

# *Vintage Cookbooks: A History*

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*Some women leave diaries. My mother left recipes.*

- Linda Murray Berzok, "My Mother's Recipes" (Theophano, 85)

Cookbooks have been around for hundreds of years and serve as a chronicle and treasury of the fine art of cooking. One of the oldest cook "books" was on a clay tablet from Babylon ca. 1500 B.C., which contains directions for sophisticated, aromatic dishes. Another early inscription of recipes were found scrawled on fireplaces and kitchen walls in the ruins of Pompeii after the eruption of Mt. Vesuvius in 79 A.D.

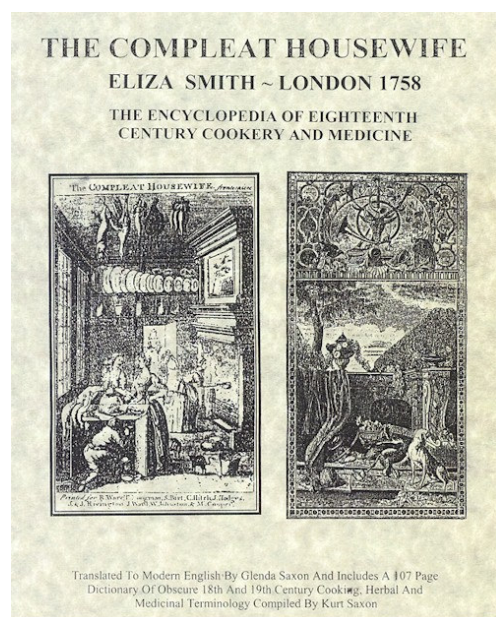
Nearly 2,000 years ago, recipes were being collected and recorded. Roman epicure, Marcus Gavius Apicius authored the first written books in the western civilization on cookery. His manuscript *De re conquinaria* ("The Art of Cooking") dates to the 9<sup>th</sup> century when Emperor Tiberius reigned. In 1705 Queen Anne even had her own copy of Apicius' book. It contained recipes of the time, many from his travels in search of rare, exotic foods. He spent a fortune on his quest for new foods. It is a work still in print, which influenced the flavors and textures of European kitchens for centuries.

The first traceable printed cookbook, *De Honesta Voluptate*, dates to about 1475. The earliest cookbook printed in English was *The Boke of Cokery* written by R. Pynson during the 1500s. *The Boke of Cokery* was the first book to be printed in England. It was aimed at the households of the princes and the wealthy and consisted mainly of medieval recipes and cooking techniques of the past. It had no real impact. (Elkort,18). One of the first cookbooks to be run

off Gutenberg's press was a cookbook called *Kuchenmeisterei* (“Cooking Mastery”) published in 1490. (Stone Soup, 136) It was so popular that 56 editions were printed.

Probably the first cookbook by a woman was one by Hannah Wooley. In 1664 she wrote *The Cooks Guide or Rare Receipts for Cookery*. In the preface she said she wrote the book “to testifie to the scandalous world that I do not altogether spend my time idely” (Todhunter, 8).

However, it was not until the next century that women began to appear as authors of cookbooks.



In colonial America, cookbooks made a fairly late appearance. The first cookbook printed here was the *Compleat Housewife* by Eliza Smith but introduced by Williams Parks of Williamsburg in 1742. It was actually a reprint of an English volume which ignored the new ingredients, such as cornmeal or cranberries, found in the American larder. However, the recipes were easy to understand and they ran the gamut from instructions on how to pot eel, pickle mushrooms and even contained a

recipe for preparing swan. The *Compleat Housewife* would ultimately appear in sixteen editions, becoming one of the most popular cookbooks of the 18<sup>th</sup> century in both England and America.

Smith wrote her cookery book out of her own experience as a housekeeper.

