

*Menu*

*Cream of Tomato Soup, Fresh Corn Soup, Oyster Bisque  
Deviled Clams, Baked Stuffed Shad, Salmon Surprise  
Veal Birds, Chicken Chop Suey, Baked Ham  
Asparagus with Eggs, Potatoes au Gratin, Lima Bean Souffle  
Moulded Cucumber Salad, Fruit Salad, Hot Red Slaw  
Graham Date Muffins, Peanut Butter Bread  
Double Fudge, Mocha Cake, Pineapple Upside-Down Cake  
Coffee, Grenadier Punch, Hot Chocolate*

**“Cream of Tomato Soup**

1 can tomatoes  
2 tsp. sugar  
¼ tsp. soda  
1 qt. milk  
1 small onion  
4 tbsp. flour  
1 tsp. salt  
1/8 tsp. pepper  
4 tbsp. butter

Melt butter in saucepan, add flour, stir well, add milk and cook until mixture thickens, add salt and pepper. In another saucepan cook tomatoes, onion and sugar 15 minutes, add soda, stir well and rub thru a sieve. Combine mixtures and serve hot.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, December 1928 (unnumbered page)

**“Fresh Corn Soup**

Grate the corn from four or more ears, the amount depending upon the size of the family to serve. One-half cupful of grated corn will serve two. Cover the cobs with cold water and boil them for 20 minutes, drain the water and add to the grated corn with milk and seasonings. Cook for a few minutes until the corn is well cooked, adding butter and flour, a teaspoonful of each for a pint of soup. Serve hot, unstrained.”

---“Kitchen Cupboard, Nellie Maxwell, *Daily Record*, January 5, 1927 (p. 11)

**“Oyster Bisque**

Cook a pint of chopped oysters in three cupfuls of milk, strain and reserve the milk. Rub the oysters through a sieve, add two tablespoonfuls of flour mixed with two tablespoonfuls of butter; add milk, salt, and cook eight minutes. Add a beaten egg and serve at once.”

---“Kitchen Cupboard,” Nellie Maxwell, *Daily Record*, October 2, 1925 (p. 3)

**“Deviled Clams**

12 large clams  
1 cup bread crumbs  
2 hard cooked eggs  
1 tsp. mustard  
½ tsp; pepper  
1 tbsp. Butter  
1 onion chopped  
1 tbsp. parsley  
1 tbsp. celery chopped 1 egg  
2 tbsp. Worcestershire sauce

Wash the clams with the shells on, put in pot with ½ cup water, cover tight, cook 5 minutes, cool and remove clams. Put clams through meat chopper, also whites of cooked eggs. Break yolks in small pieces, mix with onions, celery, parsley, add chopped clams. Soak bread crumbs in liquor take from clams, squeeze out and mix all ingredients together. Fill each half clam shell, dip in egg and cracker dust, fry in deep fat until brown, or bake in oven at 375 degrees for 30 minutes.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, December 1928 (unnumbered page)

### “Baked Stuffed Shad

1 shad

2 oz. salt pork or bacon

Salt

1 cup boiling water

Clean the fish, sprinkle salt on the inside of the fish, then fill it with stuffing.

Stuffing

2 cups soft bread crumbs

½ tsp. salt

1/8 tsp. pepper

1 tsp. scraped onion

2 tbsp. butter melted

1 tbsp. chopped parsley

1 tbsp. chopped pickles

f.g [few grains] cayenne

Mix in order given. If very dry, add ¼ cup hot water. Pack into opening of fish. Place the fish on rack and put in the pan. Place salt pork or bacon on top of the fish. Place the fish uncovered in hot oven to sear for 30 minutes, then remove it from the oven. Sprinkle with salt and pour one cup boiling water in the pan and cover it. Return the pan to the oven and continue to bake the fish for about one hour in a moderate oven, 300 degrees, or 15 minutes for each pound. When the fish is baked, remove the rack from the roasting pan, loosen the fish from the rack by means of a knife and slip the fish onto a hot platter. Garnish the fish with sprigs of parsley and slices of lemon. Serve at once.”

---“New Ideas in Home-making,” Ada Bessie Swan, Directory of the Home Economics Department, Public Service Electric and Gas Company, *Daily Record*, May 17, 1929 (p. 5)

### “Salmon Surprise

1 ½ cups white sauce

1 cup salted peanuts

1 lb cooked salmon or 1 large can salmon

Make a medium white sauce, seasoning it well and steam the fresh salmon. Separate the flakes of fish from skin and bones. Arrange in greased ramekins with three layers of whites sauce and two of the flaked fish. Cover with the rolled salted peanuts. Place ramekin on paper in a pan of hot water and bake in a quick oven, 400 degrees, for 20 minutes or until it is heated thru. Peanuts should not be brow but crisp. Makes 6 servings.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, July? 1928 (unnumbered page)

### “Veal Birds

Pound thin slices of veal and trim to about four inches square. Take all the trimmings and grind fine, to which add salt, pepper and a little onion and one slice toasted bread soaked in milk or water. Spread this dressing on slices of veal, roll and stick toothpicks in to hold them together. Put butter and lard, half and half, in pan, about one big spoon to each bird. When hot place the birds therein and brown them nicely. The pour over them cream or rich milk enough to cover and stand on back of stove to simmer at least one hour. When done the birds will be very tender, and the gravy a rich brown. Put in a little flour in the cream to thicken the gravy.—Della E. Shelby.”

