in a net too hot oven.

INSIST UPON HAVING COW BRAND BAKING SODA

JUMBLES, COOKIES, DOUGHNUTS AND FRITTERS

JUMBLES, COOKIES, DOUGHNUTS AND FRITTERS ALMOND JUMBLES

Take one pound sugar, one-half pound flour, one-quarter pound of butter, one teacupful of milk, five eggs, two tablespoonfuls rose water, three-quarters of a pound of almonds blanched and chopped small, but not pounded; one teaspoonful of **Cow Brand Baking Soda** dissolved in cold water. Cream the butter and sugar; stir in the beaten yolks, the milk, the flour, and the rose water, the almonds lastly, the beaten whites very lightly and quickly. Drop in rings or round cakes on buttered paper, and bake immediately. You may substitute grated cocoanut or the chopped kernels of white walnuts for the almonds, in which case add a little salt.

CHOCOLATE JUMBLES

Take one-quarter pound chocolate (melted), one cup molasses, one cup sugar, one teaspoonful cloves, one teaspoonful allspice, one teaspoonful cinnamon, one teacup shortening (one-half lard and one-half butter), two eggs; two teaspoonfuls **Cow Brand Baking Soda**; sufficient flour to make a soft dough. Roll out, cut thin and bake in a moderate oven.

SOUR CREAM JUMBLES

Take two cups of granulated sugar, one cup of butter, one cup of thick, sour cream, four eggs, one teaspoonful of **Cow Brand Baking Soda**, flour to make moderately thick. Roll thin: cut with cookie cutter and bake in a hot oven.

JUMBLES

Take one cup sugar, one cup molasses, one cup shortening, one cup sour milk, one scant tablespoonful cinnamon, two teaspoonfuls **Cow Brand Baking Soda**, three eggs, four and one-half cups flour.

MESSINA LEMON WAFERS

Take one and a half pounds granulated sugar, one-half pound butter, two ounces lard, six egg yolks, one-half pint sour milk (short measure) two even teaspoonfuls **Cow Brand Baking Soda**, two heaping teaspoonfuls cream of tartar; two teaspoonfuls lemon flavoring; one quart and one-half pint sifted flour. Rub flour butter and lard together; and add soda and cream tartar; Mix the sugar in the center with the eggs, milk, etc. Make a stiff dough, then roll and cut small. Bake in slow oven.

AUNT NELL'S COOKIES

Take two cups granulated or brown sugar, a half cup butter, a half cup lard, one large cup sweet milk, a half cup cream, one even teaspoonful **Cow Brand Baking Soda**, two and a half heaping cups flour sifted with one heaping teaspoonful cream of tartar and some nutmeg to flavor. If flour is not sufficient add a little more. Roll out and dip in coarse sugar.

BOLIVARS

Take one pint N. O. molasses, one cup water, a quarter of a cup sour cream or milk, a half-cup lard two teaspoonfuls **Cow Brand Baking Soda**, a tablespoonful ginger and sufficient sifted flour to make a stiff dough. Roll out thick; cut out with scalloped cutter; wash with milk and bake in hot oven.

INSIST UPON HAVING COW BRAND BAKING SODA

MOLASSES DROP CAKES

Take two eggs, one cup molasses, one tablespoonful **Cow Brand Baking Soda**, one-half cup sweet milk, one cup sugar, one-half cup lard. Put soda in last; spices to taste; and flour to make stiff. Drop from teaspoon on buttered tins.

MOLASSES DROP COOKIES

One cup of sugar, one egg, one cup of butter, one cup of molasses, one teaspoonful ginger, one-fourth nutmeg, one-half cup boiling water, two teaspoonfuls of **Cow Brand Baking Soda**. Stir stiff enough to drop.

MOLASSES COOKIES WITHOUT SHORTENING

Two eggs, one tablespoonful vinegar, one cup sugar, a little salt. Put one cup molasses in pan and let it come to a boil, or when it begins to change color stir in one level teaspoonful **Cow Brand Baking Soda**. Flour enough to mix soft.

CHOCOLATE COOKIES

Beat to a cream one-half cupful of butter and one tablespoonful of lard; add gradually one cupful of sugar, then two ounces of melted chocolate, one teaspoonful of cinnamon, one teaspoonful of vanilla and one saltspoonful of salt. Beat thoroughly, add one beaten egg; one teaspoonful of **Cow Brand Baking Soda** dissolved in two tablespoonfuls of sour milk or cream, and about two and one-half cupfuls of flour. Roll out, cut into rounds and bake.

