

THE

HORSFORD

COOK-BOOK

Containing
PRACTICAL RECIPES
FOR MAKING SUPERIOR
BREAD, BISCUIT, CAKES,
PASTRY &c.

PUBLISHED BY THE
RUMFORD CHEMICAL WORKS.

GEO. F. WILSON Prest. | N. D. ARNOLD Treasr.
PROVIDENCE, R.I.

DIPLOMA AND MEDALS

Received for the Baking Powders manufactured by
the Rumford Chemical Works.

Centennial Exhibition, Philadelphia, 1876.
AMERICAN INSTITUTE FAIR, New York, 1869,
1870, 1871, 1872.

NEW JERSEY STATE FAIR, 1870.

GEORGIA STATE FAIR, 1871.

MACON, GA., FAIR, 1871.

AUGUSTA, GA., FAIR, 1871.

ATLANTA, GA., FAIR, 1871.

SAVANNAH, GA., FAIR, 1871.

COLUMBIA, S. C., FAIR, 1871.

ST. LOUIS, MO., FAIR, 1872.

CINCINNATI EXPOSITION, 1872.

LOUISIANA STATE FAIR, 1872.

THE CENTENNIAL AWARD

to the Rumford Chemical Works was granted for
the following reasons, as expressed by the Judges'
Report :

First.—Its efficient action in rendering bread
porous.

Second.—The acid used supplies phosphates.

Third.—Less flour is required to make a given
amount of bread in this manner, than when fer-
mented.

BARON LIEBIG says: "I have through a
great series of experiments, satisfied myself of the
purity and excellence of your Bread Preparation.
The bread has no acid, is easily digested, and of
the best taste. Aside from the conveniences this
invaluable idea of yours has provided, I consider this
invention as one of the most useful gifts which
science has made to mankind! It is certain that
the nutritive value of the flour will be increased
ten per cent. by your invention, and the result is
precisely the same as if the fertility of our wheat
fields had been increased by that amount. What
a wonderful result is this!"

1875-1879

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MANUFACTURERS OF
HORSFORD'S CREAM TARTAR,
HORSFORD'S BREAD PREPARATION,
RUMFORD YEAST POWDER,
HORSFORD'S ACID PHOSPHATE, (Medicinal).
WILSON'S FERTILIZERS,
HORSFORD'S ANTI-CHLORINE,
LAUNDRY SOAPS, ETC.

FOR SALE BY

T. H. SEAVEY, 24 Fulton Street, Boston.
H. M. ANTHONY, 104 Reade Street, New York.
M. CLARK, 21 South Front Street, Philadelphia.
W. H. CRAWFORD & Co., 77 Exchange Place, Baltimore.
SPOTTS & GIBSON, 117 Fourteenth Street, Richmond.
WOODWARD & DWIGHT, 206 S. Commercial Street, St. Louis.
EDWARD KING, 14 Fifth Avenue, Chicago.
J. DURBIN, 566 Blake Street, Denver.
CHURCH & Co., 407 Front Street, San Francisco.

AND BY DEALERS GENERALLY.

SYDNEY SMITH'S RECEIPT FOR SALAD DRESS-
ING.—

Two boiled potatoes, strained through a kitchen sieve,
Softness and smoothness to the salad give;
Of mordant mustard take a single spoon—
Distrust the condiment that bites too soon;
Yet deem it not, though man of taste, a fault,
To add a double quantity of salt.
Four times the spoon with oil of Lucca crown,
And twice with vinegar procured from town;
True taste requires it, and your poet begs
The pounded yellow of two well-boiled eggs.
Let onion atoms lurk within the bowl,
And, scarce suspected, animate the whole;
And lastly, in the flavored compound toss
A magic spoonful of anchovy sauce.
Oh, great and glorious! oh, herbaceous meat!
'Twould tempt the dying anchorite to eat:
Back to the world he'd turn his weary soul,
And plunge his fingers in the salad bowl.

BREAD-MAKING.

By the President of the Rumford Chemical Works.

THE object of this little pamphlet is to show, in as brief a manner as is possible, the nature of common or brewer's yeast, and its action and effect upon flour in the making of bread, and some of the results which follow its use; and also to illustrate the method now in common use of rendering bread light and porous by the use of cream of tartar, or the substitute used therefor; but more especially is its object to set forth the advantages which will result from the use of the Acid Phosphate of Lime or Cream of Tartar Substitute, manufactured by the Rumford Chemical Works, and for sale in most parts of the country.

Whether the one or the other of these articles is used in the making of bread, biscuits and cakes, porosity is obtained by the elimination of carbonic acid in the dough.