--- *The Complete Hostess*, The Belmont Parent Teacher Association, Dover, N.J. [1929] (p. 18)

### **“Chicken Chop Suey**

Take two cupfuls of minced cooked chicken, a cupful or two of celery (more is good if necessary to piece out the dish), one small minced green pepper and a cupful of rice. Cook the rice and use as a border for the platter. Into a frying pan put a tablespoonful or two of corn oil, or any good vegetable oil; when hot add the celery and pepper and stir until softened, then add the chicken with a cupful of chicken stock, if at hand, or any gravy leftover. Cover and simmer, adding seasoning to taste, then just before serving add two tablespoonfuls of soy sauce and pour another tablespoonful over the rice. Serve hot. Steak is good served this way, or a combination of pork and beef.” ---“Kitchen Cupboard, Nellie Maxwell, *Daily Record*, January 26, 1927 (p. 3)

### **“Baked Ham**

Have a three-inch center cut of well-cured ham. Parboil if too salty and stick a dozen cloves into the fat of the ham. Spread with peanut butter, add a bit of water and place in a slow oven for an hour. Remove from the oven, add brown sugar with a teaspoonful of mustard, and spread over the ham to the depth of an inch. Pour around it fresh sweet milk and put back to bake another hour or two in rather a slow oven. Four hours is not too little time if not baked in a hot oven. The long, slow cooking makes the ham tender.”

---“Kitchen Cupboard,” Nellie Maxwell, *Daily Record*, December 3, 1925 (p. 2)

### **“Asparagus with Eggs**

Boil a bunch of asparagus twenty minutes, cut off the tender tops, lay them in a deep pie plate, butter, salt and pepper well. Beat four eggs separately to a stiff froth, add two tablespoons milk or cream, a tablespoon warm butter, pepper and salt to taste, pour evenly over the asparagus mixture, bake eight minutes or until the eggs are set.” --- *The Complete Hostess*, The Belmont Parent Teacher Association, Dover, N.J. [1929] (p. 16)

### **“Potatoes au Gratin**

Dice fine cold boiled potatoes and mix with a cup of thick cream; season with salt and pepper and let stand on the stove where it will be merely warm till the potatoes have absorbed most of the cream; then cover with cheese, scatter sifted crumbs over the top, dot with butter and brown in the oven.”

--- *The Complete Hostess*, The Belmont Parent Teacher Association, Dover, N.J. [1929] (p. 16)

### **“Lima Bean Souffle**

2 C. cooked lima beans

1 tbsp. Butter

1 level tsp. salt

1/8 tsp. pepper

1/3 C. milk

2 eggs

½ level tsp. Calumet Baking Powder

Put beans through a sieve, add seasonings, butter and milk. When thoroughly blended, add well beaten egg yolks. Fold in stiffly beaten whites and baking powder. Turn into buttered baking dish, set dish in water and bake slowly until firm. Serves about 5.”

---“Home & Kitchen Suggestions,” Marion Jane Parker, Home Economics Dept., Calumet Baking Powder Co., Chicago Ill., *Daily Record*, March 4, 1927 (p. 17)

### **“Moulded Cucumber Salad**

1 tbsp. gelatine, 1 cup boiling water

2 tbsp. sugar

½ tsp. salt

½ cup green sweet pepper, chopped

¼ cup cold water

1/3 cup mild vinegar

2 cups cucumbers, chopped

¼ cup onion, chopped

½ cup red sweet pepper, chopped

Soak gelatine in cold water 5 minutes, dissolve in boiling water, add vinegar and seasonings and when cool, the chopped cucumbers, onion and peppers. Turn into we molds and chill. Unmold and serve with mayonnaise.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, November 1929 (unnumbered page)

### **“Fruit Salad**

Any fruits may be used. This mixture is good: 2 slices pineapple, cut up; 1 orange; 1 grape fruit; 1 apple or 1 banana, 3 or 4 pieces celery, cut fine, if you have any hand, blends well with these...Dressing No. 1: Half cup cold water; three-quarters cup sugar or half cup white Karo and one-quarter cup sugar; justice half lemon, pour over fruit about half hour before serving. Stir till sugar is melted, being careful not to mash.”