HOME-MADE GINGER SNAPS

Take one cup granulated and brown sugar (half cup each), one cup dark molasses, a half cup lard, a half gill water, one teaspoonful **Cow Brand Baking Soda**, a pinch of salt, a tablespoonful cinnamon, a heaping tablespoonful ginger, and four cups of flour (soft flour if possible). Mix together and work well. The dough should be very stiff, but if too stiff add a little more water. Roll out thin and cut with small cutter. Set on lightly greased tins and dampen by covering with a damp towel for a few moments before baking.

GINGER COOKIES

One and one-half cups of molasses, one-half cup of sugar, one cup of butter, three eggs. Beat eggs, sugar and butter together. Two teaspoonfuls of **Cow Brand Baking Soda**, beaten in the molasses, one tablespoonful of cinnamon; one teaspoonful of ginger, one-half cup sweet milk, flour enough to roll.

SPICED COOKIES

Two eggs, two cups brown sugar, one-half cup melted lard, one cup molasses, one cup cold water; two teaspoonfuls **Cow Brand Baking Soda**, six cups sifted flour; one cup raisins (seeded), one teaspoonful salt, one teaspoonful cloves, two teaspoonfuls cinnamon; drop from spoon (about a dessert-spoonful in a place) allowing room in tin for the cookies to spread; **WHEN BAKED, DO NOT PLACE COOKIES UPON EACH OTHER.**

INSIST UPON HAVING COW BRAND BAKING SODA

DOUGHNUTS

Take one large egg or two small ones, four and one-half table-spoonfuls of melted butter, beef dripping or lard, one coffee cupful of sweet milk, one of sugar, one teaspoonful of ginger, two of cream of tartar, and one of **Cow Brand Baking Soda**. Mix **Cow Brand Baking Soda** and cream of tartar with flour enough to make the dough stiff enough to handle. Fry in hot lard or beef drippings. Dust with powdered sugar if you choose.

FRIED CAKES

Mix two eggs, one and a half cups sugar, one large cup sour milk, one teaspoonful **Cow Brand Baking Soda**, a quarter cup of butter or lard, a pinch of salt and half a teaspoonful mace or nutmeg. Then add sifted flour to make the dough just stiff enough to roll out. Cut with a doughnut cutter. Let them stand a few minutes before frying in hot grease.

BATTER FRITTERS

Mix together in a bowl one egg, well beaten, one cup sour milk, one teaspoonful of **Cow Brand Baking Soda**, two generous table-spoonfuls of melted butter, one heaping tablespoonful sugar, and sufficient sifted flour to make a thick batter. The batter should not run from the spoon. A half nutmeg grated, or one teaspoonful of vanilla gives a nice flavor. Drop with large spoon into hot lard. Serve while hot with maple syrup.

FRITTERS

Three eggs, two table-spoonfuls sugar, two cups sour milk, one teaspoonful **Cow Brand Baking Soda**, pinch of salt, flour enough to make a stiff batter; beat thoroughly, drop by large spoonfuls into hot lard; fry brown.

CREAM COOKIES

Take two eggs, two cups sugar, one cup shortening, one cup sour cream, salt, nutmeg, two teaspoonfuls **Cow Brand Baking Soda**

CURLY PETERS

Take one and one-half cups sugar, one cup butter, one cup sour milk, one cup currants, three cups flour, two eggs, one teaspoonful **Cow Brand Baking Soda**, nutmeg and allspice to taste. Drop in pan by teaspoonfuls and bake.

GRAHAM COOKIES

Take two eggs, two cups sugar, two cups buttermilk, one-half cup melted butter, two teaspoonfuls **Cow Brand Baking Soda**, five cups Graham flour. Drop on buttered tins and bake in a quick oven.

PLAIN COOKIES

Take one cup of butter, one heaping cup of sugar, one cup of cold water (or better, sour milk) in which a teaspoon a little more than evenly full of **Cow Brand Baking Soda** has been dissolved; mix in sifted flour until they will keep their shape. Bake in quick oven.

INSIST UPON HAVING COW BRAND BAKING SODA

DUMPLINGS AND OTHERS

BOILED OR STEAMED APPLE DUMPLINGS

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

BAKED APPLE DUMPLINGS

Same as above, except that double the shortening can be used; when the dumplings are ready for the oven, lay in a greased pan and have the folds of the dumplings at the bottom. Bake brown and serve with hard or vanilla sauce, or both.

APPLE ROLY-POLY

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

BROWN BETTY

Take one egg, four tablespoonfuls shortening (melted), one cup molasses, spices of all kinds, one teacup of hot water, one teaspoonful **Cow Brand Baking Soda**, flour as for cake. Steam two hours. Serve with hard sauce.

