

OLD POTS AND IRON KETTLES

by

AGNES GREEN RHODES

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Allegany County's first settler, Nathaniel Dyke, (Dike) located in Elm Valley in 1795. His two sons, James and Isaac, were with him, also a relative, Stephen Cole. Isaac Dyke married a Pamela Gibson and this was the first marriage in the county. The first child born was Daniel Cole in 1797, and the first death was that of Beriah, the daughter of James and Phoebe Dyke, when she was not quite three years old. So by 1796 there were at least two women in this group, probably three, and possibly four.

The five or six families who settled Almond brought only their necessities and food supplies consisting of "salted meats, flour, and dried fruits, a few tools, some kitchen utensils, sufficient clothing and enough blankets to last until more could be made." They added to their supply with partridges, rabbits, squirrels, and deer, also fish which were plentiful. These early pioneers brought oxen, horses, a cow, a pig or two, and sometimes sheep. Mr. C. R. Clawson has a chapter in his "History of the town of Alfred" on the native animals and plants of this region, which one of Paul Saundier's relatives called "a howling wilderness" in 1786. Bears, panthers, elk, wolves, raccoons, muskrats, otter, mink, ducks, geese, pigeons, and wild turkeys were here. The hills were covered with pine and hemlock, sugar maples, beech, oak, and hickory trees. There were chestnut, black walnut, and butternut too. Red and yellow plums grew wild, as did grapes, blueberries, blackberries, elderberries, and strawberries. Many of the trees were filled with the honey of wild bees.

Mr. John Reynolds in "The Almond story" tells about Mr. Crosby of Hornell and Straight Back, an Indian chief. Reuben Crosby invited the Indian chief to his house for dinner and served an elaborate meal with two waitresses. Straight Back later invited Mr. Crosby to his wigwam. The table was a plank placed on two crotched sticks driven into the ground and blocks of wood on each side served as chairs. On this table were laid two wooden spoons. After being seated Straight

Back called out to his wife, "Squaw, bring 'um on." She brought a large bowl of succotash and placed it on the table between the two men. After they had eaten some from the bowl, Straight Back called, "Squaw take 'um off" which she did. Straight Back then repeated the orders to bring it on and take it off until the succotash had been served the exact number of times that Mr. Crosby had had courses at his meal.

Corn, beans, and squash were grown by Indian women. Indian cooking was very simple and before the introduction of pails and kettles by the whites the common way was roasting over the fire. The feast at a green corn dance or festival was prepared in this way, as described by an eyewitness: "Succotash was made in six five pail brass kettles. Twelve or fifteen deer were killed and the venison, cut up into pieces of one pound or more, was thrown in with the green corn and beans and without a particle of salt all were boiled together." Venison was bartered to white people for bread, a loaf of bread being the price of a ham, two loaves that of a saddle of venison. Later, "after Jellis Clute of Moscow taught them to drive better bargains the price went up" so that it took two loaves for a ham and four loaves for the saddle of venison. In 1765 the Rev. Samuel Kirkland visited this area. He wrote of a famine during one of the later years in which he sold a shirt for four Indian cakes baked in the ashes which he "could have devoured in one meal, but, on the score of prudence ate only one." He lived four days on "white acorns fried in bear's grease."

All old cook books are called Receipt Books and individual instructions are called Receipts. Presently we use the word Recipe. Other than the ways of food preparation learned from the Indians, the oldest receipt which I found, for this region, is the one copied in script writing in the hand written arithmetic book of Paul C. Saunder's great grandfather, John Crandal. The fly leaves of this soft leather bound book are made of several thicknesses of old newspapers pasted together. Advertisements from Westerly, Rhode Island; New York; Stonington and New Haven are dated 1807 and 1808. At this time salt was 45 cents a bushel. "Fresh superfine and fine sugar, flour, Pilot bread, Rum, gin, Brandy, Molasses,

Coffee and sugar" were listed. The actual date of this receipt is unknown but the dates of 1812, 1813 and 1814 are written on the same page with it. It could have been copied from the late 1700's:

"A receipt for the Soupe that was made in the big pot
I hung on my great pot that held three pails full and made it full of charming sweet Soupe I put in two quarters of good sweet lamb in it and then I putin all the good things that could be thought on I putin good sweet carrots and good sweet beats and sweet turnups and good sweet potatoes and then I stuft it full of good sweet onions and then I made 45 dumplins and shortened them with rye and you all know that is good and then I putin all the good nourishing things that could be thought on good sweet charvel and good sweet pastly and good sweet summer savery and then I boiled a great Chunk of pork and my work folks said away with your pork Miss Cha- and they lapt down all my sweet Soupe so that there want six spoon fuls left for me and Ri- and that was left in the bottom of the great pot."