---“Same Good Recipes Worth Knowing,” Mrs. Willis Howell, *Daily Record*, February 21, 1920 (p. 8)

### **“Hot Red Slaw**

Cut red cabbage into thin shreds as for cole slaw. Boil it until tender in salted boiling water, twenty minutes. Drain it thoroughly and pour over it a hot sauce made of one tablespoon of butter, one-half teaspoon of salt, dash of pepper and of cayenne and one-half to one cup of vinegar, according to its strength. Cover the saucepan and let it stand on the side of the range for five minutes, so that cabbage and sauce will become blended.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, December 1929 (unnumbered page)

### **“Graham Date Muffins**

1 cup bread flour  
1 cup graham flour  
4 tsp. baking powder  
2 tsp. sugar  
¾ tsp. salt  
1 egg  
1/3 cup evaporated milk  
2/3 cup water  
2 tbsp. melted shortening  
½ cup chopped dates

Sift dry ingredients except graham flour, add dates and graham flour. Beat egg and add evaporated milk diluted with water; add melted shortening. Stir liquid quickly into dry ingredients. Pour into greased muffin tins. Bake 20-25 minutes at 425 degrees. Makes 12 muffins.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, September 1929 (unnumbered page)

### **“Peanut Butter bread**

2 cups flour  
4 tsp. baking powder  
1 tsp. salt  
½ cup sugar  
2/3 cup peanut butter  
1 cup milk

Sift flour, baking powder, salt and sugar together, Add milk to peanut butter, blend well and add to dry ingredients; beat thoroughly. Bake in greased loaf pan in slow oven 325 degrees, 45 to 50 minutes. Cuts better when cold.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, August 1929 (unnumbered page)

### **“Double Fudge**

Two cups granulated sugar, ½ cup cream, 2 squares Bakers Prem. No. 1 chocolate, 1 tablespoon butter. Boil seven minutes, then beat and spread in buttered tin. Two cups brown sugar, ½ cup cream, 1 teaspoon vanilla extract, 1 cup walnuts chopped fine, tablespoon butter, boil ten minutes then beat and pour on top of fudge already in pan. When cool cut in squares.”

--- *The Complete Hostess*, The Belmont Parent Teacher Association, Dover, N.J. [1929] (p. 28)

### **“Mocha Cake**

1 ½ cups of milk. 1 tablespoonful of butter, 2 eggs, 2 ½ cups of flour, 1 cup of sugar. Melt butter in milk. Sift flour with two teaspoonfuls baking powder and a little salt. Add eggs and sugar and beat well together with the flour. Add the hot milk and flavor. Pour in greased layer cake tins, and bake in a quick oven. To make the Mocha filling; take a half cup of strong coffee, mix a teaspoonful of butter with it and add as much confectioners' sugar as it will take up and spread evenly.”

---“Same Good Recipes Well Worth While,” Mrs. Willis K. Howell, *Daily Record*, March 20, 1920 (p. 3)

### **“Pineapple Upside-Down Cake**

2 tbsp. butter

1 cup brown sugar

8 small slices pineapple

8 cherries

2 tbsp. water

Put butter, sugar, and water in 9 inch frying pan and stir until melted. Remove from fire, place slices of pineapple in syrup and place cherry in center of each slice. Pour cake mixture over fruit and bake at 375 degrees.

### **Cake Mixture**

1 2/3 cups flour

1 cup sugar

2 tsp. baking powder

2 egg whites

Melted Shortening

½ cup milk

¼ tsp. salt

Mix and sift dry ingredients. Put egg whites in a cup and add enough melted shortening to make half a cup and fill remainder of cup with milk. Add to dry ingredients and beat well five minutes. Pour batter over sliced pineapple in frying pan. When cake is baked turn out on a plate and serve with or without whipped cream.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, October 1929 (unnumbered page)

### **“Coffee**

A large, sturdy coffee will give the best service if it is to be used often. If you carry along a piece of clean cheese cloth in which you put the coffee you can make clear coffee without the bother of straining. Allow a tablespoon of coffee for each cup and one for the pot, tie loosely in cheese cloth bag and place coffee pot filled with cold water. Bring to the boil and boil three minutes only. Add 1/3 cup of cold water, let stand where it will keep hot but not boil for five minutes. Remove coffee bag and serve.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, Picnic Suggestions, probably 1929 (unnumbered page)

### **“Grenadier Punch**

(Individual Portion)

2 large tbsp. vanilla ice cream

Ginger ale

Place the ice cream in a tall glass. Fill with ice cold ginger ale. Garnish top with red cherry. Note: Orange or lemon ice may be substituted for the ice cream.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, January 1929 (unnumbered page)

### **“Hot Chocolate**

Mix 3 tsp. Cocomalt with small amount of milk. Mix cup with hot milk, stir well until dissolved. Do not Boil.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, February 1929 (unnumbered page)

## *Food news & notes*

“The making of salads was explained and illustrated before the Methodist cooking class in the kitchen of the Church yesterday afternoon under the supervision of Miss Cora Hoffman, home demonstrator for Morris County, it being the fourth in a series of six being conducted by her...Practically every member was present and in the discussion held suggestions were made and questions were answered that were beneficial to many. The ladies who have any idea to offer and who have learned new or economical ways of doing things make the fact known at this time. Miss Gladys Stulz cleverly put into shape a log cabin salad, while some made by Miss Hoffman were: Birds’ nest, the foundation being shredded lettuce leaves, while the four little white eggs resting in same were formed of cream cheese; butterfly, the wings being slices of pineapple cut in two and curved with asparagus tips served as the body and olives as the spots on the wings; daisy and water lily salads were concocted from eggs and other combination: pear salad was made with cheese, asparagus tips and green peppers. The dressings made by Miss Hoffman were mayonnaise, boiled and marshmallow. The next lesson will be on desserts.”