The effect of yeast upon the flour into which it is introduced, is to produce the same kind of fermentation as exists in itself. As, for instance, when the yeast is sour, the bread produced is sour; when it is sweet it produces sweet and wholesome bread. Yeast undergoes several stages of fermentation. In the first place, the starch of the flour is converted into dextrine, the dextrine into sugar, the

sugar into alcohol, the alcohol into carbonic acid, and that into lactic, ascetic and formic acids, successively. These stages of fermentation follow one after the other with a rapidity depending upon the temperature to which it is subjected—it always being considerably below the boiling point. If the yeast is used when the fermentation has proceeded no farther than the elimination of carbonic acid, a good, sweet and wholesome loaf is the result. If it is used when the lactic, ascetic and formic acid fermentations have taken place, the bread is sour, offensive, unwholesome and not suitable for use. It is asserted by physiologists that bread made from yeast in this condition, when taken into the stomach, produces in the food, already there, this same fermentation, and is a fruitful source of dyspepsia and other similar derangements of the system.

Some years ago it was discovered that when flour was mixed with an acid salt like bi-tartrate of potash, or cream of tartar, as it is called, and with bicarbonate of soda, upon the application of moisture and heat carbonic acid would be eliminated, and a light, porous bread would result. The bread so produced, however, is objectionable because first, when it is cold it becomes dry, and unpalatable, and more or less indigestible, and secondly, because the tartrate of soda, produced by the decomposition of the materials put in, does not agree with many persons in the habit of using this kind of bread.

About the year 1854, at the solicitation of parties largely engaged in the manufacture of yeast, or baking powders, as they are called, in Boston, Professor Horsford commenced an investigation on the subject, which resulted in the production of an acid phosphate of lime as a substitute for cream of tartar, which when introduced into the flour with bi-carbonate of soda leaves phosphate of lime, which is an essential constituent of all grains, and phosphate of soda, which has not been found to disagree with the alimentary organs; and both of these together constitute indispensable elements not in the construction of bones only, but of all animal tissues. It is well known that a deficiency of phosphate of lime in food is a common cause of ill health, and of defective development and retarded growth in children.

Now by the use of common or brewer's yeast in the making of bread, carbonic acid is obtained at the expense of certain nutritious elements of the flour. While by the process laid before the public by Professor Horsford, the flour is not decomposed, its nutritious constituents are wholly saved, and it becomes, by the addition of the acid phosphate of lime, more easily digestible. It restores a portion of the phosphates which were in a larger or lesser degree removed with the bran in the process of bolting. It saves time, for ordinary fermented bread involves, as a general thing, preparation over night, care for several hours before baking, and a dependence upon a variable supply of leaven or yeast.

The phosphatic bread is prepared for the oven in a few minutes.

The result is uniformly excellent, while the result with the process of fermentation is of doubtful issue, and in household production more frequently bad than good. It furnishes a bread which retains its moisture much longer than fermented bread, and which does not mould so rapidly. It furnishes a bread from the use of which, even by persons of delicate digestive organs, none of the ills peculiar to fermented bread result. It may be eaten when warm or even hot with impunity, by dyspeptics and invalids, while with most persons it is necessary that fermented bread should lose its freshness or become stale, in order that its objectionable qualities may be somewhat diminished before it can be eaten. The directions for the use of this preparation are simple and easily understood. The proportions of acid and soda are definite, and consequently the making of good bread from it is a task which requires little or no skill.

One form in which this substance is largely used by the public is known as

Horsford's Self-Raising Bread Preparation.

Many housekeepers are in the habit of purchasing their flour in bags, containing twenty-five pounds each. The form in which this preparation is put up was devised especially for the accommodation of such housekeepers; but it does not by

any means prevent its use in any other manner. The acid is placed by itself at one end of the package, and the soda in a separate paper at the other end. Both are securely wrapped together with proper labels.

Much less shortening will be required where this preparation is used, than in the case of the use of cream tartar and soda.

KEEP THE PREPARATION DRY.

General Principles to be Observed in using this Preparation.

Milk is always preferable to water for mixing.

Accurately measure or weigh everything used. Experience has shown that for bread, baking-pans should be about seven inches long, four inches deep, and four inches wide on the bottom, flaring and fitted with covers, to prevent the top of the dough from prematurely coating over with a hard crust, thereby preventing the carbonic acid gas from performing its office, to wit, giving adequate porosity to the loaf.



A quart of sifted flour, loosely put in, will weigh one pound.

A measure for using this Preparation has been devised, represented by the engraving—the larger end being a measure for the acid, the smaller end for the soda, and is for

sale by all dealers. Price two cents.

In cases where it is not quite convenient to obtain the acid and soda measure, the housewife may be governed by the following general rule, the object being to put into the flour two and a half times as much acid as soda by bulk, viz: "*Use two heaping teaspoonfuls of acid to one moderately heaping teaspoonful of soda.*"

Experience, which is the best guide in all matters relating to cooking, will soon enable the housekeeper to proportion the acid and soda to the quantity of flour used, to her own liking. The larger the quantity of acid and soda used, in the proportions given, the greater will be the porosity of the bread.