Women’s names did not appear on early cookbooks. At first women writers identified the author only as “A Lady.” (Todhunter, 8). They were included in written record only if they were engaged in civic affairs and linked with famous men. In addition, before the twentieth century, fewer women were able to write their own accounts of domestic life, for on the whole fewer women were able to read and more than men and even if they could write, they did not consider

their experiences worthy of recording. In addition, women did not want to provide intimate glimpses of their work and aspects of their life. Women who thought their lives too ordinary to be of interest to others, used their cooking skills and prized recipes as a vehicle for making themselves visible.

By the 19<sup>th</sup> century, women dominated the field of household literature as authors and audience. During this time, women began to gather their recipes<sup>1</sup> (also called “receipts” until the late 19<sup>th</sup> century) into a single volume and sell them to generate funds for charitable activities. The cookbook became a communal affair.

### Syllabub

*(The Temperance Cookbook, containing 189 Receipts: Designed for the Use of Those Persons Who Wish to Exclude Spirituous Liquors from their Cookery by a Lady of Philadelphia, 1835)*

Sweeten a quart of cream with loaf-sugar, grate nutmeg into it, milk your cow into the liquor very fast, that it may be very frothy. That is very good for evening entertainments, etc. Take a pint of cream, grate in the skin of a lemon, beat the whites of three eggs, sweetened, until light, put into your syllabub glasses, etc.

In England, at the end of the 17th century and during the 18th century, sullabub (or sillibub) was the chic drink for ladies at evening parties. The name "syllabub" may come from the word "sillibouk" meaning "happy stomach." English folk originally made syllabub with fresh cream to which was added sack (white wine or sherry) seasoned with ratafia (a fruit or almond flavored liqueur or cordial).

Amelia Simmons<sup>2</sup>, a self-described “American orphan” wrote *American Cookery* in 1796. This small blue book was the first cookbook actually written in America, the first self-published cookbook and the first cookbook to be written by a woman. Leslie boasted that the recipes “are drawn up in a style so plain and minute as to be perfectly intelligible to servants and persons of the most moderate capacity (Barile, 41).

<sup>1</sup> It is interesting to note that the origins of the word “recipe” to the Latin *recipere*, meaning “exchange.” (Theophano, 41).

<sup>2</sup> Amelia Simmons was thought to be the first writer to indicate in recipes for cookies and soft gingerbread, the use of pearl ash, an early form of baking powder. She was also the first cookbook author to call a small, crisp sweet a “cooky” (from the Dutch “koekje” – other recipes refer to them as “little cakes.”)

Between 1796 and 1808, Amelia Simmon's book was published in four editions, and its repertoire widened to include Independence Cake, Federal Cake, and Election Cake (a rich, spicy, fruit-strewn loaf designed for town meeting occasions) - all three titles speaking of a new nationalist fervor. There was talk of an "American mode of cooking." In addition, the Simmons book was the first to tell how to deal with the knobby root of a type of sunflower plant cultivated by the Indians that had become known as Jerusalem artichokes. It introduced the use of molasses as a synonym for the English word *treacle*, and gave instructions for making pumpkin "slapjacks" by combining cornmeal with boiling water, then adding milk and pureed pumpkin, a little flour, pearl ash or baking powder, salt, sugar, and a beaten egg. They were fried on a hot griddle like pancakes, and then served with maple syrup. (Jones, 30)

From 1824 to 1854, Eliza Leslie wrote many books, making her the leading American cookbook writer of her time. She was the author of one of the most popular nineteenth century cookbooks, *Directions for Cookery*. Her reputation was created with the book *Seventy-Five Receipts for Pastry, Cakes and Sweetmeats* (Boston, 1828). It was favorably received and a second edition appeared the following year. Because of its popularity, the book went through over twenty editions during the nineteenth century in original and expanded forms.

### Indian Pound Cake

(*Seventy-five Receipts for Pastry, Cakes and Sweetmeats*, Eliza Leslie)

Eight eggs

The weight of eight eggs in powdered sugar

The weight of six eggs in Indian meal, sifted

Half a pound of butter

One nutmeg, grated – or a tea-spoonful of cinnamon

Stir the butter and sugar to a cream. Beat the eggs very light. Stir the meal and eggs, alternately, into the butter and sugar. Grate in the nutmeg. Stir all well. Butter a tin pan, put in the mixture, and bake it in a moderate oven.

