

# Vintage victuals and shabby cookbooks

One of my favorite evening amusements is reading through old, shabby cookbooks. Space is at a premium when you're forced to downsize and while I did give up a lot of books, there were certain ones I had to keep. Among them were my oldest cookbooks. I've picked up a few more when I get into one of the many thrift shops here. The children all know my enthusiasm and keep an eye out for old volumes for me.

Recently, David and Shannon loaned me a fascinating old cookbook published by the St. James Guild of Belleville, Kansas in 1913. The tattered gray cover is reinforced with disintegrating tape, its well-thumbed pages are yellowed and dog eared but it is a joy to leaf and laugh at the household tips and the ads from merchants kind enough to sponsor church ladies who contributed their favorite "receipts."

There are a number of other church cookbooks, both old and new, on my shelves, but this is by far the oldest. You'll find no mention of Jell-O, slow cookers, or microwaves but chafing dish recipes are plentiful. References to iron skillets, crocks and ice boxes are common, however, and ingredients such as rennet tablets, lard, and sorghum molasses are frequently found. Many thrifty cake recipes use honey rather than sugar, are eggless or use mashed potatoes or crumbs for a base.

Measurements were certainly different in years past. Cooks have always measured to some extent, but Fannie Farmer is credited with establishing standard measuring utensils back in the 1890s. Before she convinced manufacturers to produce cups and spoons using her precise measurements, it was common to find "butter the size of a walnut," "a pinch" of this or that, a wineglass of vinegar or a teacup

## Cook's Corner

Liza Deines



of sugar, "brine salty enough to float an egg" or "enough flour to make a soft dough." Many such phrases were still appearing in 1913. Often only ingredients are the entire text, no procedure given. For example:

**BISCUITS THAT WILL NOT FAIL**  
Sift one quart of flour with two rounded up teaspoons baking powder. Work into this a piece of lard the size of a pullet egg. Add a pint of fresh buttermilk into which enough soda has been added to foam it, about a teaspoonful. And that's the entire recipe!

Belleville was quite the up and coming town with a veterinarian, two drug stores, one of which also carried paint and advertised proudly "Ice Cream Year 'Round. One ad cautions darkly about the danger of using baking powder with alum added to it. A mill in Beloit advertises "Gold Coin, Standard A" flour. The lumber company claims you cannot cook successfully without their coal. Two dealers advertise cooking ranges; one an old-fashioned cast iron Housekeeper's Friend while the other offers the latest thing, a Malleable Steel Range equipped with stoves lined with a composite of copper and aluminum, guaranteed never to rust. Haberdashers and clothiers were available to provide anything from overalls to corsets. All telephone numbers were two or three digits and I'm willing to bet you gave them to an operator after you cranked the handle

on a wall mounted telephone. A local banking institution boasts capital and surplus of \$45,000 so obviously there was plenty of cash available to purchase from all these merchants. Death was a thriving business, too, with two undertaking establishments, plus a monument company. The gentleman who operated the monument company was apparently a pessimist, or perhaps a comedian, since he suggests having your tombstone designed and on order in case any of the ladies' recipes prove fatal!

It was possible to get your harness oiled for only 50 cents, get a shave and a haircut in a six-chair barber shop, take free fancy work lessons at The Style

Store, borrow a book for two cents from the bookstore, or purchase fresh milk and cream from "tested" cows.  
And now for dessert:  
**CAKE**  
Two eggs  
One heaping teacup sugar  
One small cup milk  
One teaspoon shortening  
Two small cups flour  
Flavor  
Apparently you are just supposed to know what flavor and how to make a cake. Lots of luck if you're cooking 1913 style!

Liza Deines  
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# POLICE LOG

**Aug. 27**  
(4) four vehicle stops  
Keys locked in vehicle  
Report of two men trying to open doors of businesses  
Building checks  
Report of stolen bike  
Welfare check  
EMS assist  
**Aug. 28**  
Report of suspicious person, Loves  
Report someone damaged sign and took wind chime from ReNew Boutique  
(2) two vehicle stops  
Parking complaint  
Report of items taken from inside vehicle  
Building checks  
**Aug. 29**  
Building checks  
Report of stolen bike  
Welfare check  
EMS assist  
**Aug. 30**  
D.U.I. arrest  
Parking complaint  
(3) three vehicle stops  
Report of individual having trouble with their child  
Report of smoke, Lincoln & Eagles Rd.

**NORTON COUNTY ARTS COUNCIL, INC. MEMBERSHIP DRIVE**

**REZA ILLUSIONIST**

**SUNDAY, SEPTEMBER 16**  
3:00PM EAST CAMPUS AUDITORIUM  
NORTON, KANSAS

TICKET PRICES: ADULTS - \$15.00, STUDENTS - \$5.00  
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ADDRESS: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

RETURN THIS MEMBERSHIP WITH YOUR CHECK OR MONEY ORDER TO NORTON COUNTY ARTS COUNCIL, PO BOX 225, NORTON, KS 67654

# Check Out This Week's SPECIALS!



**12 CHEVY IMPALA LT**  
15K, silver \$19,895



**11 BUICK LACROSSE CXL**  
almost new, 15K \$26,995

# Sampler Festival host announced

The Kansas Sampler Foundation announced that Wamego will be the host for the 2014-2015 Kansas Sampler Festival. The event is designed to provide the public a sample of what there is to see, do, hear, taste, buy and learn in Kansas.

Wamego went through an 8-month process including a preliminary application, final application, site visit and interview before being designated as the ninth community to host the festival. The only event of its kind in the Midwest, the festival will take place the first weekend of May in the Wamego city park, and the ballfields just to the east of the park.