Heat the oven and butter the pans *before* mixing the bread, biscuit or cakes. Do not let the dough stand after it is mixed with the Preparation, but cook as quickly as possible.

No kneading is required. The dough is made wetter than when yeast is used, and is stirred quickly with a spoon, just enough to thoroughly wet the flour.

When shortening is used, as in pie-crust, roll out briskly.

RECIPES.

HOW TO SELECT FLOUR.

1st.—Look at its color; if it is white with slightly yellowish or straw-colored tint, it is a good sign. If it is very white with a bluish cast, or with black specks in it, the flour is not

good. 2nd.—Examine its adhesiveness—wet and knead a little of it between the fingers; if it works dry and elastic, it is good; if it works soft and sticky, it is poor. Flour made from spring-wheat is likely to be sticky. 3rd.—Throw a little lump of the dry flour against a dry, smooth perpendicular surface, if it adheres in a lump, the flour has life in it; if it falls like powder it is bad. 4th.—Squeeze some of the flour in your hand; if it retains the shape given by the pressure, that too is a good sign. Flour that will stand these tests it is safe to buy. These rules were given by old flour-dealers, and we make no apology for printing them as they pertain to a matter that concerns everybody, namely, the quality of that which is the “staff of life.”

Self-Raising Flour in the Household.

Sift the whole of the contents of both papers in the regular package of Horsford's Bread Preparation—the acid first, the soda last—into twenty-five pounds of flour and stir each thoroughly in, then sift the whole and put away in a covered pail for use when wanted. (Of course for half or quarter of the quantity of flour, half or quarter of the Preparation may be used).

When this Self-Raising Flour is used in cooking, do not add any more “acid” or “soda,” nor use any yeast, sour milk, cream tartar, soda, saleratus, baking powder or any other raising material; but proceed otherwise as with plain flour.

Housekeepers will find this a very convenient and economical method of using this Preparation.

Bread, Biscuit and Rolls.

WITHOUT SHORTENING.

The four following recipes are for making Bread, Biscuit etc., by mixing with *water alone*, which will be found light and palatable, and especially adapted to persons of weak digestive powers. The use of milk and water, or of milk alone, will be thought an improvement by many.

BISCUIT.—Take one quart sifted flour, (loosely put in), one measure each of the acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, one teaspoonful of salt, three gills of water; shape with a spoon and the floured hand.

BREAD.—Follow the above directions, adding one-half gill more water. Cover the pan, which should be deep enough to allow the bread to rise without touching the cover. When nearly done, the cover may be removed to brown the top of the loaf.

NOTE.—A flat piece of sheet iron answers very well as a cover.

DELICATE BREAKFAST ROLLS.—Take one quart sifted flour, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, one teaspoonful salt, three and a half gills water; drop with spoon into the "Gem" baking pan. Before mixing the above, set the "Gem" pan on the stove, butter it, and let it get very hot before filling, so that the rolls will begin to bake as soon as they touch the pan.

GRAHAM ROLLS.—As Graham flour should not be sifted, take $1\frac{1}{2}$ pints of Graham flour, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Add one teaspoonful salt. To one pint of water add half a gill of molasses, with which wet the flour. A well-beaten egg improves these rolls.

Bake like "Breakfast Rolls" in Gem pans.

CENTENNIAL ROLLS.—To each quart of sifted flour loosely measured, add one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, a little salt, and then sift. Mix with sweet milk and water, or milk alone, making a dough just stiff enough to roll and cut. Bake immediately in a quick oven. Use no shortening.

CENTENNIAL GEMS.—Take one quart sifted flour (loosely put in), one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, a little salt, then sift and add sufficient sweet milk and water, or milk alone to make a thick batter, and drop with a spoon into the "Gem" baking pan. The mixing should be done with the spoon, and the batter should be as thick as can be conveniently stirred. Do not mold it. Use no shortening. Before mixing set the Gem pan on the stove and let it get hot before filling.

HORSFORD GRAHAM GEMS.—Take $\frac{3}{4}$ of a pint Graham flour, $\frac{3}{4}$ of a pint wheat flour, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, a little salt, and mix thoroughly together. Add two

tablespoonfuls molasses and then add sufficient sweet milk and water, or milk alone, to make a thick batter. Mix with a spoon and drop into the Gem pan. Have the pan hot before mixing, and bake immediately.

FOR CORN BREAD.—One large coffeecupful of dry, finely bolted corn meal. One tablespoonful of white sugar, a little salt, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation; sift thoroughly, then mix with one and one-half large coffeecupfuls of cold sweet milk or cold water, and add two well beaten eggs. Bake immediately in a shallow pan, or for Gem Cakes in a Gem pan.

BISCUIT FOR DYSPEPTICS.—Graham flour one pint, corn meal sifted one-half pint, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and a little salt, thoroughly mix together while dry. Add one-quarter of a cup molasses, then mix with sweet milk, or water, or milk and water sufficient to make a slack dough. Bake immediately.