---“Women Learn Salad Making: Miss Hoffman Gives Fourth of Series to Methodist Cooking Class,” *Daily Record*, April 29, 1920 (p. 1)

“Two arrests were made Saturday evening by the local Police who alleged selling of intoxicating liquors. John Pellegrino and Mary Villilanto, both of Race Street, were arrested on information supplied to the police. The former was charged with having sold win at his store, while the latter was accused of having disposed of it at her store. Both were released under \$500 bail to await action of the Grand Jury. In connection with these arrests, it became known that there have been several Federal agents in town within the past few weeks. These made a thorough inspection of local hotels and saloons, and it is stated that they found the town to be better than most, with less violations of the Eighteenth Amendment, and Volstead laws.”

---“Two Arrests for Alleged Sale of Illegal Booze,” *Daily Record*, June 28, 1920 (p. 2)

“About seventy members and guests of the Morris Plains Association, Inc. attended the banquet given by that association last night at the Mansion House, which proved very successful...The association held its banquet last night for a general good time, and devoted most of the evening to the menu, while the Colonial City Quartet entertained with numerous selections, which were very favorably received...Mr. Sweeney was give much credit in his arrangement of the banquet, and all present declared the menu, which follows, first class:

Oyster Cocktail

Olives, Celery, Sweet Relish

Pure of Jersey Peas

Finger Rolls

Filet de Sole, Tartar Sauce

Roast Young Vermont Turkey

Chestnut Stuffing

Cranberry Sauce

Mashed Potatoes, Lima Beans

Pineapple Salad

Mayonnaise Dressing

Apple Pie a la Mode

Swiss Cheese, Saltines

Romeo and Juliet Cigars

Pall Mall Cigarettes

Demi Tasse.”---“Morris Plains Association Meets At Banquet Here, *Daily Record*, April 27, 1923 (p. 1)

“Have you heard that Mrs. Lilla Pauline Cross, A.B., foremost authority on the art of cooking and home management, will be with us next week? If not you had better begin now to find out all about it. The *Daily Record* is busy arranging this event of events for the women of Morristown. The cooking school will be held at the high school, beginning Monday, November 23. It will last four afternoons only. The program will start promptly at 3:30 P.M. Wise women of the times know that it is the habit of inculcating new ideas; of putting them into practical usage that makes for advancement in woman’s sphere...Every woman of keen wisdom knows that [cooking] is the one never-failing way to keep the men folk of the family interested in the home.”

---“Authority on Art of Cooking, To Demonstrate Free to Local Women,” *Daily Record*, November 18, 1925 (p. 1)

“Sandwich-making may not sound like a big business to the uninitiated, but it is one filling a big demand. One woman living near a high school decided to try her lunch with the students and built up a wonderful business that brought in a substantial income. Simple, but hearty sandwiches, cleanly served on paper plates, with paper napkins and a knife, a paper cup of chocolate or coffee, and old-fashioned sliced cake, home-made, was all she served. She bought an oilcloth cover for her dining-room table, stretched it out to its full length to seat twelve, two kitchen tables seated eight, and a hall table another six. With the aid of a helper this was all she could wait on at once. Folding chairs were used at first. The second year a building was built in the large yard that seated one hundred people and had a kitchen at one end and a reception room at the other for those who waited their turn.”

---“Home-Making Helps: Making Money at Home,” Wanda Barton, *Daily Record*, February 5, 1927 (p. 11)

“The charming thing about table setting is that it is more and more becoming to be a creation of one’s individual taste. Indeed, many a woman unable to get domestic help, has found a new delight in her table through handling her fine linens, china, glass, and silverware herself and in making them express her inborn love of beauty and good taste. So today, in place of one set of rigid rules for table setting, there have grown two distinct types of usage. One usage is for the formal affair—Breakfast, Luncheon, or Dinner. This usage is based on formal rules, yet still allows for more personal latitude than before. The other usage is homey and intimate—nicely ordered rather than formal, and always individual—the sort of thing that makes the guest feel instantly at home. The main difference is that in this more informal table service everything is left to the taste and convenience of the hostess. Practically all the silverware except that for the dessert or sweet and the demitasses is placed on the table at once; and the several dishes are served by those at the table, or passed from hand to hand. The woman of position who serves her own table follows two main principles: Her table setting is planned to make the service as expeditious and unobstructive as possible. She is very careful to serve each course with its appropriate silverware.”