Cookbooks had finally become personal statements of American cooks and their culinary styles were no longer solely compilations of European recipes that might or might not work. Cookbooks were primarily used by professional cooks until the end of the 18<sup>th</sup> century. Even at this time, recipes were confusing. Often they contained unclear directions and imprecise measurements. In addition, cookbooks were also used primarily by the wealthy. Their servants were not supposed to know how to read a cookbook, so the mistress of the household would read the directions as the servant prepared the mixture. Later, cookbooks were written having the middle class in mind and they appear in more homes.

One of the best of English cookery books, *Modern Cookery for Private Families* by Eliza Acton (1845), was written by a lady who really wanted to be a poet. But her publisher said there was no market for poems by maiden ladies and told her bracingly that what she ought to write was a good sensible cookery book. She did, and the result was an enduring best-seller.

*It must be remembered that it (the kitchen) is the great laboratory of every household, and that much of the 'weal or woe' as far as regards bodily health, depends upon the nature of the preparations concocted within its walls.*

- Mrs. Beeton

The best-known English cookery book, however, was written by a young woman journalist with no particular talent in the kitchen. Isabella Beeton's *Book of Household Management* (1861) was encyclopaedic in scope and, although the recipes were pedestrian, Mrs. Beeton was the first writer to make a serious attempt to include an estimate of costs, quantities and preparation times. (Tannahill, 322-323)

**Almond Cream**

(From Mrs. Beeton)

1/2 cup flaked almond  
1 1/4 cups heavy cream  
1 tablespoon gelatine  
1/8 cup sugar  
few drops of almond essence

Spread the flakes almonds over a baking sheet and place I a moderate oven until they have browned lightly. When ready, remove them from the oven and chop them coarsely.

Whip the cream until stiff and add the gelatine and sugar, dissolved in a little warm water. Lightly mix in the chopped almonds and a few drops of almond essence, and pour into a mold. Refrigerate for at least one hour before serving to allow the cream to set fully.

American women needed better instruction and the 1880's brought scientific cooking to the United States in the form of cooking schools. Many were founded by women and include: The New York Cooking School, founded in 1874 by Juliet Corson and The Philadelphia School of Domestic Science opened by Sara Rorer in 1884. At last printed textbooks and cookbooks containing exact directions and standardized measurements were available to the American homemaker.

Accuracy was still not a mainstay in early cookbooks. Many cookbooks proceeded blithely along with directions like "mix as for a rich pastry" or the classic, "add some butter the size of a walnut." Until the late 1800's, women were expected to know how to cook. Women cooked with a confidence born of custom, experience and instinct. Results were less predictable than they are now and instinct and judgment were correspondingly more important in the making of a cook. The books were simply there to act as memory joggers. Women must have been familiar enough with how to make a recipe that explicit directions were not necessary. Women also mastered the techniques of cooking by watching one another in the kitchen, learning by the age-old method of observation and practice.

One of the predominant textbook writers was Fannie Merritt Farmer, born March 23, 1857. She enrolled in the Boston Cooking School and was such an apt student that after graduating in 1889, she was asked to serve as its assistant director and director in 1891. In 1902 Fannie resigned and started her own school known as Miss Farmer's School of Cookery.

*Progress in civilization has been accomplished by  
progress in cookery.*  
- Fannie Farmer

The first of Mrs. Farmer's books was *Boston Cooking School Cookbook*. It was handwritten and in 1896 when she submitted it to publisher Little Brown and Co., Fannie had to pay for publishing the first 3,000 copies because her publisher didn't think it would be successful. In addition, cookbooks were considered risky publishing ventures. *The Boston Cooking School Cookbook* by Fannie Merritt Farmer was published in 1896. By 1991 this popular book was in its 13th revision and has sold millions of copies.