LADY WASHINGTON SLICES

Mix together a half cup bread or cake crumbs ground fine, a third of a cup lard or butter, one egg, vanilla, lemon, cinnamon, allspice, and large cup of molasses, one cup water, with one heaping teaspoonful of **Cow Brand Baking Soda** dissolved in it, and sufficient sifted flour to make a soft dough. Add one cup of washed currants. Line a large flat tin with pie crust and fill with above mixture one-half inch deep. Lay narrow strips of pie crust over the top crosswise, and when baked, dust with fine sugar.

HONEYCOMB PUDDING

Take one-half cup suet, one cup milk, one egg, two cups of sifted flour, one cup of raisins, one-half cup of molasses, two teaspoonfuls of cream of tartar, one teaspoonful of **Cow Brand Baking Soda**. Steam one hour.

YORKSHIRE PUDDING, WITH ROAST BEEF

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

INSIST UPON HAVING COW BRAND BAKING SODA

PUDDINGS

BOILED BREAD PUDDING

Take one quart bread crumbs, soaked in as little water as possible, add one cup molasses, one tablespoonful of butter, one cupful of fruit, a little of each spice, one teaspoonful of **Cow Brand Baking Soda** and about one cupful of sifted flour. Boil in a well greased mould for two hours.

CRUMB PUDDING

Take one pint of crumbed cake, one quarter cup molasses, one cup sweet milk, one egg, one teaspoonful **Cow Brand Baking Soda**, one cup chopped raisins (seeded), two tablespoonfuls flour, mix well, steam two hours, serve with whipped cream.

GRAHAM PUDDING

Take two cups Graham flour, one cup molasses, one cup raisins (seeded), one cup milk, one egg, one teaspoonful **Cow Brand Baking Soda**, one-quarter teaspoonful salt, one aspoonful cinnamon; steam two hours.

Sauce.—Take one cup sugar, one-half cup butter, beaten with one cup boiling water. Flavor to taste.

GINGER PUDDING

Take one cup sour milk, one egg, two-thirds cup of molasses, one tablespoonful ginger, one-half cup of sugar, one-quarter cup butter, two and one-half cup of flour, one teaspoonful **Cow Brand Baking Soda**

JOHN'S DELIGHT

Take two cups chopped bread, half a cup chopped suet, half a cup molasses, one egg, one cup raisins (seeded), one cup sweet milk, with half a teaspoonful of **Cow Brand Baking Soda** dissolved in it, half a teaspoonful of cloves, one teaspoonful of cinnamon, a pinch of mace and salt. Boil two hours in a tin pudding boiler. Eat with "Foaming Sauce."

Foaming Sauce—Beat half a cup of butter to a cream; add one cup of granulated sugar, and stir until it is white and foaming. Just before serving, pour on it one cup of boiling water and stir a moment.

PLUM PUDDING WITHOUT EGGS

Take one cup finely chopped beef suet, two cups fine bread crumbs, one cup molasses, one cup chopped raisins (seeded), one cup currants, one teaspoonful salt, one teaspoonful cloves, one teaspoonful cinnamon, one teaspoonful **Cow Brand Baking Soda**, one cup milk; flour enough to make stiff batter. Place in a double boiler and boil four hours. Serve with a rich sauce; lemon sauce is good.

BOILED SUET PUDDING

Take one cup molasses, one cup suet (chopped fine), one cup sour milk, one teaspoonful **Cow Brand Baking Soda**, one cup raisins (seeded), chopped and floured, flour to thicken. Steam from three to four hours. Serve with whipped cream.

WHAT TO DO WITH LEFT-OVERS

All bones and scraps of meat, bits of cereal, vegetables, celery, parsley—anything too small for other uses—goes to the stock-pot.

MEAT.—Re-heat dark meats in a brown sauce made of one tablespoonful butter, one tablespoonful flour, one cup stock, and salt and pepper. Use a white sauce for white meats and poultry.

COLD ROAST BEEF is delicious prepared by the following rule: Cut the beef into thin slices. Butter a baking dish; cover the bottom with slices of beef, add salt and pepper, bits of butter and a few very thin slices of onion. Pour over it half a cup of stewed tomatoes. Alternate the seasoned beef with the tomato until the dish is nearly full; then add half a cup of gravy, sprinkle with bread or cracker crumbs which have been soaked in melted butter, and bake half an hour in a hot oven.