--- *The Complete Hostess*, The Belmont Parent Teacher Association, Dover, N.J. [1929] (p. 5)

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*Menu*

*Cream Soup, Vegetable Soup, Jellied Consomme  
Salmon Souffle, Halibut Sticks, Broiled Mackerel  
Braised Pork Chops, Chili Con Carne, Veal and Ham Molds  
Rice Ring, New Green Peas, Stuffed Onions  
Bran Buns, Spoon Bread, Steamed Brown Bread  
New Salad, Salad Bowl, Arlington Salad  
Honey Orange Cake, Ice Box Filled Cookies, Glorified Rice Pudding*

**“Cream Soup**

To make a cream soup of any variety of green, cook the greens in just enough boiling water to cover. When tender rub through a sieve and combine with an equal amount of thin white sauce well seasoned with salt and pepper and a few grains of nutmeg.”

---“Sister Mary’s Kitchen,” Sister Mary, *Daily Record*, April 9, 1934 (p. 7)

**“Vegetable Soup**

1 bunch carrots  
2 turnips  
6 onions  
1 cup string beans  
1 cup lima beans  
1 sweet pepper  
½ cup diced celery  
½ cup diced potatoes  
1 qt. tomatoes (fresh or canned)  
1 ½ qts. Water  
2 tsp. salt  
¼ tsp. pepper

Trimings and bone from slice of ham

Put the above ingredients in a deep baking dish. Cover and place in oven 300 degrees, 3 to 4 hours, or simmer on top of the range for 1 hour. Just before serving, add 2 tbsp. of butter and a beef bouillon cube or left-over gravy.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, October 1930 (p. 94)

**“Jellied Consomme**

1 can consommé  
2 cups water  
2 tsp. onion juice  
1 small carrot, grated  
3 stalks celery  
¼ tsp. salt  
1 tbsp. gelatine  
¼ cup cold water  
2 hard cooked eggs, chopped

Combine first six ingredients. Cook for 20 minutes. Strain. Add gelatine which has been dissolved in cold water. Chill for three hours. When ready to serve beat with a fork. Into each cup put a spoonful of chopped hard cooked egg; fill cup with consommé and top with second spoonful of egg. Serves Six.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, June 1930 (p. 81)



### **“Salmon Souffle**

Flake a can of salmon and season it with paprika, salt and lemon juice. Cook one-half cupful each of bread crumbs and milk ten minutes and add to the salmon; then add the yolks of three eggs, beaten thick and lemon colored and cut and fold in the stiffly beaten whites of the eggs. Turn into a buttered baking dish and bake until firm.”---“Kitchen Cupboard,” Nellie Maxwell, *Daily Record*, January 15, 1931 (p. 6)

### **“Halibut Sticks**

2 lbs. halibut or any fish filet, cut in pieces 3” long 1 ½” sq.

1 egg

1 tbsp. milk

Cracker crumbs

Fat for frying

Roll the fish in the beaten egg to which the milk has been added and roll each piece in cracker crumbs. Fry to a golden brown in deep fat at 370 degrees or until a cube of bread 1” square turns light brown in 60 seconds when dropped into fat. Drain on unglazed paper. Garnish with parsley, cress or lemon.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, September 1930 (p. 92)

### **“Broiled Mackerel**

Split the fish down the back, dry thoroughly, sprinkle with salt, pepper and lemon juice. Place the fish, flesh side up, on a well greased broiler rack and broil for 18-20 minutes. Turn and broil on the skin side just enough to crisp the skin. Turn onto a platter, garnish and serve with Maitre D’Hotel Sauce.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, May 1930 (p. 76)

### **“Braised Pork Chops**

Six pork chops, ½ cup white wine, ½ cup boiling water, 2 tablespoons butter, 1 tablespoon flour, 1 tablespoon minced onion, 1 teaspoon salt, ¼ teaspoon pepper, 1 bouillon cube. Remove fat from chops and rub over with salt and pepper. Melt half the butter in a frying pan and brown chops quickly on both sides. Add wine, boiling water, onion and bouillon cube. Cover and cook slowly until tender. It will take about 45 minutes. Remove chops to a hot platter and thicken sauce with remaining butter and flour rubbed together. Pour over chops and serve.”

---“Sister Mary’s Kitchen,” Sister Mary, *Daily Record*, April 20, 1934 (p. 6)

### **“Chili Con Carne**

Once it was oysters any way in a big way. Now it seems to be tomato juice, chili con carne or link sausage with French toast. Those are new....So if you must feed the younger set after the curfew rings, better be guided by the latest fashion news in midnight menus....