Another interesting handwritten arithmetic book is that of Clark Saunders, great grandfather of Paul Saunders. This book is dated 1795 and was used in Rhode Island. This book has the student changing Ducats into Sterling, Flemish ells into English ells, and the figuring is done in Pounds, shillings, Guineas, Farthings and Pence. Foodstuffs available at that time were Sugar, Cheese, wheat, prunes, cinnamon, rice, tea, butter, raisins, beer, brandy, oates, ale, barley, pepper, cider, rum, ginger, malt. Ten yards of material was bartered for 1 "galon" brandy, maple sugar for tobacco or cinnamon, tea for chocolate.

Heavy labor went into the cooking of the late 1700's. Early cooking utensils were heavy cast iron kettles, brass kettles, cast iron spiders, long handled waffle irons, cast iron skillets, large wooden chopping bowls and choppers. They pounded with the rolling pin or pounded with an iron pestle "one hour." Copper kettles were used to cook apples because iron ones discolored jelly or applesauce. Kettles and pots were important to the family and frequently are

mentioned in a will. Pots differed from kettles in that they had bulging sides and a cover, while the kettle had sloping sides and no top cover. The iron kettle was preferred because it held the heat to permit slow cooking. Mrs. Hazel Shear in her "Tales of Allegany county" tells of the tin peddler who made regular calls from the days of the earliest settlement into the 1920's. Tin pudding molds, dippers, pans for milk, nutmeg graters, gem pans were among his wares.

In "The life of President Allen" written by his wife, Abigail, she tells about his grandfather coming to Alfred in 1817 and bringing little bags of seed. These were apple, pear, peach, plum, and cherry stones. She tells how his grandmother, Amy McCumber Allen, when she lacked food for her family, rode a horse to Karr Valley, eight to ten miles away, and got flax to spin and her pay in advance. This was a small bag of meal, some beans and a little meat. She says of the Sabbath "early Friday afternoon the farm work was put by evening duties finished and the frugal meal of 'hasty pudding and milk' partaken of." Jonathan was "always glad when an uncommon flow of sap made it necessary to boil all night" as this gave him more time to read. The sap was boiled in a large iron kettle. Maple sugar and cheese were taken to Bath and the Genesee Valley to be exchanged for wheat and household necessities. They also had beans, cabbages, potatoes and "pumkin." Whiskey was used for health as well as food.

A cook book written by a Mrs. Randolph appeared in 1824. A few decades later a Miss Leslie published one. They were not from this special area but I am sure their methods were used here. Mrs. Randolph doused apple rings in brandy and wine, sugar, cinnamon and grated lemon rind before covering them with batter. Miss Leslie just squeezed lemon juice over them before dipping in the batter. However after frying the fritters Miss Leslie directs the cook to "have ready some powdered sugar flavored with cinnamon or nutmeg, roll the fritters in this and send them to the table hot." Miss Leslie gave more explicit directions for preparing the apple rings than is usual in the receipt books of this day. She said "pare some fine pippin or bell-flower apples that are quite ripe and of the largest

size. Then extract the cores with a tin apple corer so as to leave the hole in the center smooth and even."

In "Letters" of Joel Crandall of Little Genesee, one finds some interesting information. In a letter dated March 18, 1841, he said that flour was \$4 a lb (bbl) at Olean Point. He raised corn and grass, wheat, oats and potatoes that year. In June 1847 he wrote "Calista was sick. Calista got better and had a pretty good appetite to eat, and someone gave her some raisons. She eat some of them and has been worse since. There is not much probability that she will be any better." Yet ten years later in Sept. 1857 he writes "Calista Maxson seems to be as well as when we went away." He noted in Feb. 1855 that "corn was one dollar a bushel and potatoes fifty cents." In 1869 he told that someone had died of cankerash. This we know as scarlet fever. Cakes with raisins or currants were favorites during these years and directions were to "hurle in a good quantity."