Fannie's cooking school did stress exact measurements as the rule, rather than the exception but it would take many years before this theory became a universal standard among cookbooks. Fannie's cookbook was outstanding because it introduced level measurements in cups and spoons of standard size, replacing measures such as "wine glass full", "butter the size of a walnut", "a pinch", "a handful", and "one teacup". The first chapter of the first edition began with the words "food is anything which nourishes the body." (Todhunter, 10)

Nineteenth Century Cake Recipes  
from *Godey's Lady's Book*, 1860

Cake Good, 1896

2 eggs, 1 cup sugar, a little salt, 1 cup sweet cream,  
2 teaspoonfuls baking powder in flour. Lemon or anything.

Since the 19<sup>th</sup> century, women had to strike certain pretense when writing cookbooks and domestic manuals and hide the fact that they may have been more interested in politics and social justice. One such was Lydia Child<sup>3</sup>. She published her most popular book, *The Frugal Housewife* (1829 – published in England in 1832 as *The American Frugal Housewife*) to stay afloat while she and her husband, Calvin, a man with no visible income, continued their work as reformers (Haber, 213-214). For Lydia, writing about food was a means of economic survival. Her real interests lay elsewhere.

*Calf's head should be cleansed with great care. It is better  
to leave the wind-pipe on, for it hangs out of the pot while the head is cooking,  
and all the froth will escape through it.*

- Lydia Child

As the 19<sup>th</sup> century approached, an increase in sales of the cookbook started that continues to this day. Before the 1876 centennial, over 1,000 cookbooks were published causing the authors to become quite popular. The 19<sup>th</sup> century was the first time in the history of American society when women authors dominated the cookbook world. Several were female novelists who turned to the new field of cookbooks in order to inform women about the duty to their family and the need to do things right. Still others wrote in response to the need of women who were forced to live frugal lives to reduce their impoverished circumstances.

Female novelists who penned well-thumbed cooks include Mary Randolph<sup>4</sup>, distant cousin to Thomas Jefferson wrote *The Virginia House-Wife* (1824), Catharine Beecher (sister of Harriet Beecher Stowe who wrote *Uncle Tom's Cabin*) *A Treatise on Domestic Economy* (1841)

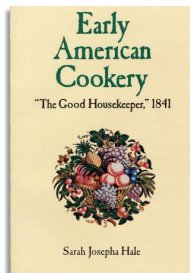
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<sup>3</sup> Many thought Lydia Child was a middle-aged housewife with a large brood of children. When she wrote her cookbook, she was only 26 and she remained childless her entire life.

<sup>4</sup> Mary Randolph was well-known for her great cooking skills. In 1800 there was a thwarted slave revolt. It was discovered that the leader of this revolt asked that Mary's life be spared so that she might become his cook (Barile, 39).

and Louisa May Alcott wrote *Vegetable Diet* and *The Young Housekeeper or Thoughts on Food and Cookery* (1938). Neither of Miss Alcott's books contained many actual recipes.

Sarah Josepha Hale (author of "Mary had a Little Lamb" and Editor of *Godey's Lady's Book*) was another famous novelist cookbook author. Although editing was her forte, Sarah Josepha Hale<sup>5</sup> still found time to write 50 nonfiction books including, *Early American Cookery*



*The Good Housekeeper* (1839), an adaptation of English author Eliza Acton's *Modern Cookery* (1847), *The Ladies Book of Cookery* (1852) and later expanded retitled *Mrs. Hales New Cookbook* (1857). In 1852 Sarah wrote the book *Mrs. Hale's Receipts for the Million: Containing Four Thousand Five*

*Hundred and Forty Five Recipes*.

The 19<sup>th</sup> century cookbooks offered special treats such as essays containing advice or household tips. They offered the reader advice on family health and food preparation all with the aim of improving the lot of women. The books were directed to all classes of women.