# Sudoku Puzzle #2647-D

			1		2		
3			4		5		
5	6	7	2			1	
		8				4	3
1							2
9	8			2			
	5		7	4	1		8
		8	3				6
		7		9			

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**2012-2013 NORTON COUNTY ARTS COUNCIL SEASON SCHEDULE**

**Sunday, September 16 – 2:30 p.m. – Reza Illusionist**  
Membership Drive, East Campus Auditorium  
Adults-\$15.00; Reciprocity-\$8.00; Students-\$5.00

**Saturday, October 20 – 7:00 p.m. – Rick Bultez, Comedy Hypnotist**  
East Campus Auditorium – Adults-\$10; Reciprocity-\$6.00; Students-\$3.00

**Thursday, November 1 – 9:30 a.m. and 1:30 p.m. – Wichita Children's Theatre**  
Three Little Kittens and Annie Oakley  
East Campus Auditorium – Eisenhower Elementary K-6

**Saturday, November 10 – 9 a.m.-4 p.m. – Annual Arts and Crafts Fair**  
National Guard Armory and 4-H Building

**December, 2012 – Christmas Lighting Contest**  
Norton Community - Additional info-TBA

**Saturday, January 19, 2013 – 7:00 p.m. – Melinda Ferree, Patsy Cline**  
East Campus Auditorium – Adults-\$5.00; Reciprocity-\$3.00; Students-\$1.00

**Saturday, March 23, 2013 – Local Talent Show**  
East Campus Auditorium – Additional info-TBA

MEMBERSHIPS: STUDENT – \$10.00 • SINGLE – \$25.00 • FAMILY – \$50.00 • PATRON – \$100.00  
Membership entitles you to free admission to all Norton County Arts Council events and performances  
SEND CHECK OR MONEY ORDER TO:  
Norton County Arts Council, Inc. P.O. Box 225, Norton, KS 67654

**NORTON COUNTY ARTS COUNCIL INC.**  
For more information, or to purchase memberships, contact Ruth at 877-2627

# See us also for these values!!

- 11 BUICK LUCERNE CXL, Nice as new, 27K .....\$24,995
- 11 CHEVY CRUISE LT, 26K.....\$18,895
- 11 CHEVY SUBURBAN LTZ, every possible option, pearl white...JUST IN
- 10 DODGE RAM 2500 CREW CAB, 4x4, Cummins diesel, 26K...JUST IN
- 10 GMC TERRAIN, SLT, fully loaded, 28K.....\$27,895
- 10 CHEVY 1/2 T CREW CAB, 4x4, LTZ pkg., 34K.....\$33,895
- 09 BUICK LACROSSE CXL, 43K local miles.....\$16,895
- 09 BUICK ENCLAVE CXL, 46K local miles.....\$29,895
- 09 CHEVY HD 1 TON DUALY, 4x4, like new, 5K.....\$28,495
- 09 CHEVY 1/2 T EXT CAB Z-71, 13K.....\$27,995
- 09 CHEVY MALIBU LT, gold metallic, 22K.....\$17,995
- 09 CHEVY 1/2 T CREW CAB, 4x4, LT pkg., 47K.....\$28,495
- 09 GMC ACADIA SLT, FWD, white diamond, loaded.....JUST IN
- 08 CHEVY HD 3/4 T REG. CAB, 4x4, Duramax diesel, Flatbed.....\$AVE
- 08 CHRYSLER TOWN & COUNTRY VAN, Touring Pkg.....\$15,895
- 08 CHEVY IMPALA, 41K.....\$16,995
- 08 CHEVY 1/2 T SUBURBAN, 4X4, LTZ pkg., 69K.....\$AVE
- 08 CHEVY EQUINOX LT, FWD, 53K.....\$17,495
- 08 CHEVY HD 3/4 T EXT. CAB, 4X4, Z71 pkg., clean as new.....\$21,895
- 08 CHEVY HD 3/4 T REG. CAB, 4X4, LT pkg., summit white.....\$19,895
- 08 BUICK LUCERNE CXL, 60K, white diamond.....\$18,895
- 07 HUMMER H3 4X4, HSX pkg., desert orange.....\$23,895
- 07 FORD FOCUS SES, 4 dr., bright red, 52K.....\$AVE
- 07 GMC CANYON CREW CAB, 4x4, SLT pkg2 dr, jet black, 35K.....\$17,995
- 07 HONDA EX, 2 dr, jet black, 35K.....\$14,950
- 07 CHEVY COBOLT LT, 2 dr., sport red metallic.....\$9,950
- 06 GMC 1/2 T CREW CAB, 4x4, SLT, local owner.....\$19,495
- 06 PONTIAC G6 GTP, 4 door.....\$8,850
- 06 DODGE STRATUS, local lady driven.....\$7,650
- 05 CHEVY 3/4 T, 4x4, Duramax diesel, deweze bed.....\$17,895
- 04 CHEVY MONTE CARLO SS, 87K, sharp.....\$9,495
- 01 GMC YUKON XL.....\$9,495
- 01 DODGE STRATUS SE.....\$4,650
- 00 DODGE DAKOTA, SLT pkg.....\$6,895
- 99 BUICK CENTURY CS, 49K.....JUST IN
- 98 CHEVY S-10 EXT. CAB, 4x4, we sold new, 97K.....\$AVE
- 95 OLDSMOBILE CUTLASS CIERA, SL pkg., 24K.....\$AVE

*If we don't see you today, we'll be here tomorrow!*

**MONEY**

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