MINCE any sort of meat, heat it in gravy and serve on toast dipped in hot water and dotted with bits of butter.—Or line a buttered mould an inch deep with mashed potato or rice well smoothed; fill up with the minced meat; turn out on a platter and garnish with parsley. A few tablespoonfuls of minced meat varies an omelet agreeably. Hollow out tomatoes or sweet peppers; stuff them with a filling of one cup of minced meat, one-half cup of bread-crumbs, a cup of stock, a tablespoon each of onion juice and lemon juice and butter melted, one egg, salt and pepper to taste. Bake half an hour. Take equal quantities of cooked rice, stewed tomatoes and minced meat. Fill the baking dish with layers of rice, meat and tomato in turn; let the tomato form the top layer. Sprinkle with crumbs and dot with butter; bake half an hour. A scallop is made by alternating layers of minced meat and white sauce in the baking dish, crumbing the top and baking until the crumbs are lightly browned.

Let your butcher remove the tough ends of steaks and chop them for Hamburger.

Cold boiled mutton is good diced and cooked for an hour with one onion, one cup stock, two tablespoonfuls butter, one cup peas, one teaspoonful salt and a bit of pepper.

Slice mutton thin; put one cup gravy, a dash of pepper, one quarter teaspoonful curry-powder and three tablespoonfuls currant jelly into a saucepan; when it boils add half a gill of sherry and the mutton. Serve immediately on toast.

Almost any meat makes good croquettes. Chop enough to make two cupfuls. Make a sauce of one tablespoon butter, two tablespoons flour, one scant teaspoon salt and one cup hot milk. Add the meat, one teaspoon onion juice, one-quarter teaspoon white pepper, a dash of red pepper, bit of grated nutmeg, one tablespoonful chopped parsley, and mix thoroughly. When cold, shape into cylinders, dip in egg, then in bread crumbs and fry in smoking fat.

FAT.—Try out beef and veal fat and save with drippings and soup fat for frying. Mutton fat is useful for softening and water-proofing leather.

EGGS.—Clear soups and coffee with shells and whites. Boil soft eggs until hard and use in salad or for garnishing. Chop poached, fried or scrambled eggs and mix with minced meat.

INSIST UPON HAVING COW BRAND BAKING SODA

WHAT TO DO WITH LEFT-OVERS

(Continued)

VEGETABLES.—Use peas, cauliflower and beans separately or mixed in salads. Or cover cauliflower with white sauce and sprinkle with cheese.

Boil tougher pieces of celery and roots and serve with white sauce.

Cut corn off the cob and add to muffin batter.

Press tomatoes through a sieve and use for bisque or tomato sauce. Or strain a cupful and boil with one cup water, slice onion, one teaspoon sugar, one-half teaspoon salt, a bit of pepper, two cloves, one-half teaspoon mixed herbs, half a bayleaf; dissolve in it two tablespoons gelatine soaked in one-half cup cold water and strain. Pour into a mould and when set turn out on a dish bordered with lettuce leaves and serve with mayonnaise or boiled dressing.

BREAD.—Use for toast; croutons; bread pudding or nursery pudding (slices alternating in the mould with stewed fruit and pressed into form by means of a weight laid on a plate on top).

CEREALS.—Add left-over cereal to next day's supply; mold in cups and serve cold. Cut corn meal mush and hominy into slices and fry. Add a cupful to pancake batter.

SOUR MILK.—Use with **Cow Brand Baking Soda** instead of sweet milk and baking powder. Make cottage cheese.

CHEESE.—Grate when dry and sprinkle on scalloped dishes; on toasted crackers; with macaroni.

FRUITS.—Stew when they begin to decay; make jam. Boil in syrup until soft but still shapely and serve as dessert.

CAKE.—Spread slices with jam or jelly and cover with boiled custard. Cut in strips to line a jelly mould; if sponge-cake use for Charlotte Russe.

JELLY.—Cut into dice as garnish for bread and rice puddings or custard.

ECONOMICAL MENUS

In arranging your daily bills-of-fare consider first what your market affords of seasonable provisions of a nourishing sort. A cheap food that furnishes little for the body's upbuilding is expensive at any price, and should be resolutely barred from the table.

While the healthy body adapts itself within limits to the amount and kind of food taken, it demands for health some of each of the three great classes of food at every meal; nitrogenous, carbonaceous and fatty. The first is supplied by meats, old beans, peas and lentils, nuts, milk and cheese. The carbo-hydrates—starches—are furnished by potatoes, white bread, rice and other cereals. The fat of meat, butter, cream and vegetable oils supply the fatty element.

The cost of nitrogenous food from the animal kingdom is hardest to keep low, so it is well to substitute for it occasionally the legumes prepared as thick, well-seasoned soups or baked. But you may have meat daily and still be thrifty if you know how to prepare the so-called inferior pieces. But in using them count the cost of extra fuel, for they require long and careful cooking, though not at a high temperature.