HORSFORD BROWN BREAD.—Take one quart corn meal, one pint rye flour, one-half of a tablespoonful salt, two measures each of acid and soda, (or four heaping teaspoonfuls acid and two moderately heaping teaspoonfuls soda) of Horsford's Bread Preparation, and mix all thoroughly together. Then add half a teacupful of molasses, and sweet milk enough to make a slack dough. Divide into small loaves and bake immediately. The proportions of corn meal and rye flour may be varied at pleasure.

HORSFORD GRAHAM BREAD.—Three-quarters of a pint Graham flour, $\frac{3}{4}$ of a pint white flour, a handful of Indian meal, a teaspoonful salt, one

measure each of acid and soda, (or two heaping teaspoonfuls acid and one heaping teaspoonful soda) of Horsford's Bread Preparation. Mix all thoroughly together while dry. Then stir in half a small teacupful molasses, and add sufficient cold water, or sweet milk and water to make a slack dough. Bake immediately.

HORSFORD FRENCH ROLLS.—One quart sifted flour, loosely measured, a little salt, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Mix thoroughly while dry. Then add enough sweet milk, or milk and water, to make a slack dough. Roll out thin and cut into circular pieces with a teacup or cutter; then put a small lump of butter in the centre of each piece and fold the dough over it, like turnovers. Bake immediately.

GEM CAKES FOR BREAKFAST OR TEA.—First secure a hot or quick oven. Second, put the Gem pan on the stove or in the oven, where it will become hot. Third, take one quart of sifted flour loosely measured; put into it one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, one teaspoonful salt, two teaspoonfuls fine sugar, mix them thoroughly and sift together in a suitable mixing pan or bowl. Slowly pour into this flour, while stirring it briskly with a spoon, a sufficient quantity of sweet milk, or sweet milk and water, as may be preferred, to form a soft strong dough. Butter the pan and two-thirds fill each compartment of it with the dough, pressing it down as nearly level as possible with a knife wet in milk or water. Bake quickly. Use no lard or other shortening.

CORN CAKES.—Scald one pint of meal; when partially cooled, add half a teaspoonful of salt, a teaspoonful of sugar, one egg well-beaten,

and mix with sweet milk or warm water, making a thick batter. Then add one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, stir thoroughly and bake immediately in shallow pans in a quick oven.

TENNESSEE CORN BREAD.—One and one-half pints white corn meal, one tablespoonful sifted flour, a little salt and one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, mixed thoroughly together while dry. Add one tablespoonful fresh butter, and sufficient sweet milk or cream to make a soft dough. Bake immediately in a buttered pan.

HORSFORD CORN GEMS.—One-half pint finely bolted corn meal, one-half pint flour, one tablespoonful white sugar, a little salt and one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Mix together thoroughly while dry. Then add two well-beaten eggs and cold sweet milk, or milk and water, to make a moderately thin batter. Bake in Gem pans or Muffin rings.

Waffles, Muffins, Short Cake,
Johnny Cake, etc.

WAFFLES.—Take one quart of flour, a teaspoonful of salt, a tablespoonful of melted butter, and milk enough to make a thick batter. Mix thoroughly. Add two well-beaten eggs, and one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation; stir well, and bake at once in waffle irons.

MUFFINS.—With one pint of milk and sufficient wheat flour, make a thick batter; add a little salt, a tablespoonful of melted butter, two well-beaten eggs, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and bake quickly in muffin rings.

STRAWBERRY SHORT CAKE.—To one quart flour add one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, one tablespoonful white sugar and a little salt. Mix thoroughly while dry. Chop up three tablespoonfuls butter in the flour thus prepared. To one large cupful sweet milk add one egg. Then put the whole together as quickly and with as little handling as possible. Roll into two sheets each about half an inch thick. Bake in a well greased pan, laying one sheet on top of the other. When done and while yet warm, separate them and put between the two crusts a thick layer of strawberries well sprinkled with powdered white sugar. Cut like a pie and eat with sugar and cream.

SALLY LUNN.—Add to one quart sifted flour (loosely measured), one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and one teaspoonful salt, and thoroughly mix them together while dry. Add to the flour prepared as above the yolks of four eggs well-beaten, one teacupful sweet milk, and last of all the whites of the eggs well-beaten.

HORSFORD JOHNNY CAKE.—Three teacupfuls of white Indian meal, one teaspoonful salt, and one measure each acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation.

Mix together thoroughly while dry; then add one tablespoonful of melted butter and enough sweet milk to make a slack dough. Roll out half an inch thick and bake in a shallow pan well buttered. After it begins to brown baste it frequently with melted butter. When served do not cut but break it.

CRUMPETS.—Mix together thoroughly while dry, one quart sifted flour, loosely measured, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and a little salt; then add two tablespoonfuls melted butter and sweet milk enough to make a thin dough. Bake quickly in muffin rings or patty pans.