Everything had to be made at home. The measurements were not very accurate and it wasn't until Fannie Farmer came along in the 1900's and gave recipes with correct amounts to be used, that the cook wasn't directed to use "butter the size of a hen's egg" or of a "walnut," or use sugar the weight of the eggs used, or "flour to make a thin batter." In fact one of the stories Mrs. Agnes Bond tells is that someone giving the receipt for Brown Bread and the amount of molasses to be used said, "John pours in until I tell him to stop." In a letter, found in Miss Fucia Fitz-Randolph's papers, Arlotta says "I added all the salt, red pepper, black pepper, allspice cloves grounded cinnamon that I wanted to suit my own taste. Shook them in awhile and then tasted of it to see if I liked it and by and by I stopped and called it done."

Footnotes in the Betty Crocker cook book of 1950 tell us much about early cookery. Sixteenth century English cook books refer to "pyes of greene apples." From about 1630 Apple pie was served almost daily in New England. Pear pie vied with Apple pie in popularity during these early days. Cooks were directed to "first make your coffin." This was because the pie plates of those days were long deep dishes called coffins. One of the early pies was made by slicing off

"the top of a 'pumkin', scoop out fiber and seeds, fill the pumkins with milk and set them to bake on the open hearth." Later a greased pan sprinkled with rye meal was filled with pumpkin diluted with milk and spices. Still later they added the pastry crust, in early books called 'paste'.

Miss Helen Thomas' great grandmother used "Mrs. Ellis's Housekeeping made easy; or Complete Instructor in all Branches of cookery and domestic economy containing the most modern and approved receipts of daily service in all families. Revised and adapted to the wants of the ladies of the United States, by an American Lady. 1843." Mrs. Ellis says, "In the country yeast cakes are found to be very convenient but they seldom make the bread as good as fresh lively yeast." She also discusses cooking utensils and cautions about the use of copper, brass, or tin. She does approve of iron. She also has directions for carpets. "Straw kept under carpets will make them wear much longer as the dirt will sift through and keep it from grinding out. Carpets should be taken up several times a year and shook thoroughly. Sprinkle with tobacco or black pepper to prevent moths. If carpets are soiled so much as to require cleaning all over, rub on them with a new broom pared and grated raw potatoes. Let them dry before walking on them."

The 'Hasty Pudding' which Mrs. Jonathan Allen told about having for the Sabbath is given in Mrs. Ellis's book. "Boil water, a quart, three pints, or two quarts according to the size of your family: sift your meal stir five or six spoonfuls of it thoroughly into a bowl of water when the water in the kettle boils pour into it the contents of the bowl stir it well and let it boil up thick put in salt to suit your own taste then stand over the kettle and sprinkle the meal handful after handful stirring it very thoroughly all the time and letting it boil between whiles. When it is so thick that you stir it with difficulty it is about right. It takes about half an hour's cooking. Eat it with milk or molasses. Either Indian meal or rye meal may be used. If the system is in a restricted state nothing can be better than a rye hasty pudding and West India molasses. This diet would save many a one the horrors of dyspepsia."

The Romans liked snow flavoured with fruit juices, and in the time of Julius Caesar snow was brought from the mountains by runners. Marco Polo brought a recipe for a kind of milk ice from Japan. Cream Ice was liked by Charles the First in the 1640's. In the 1830's Dolly Madison reversed the name 'Cream Ice' and 'Ice Cream' appeared on the White House menus. Mrs. Ellis in 1843 gives a receipt and suggests lemon, orange, strawberry or pineapple as well as vanilla. This ice cream is made with rich milk and cream thickened with arrowroot and sweetened with sugar. It was frozen in ice and salt. Just recently the Sunday edition of the Rochester Democrat and Chronicle contained a recipe for "Snow Ice Cream." "Take a big panful of fresh clean snow. Into another pan scoop cupfuls of snow to which you add about one tablespoon of sugar per cup. Slowly stir in milk or cream until the consistency is like that of ice cream. Quickly stir in a couple of teaspoonsful of vanilla extract."

Mrs. Ellis's Mince Meat had to be made with fresh tongue. This pie should be "placed in a tolerably deep dish and baked with puff paste." Her receipt for French Bread calls for "a half bushel of flour, put it on a slab make a hole in the center in which put two ounces of yeast make your dough with warm water to about a consistency."

Greens were popular in the Spring. Dandelion, Cowslip, Mustard, Beet and Turnip. Cabbage was probably the first salad. Celery grew wild. Carrots were raised mainly for fodder in spite of our friend who "putin good sweet carrots" for her "good sweet Soupe."