All meat should be treated as directed on page 26, which see also for ways of rendering the tougher pieces tender.

INSIST UPON HAVING COW BRAND BAKING SODA.

ECONOMICAL MENUS

(Continued)

The shin is the least expensive part of beef obtainable. Take a thick slice and simmer three hours in salted water. Then cover with a diced onion, carrots and turnips, a bay-leaf and two cloves; cook together an hour. Thicken the gravy before serving.

The neck of mutton makes an excellent Scotch broth. Chop a pound into pieces and simmer for two hours with a quart of water, a cupful of barley, an onion and herbs and salt to taste.

Chops from the shoulder of mutton are simmered for half an hour and served with white sauce; the water will furnish a soup.

A cheap cut of veal is stewed in milk which is thickened before serving.

Calf's liver is appetizing cut into thin slices, boiled in salted water and dressed with a sauce of the water in which it was cooked, thickened with flour and flavored with onion and seasoning.

The starches are generally inexpensive; use broken rice (less costly than the perfect grains) or hominy as a change from potatoes. Tapioca and sago are very inexpensive and can be used in broths and desserts.

White flour is poor economy, being deficient in nutriment as compared with the whole wheat.

Fresh vegetables are valuable not only as fuel for the body, but to give bulk which stimulates elimination. Carrots, turnips, cabbage and beans are low priced the greater part of the year.

For dessert these are nice; apple, tapioca and dumplings, fruit short cake made of sour milk and **Cow Brand Baking Soda**, junket, waffles, nursery pudding, popovers and baked and boiled custards when eggs are cheap.

Here are some sample menus:

DINNER

Scotch Broth	Calf's Liver, fried or as above
Rice	Mashed Potato
Mashed Turnips	String Beans
Waffles with corn syrup	Sliced Bananas with powdered sugar.

LUNCHEON OR SUPPER

Baked Beans	Macaroni with cheese
Escalloped Potatoes	Vegetable Salad, boiled dressing
Baked Apples	Honey with whole wheat bread.

"All human history attests
That happiness for man—the hungry sinner—
Since Eve ate apples, much depends on dinner."

DON JUAN, CANTO XII, St. 99.

INSIST UPON HAVING COW BRAND BAKING SODA

THE COOKING OF MEATS

Clean hands are a possession which even the most careful butcher can't always boast. Then in a market, no matter how well kept, there are bound to be flies and thoughtless customers who poke the displayed goods with none too immaculate fingers,—altogether it's the safe and cleanly thing to wash all meats that come into your kitchen. Not with water alone, but with a solution of **Cow Brand Baking Soda**. Don't immerse the meat, for thus the juices are lost, but with a clean cloth wet in the Soda solution wipe carefully every part of the surface. If there is any taint the Soda corrects it instantly. And beside, it renders the tough fiber more susceptible to the action of heat.

In boiling all meat, unless you are sure it is very tender, throw a quarter teaspoonful of **Cow Brand Baking Soda** into the water. Old poultry, ham, tongue and corned beef are rendered far more tender and digestible by this treatment.

SWEETBREADS should be soaked for an hour in cold water in which a teaspoonful of **Cow Brand Baking Soda** has been dissolved, to remove the blood from the vessels. Discard this water, and put them on the stove in fresh cold water and one-half teaspoonful Soda. Bring slowly to a boil and simmer for two hours. Then plunge into cold water and when thoroughly chilled place between plates with a weight on top. After the membranes have been removed the sweetbreads are ready to be broiled, creamed or served in salads.

STUFFED HEART is cheap and appetizing if well prepared. Remove the sinews from a calf's heart and wash it carefully in a solution of **Cow Brand Baking Soda**. Pour into it four tablespoonfuls of vinegar and let it stand for an hour. Reject the vinegar and stuff with one cup of meat or breadcrumbs seasoned with onions, sage, thyme, pepper and salt, a tablespoonful of butter and an egg. Bake for two hours, basting frequently with water from the pan. Make a gravy with the drippings and strain it over the heart.

TO MAKE TEA PROPERLY warm the teapot—earthenware, preferred—with hot water, put in a scant teaspoonful for each cup. Bring fresh soft * water to a hard boil, pour it over the tea and let it steep from three to five minutes according to the strength desired. Never place a teapot on the stove while the tea is brewing, for continued heat brings out the tannin which is the injurious element in the leaf.

*If you have not soft water at hand, add a pinch of **Cow Brand Baking Soda** to filtered water.