RICE MUFFINS.—One pint sifted flour, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and a little salt. Thoroughly mix together; then add one cup cold boiled rice, two eggs, one tablespoonful butter, and enough sweet milk to make a thin batter. Bake immediately.

HOMINY MUFFINS.—One large cup white flour, two teaspoonfuls salt, and one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Mix together while dry. Then add two cups fine hominy, boiled and cold, beaten smooth, three eggs, one-half cup melted butter, two tablespoonfuls white sugar, and sweet milk enough to make a thin batter. Bake quickly.

BUCKWHEAT SHORT CAKE.—Take one quart of buckwheat, a little salt, and one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda)

of Horsford's Bread Preparation. Mix thoroughly; then add enough cold sweet milk to make a slack dough. Bake immediately in a hot oven.

PLAIN SHORT CAKE.—One quart flour loosely measured, one saltspoonful salt, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Mix while dry. Add one-quarter pound of butter and one-eighth pound lard, and enough cold water to make a thick paste. Roll out half an inch thick or less, and cut into squares; prick with a fork and bake immediately. Less shortening will be liked by many.

GINGERBREAD.—Take one and one-half cups of molasses, one-half cup sugar, three-quarters of a tablespoonful butter, one teaspoonful ginger, one-half teaspoonful cinnamon, and beat all together until the mixture grows considerably lighter, then add one cup sweet milk, mixing well. Now take two and one-half cups flour and one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, mix them thoroughly together while dry, and then add them to the mixture described above, beat together very hard, and bake immediately in shallow pans.

COOKIES.—Take two cups flour and one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, mix together while dry. Beat together two cups sugar and one small cup butter, then add two well-beaten eggs and two tablespoonfuls sweet milk. Now mix in the flour prepared as above, and add enough more plain flour to make a dough stiff enough to roll and cut.

Griddle or Pan Cakes, Etc.

FLOUR GRIDDLE CAKES.—Mix with one quart of flour, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and one teaspoonful salt. Then add one tablespoonful melted butter, two well-beaten eggs and milk enough to make a batter of proper consistency. Cook immediately.

HORSFORD GRIDDLE CAKES.—Mix together thoroughly while dry one and one-half pints flour, one-half pint finely bolted corn meal, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and one teaspoonful salt. Then add two well-beaten eggs and sweet milk enough to make a batter of proper consistency. Cook immediately.

GRAHAM GRIDDLE CAKES.—Mix together dry, two cups Graham flour, one cup wheat flour, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and one teaspoonful salt. Then add three eggs well-beaten, one tablespoonful lard, three cups sweet milk. Cook immediately.

CORN MEAL GRIDDLE CAKES.—Mix together while dry $1\frac{1}{2}$ pints corn meal, one-half cup flour, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation and one teaspoonful salt. Then add two eggs well-beaten, two tablespoonfuls molasses, one tablespoonful melted lard and enough sweet milk to make a thin batter.

BUCKWHEAT CAKES.—Mix “over night,” with warm water, a little salt, and a tablespoonful of molasses, one pint of buckwheat flour, to the usual consistency of griddle cakes. When ready to bake for breakfast, add one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation—thinning the batter, if necessary—and bake immediately on a hot griddle.

HORSFORD BUCKWHEATS.—Take $1\frac{1}{2}$ pints buckwheat flour, one handful Indian meal, one teaspoonful salt and one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation; mix thoroughly while dry. Then add two tablespoonfuls molasses and cold water enough to make a thin batter. Do not add the molasses and water until ready to cook.

HOMINY GRIDDLE CAKES.—To two cups cold boiled hominy beaten smooth, add one quart milk and one teaspoonful salt. Work them well in. Then add one cup flour into which has been thoroughly mixed half a measure each of acid and soda, (or one heaping teaspoonful acid and half a moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and last of all add three eggs that have been well-beaten. Cook immediately after mixing.

GRUEL BATTER CAKES.—To one quart of gruel, made pretty thick, add one large tablespoonful of butter, and melt the butter in the gruel; remove from the fire, and add nine eggs, a little salt, and of flour and corn meal each two tablespoonfuls, forming a batter, and stirring in half a measure each of acid and soda, (or one heaping teaspoonful acid and half a moderately heaping teaspoonful of soda) of Horsford's Bread Preparation.

CHEAP DOUGHNUTS.—Three cups of sifted flour, one cup of sugar, one half teaspoonful of cinnamon or any kind of spice, a very little salt, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation; sift all together, wet with milk, roll out thin, and fry in boiling lard. Make them pretty stiff, or they will soak fat.

FRITTERS.—Six eggs, one quart sweet milk, three cups flour, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation sifted into the flour while dry, a little salt. Beat the whites and yolks of the eggs separately. Stir the milk in with the yolks, then add the flour which has been previously mixed with the Bread Preparation, put in the salt and finally the whites. Beat all together very hard and fry immediately.