Gertrude Wells Seamon of Gilbertsville, a graduate of Alfred University, whose sister lives in Friendship, sent Miss Bertha Coats a Christmas card which is a small booklet compiled from excerpts of her grandmother's diary and her cookbook of 1862. "Nancy Ann's Cookery" is by Nancy Ann Le Seuer who married George Wells. They lived in Utopia and had the Post Office in their home. This consisted of a few boxes on top of the bureau in the front hall. Miss Coats said, "We children stopped in there on our way to school to get warm. They had oatmeal for breakfast -

we never did. We had meat and potatoes and if there was a piece of pie left over my father had that."

Nancy Ann's diary: "Jan. 11-- Cold as Greenland. Sun shone by streaks. Mrs. Ray Coats* came to get something for the sick soldiers in the hospital. Ralph lost his mitten. I cut a bushel of apples today, strung and hung them over head. Been 22 days to dry 10 pounds." A recipe for Dried Apple Cake accompanies this. "March 4-- Cloudy and snowed a bit. Pa got down his sap buckets and Ma washed them... Made 14 mince pies -- that makes 54 since the first of Feby." A recipe for Mince Meat follows.

"May 14-- Sun rose clear and set clear. Froze last night. The children commenced to go to school. Ernest is eight today. Had some cowslip greens for dinner, first this year, and a tansy pudding." Recipe for this: "1 1/2 cups meal, salt sourmilk and soda to make a thin batter, 1 or 2 tbbsp. cutup tansy leaves, some dried fruit. Put in a bag, leaving lots of head room (it swells like nobody's business), and boil in with your greens. Takes an hour or so. Eat with sweetened milk."

"July 18-- Clear as a quill and hot, hotter, hottest. Our folks done a big haying--drawed up six loads, finished the stack. Ma washed, baked bread and pies, and dressed an old hen." Recipe for "Ma's Lemon Pie:" "1 cup sugar, 1 egg, grated rind and juice of a lemon, 1 cup water, 3 crackers pounded fine. Bake with two crusts."

"Octr 9-- Fog came through the notch this morning. Cloudy but it didn't rain. The children went after chestnuts and picked up cider apples. Pa made sweet cider. I boiled till ten o'clock. Cut up and stewed a punkin. J.B.* came down in the evening and talked Polly-Ticks with George." Cider applesauce recipe follows: "Sweet apples, peeled and quartered. (It takes a peck to make to kittles) Cover with cider and sugar to taste. Boil until cider is thick. Put in bucket and keep for relish. Cold--in winter."

* Miss Bertha Coats' grandmother.
** Donald Dickens' great grandfather.

"Decr 20-- Snowed all day. We all stayed home. In the morning Pa and Hiram worked on a bridge for his horse barn. Ernest and Ralph rode down hill. Alice and me washed. In the afternoon we kept Saturday, if not working is keeping. Pa read his Tribune."

This recipe for 'Sabbatarian Jonny Cake' follows:

"1 cup meal, 1 tsp. salt a little sugar. Mix, then pour on boiling water, stirring all the while until it is the consistency of soft mush. Pour into a flat greased pie tin, cover with sweet milk, and bake until done. The secret is having the water really a-jumping boiling and work fast."

Mr. and Mrs. Lynn Langworthy have given to the Alfred Historical Society several issues of "Mrs. Winslow's Domestic Receipt book" which said that it would be "issued Annually with entirely new receipts. By preserving them and sewing them together you will have in a few years, the best collection of Receipts in the country." These are for the years 1866, 1868 - 1872, 1875, 1877, 1878 and one issue with no date which seems older. Mrs. Winslow directs one to "cover Jelly with tissue soaked in brandy and over all paste brown or white paper." Using ten eggs is quite usual. Cranberries were to be cooked one hour. Pancakes should be served with cider and sugar or sauce. Her receipt for 'Cold Slaugh': "Shave cabbage fine; scald half a pint vinegar, mix one small teaspoon cornstarch in two-thirds cup of cream (or condensed milk a very little thinner) with one egg well beaten and a little salt, pour the scalded vinegar on the mixture very slowly, so as to not break the egg then boil until thick; pour on the hot cabbage; a few capers and olives will improve the slaugh for those who are fond of such things. The above is a very nice dish to eat either with fried or escolloped oysters."