QUERY: Would you rather have your grocer make a "good thing" out of your purchase, or get what you ask for and know to be best? There is only one answer. So insist upon **Cow Brand Baking Soda** in packages. The grocer may make a smaller profit, but that is his affair, not yours. You are safeguarded and your purchase guaranteed under our trade-mark as under no other. Make sure that neither misleading similarity of label nor misrepresentations of salesmen swerve you from your intention of securing **Cow Brand Baking Soda**.

INSIST UPON HAVING COW BRAND BAKING SODA

THE COOKING OF VEGETABLES

The French say that Americans have the finest vegetables in the world in the greatest variety—but the worst on earth as commonly served. More often than not the difference between a palatable dish and a failure lies in the cooking, and on this page we give you a secret that will make your guests ask "How do you do it?" and your family rejoice in your skill.

Corn excepted, practically every vegetable, green and dry, is greatly improved by using **Cow Brand Baking Soda** in the boiling water. Add it with the salt, in the case of dried vegetables, after cooking has been going on for some time: the fiber will quickly soften and considerably shorten the period of boiling.

For a delicious dish which you will hardly recognize as common beans, try the following:

Beans.—Remove the ends from a quart of beans, butter, lima or string, and cut into quarter-inch lengths. Wash and put still wet into a covered sauce pan with one even teaspoonful salt and a scant half teaspoonful **Cow Brand Baking Soda** over a moderate fire. Stir occasionally; if the fire is too hot add a very little water, but remember that the beans are to be steamed, not boiled. Young, fresh beans will be done in 20 minutes; the older or longer picked require more time. When tender add a large tablespoonful butter and half a cup of cream or milk. Let them come to a boil again and serve at once.

Dried beans are a valuable food with meat constituents; their objectionable flatulence may be overcome by the addition of **Cow Brand Baking Soda**.

BAKED BEANS (an old Maine recipe).—Soak a pint of dried beans over night. Put to boil in an open kettle for half an hour, or until the skin cracks when blown upon. Remove from the fire, add a tablespoonful of **Cow Brand Baking Soda**; when the foaming has ceased, drain and rinse in a colander. Place the beans in a pan or bean-pot with one teaspoonful salt, one-quarter teaspoonful pepper, three tablespoonfuls molasses (vary this to taste), one cup fresh hot water and one-quarter pound salt pork scored in squares. Bake four hours in a slow oven, adding water if necessary.

BEAN SOUP.—Soak and boil as for Baked Beans; add one tablespoonful **Cow Brand Baking Soda** drain and put to boil again in fresh water. Add one teaspoonful mixed herbs, a few celery leaves, a slice of onion, one cup or more of meat stock and one tablespoonful butter. Salt and pepper to taste. Mash through a puree sieve; reheat before serving.

DRIED BEANS.—Soak one pint beans in two quarts cold water for two hours, having dissolved one teaspoonful **Cow Brand Baking Soda** in the water. Then pop the beans out of the skins, as one blanches almond nuts. Boil twenty to twenty-five minutes, when the beans may be served at once with butter, salt and pepper, or prepared as above and baked.

Corned beef and **CABBAGE** or **SPINACH** always require from one-quarter to one-half spoonful **Cow Brand Baking Soda** to make them palatable. Judgment must be used in putting in more or less Soda according to the amount to be cooked.

EGG-PLANT laid over night in water is far whiter and more tender if a little of **Cow Brand Baking Soda** is dissolved in the water.

ONIONS boiled taste much better, and are not so apt to prove disagreeable after eating, when about half a teaspoonful of **Cow Brand Baking Soda** is added to the water in which they are boiled.

INSIST UPON HAVING COW BRAND BAKING SODA

TIME TABLES FOR THE COOK

BOILING

MEATS	TIME	VEGETABLES	TIME
Chicken, per lb.	15 min.	Asparagus	20-30 min.
Fowl, per lb.	20-30 min.	Beets	30-90 min.
Corned Beef, per lb.	30 min.	Brussels Sprouts	10-15 min.
Ham, per lb.	18-20 min.	Cabbage	20 min.
Mutton, per lb.	15 min.	Cauliflower	20 min.
Pot Roast Beef, per lb.	30-35 min.	Green Corn	10-20 min.
Turkey, per lb.	15 min.	Lima Beans	30-40 min.
		Onions	30-40 min.
		Parsnips	30-40 min.
		Peas	15-20 min.
		Potatoes	20-30 min.
		Spinach	15-20 min.
		String Beans	20-30 min.
		Turnips	30-60 min.
		Macaroni	20 min.
		Rice	15-20 min.