CLARENCE'S PAN BALLS, OR JOLLY BOYS.—One and one-half pints Rye meal, scant measure, one-half pint flour, scant measure, one-half cup Indian meal, two pinches cinnamon, a little salt, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation; mix the whole together thoroughly while dry. Then add one well-beaten egg, two tablespoonfuls molasses, two tablespoonfuls sugar, and cold water enough to make a very thick batter; mix with a spoon; fry in hot lard. Take up a heaping spoonful of the batter and scrape it out of the spoon with a knife into a pan of hot lard and fry till well browned.

Pies.

PIE CRUST.—Into one quart sifted flour thoroughly mix one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and sift again. Weigh out three-quarters of a pound of good butter. Take half of it and chop into the flour until it is very fine. Then add enough cold water (ice water is the best), to make a stiff dough. Roll out into a thin sheet and baste with one-third the remaining butter, then fold it up closely into a long roll, flatten and re-roll, then baste again. Repeat this operation until the butter is gone. Then make out your crust. Do it all as quickly as possible.

The quantity of butter may be increased or decreased to suit the taste, following the other directions as stated.

GOOD AND CHEAP PIE CRUST.—One quart sifted flour, one teaspoonful salt, one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation; mix thoroughly together while dry and sift. Then add cold sweet milk enough to make a stiff dough, and roll out as usual. Use the "Pie Crust Glaze" on both the bottom and top crusts as per following recipe. Some prefer less of the acid and soda in Pie Crust. A trial will determine what quantity best suits your taste.

PIE CRUST GLAZE.—To prevent the juice soaking through into the crust and making it soggy, wet the crust with a beaten egg just before you put in the pie mixture. If the top of the pie is wet with the egg it gives it a beautiful brown.

PUFF CRUST FOR PIES AND TARTS.—One pound flour, one-half pound butter, one-half pound lard. Cut lard and butter together; rub one-third of the shortening into the flour, and wet with one egg beaten with enough cold water to make the dough the same consistency of the shortening, according to the weather. Roll the remainder of the shortening into the crust, and set in a cool place. This crust is better to be mixed a day before using.

APPLE PIE.—Take sour apples and pare, core and slice them. Put the crust in the plate and then a layer of the sliced apples, and sprinkle over them a thick layer of light brown sugar, then another layer of apples and more sugar, and so on until the dish is full. Put on a top crust and bake. Powdered sugar sifted over the top when done is liked by many.

STEWED APPLE PIE.—Stew the apples and mash them. Sweeten to taste. Stir in a teaspoonful of good butter while the apple is hot and season as preferred. Do not put the apple into the crust till it becomes cool. Put strips of crust across the top. Sift powdered sugar over it.

APPLE OR PEACH MERINGUE PIES.—Stew the apples or peaches, and sweeten to taste. Mash smooth and season with nutmeg. Fill the crust and bake until just done. Put on no top crust.

Take the whites of three eggs for each pie and whip to a stiff froth, and sweeten with three tablespoonfuls of powdered sugar. Flavor with rose water or vanilla; beat until it will stand alone, then spread it on the pie one-half to one inch thick and set back into the oven until the meringue is well "set." Eat cold.

LEMON CREAM PIE.—One teacup powdered sugar, one tablespoonful butter, one egg, the juice and grated rind of one lemon, one teacup

boiling water and one tablespoonful corn starch dissolved in cold water. Stir the corn starch into the boiling water, cream the butter and sugar, and pour over them the hot mixture. When quite cool add lemon and the beaten egg. Take the inner rind off the lemon and mince very small. Bake without top crust.

APPLE CUSTARD PIE.—Peel sour apples and stew until soft and not much water left in them; then rub through a cullender; beat three eggs for each pie to be baked, and put in at the rate of one cup butter and one of sugar for three pies; season with nutmeg.

Less eggs and butter will make a good pie not as rich as above recipe.

SWEET POTATO PIE.—One pound mealy sweet potatoes, one-half cup butter, three-quarters cup white sugar, one tablespoonful cinnamon, one teaspoonful nutmeg, four eggs, whites and yolks beaten separately, one lemon, juice and rind, and a glass of brandy. Parboil the potatoes and grate when cold. Cream the butter and sugar, add the yolk, the spice and lemon. Beat the potatoes in by degrees and until all is light, then the brandy, and stir in the whites. Use no top crust.

IRISH POTATO PIE.—One pound mashed potato, rubbed through a cullender, one-half pound butter creamed with the sugar, six eggs, whites and yolks beaten separately, one lemon squeezed into the potato while hot, one teaspoonful nutmeg, one teaspoonful mace, two cups white sugar. Mix and bake same as Sweet Potato Pie.