(8 servings)

Two and two-thirds cups kidney beans, 4 cups cold water, 2 pounds raw beef, 3 teaspoons olive oil, 1 cup chopped onions, 1/3 cup chopped celery, 1 small glove garlic, 3 teaspoons salt, 3 teaspoons chili powder (your specialty grocer always carries this), 1/3 teaspoon cayenne pepper, 1 1/23 cups canned tomatoes. Soak beans over night in cold water. Cook un til done, drain and reserve 1 cup of the liquid. Put meat through chopper, using coarse blade. Heat oil in saucepan. Mix ground meat, chopped onions, celery and garlic and seasoning. Add to hot oil and simmer until meat is almost dry. Add the tomatoes and cook until meat is done. Combine meat with cooked kidney beans and reserved liquid. Simmer 10 minutes to blend flavors. Add more seasoning to taste.”

---“Modern Menus,” Gaynor Maddox, *Daily Record*, February 13, 1937 (p. 7)

### **“Veal and Ham Molds**

(4 to 6 servings)

One and one-quarter cups finely chopped cooked veal, ½ cup minced cooked ham, ½ cup soft bread crumbs, ¾ cup cooked peas, 1 tablespoon melted butter, 1 cup milk, 1 egg, salt, pepper, paprika. Mix meat, peas, crumbs and butter. Beat egg, add and season. Mix thoroughly until ingredients are evenly distributed. Butter custard cups. Turn the meat loaf mixture into cups. Set in pan of water and baker in moderate oven (350 degrees F. for 30 minutes. Might try a mushroom sauce with these.”

---“Modern Menus, Gaynor Maddox, *Daily Record*, April 7, 1937 (p. 9)

### **“Rice Ring**

(6 servings)

1 cup uncooked rice, 3 eggs, 1 cup cream, ½ cup grated cheese, salt and pepper. Boil rice. Have it dry and light. Add the beaten eggs, cream and grated cheese. Butter a ring mold, pour in the rice mixture, set mold in pan of water. Bake in moderate oven (350 degrees F.) for 1 hour. When done, unmold on hot platter. Fill center with green peas and surround with creamed dried beef or creamed fish. It makes an excellent one dish meal. It's another buxom answer to the Lenten problem.”

---“Modern Menus,” Gaynor Maddox, *Daily Record*, February 12, 1937 (p. 9)

### **“New Green Peas**

1 qts. Fresh peas

Salt and pepper

2 tbsp. butter

1 sprig of mint leaves.

Fresh peas should not be shelled until just before they are needed for cooking. Look them over carefully after shelling, taking out any tendrils that may be mixed with them. Wash and cook with the mint until tender in an uncovered pan in just enough boiling water to prevent scorching. Add salt just before cooking is completed. A few of the outer shells and four or five baby onions cooked with the peas add greatly to the flavor. Shells are removed and peas drained just before serving.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, April 1930 (p. 70)

### **“Stuffed Onions**

6 large onions

1 tbsp. butter, melted

1 tbsp. lemon juice

¼ cup grated cheese

¾ cup cooked spinach

Salt and pepper

Peel onions and boil for 20 minutes in salted water. Drain and cool. Scoop out the centers, leaving a thin onion shell. Mix together the chopped onion centers, chopped spinach, lemon juice and melted butter. Season with salt and pepper. Stuff the onion shells and sprinkle with grated cheese. Bake in a moderate oven, 350 degrees for 30 minutes.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, October 1930 (p. 97)

### **“Bran Buns**

1 cup Pillsbury Bran

1 cup whole wheat flour

½ tsp. salt

1 tsp. baking soda

4 tbsp. molasses

1 cup buttermilk or sour milk

Mix and sift the dry ingredients; mix molasses and buttermilk and add gradually to the dry ingredients, beating well. Drop into well greased muffin pans and bake in a hot oven, 375 degrees, for 25 minutes.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, April 1930 (p. 72)

### **“Spoon Bread**

1 cup cornmeal  
¾ cup boiling water  
1 tsp. salt  
1 tbsp. sugar  
1 egg  
½ tsp. soda  
1 cup buttermilk  
1 ½ tbsp. melted shortening

Put the meal into a bowl and pour the boiling water over it. Cover. Let stand until cool. Add salt, sugar and beaten egg. Dissolve soda in buttermilk and add to the batter. Mix well. Add melted shortening. Pour into a deep greased baking dish and bake in a hot oven, 375 degrees, 30 to 35 minutes.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, August 1930 (p. 88)

### **“Steamed Brown Bread**

2 cups cornmeal  
1 cup rye or graham flour  
1 cup wheat flour  
1 cup molasses  
1 tsp. salt  
1 tsp. soda  
1 tsp. baking powder  
2 ½ cups sour milk

Mix and sift the dry ingredients. Mix molasses and milk together. Combine mixtures, pour into two one quart moulds and steam for 3 hours. Two one pound coffee cans are excellent for cooking this bread. They may be placed in a pan and surrounded with boiling water and then placed in the oven to cook at the same temperature and while beans are cooking. If cooked in oven this way, allow 4 hours at 250 degrees.”