BAKING *

MEATS	TIME	MEATS	TIME
Beef, ribs, rare, per lb.	10 min.	Birds, small, hot oven	20 min.
Beef, ribs, well done, per lb.	12 min.	Braised Meats	3-4 hrs.
Beef, ribs, rolled, per lb.	12 min.	Ducks, Tame	45 min.
Beef, round, per lb.	12-15 min.	Ducks, Wild, hot oven	15 min.
Chicken, per lb.	15 min.	Fillet, hot oven	30 min.
Goose, per lb.	18 min.	Grouse	20-25 min.
Lamb, well done, per lb.	15 min.	Partridge	35-40 min.
Mutton, leg, rare, per lb.	10 min.	Turkey, 8 lb.	1½ hrs.
Mutton, leg, well done, lb.	15 min.	Turkey, very large	3 hrs.
Mutton, loin, rare, per lb.	8 min.		
Mutton, sh'lder stuff'd, lb.	15 min.		
Mutton, saddle, rare, lb.	10 min.		
Pork, well done, per lb.	20 min.		
Veal, well done, per lb.	18-20 min.		
Venison, rare, per lb.	10 min.		

	FISH	TIME
	Large Fish	1 hour
	Small Fish	20-30 min.

† Add quarter of an hour to your baking time to give the roast time to heat through.

BROILING

	TIME		TIME
Steak, 1 inch thick	8-10 min.	Grouse	15 min.
Steak, 1½ inches thick	15 min.	Quail	8-10 min.
Mutton Chops, French	8 min.	Fish, large	15-25 min.
Mutton Chops, English	10 min.	Fish, small	5-10 min.
Spring Chicken	20 min.	Squabs	10-15 min.

* So much depends upon the age of vegetables and the length of time since gathering, and upon the tenderness or otherwise of meat, that it is hard to give exact figures for their cooking-times. Just here a little experience is worth a book of rules.

INSIST UPON HAVING COW BRAND BAKING SODA

THE MEAL-MAKER

is designed to help you answer the thrice-a-day question, "What shall we have to eat?" and to prevent your bills of fare from falling into monotony. By holding the pages together and opening the covers you can consult the Cooking Time-Table and Proportions in connections with the Meal-Maker.

SOUPS

With meat stock:

Barley
Bean, Pea, Lentil
Beef, Oxtail
Chicken, Rice, Noodles
Consomme
Tomato

BROTHS: CREAMED

Brown Celery
Chicken Clam
Mutton Corn
Pea
Clam Ch'der Spinach
Oyster Stew Tomato Bisque

BREADS

(See pages 8, 9, 10.)

FISH

(Baked, boiled, broiled, plank-
ed, escalloped.)

Bass
Butter
Cod
Flounder
Halibut
Mackerel
Salmon
Shad
Smelt
White
Shell Fish:
Clams
Crabs
Lobsters
Oysters

SALADS

Aspic
Brains
Cabbage
Cauliflower
Celery
Chicken
Chicory
Cucumber
Egg
Lettuce
Lobster
Maccdoine
Oyster
Pea
Potato
Sweetbread
Tomato
Waldorf
Water cress

MEATS

(Baked, boiled, broiled, escalloped,
fried, stewed, braised, in pie.)
—(See page 26.)

Bacon
Beef
Brains
Game
Ham
Heart
Kidneys
Sweetbreads, creamed.
Lamb
Liver
Mutton
Poultry
Pork
Tongue
Veal

VEGETABLES

(Boiled, creamed, escalloped
mashed.)—(See page 27.)

Asparagus
Beans: lima, string, wax
Beets
Carrots
Cauliflower
Celery
Corn
Cucumber
Kohlrabi
Onions
Parsnips
Peas
Peppers
Potatoes: hashed, brown Sara-
toga, stuffed, French fried, with
cheese.
Spinach
Squash
Succotash
Tomatoes
Turnips

EGGS

Baked in tomatoes
Boiled
Coddled
Creamed on Toast
Curried
Fried, with Bacon
Omelet, with peas, ham, jelly, jam
Poached
Scrambled
Shirred

DESSERTS

(See pages 21 and 22.)

INSIST UPON HAVING COW BRAND BAKING SODA

BIRTHDAY STONES

JANUARY GARNET

By those who in this month are born
No gems save Garnets should be worn;
They will insure you constancy,
True friendship and fidelity.

FEBRUARY AMETHYST

The February born will find
Sincerity and peace of mind—
Freedom from passion and from care.
If they the Amethyst will wear.

MARCH BLOODSTONE

Who on this world of ours their eyes
In March first open shall be wise,
In days of peril firm and brave
And wear a Bloodstone to their grave.

APRIL DIAMOND

Those who in April date their years
Diamonds should wear, lest bitter tears.
For vain repentance flow.
This stone
Emblem of innocence is known.