Lydia Child, prominent writer and abolitionist wrote suggestions on "How to Endure Poverty." Women felt they were getting a special treat as they were getting both a cookbook and useful household tips. Catharine Beecher promoted the ideas of scientific cookery and cleanliness. She was also concerned with organizing time for women in the kitchen.

*America is now wholly given over to a damned mob  
of scribbling women.*

- Nathaniel Hawthorne (1804-1864)

By the beginning of this century, cookbooks were steady sellers and publishers began to crank them out by the score. Cookbook bestsellers (selling a million copies) include *The*

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<sup>5</sup> Sarah Josepha Hale was successful in establishing the Bunker Hill Monument and having Thanksgiving Day declared a legal holiday by President Lincoln. She is known as the "Mother of Thanksgiving."

*Settlement Cookbook, Joy of Cooking, Good Housekeeping, McCall's Cookbook* and *Betty Crocker's Cookbook*. *Better Homes and Gardens New Cookbook* holds the sales record – selling over 18 million copies

While the 19<sup>th</sup> century cookbooks were short on illustrations, cookbooks now contained colorful photographs and pictures. Ironically, despite the books' popularity, many women were still required to pay for their own publications, as Fannie Merritt Farmer had to do years ago.

All of a sudden we were hearing less and less of cooking schools and women were entering college and majoring in Home Economics<sup>6</sup>. After graduating they were employed to teach, (as home economists), become employed by a food company and working in newspapers and magazines as food editors. Although for some, their education was short-lived and pragmatic, women used cookbooks as opportunities to develop reading, writing and editorial skills. In these ways, kitchen writing helped broaden literacy among women as domestic writings were both the most necessary and permissible for them to read. Cookbooks also became a way for women, even those without formal education or training, to gain economic independence and authority.

### Coffee Cakes

*(The Woman Suffrage Cook Book, 1886)*

Beat three eggs very light, add two cupfuls brown sugar, one cupful butter, one cupful sweet milk, one teaspoonful soda, two teaspoonfuls cream of tartar. Make a stiff dough by kneading in flour, roll out to about one-half inch thick, sprinkle with powdered sugar and cinnamon, roll up as if for jelly rolls and cut off slices about half an inch thick, dip in granulated sugar and bake.

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<sup>6</sup> The Home Economics field was established by Ellen Swallow Richards, who had helped set up the national's first school lunch program in Boston in 1894 (Haber, 59)



In 1931 Irma Rombauer wrote *The Joy of Cooking*. The title of this privately printed collection, spelled a break from science and efficiency. Rombauer's philosophy was "cooking is a daily job, it may be a daily chore, why not make it a daily adventure" (Barilhe recipes were intended to enable even a beginning cook to make palatable dishes with simple means. Two years later, Bobbs-Merrill published an enlarged version of *The Joy of Cooking* and Rombauer was on her way to becoming a household saint.

Modernizing kitchens required revising existing recipes such as the oven temperature, mixer speed, etc. About the same time that these modern changes were occurring, manufacturers of kitchen items and equipment were publishing cookbooks and pamphlets to advertise their products and to keep their name before the housewife. In the 1940's and 50's magazine publications became publishing cookbooks (*Woman's World*, *My Good Housekeeping Cook Book* and *Aunt Sammy's Radio Recipes Revised*). In the 1960's these publishing companies were creating test kitchens and hiring home economists and food editors. Soon they began publishing cookbook and the market was inundated with cookbooks, recipe books and pamphlets.

How and why did cookbooks begin to be acknowledged as important historical documents? According to Barbara Haber in *From Hardtack to Homefries* (p. 4) women's cookbook collections were virtually ignored. We think of cooking and cookbooks as gendered. Women's Study specialists were more immediately intent on bringing visibility to the public activities of women and downplaying their kitchen duties, which seemed to symbolize women's subordination and oppression by the patriarchy.