---*Public Service Radio Cooking School Recipe Book*, Home Economics Department, Ada Bessie Swann Director, July 1930 (p. 85)

### **“New Salad**

Dissolve in one-half cupful of boiling water one package of lemon gelatin, add 1 can of tomato soup and pour into a shallow dish to thicken. Cut into oblongs and garnish with two or three asparagus tips. Serve with a generous portion of mayonnaise dressing over each. One may serve such a variety of salads with the base of any of the flavored gelatins. Green grapes, celery, bits of sweet red pepper molded in small cups, turned on lettuce and garnished with halves of pecans and plenty of good dressing makes a most attractive as well as tasty salad.”

---“Kitchen Cupboard, Nellie Maxwell, *Daily Record*, April 4, 1930 (p. 3)

### **“Salad Bowl**

Four heads lettuce, 4 heads romaine, 8 tomatoes peeled and cut into sections, 2 cans artichoke bottoms, French dressing. Cut lettuce and romaine into small sections. Mix all ingredients and marinate in the French dressing.”

---“Modern Menus,” Gaynor Maddox, *Daily Record*, July 14, 1939 (p. 14)

### **“Arlington Salad**

Prepare nicely browned toast, cut into oblongs and dip into the water in which asparagus has been cooked. Cut rings from lemon one-third inch wide, put three or four stalks of asparagus through the ring and lay on the toast. Serve very hot with hollandaise, or melted butter poured over the toast.”

---“Kitchen Cupboard, Nellie Maxwell, *Daily Record*, April 4, 1930 (p. 3)

### **“Honey Orange Cake**

½ cup fat

½ cup sugar

½ cup clear honey

¼ teaspoon salt

2 egg yolks

Grated rind of one orange

1/3 cup milk

1 ¾ cups flour (sifted)

2 teaspoons baking powder

2 egg whites stiffly beaten

Cream the fat, sugar, salt and egg yolks for five minutes. Add honey, orange rind and milk alternately with the dry ingredients. Fold in stiffly beaten whites, pour into well-greased 9-inch tins and bake in a moderate oven 375 degrees F. for 20 to 25 minutes.

### **Honey Orange Cream Filling**

2 tablespoons butter

1 1/2 tablespoons cornstarch

Spec salt

½ teaspoon grated orange rind

2 tablespoons orange juice

Melt butter, add cornstarch, salt and honey. Cook three to five minutes. Add orange rind and juice. Cool and spread between layers of honey orange cream cake.”

---“Cutting Your Food Costs,” *Daily Record*, October 6, 1938 (p. 5)

### **“Ice Box Filled Cookies**

(Makes 48 cookies)

Three and a half cups sifted flour, 1 teaspoon cream of tartar, ½ teaspoon soda, 1 teaspoon salt, 1 ¼ teaspoons allspice, 1 ¼ teaspoons cinnamon, 1 teaspoon nutmeg, 1 cup butter, 1 cup sugar, 2 eggs, well beaten, 2 teaspoons vanilla extract (or other flavoring) 1 glass orange marmalade. Sift flour once, measure, add cream of tartar, soda, salt, and spices, and sift together three times. Cream butter. Add sugar gradually, creaming after each addition. Add flour mixture alternately with egg. Add vanilla or other flavoring. Divide dough into 4 parts. Shape into 2-inch rolls. Wrap tightly in waxed paper. Chill overnight, or until ready to use. Slice into 1/8 inch slices. Place one half of these slices on ungreased cookie sheet. Put ½ teaspoon orange marmalade in center of each slice and cover with another slice. Press edges together with small fork dipped in flour. Bake in hot oven (425 degrees F) 12 to 15 minutes. Cool on cake rack. Store in covered jar.”

---“Modern Menus,” Gaynor Maddox, *Daily Record*, May 20, 1939 (p. 7)

### **“Glorified Rice Pudding**

2 cups cooked rice

1 cup heavy cream

1 cup drained crushed pineapple

12 marshmallows

Sugar

Mix the chilled rice with whipped cream and add the fruit and the marshmallows, cut in small pieces. Sweeten lightly, and if the mixture is not as soft as desired, add a little of the pineapple syrup.”

---“Orientals Use U.S. Rice Says Food News Expert,” Judge Gordon, *Daily Record*, September 22, 1932 (p. 3)

## ***Food news & notes***

“The Housewife who has a well supplied emergency shelf is like the man with plenty of money in the bank, always ready for emergencies. The sudden visit of unexpected guests has no terror for her, for she knows she has a supply on hand to depend. However, with many things on hand if she is not careful she will fail to remember the availability of such food as a can of salmon. With salmon add a bit of chopped celery, cabbage and a sour pickle or two, dressed with the ever-ready mayonnaise or boiled dressing and a tasty salad is ready.”