Miss Susan Langworthy's Mother, Ruth, gives Alice Green's* receipt for cold slaw which would date at about the same time as Mrs. Winslow's. "Chop cabbage fine with salt and pepper then 1 cup vinegar 1/2 cup sugar let it come to a boil then stir in one cup of sweet cream then come to a boil when cool beat an egg and stir into it pour over cabbage and cover."

* Miss Ruth Green's grandmother, Mrs. Milo B. Greene.

It was during these years that macaroni was served as a dessert. It was sweetened and stewed fruit served with it. Mrs. Winslow's receipt was "1 teacup milk 1/4 pound sifted lump sugar any flavoring."

Mrs. Ruth Langworthy used a receipt for "Snow Cake" and in her handwriting one finds: "the whites of ten eggs, 1 1/2 cups pulverized sugar, 1 cup flour, 2 teaspoons cream of tartar." This is the 'Angel Food' cake which we know. I was told many years ago that Angel Food was an American invention, Sponge cake was made for years but this book which is dated 1868 and 1870 is the first one in which I found any cake resembling the present day Angel Food. On Jan. 6, 1868, Mrs. Langworthy "helped the girls make molasses candy." Thanksgiving 1870 she "spent the afternoon at Uncle Frank's*. There were about 40 there." Christmas 1870 was "spent at home, there were about thirty there" a "splendid" time was had at Thanksgiving and "a very nice time" at Christmas. She gives Ett's Fruit Cake, Amy's cookies, Lemon Jell Cake, Mollie's lemon pie, also Sadie's. Both of these are like the pies we make today but Mrs. Winslow in 1868 gave a very different concoction. This was made by "chopping the peel, taking the juice out, chopping 1 teacupful of raisins adding the whole together with one and a half cups of molasses, stir well and put in a little water and flour, do not hurry the baking as it will run out. Makes two delicious pies with a rich paste."

Mrs. Langworthy gives Jennie Stillman's Maple Cake but only mentions the syrup, shortening and baking powder. Harriet Wescott's yeast is made with "1 pint of corn parched, 1 pint hops light and tied up in a bag, 1 quart sliced potatoes, 1 gal water. Steep two hours put through a culender, 1 cup white sugar, 1/2 cup salt, let stand until well worked, bottle and put away 1/2 cup for three loves."

Mrs. Evelyn Openhym of Wellsville presented the Society with the "Home Guide or a book by 500 ladies" compiled from the Home department of the Chicago Daily Tribune. It belonged to Sarah Sherman Burdick, mother of D. Sherman Burdick. The cake section of this book is well worn.

Icing a very large cake in those days meant taking "20 fresh egg whites

* Frank Langworthy

whisk it for three hours then with thin broad bit of board spread it set in a cool oven and an hour will harden it." Another way was to "dip a feather in the icing and cover the cake well set it in the oven to harden." For Easter buns: After rising "make a cross upon each with a knife. Bake and brush over with a feather dipped in the white of an egg beaten up stiff, with white sugar." (1875) For 'Floating Island' in 1866 one "beat the whites to a stiff (6 to a quart), put them in a colander; pour boiling water over them to harden them, and put them on top of the custard." A lemon pie with Meringue on top was called "Frosted lemon pie."

Mrs. Winslow has the directions for making "Cement for Jars." In 1869 she makes a paste of whitish gum tragacanth and corrosive sublimate and uses this to paste paper over the top of pickles or preserves.

The names used in the 1800's were more interesting than those of today: Ring Tum Ditty, English Bunny, Scotch Woodcock, Blushing Bunny, Apple Grunt (named so because it made a gurgling noise as it steamed in the big kettle on the crane), Apple Pan Dowdy, Roly Poly, Apple Slump. Monday's Pudding was "Cut the remains of a good cold Plum pudding into finger-pieces, soak them in a little brandy." A custard was poured over this, a cloth tied it down and it was boiled or steamed. The custard was made with 5 eggs to every pint of milk. (1875) At this time there was "Bread Griddle Cakes:" "Soak pieces of stale bread in water, drain them through a sieve, rub the bread through a colander. To one quart of this add 3 eggs and milk to make a thick batter." Pancakes fried without butter or lard used 1 pint cream and 6 new laid eggs. Pumpkin marmalade was "put warm into small glass jars or tumblers, lay a double round of tissue paper with a bladder or waxed paper." (1870) Then there was Pig's Head, Caraway Cookies, Pickled walnuts, Pickled eggs, boiled Turkey, Sarsaparilla, Maple beer, Currant shrub or Gooseberry Fool. Boiled cider was used for tart pies, mince pies and was also considered superior to brandy for fruit cake. "Nice to stew apples in for sauce."