PEACH PIE.—Peel, stone and slice the peaches. Line a pie-plate with crust and lay in your fruit, sprinkling sugar liberally over them in proportion to their sweetness. Allow three peach kernels, chopped fine, to each pie; pour in a very little water and bake with an upper crust, or with cross bars of paste across the top.

SPONGE CREAM PIE.—*Crust for two Pies.*—To three well-beaten eggs add one cup white sugar and stir well together. Take one and one-half cups flour and one measure each acid and soda (or two heaping teaspoonfuls acid and one heaping teaspoonful soda) of Horsford's Bread Preparation, and mix thoroughly together while dry. Then add the flour thus prepared to the eggs and sugar and also one-half cup cold water, and stir all together. Lastly add one tablespoonful hot water and bake immediately. Bake in deep pie tins. When nearly cold, split, and spread the cream between.

Cream.—Put one cup water and one-half cup of milk into a tin pail and set the pail into a kettle of cold water. Then heat until the water boils. While it is heating take one egg well-beaten and one-half cup white sugar, and stir together, then add one tablespoonful flour wet with a little cold milk and pour this mixture into the boiling milk and water, stirring until it thickens. Flavor to taste when partially cooled.

Cake.

SPONGE CAKE.—Beat the whites of four eggs to a stiff froth, and the yolks of the same till they are very thick. Add to the yolks one and a half teacupfuls of white sugar and three table-spoonfuls of cold water. After they are thoroughly mixed, add the whites, and stir them well in. Now add to two teacupfuls of sifted flour, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation; stir well and sift again. Lastly, stir the flour so prepared, into the sugar and eggs, and when well stirred in, put immediately in a well-heated oven.

SPONGE CAKE.—To three well-beaten eggs, add one cup white sugar and thoroughly stir together. Then take one heaping cupful of flour and thoroughly mix with it while dry one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of *Horsford's Bread Preparation*. Then stir the flour so prepared into the eggs and sugar, and last of all stir into the whole one tablespoonful hot water. Salt and flavor to taste. Bake immediately.

MARBLE CAKE.—For the white portion, take one cup of butter, three of white sugar, one of sweet milk, five of flour, one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of *Horsford's Bread Preparation*, and the whites of eight eggs; mix properly, flavoring with lemon. For the colored portion, one cup of butter, three of brown sugar, one of molasses, one of sweet milk, four of flour, one measure each of acid and soda, (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda), the yolks of eight eggs, and one whole egg; mix properly, and flavor with cinnamon, nutmeg and cloves. Put into the pans first a layer of the dark part, and then a layer of the white, and alternate thus until the pans are as full as you desire. Let the last layer be dark. This is a very nice and good-looking cake.

CHEAP CREAM CAKE.—One cup sugar, one egg, one cup sweet milk, two cups flour, one tablespoonful butter, one measure each acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of *Horsford's Bread Preparation*. Flavor to taste.. Divide into three parts and bake in round shallow pans.

Cream.—Beat one egg and one-half cup of sugar together, then add one-quarter cup flour wet with

a very little milk, and stir this mixture into one-half pint boiling milk until thick. Flavor to taste. Spread the cream when cool between the cakes.

FEATHER CAKE.—Take two cups sugar, one-half cup butter, two-thirds of a cup of milk, three cups of flour, three eggs, and one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Flavor with lemon or vanilla. This is a very nice plain cake.

RIBBON CAKE.—Two and one-half cups sugar, two and one-half cups flour into which has been sifted, one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, one cup of butter, one cup of sweet milk, four eggs. Divide into three parts. To one part add one cup raisins and one cup currants. Spice to taste and bake. Then put the part with the fruit between the other two, spreading a very thin layer of jelly between. Frosting may be added if desired.

PUFF CAKE.—Take two and one-half cups of white sugar, three eggs, one-half cup of butter, three cups of flour, one cup of milk, and one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Flavor to your taste. This quantity is sufficient for two small pans.

CHOCOLATE CAKE.—Two cups sugar, one cup butter, yolks of five eggs and whites of two; one cup milk. Thoroughly mix one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation with three and one-half cups flour while dry. Then mix all together. Bake in jelly tins.

Mixture for filling.—Whites of three eggs, one and one-half cups sugar, three tablespoonfuls grated chocolate, one teaspoonful vanilla. Beat together, spread between the layers and on top of the cake.

APPLE CAKE.—Two cups of dried apples soaked over night; chop them, and simmer in two and one half cups of molasses half an hour; when cold, add one half cup of shortening, two eggs, a teaspoonful of soda, and four cups of flour. Spice to the taste.

COMPOSITION CAKE.—One pound of flour, three quarters of a pound of sugar, one-half pound of butter, four eggs, one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, one half cup of milk, with nutmeg, raisins and currants.

GOLD CAKE.—The yolks of three eggs, one cup of brown sugar, one-half cup of butter, two-thirds of a cup of milk, flour sufficient to make the mass as stiff as pound cake, and half a measure each of acid and soda (or one heaping teaspoonful acid and half a moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Flavor with vanilla.