MAY EMERALD

Who first beholds the light of day
In Spring's sweet flowery month of May,
And wears an Emerald all her life,
Shall be a loved and happy wife.

JUNE AGATE

Who comes with Summer to this earth
And owes to June her day of birth,
With ring of Agate on her hand
Can health, wealth and peace command.

JULY RUBY

The glowing Ruby should adorn
Those who in warm July are born;
Thus will they be exempt and free
From love's doubts and anxiety.

AUGUST SARDONYX—

Wear a Sardonyx, or for thee
No conjugal felicity;
The August born without this stone
'Tis said must live unloved alone.

SEPTEMBER SAPPHIRE

A maiden born when Autumn's leaves
Are rustling in September's breeze,
A Sapphire on her brow should bind;
'Twill cure diseases of the mind.

OCTOBER OPAL

October's child is born for woe,
And life's vicissitudes must know;
But lay an Opal on her breast,
And hope will lull the woe to rest.

NOVEMBER TOPAZ

Who first comes to this world below
With dull November's fog and snow,
Should prize the Topaz' amber hue,
Emblem of friends and lovers true.

DECEMBER TURQUOISE

If cold December gave you birth,
The month of snow and ice and mirth,
Place on your hand a Turquoise blue—
Success will bless you if you do.

WEDDINGS ANNIVERSARIES

First year.....COTTON
Second Year.....PAPER
Third year.....LEATHER
Fifth year.....WOODEN
Seventh year.....WOOLEN
Tenth year.....TIN
Twelfth year..SILK AND FINE
LINEN

Fifteenth year.....CRYSTAL
Twentieth year.....CHINA
Twenty-fifth year..SILVER
Thirtieth year.....PEARL
Fortieth year.....RUBY
Fiftieth year.....GOLDEN
Seventy-fifth year..DIAMOND

COW BRAND SODA

(BI-CARBONATE)

in the Sick Room

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

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

DYSPEPSIA OR HEARTBURN.—A quarter of a teaspoonful of **Cow Brand Soda** dissolved in a tumbler of water, and drank three or four times a day, will be found very beneficial.

COLDS.—A half-teaspoonful of **Cow Brand Soda** in a glass of water, and repeated if necessary in one or two hours will often ward off a cold in its early stages.

BURNS OR SCALDS.—Cover burn or scald with a paste of Soda and cover with damp cloth.

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, fill with water to which has been added about one-half teaspoonful of **Cow Brand Soda** and leave standing until bottle is needed.

IT IS A GOOD TOOTH-POWDER and mouth wash, in fact better than any other, as it neutralizes the acids which secrete themselves around the teeth, there-by preventing their decaying effect. Use with brush, same as tooth-powder, or dissolve in water.

For the cure of hiccough.—A teaspoonful of **Cow Brand Soda** dissolved in half a glass of water will give instant and permanent relief.

COW BRAND SODA

in the Bath

Give it a Fair Trial and Note its Effects

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 Cow Brand Soda. It makes the water 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 agreeable will be the effect.

FOR COLDS, RHEUMATISM, LUMBAGO and ills of like nature, this is a most excellent remedy.

Also in cases of prickly heat and when the skin is feverish and dry it has a beneficial effect on the patient, allaying the itching and cooling and reducing the fever.

Wash baby in weak Soda water in warm weather.

Useful Information for the Farmer

HOG AND CHICKEN CHOLERA.—A judicious mixture of **Cow Brand Soda** and the animal feed will prove a **SURE 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 otherwise.

DAIRYMEN AND FARMERS should use the **Cow Brand Soda** only for keeping milk cans clean and sweet.

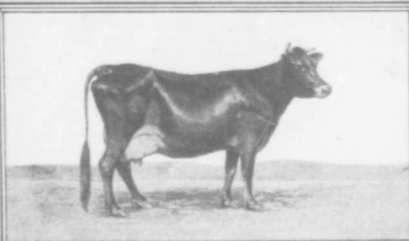
COWS.—We call the attention of Dairymen and Farmers especially to this article. The yield of milk in cows can be greatly increased (without increasing the food) by giving one teaspoonful of **Cow Brand Soda** in the feed once a day. It takes about ten days to obtain the desired effect.

COLIC IN HORSES AND CATTLE.—Dissolve one-half pound of **Cow 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.

HORSES.—One tablespoonful of **Cow 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.

THE BEST SODA AND HANDSOMEST
SHELF PACKAGE PRODUCED

DWIGHT'S



1876. TRADE MARK 1880.

BI-CARBONATE
BAKING SODA