Mr. George Place said that to make Apple Butter one peeled 5 bushels of apples and added 2 gallons boiled cider. He didn't mention any spices, nor did the early cooks. Cider was boiled down 4 gallons to 1 or 3 to 1.

Miss Fucia Fitz-Randolph has made her famour breads for over forty years. One of her family's cookbooks is written into a "Veterinary Visiting List." Recipes from magazines and newspapers are also pasted into this. This home made book is indexed which is unusual. There are many bread recipes and this book contained the one recipe which came from a man. "Uncle Lewis Ginger Cookies." Some of these recipes use suet for shortening. Miss Fucia had a "Dear Sister" letter telling about Tomatoes: "I put them in brine little too salt but I think a little cold water will freshen them then slice them and let the water drain out of them roll them in flour and fry brown, sometimes I leave the tomatoes in the spider and make milk gravy on them the same as meat. The only trouble is it takes a lot of butter to fry them. We are all very fond of them and one can keep them when there isn't much else to eat."

Mrs. June Nolan's grandfather* lived on Hartsville Hill. He had a pond and cut ice for his personal use and that of his neighbors. He had an ice house in the woods where the ice was kept covered with sawdust. Mrs. Nolan uses this recipe for Sabbatarian Pickles: "12 quarts Spring water (one must use this water) 1 cup pure salt (this is important too). Make a brine and add pickles as you pick them. Put a cloth over them with a plate on top, weight it down with a clean stone. Skim it off as it works. Wash the cloth often."

The tradition of giving little mince pies at Christmas time in the Binns Family is well known. There is on file a letter, written to the Society this past year by Miss Elsie Binns, which describes in detail this loving custom. The other recipe which we have from Mrs. Mary Howard Binns is one which she brought from Ireland with her. It is called "Barmbrach."

In May 1895 the Alfred Sun published a "Woman's Edition." Here is found recipes by Mrs. Jennie Green Wilcox, Mrs. Wella Evens, Mary E. Tomlinson, Flora

* Joseph Clark

G. Mosher, Mrs. Lyle Bennehoff, and Mrs. Emma LeSuer Baldwin. Mrs. Bennehoff's recipe is for Boston Baked Beans, Mrs. Evans' is Blackberry Jam Cake. There is also one for making Cottage Cheese by "Aunt Martha." Anyone who wants to make butter will find the directions in this issue. When Greta Ehret Potter lived here she had a column of recipes in the Alfred Sun. One of these is for Banana Bread by Mrs. Fannie Wright.

Mrs. Kezia Crocker Burdick's handwritten notebook gives recipes from Mrs. Middaugh, Miss Angeline Wood, Mr. Sherman Burdick's mother, Mrs. Sheppard, Mrs. Blanche Thomas, and her mother, known as Aunt Mina, Aunt Louisa who was Mr. Mike Kenyon's mother, Mrs. Hills, who had a tea room where the Rodriguez-Diaz home is, and Mary Ellis who was Mrs. Kate Ellis' mother-in-law.

Mrs. Virginia Bassett has the recipe for "Chipped Pears" from Mrs. Boothe Caldwell Davis. This recipe also appears in the Grange Cook Book of "Choice Recipes for 1921." This book has many familiar names in it. In 1929 the Girls of the Intermediate Bible School compiled a booklet of "Mother's Favorite Recipes." These girls included Hilda Crandall, Edith Dudley, Georgiana DeWitt, Ruth Norwood, Virginia Sheldon, Elizabeth Stillman and Lillian Snyder. In 1906 "A Friend in Knead" was published. This is a booklet of tested recipes by Alfred Ladies. Not all of these recipes are signed but the ones which are signed have familiar family names. Miss Bertha Coats explains how to make cucumber sandwiches, also Fruitade. Miss Dora Degen (Mrs. J. Nelson Norwood) has several recipes in it.