---“Kitchen Cupboard,” Nellie Maxwell, *Daily Record*, March 1, 1930 (p. 5)

“The first cooking class of the series being conducted by Mrs. Edith Marshall, Home Service director of the Jersey Central Power & Light Company, as held at the Women’s Community Club yesterday. The class was attended by fifty-three home makers of Morristown and vicinity. Using a Hotpoint electric range Mrs. Marshall prepared a delectable dinner consisting of broiled fresh mackerel, Hoover sweet potatoes, Egyptian salad and lightning cup cakes. Novel table decorations in the form of calla lilies were prepared from raw turnips and carrots. Other equipment used by Mrs. Marshall in preparing the dinner included Frigidaire, a Hallmark electric water heater, Hoosier kitchen cabinet, loaned through the courtesy of McManus Bros.”

---“First Class in Cooking Held by Jersey Central,” *Daily Record*, March 8, 1930 (p. 5)

“An adequate and well-balanced meal is as necessary for the school lunch-box as the home luncheon. This meal must be a satisfactory supplement to the other two meals of the day and must be nourishing and inviting. If carefully thought out and planned the day before, there will be less confusion in the morning before school when every minute must count...Careful consideration should be given to the personal likes and dislikes. Neatness and order appeal to all children. Girls, little and big, like daintiness. Boys, on the other hand, scoff at this feminine trait and want big thick sandwiches, big thick cookies and so on through the list.”

---“Sister Mary’s Kitchen,” Sister Mary, *Daily Record*, September 23, 1932 (p. 5)

“Fourteen hundred and twenty packages of assorted vegetable seeds are to be distributed gratis among county relieve recipients the latter part of this month it was announced at Morris County Emergency Relieve Administration headquarters here today. Each package sufficient to give the average family a steady supply of garden produce all summer, will contain lima and kidney beans, beets, carrots, corn, spinach, turnips, swiss chard, lettuce, squash, kale, seed potatoes, and onion bulbs. Delivery of the seeds at the ERA supply station at 146 main Street, Rockaway, is expected not later than April 15. Trucks from various municipalities in the county will go to Rockaway to obtain the seeds, and they will then be distributed in the various towns.”

---“1420 Packages of Free Seed To Be Distributed to County Relief People,” *Daily Record*, April 6, 1933 (p. 2)

“With the Morris County Extension Service \$9.50-\$10.50-a-week menus prepared by Elsie H. Oettle, Home Demonstration Agent for a family of two adults and two children.

**Suggested Daily Breakfast** fruit in season or tomato juice, Cereal with milk or/and Eggs in any form or other hot dish, Toast or bread, Milk, cocoa or coffee.

**Sunday** Dinner: Grape Juice, roast lamb with browned potatoes, green peas, raw celery, chocolate rice pudding, coffee. Supper: Clam chowder, hot biscuits, butter, apple cause, cookies, milk, tea.

**Monday** Luncheon or Supper: Poached egg on spinach with celery sauce, chocolate rice pudding, tea. Dinner: Barley soup, cold sliced lamb, scalloped potatoes, stewed tomatoes, honey orange cream cake, tea.

**Tuesday** Luncheon or Supper: Cheese soufflé, carrot sticks, cucumber wedges, hone orange cake, milk. Dinner: Casserole of lima beans, squash and corn, muffins, butter, shrimp salad, peach pie, coffee.

**Wednesday** Luncheon or Supper: Batter fried egg plant, sliced tomatoes, canned peaches, cookies, milk.

Dinner: Veal stew with vegetables and mushroom sauce, steamed rice, honey butterscotch apples, milk, coffee.

**Thursday** Luncheon or Supper: Vegetable soup, apple rice mold, custard sauce, tea. Dinner: Veal and potato rice, buttered carrots and peas, cucumber salad, jelly, coffee milk.

**Friday** Luncheon or Supper: French toast with creamed carrots and peas, Concord grapes, milk. Dinner: Grilled blue fish, pan fried potatoes with green pepper, buttered broccoli with egg slices, lemon meringue tarts, coffee.

**Saturday** Luncheon or Supper: Grilled tomato and bacon sandwiches, lemon tarts, cocoa. Dinner: Baked sliced ham with apples, baked sweet potatoes, buttered squash, lettuce salad, fruit gelatin, coffee.

NOTE: for every meal-bread and butter.”

---“Cutting Your Food Costs,” *Daily Record*, October 6, 1938 (p. 5)

“The food budget is a bride’s friend, not a stern disciplinarian waiting to take the joy out of cooking for herself and her young husband. If a girl loves a man enough to marry him, it can be assumed she wants to keep him well and happy. That is where the modern food budget comes in. If there is very little money, the bride must learn how to buy food which is needed for health first. If there is a little more, then “luxuries” can be considered. Thrift in food purchases is not entirely a matter of saving pennies. It is a game in which the young housewife gets the greatest amount of nourishment for the least amount of money.”

---“Modern Menus,” Gaynor Maddox, *Daily Record*, May 22, 1939 (p. 5)