What we have learned is that the writing of recipe books was often a sign of affection, of women coming together and a hoped-for continuity of relationships that transcended time and

space. A cookbook was also tie-binding women of different generations together. Leaving a cookbook to the next generation was a valued gift of vital practical knowledge, gathered by one woman from many others and, therefore, thick with personal, familial and cultural memories.

Starting a cookbook reflects on a woman's entrance onto the stage of domesticity. The cookbook, a symbol of a rite of passage, signals a child's taking leave of her mother to start a life on her own. The knowledge contained in cookbooks is practical and necessary to sustain families from day to day. Cookbooks were a way of recording their knowledge. The very act of writing, especially for women who had few opportunities to write in the course of a day, may have provided them with a sense of pleasure and pride in what they had accomplished. Also working in the kitchen with children underfoot, mothers may have used recipes to teach their children how to read and write.

However, some cookbooks were more than cookbooks. Cookbooks have been recognized as having essential connections to women's history, well before women's history was recognized as a respected field of academic study. Besides providing recipes, authors used cookery books as a venue for the exploration of domestic life, women's roles, education and demeanor. Printed cookery books were a place for women to shape the images of women.

## Cookbooks Compendium

Before the country's centennial year of 1876, more than 1,000 cookbooks and pamphlets would be printed in the United States. Finding a recipe would not be a problem, but there were problems to trying to discover recipes that actually worked. The following cookbooks were milestones (Barile, 216-219).

- 1796 *American Cookery* by Amelia Simmons. It is a "first" on three counts - the first American cookbook, the first American cookbook written by a woman and the first self-published American cookbook.
- 1824 *The Virginia House-Wife*, by Mrs. Mary Randolph, offers an early collection of southern specialties.
- 1827 Robert Robert's *The House Servant's Directory* - the first household book by an African American.
- 1828 Eliza Leslie's *Seventy-Five Receipts for Pastry, Cakes and Sweetmeats*. It was one of the earliest American cookbooks to list the ingredients separately from the cooking instructions.
- 1829 Lydia Maria Francis Child authors *The American Frugal Housewife* and becomes well-known for her emphasis on common sense and frugality in the home.
- 1841 Catharine Beecher, sister of Harriet Beecher Stowe, takes up the cause of domestic science in *A Treatise on Domestic Economy*.
- 1859 *Mrs. Beeton's Book of Household Management*, by Isabella Beeton of England, becomes one of the most famous and well-used cookbooks to be published. Editions are still appearing under her name.
- 1876 Juliet Carson wrote *Fifteen Cent Dinners for Workingmen's Families*, an early booklet aimed at cooks on limited budgets.
- 1883 *Mrs. Lincoln's Boston Cook Book*, by Mary Lincoln brought cooking school techniques and science to the home kitchen.
- 1896 Fannie Farmer's *The Boston Cooking School Book* makes its first appearance. The book, in revised editions, is still popular today.

- 1901 *The Settlement Cookbook - The Way to a Man's Heart* is used as a way to raise funds for the Settlement House in Milwaukee.
- 1930 *The Better Homes and Gardens New Cook Book* began selling the first of its eventual 20 million books in print.
- 1931 *The Joy of Cooking* was formerly published and became a best seller with more than 10 million copies sold.
- 1949 The first Pillsbury baking contest occurs (the contest is eventually renamed the "Pillsbury Bake-Off"). The cookbooks that are issued after each contest are popular collector's items.
- 1961 *The I Hate to Cook Book*, by Peg Bracken became a best seller. Some people finally admitted to disliking spending time in the kitchen.

## Measurements and Old and Unusual Cooking Terms

*How can any one tell how much a pinch is,  
Aunt Jane?" asked Rose,  
"Is it about as much as when you take  
a pinch of anybody's arm?  
- Six Little Cooks, 1877*

In many of the old cookbooks, recipes and ingredients called for weighted amounts like pounds, pints and quarts, but oftentimes, the recipes called for measurements like a wineglass, a gill, a spoonful, butter as big as a hen's egg and so on. Therefore, it's quite a challenge if you are attempting to prepare a turn-of-the-century food item. Perhaps the terms below will help (DeSablón, 186-195).