Miss Gertrude Burdick kept small notebooks in which she wrote or pasted collected recipes. Very few sources are given. She also used abbreviations and shorthand - not only shorthand, but one which she invented for her personal use, so that her great niece, Peggy Wingate Rase, finds them hard to transcribe. Each booklet is an individual subject as Meat, Poultry, Luncheons, Soup and Fish, Vegetables, and Salads. Her Baked Beans (of which she has nine versions) explain to the cook: "1 qt b s over n. Wash and drain. Boil plenty of c.w. with soda the size of a bean. Bring to b.p. drain. Cover with b.w. and boil 15" or until

the skin cracks when blown upon. Drain. Cover with b.w." Some of her other signs are s/p/fl, s/p/pap. One of her recipes is for "Never Mind." This is "1 can tomato soup, when hot add 1 # cheese diced. When melted add cayenne and 1 egg sl. beaten. Stir a few minutes and serve on hot crackers or toast."

These examples give an idea of how the early settlers of Alfred prepared their food. Their measurements were often a matter of guesswork and the directions for combining them rather vague. Present day cooks have become so expert that Brownies for Space Travel can be made. These are either dehydrated or compressed into 3/4 inch cubes and covered with an edible plastic. Astronauts can eat them in one bite and thus avoid the hazard of crumbling and of having free floating food particles in the space capsule.

Refreshments Served at the Alfred Historical Society Meeting. March 5, 1969.

Chocolate Puffs (early 1800's)

Beat stiff the whites of two eggs, and beat in gradually one-half pound powdered sugar; scrape fine one ounce and a half prepared cocoa, dredge it with flour, mixing in the flour well; add this gradually to the eggs and sugar; stir the whole very hard. Cover the bottom of a pan with a sheet of white paper; place on it thin spots of powdered sugar about the size of a half dollar. Pile a portion of the chocolate mixture on top of each, smoothing with a knife wet in cold water, sift a little sugar over each. Bake in a quick oven a few minutes. When cold loosen them from the paper with a broad knife.

Note: I used baking chocolate and about 1 tablespoon flour. I did not "stir the whole very hard" but folded the ingredients together. I used a teflon cookie sheet and sprinkled it all over with the powdered sugar, then dropped the mixture onto this. This receipt is from Mrs. Winslow's Receipt Book.

Aunt Sally Ann's Sour Cream Cookies (1850)

2 cups sugar	3 - 4 cups flour
1 cup butter	2 tsp. soda
1 cup sour cream	1 tsp cream of tartar
2 eggs	2 tsp. vanilla
1/2 tsp. salt	A little nutmeg

Cream butter and sugar thoroughly. Add sour cream, mix well and add eggs. Add remaining dry ingredients, sifted together, mix and add vanilla. Drop or spread on pan, bake in moderate oven.

Note: The richer the cream the better these are. I used 3 1/2 cups Gold Medal flour sifted before measuring. My Mother-in-law always spread these in a buttered and floured pan, baked them, sprinkled sugar over them and cut into squares.

Sabbatarian Jonny Cake (1862)

The receipt for this is given in "Nancy Ann's Cookery." See page 9 of this paper. This was served with maple syrup, but Peggy Rase said that her Grandmother served chip beef gravy or butter and bacon, but her recipe for Jonny cake is quite different.

Nut Cookies (1889)

1/4 cup sugar	1/2 cup nut meats (I used black walnuts)
2 Tablespoons shortening	2 tsp. baking powder
1 egg	1/2 cup flour
2 Tablespoons sweet milk	1 tsp. lemon

Drop and bake. (Note: A moderate 350° oven was used)

Maple Seafoam (1900)

Boil 2 cups maple syrup until it spins a thread (Almost burning stage). Beat the whites of 2 eggs, not dry but stiff. Pour syrup on and keep beating. Drop from teaspoon onto waxed paper, or pour into pan and cut.

Note: Virginia Bassett's recipe.

Molasses Cookies (1928)

Cream 1 cup white sugar, 1 cup Crisco, add 1 cup Brer Rabbit molasses, 2 eggs beaten, 1/2 cup sour milk. Sift 1 tablespoon cinnamon, 1 teaspoon nutmeg, 1 teaspoon salt, 2 teaspoons soda, 4 1/2 cups all purpose flour together and add to first mixture. Cool this mixture thoroughly, at least overnight. Roll out and cut on floured board. Bake 12 minutes at 400. Remove from cookie sheet immediately. Store in a covered container with a slice of fresh bread to keep them soft.

Note: This recipe is from Bea Maxon via Virginia Bassett.