SILVER CAKE.—The whites of three eggs, one-half cup of butter, two-thirds of a cup of milk, half a measure each of acid and soda (or one heaping teaspoonful acid and half a moderately heaping teaspoonful soda) of Horsford's Bread Preparation, flour as in Gold Cake. Flavor with lemon.

Frosting.—The white of one egg and four tablespoonfuls of white sugar.

JENNY LIND TEA CAKE.—Take four cups of flour, two-thirds of a cup of sugar, one egg, one tablespoonful of butter, and one measure each of acid and soda (or two heaping teaspoonfuls acid

and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Mix with sweet milk the usual thickness for cake. To be eaten hot with butter.

COCOANUT CAKE.—One cup grated cocoanut, one of butter, two of sugar, four and one-half cups of flour, four eggs, and one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Flavor with lemon.

KATY'S BLACK CAKE.—One small teacupful of sugar, one of butter, one of milk, one of molasses, four of flour heaping full, three eggs, one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and raisins, cinnamon, cloves and nutmeg.

TAYLOR CAKE.—Seven eggs, two pounds sugar, one and one-half pounds butter, (less butter will do), seven coffee-cups flour, one pound currants, one pound raisins, three nutmegs, a tablespoonful of cinnamon, a pint of milk, and one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation.

DELICATE CAKE.—Take one cup of butter, two of white sugar, four of flour, one of sweet cream, the whites of eight eggs, and half a measure each of acid and soda (or one heaping teaspoonful acid and half a moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Flavor with lemon or rose water.

RAILROAD CAKE.—Take six tablespoonfuls of melted butter, one and one-half cups of flour, four eggs, six tablespoonfuls of milk, and one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation.

CHEAP FROSTING FOR CAKE.—One level teaspoonful gelatine, two tablespoonfuls boiling water, and enough pulverized sugar to make the mixture of proper consistency to spread. Let the cake cool, but spread frosting before it sets. Set in cool place to dry. Do not put in oven after frosting is spread.

Puddings.

FOR BOILED PUDDINGS, DUMPLINGS, POT-PIES, ETC.—Use the same quantity of the Bread Preparation as for bread and biscuit, and you will be sure to make them very light, sweet and rich. Try it.

QUEEN'S PUDDING.—Six crackers (pounded fine), three eggs, (well beaten), one quart of milk, and sweeten to taste; flavor with grated lemon peel. *For Frosting.*—The whites of six eggs, beaten to a stiff froth, with six tablespoonfuls of sugar, and the juice of a lemon. Place in the oven a few moments, after frosting, to crust over.

EGG CREAM PUDDING.—One quart of milk, four eggs (the yolks only), four tablespoonfuls of maizena, and eight tablespoonfuls of sugar; make into a boiled custard. Beat the *whites* of the eggs with eight tablespoonfuls of sugar for the frosting. Pour the custard into a pudding-dish, pour the frosting on the top. Bake for thirty minutes in a moderate oven. Flavor the custard with vanilla, and the frosting with lemon.

FRUIT PUDDING.—One cup of molasses, one of suet or butter, three cups of flour, one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, one cup of milk, one half pound of raisins, one-half pound currants; cloves, nutmeg and cinnamon. Boil three hours. Serve with cold sauce.

APPLE SLUMP.—One quart of flour sifted with one measure each of acid and soda (or two heap-

ing teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation; shorten with one teaspoonful of butter rubbed into the flour. Mix with cold milk, or water the same as for biscuit. Put two quarts of pared, sliced or quartered apples with one pint of water into the dish in which the slump is to be cooked. Roll the crust about an inch thick, cut into quarters and with it cover the apples in the dish; then cover the whole with a close-fitting cover, and boil or steam till done. Take out on a platter, and grate nutmeg over the apple. Serve with a sweet sauce or sugar and cream.

BAKED APPLE DUMPLINGS.—To one quart flour add one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation, and the usual quantity of salt. Thoroughly mix while dry and sift. Then take one tablespoonful lard and one tablespoonful butter and chop them into the flour prepared as above. Then mix with sweet milk to a thin dough, just stiff enough to handle. Roll it out half an inch thick and cut into square pieces large enough to cover one apple each. Put an apple, cored and pared, in the centre of each piece of dough and bring the four corners together at the top, and pinch. Bake in a buttered pan the joined edge downward. They are improved very much by brushing them over with a beaten egg when done, and then let them set in the oven again for a few minutes. To be eaten hot with sweet sauce or sugar and cream.

COTTAGE PUDDING.—Take one pint of flour, one egg, three tablespoonfuls of butter, one cup of sugar, one cup of sweet milk, and one measure each of acid and soda (or two heaping teaspoonfuls acid and one moderately heaping teaspoonful soda) of Horsford's Bread Preparation. Bake twenty minutes in shallow pans. Sauce to your fancy.

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