<b>Addled</b>	Rotten or spoiled
<b>Bee Sweetin'</b>	Honey
<b>Boil to a height</b>	Boiling to the point of candying or crystallizing
<b>Butter the Size of an Egg</b>	About 1/4 cup of butter (2 ounces)
<b>Butter the Size of a Walnut</b>	About two tablespoons of butter
<b>Cauled</b>	Heated to just below the boiling point, when scum forms
<b>Clinkers</b>	Biscuits, sometimes stale, for dunking
<b>Coffee Spoons, Two</b>	1 teaspoon
<b>Coffeecupful</b>	In measuring, about one cup of liquid or dry ingredients
<b>Coffin</b>	Pie crust or the dish or mold in which the pie was baked
<b>Cornmeal, 3 cups scant</b>	1 pound
<b>Dessertspoon</b>	In measuring, about 1 1/2 teaspoons
<b>Dram</b>	1/8 ounce or 3 scruples
<b>Eggs</b>	Use medium eggs in old recipes; extra large ones did not exist at the turn of the century.
<b>Eggs, ten w/o shells</b>	1 pound of eggs
<b>Few grains</b>	Less than 1/8 teaspoon

<b>Five-cent jar</b>	Usually an 8- to 12-ounce jar (e.g., jam, marmalade)
<b>French Vinegar</b>	In old cookbooks, usually tarragon vinegar
<b>Frizzle</b>	Cooking an item in butter or fat, such as dried beef, until it curls or crisps
<b>Gem</b>	Muffin or cupcake
<b>Gill</b>	1/2 cup
<b>Glassful</b>	As in shot glass, a full measure, about 1/4 cup
<b>Handful</b>	In measuring, about one ounce
<b>Hot closet</b>	Warming oven
<b>Hot oven</b>	400 to 450 degrees Fahrenheit
<b>Indian meal</b>	Cornmeal
<b>Jar</b>	3 ounces
<b>Lump</b>	In measuring, about two tablespoons (usually of butter)
<b>Moderate oven</b>	About 350 degrees Fahrenheit
<b>Nun's toast</b>	French toast
<b>Pearl Ash</b>	Grey-colored leavener made from wood ash that was used as rudimentary baking powder (with sour milk); potassium carbonate, commonly called <i>potash</i> .
<b>Penny's worth</b>	One unit, or one package (of yeast for example)
<b>Pinch</b>	1/16 teaspoon
<b>Pint pail cover</b>	Metal rimmed lid of a pint-sized pail, sometimes used as a cookie, biscuit or roll cutter.
<b>Potage</b>	Soup
<b>Pound of eggs</b>	About 12 small eggs

<b>Saleratus</b>	Bicarbonate of potash; rudimentary baking powder that replaced pearl ash.
<b>Saltspoonful</b>	About 1/4 teaspoon (from a small spoon used to ladle salt from a "cellar" - small dish - before shakers were introduced to the table.
<b>Slow oven</b>	300 to 325 degrees Fahrenheit
<b>Swamp cabbage</b>	Hearts of palm
<b>Syllabub</b>	Beaten dessert, usually made with sweetened milk or cream and fortified wine, such as sherry.
<b>Tea-cupful</b>	In measure, about 3/4 cup
<b>Try, try out</b>	Render fat
<b>White loaf sugar</b>	White sugar
<b>Wineglassful</b>	About 1/4 cup

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*A recipe that is old as time itself,  
Yet always delightfully new.  
They call it simply friendship,  
Beloved, tried and true.*

*To each and every artist,  
A synonym for cook,  
Who gave her choicest recipe  
And helped to make this book.*  
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Figure 3, page 11 – <http://www.leaderu.com/ftissues/ft0003/articles/rombauer.html>

*The cook was a good cook, as cooks go;  
and as cooks go, she went.*  
- H.H. Munro