

*Menu*

*Swiss Fondue, Quick Crab or Lobster Bisque, Combination Soup*  
*Tomato Aspic Salad, Spring Salad, Waldorf Salad*  
*Golden Shrimp Casserole, Creamed Scallops 'N Mushrooms, Charcoal Grilled Swordfish Steak*  
*Beef Stroganoff, Chicken Divan, Leg of Lamb*  
*Broccoli and Onion Casserole, Cheese Frosted Cauliflower, Country Green Beans*  
*Crusty French Bread, Irish Soda Bread*  
*Chocolate Cake, Minted Brownie Pie, Luci's Brownies*  
*Coffee Punch, Mulled Grape Juice*

**“Swiss Fondue**

2 cups Swiss cheese, cut in strips  
1 tbsp. flour  
1 clove garlic, halved  
1 ¼ cups sauterne  
Dash pepper  
Dash nutmeg  
3 tbsp. sherry

Toss cheese with flour to coat. Rub inside of fondue cooker (may be done on stove and then poured into chafing dish) with garlic. Pour in sauterne and warm until bubbles start to rise. Add cheese, a handful at a time and keep stirring. After all cheese is blended, stir in seasonings and sherry. Spear cubes of French bread on long handled forks and dunk. Serves 8 as Hors D'oeuvres.—Mrs. Robert L. Scheuermann”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 9)

**“Quick Crab or Lobster Bisque**

1 cup flaked crab or lobster  
3 tbsp. sherry or 1 tsp. Worcestershire sauce  
1 can condensed tomato soup  
1 can condensed pea soup  
1 can rich hot milk or cream

Soak crab in sherry for ten minutes. Combine two soups and heat to the boiling point. Stir in milk or cream. Add the crab. Heat the soup but do not permit it to boil. Makes four cups.—Mrs. Howard S. Andrews”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 28)

**“Combination Soup**

2 cans (each 10 ¾ ounces) turkey vegetable soup  
2 can (12 ounces) vegetable juice  
Sugar and dried crumbled basil

Turn the soups, without diluting them, and the vegetable juice into a saucepan. Bring to a boil, stirring occasionally. Add sugar and basil to taste; dilute with a little water if you like; simmer about 5 minutes. Makes 3 main-dish servings. The canned vegetable juice used is a blend of eight vegetables, including tomato.”

---“Week's Recipes for Favorite Cooking,” *Daily Record*, December 12, 1962 (p. 3)

### **“Tomato Aspic Salad**

1 cup boiling tomato juice  
1 pkg. strawberry Jello  
1 cup Hunt’s tomato sauce  
1 ½ tsp. scraped or grated onion  
1 tsp. salt  
½ tsp. sugar  
2 tsp. horseradish  
1 tbs. lemon juice

Mix all together and pour into greased ring mold. When set, remove from mold and serve on lettuce with cottage cheese in center.—Mrs. E.C. Dunlap.”--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 110)

### **“Spring Salad**

1 ½ cups boiling bouillon  
1 pkg. Royal Lemon Gelatin  
¼ cup vinegar or lemon juice  
1 tsp. salt  
¼ tsp. paprika  
1/8 tsp. pepper  
½ tsp. onion juice

2 cups cooked shrimp and vegetable mixture, e.g. celery, raw carrots, or cauliflower

Combine the boiling bouillon with the next six ingredients, then cool. When mixture begins to thicken, add the vegetables and shrimp. Mould in individual molds. Serve on lettuce. This is a lovely salad to serve with “Cheese Fondue.”—Mrs. Frank F. Gibney.”--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 38)

### **“Waldorf Salad**

4 medium green apples  
1 cup thinly sliced celery  
½ cup mayonnaise, ½ teaspoon sugar  
Salt to taste, Lettuce  
¼ cup coarsely broken walnuts  
1 drained pimiento

Pare, quarter and core apples; cut into thin fan-shaped pieces. Mix with celery, mayonnaise, sugar and salt. Arrange on lettuce. Sprinkle with walnuts; garnish with strips of small fancy shapes of pimiento. Makes 6 servings. If eating apples are used, omit sugar.” ---“Cooking is Fun,” *Daily Record*, March 7, 1962 (p. 4)

### **“Golden Shrimp Casserole**

8 slices slightly dry bread; trimmed, buttered and cubed  
2 cups cleaned cooked or canned shrimp  
1 3-oz. can broiled mushrooms, drained  
¼ lb shredded sharp processed cheese  
3 eggs, beaten  
½ tsp. salt  
½ tsp. dry mustard  
2 cups milk  
Dash pepper, paprika.

Place half the bread cubes in a greased baking dish 11 X 7 X 1 1/2 . Add shrimp, mushrooms and one-half cheese. Top with remaining bread and cheese. Add the condiments to the beaten eggs and milk. Pour over all. Cover with aluminum foil and bake 325 deg. 45 minutes until set. Remove foil 15 minutes before removing from oven to brown slightly. This dish can be prepared ahead of time. Keep in refrigerator.—Mrs. W.H. Gausman”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 76)

### **“Creamed Scallops ‘N Mushrooms**

1 lb sea scallops  
1 cup fresh sliced mushrooms, or 1 6-oz. can sliced mushrooms  
4 tbsps. Butter or margarine  
4 tbsps. Flour  
½ tsp. salt  
¼ tsp. pepper  
1 ½ cups light cream  
2 tbsps. Minced parsley  
½ cup grated cheese  
Paprika

If fresh mushrooms are sued, simmer for 5 minutes in ½ cup water. Grease a shallow casserole with shortening. If scallops are frozen, thaw, rinse and wipe dry. Arrange in bottom of casserole. Make a cream sauce by melting butter, adding flour and stirring constantly. Gradually add cream, stirring until all lumps are removed. Add cooked mushrooms with their liquid, or canned mushrooms and liquid. Mix well. Add parsley, adjust seasoning, pour and gently mix over scallops. Sprinkle with grated cheese and paprika. Bake in 350 degree F. oven for 25-30 minutes, until cheese is melted and sauce bubbly. Serves 4.”

---“Scallops Lend Variety Needed in Lenten Meals,” Daily Record, March 3, 1965 (p. 4)

### **“Charcoal Grilled Swordfish Steak**

½ cup Soy sauce (scant)  
2 cloves garlic chopped (or garlic salt)  
4 tbsp. tomato sauce  
2 tbsp. lemon juice  
¼ cup chopped parsley  
1 tsp. finely powdered oregano  
½ cup orange juice (or more)  
1 tsp. freshly ground pepper

Combine all ingredients and marinate 4 swordfish steaks in the mixture for at least two hours. Grill the swordfish over charcoal (fire burning well because marinade tends to put fire out) for 20 minutes. During the frilling, use the sauce for basting. Serves 4. ---Mrs. Newlson Schaenen, Jr.”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 74)

### **“Beef Stroganoff**

2 lbs. thin slices beef  
2 tbsps. butter (or more)  
1 tbsp. minced onion  
½ lb. mushroom caps  
Salt and few grains of nutmeg  
½ pt. sour cream

Beef fillet is traditional but round sirloin, etc. may be sued. Pound thin and cut in strips about 2 ½ X ½ inch or even smaller if desired. Sauté mushrooms in butter and set aside. (Caps are sliced and stems saved for another dish). Cook minced onion in melted butter (from which mushroom were removed) stiffing until onion is yellow. Add strips of beef. Cook quickly about 5 minutes, turning pieces to brown on all sides. Season with salt and pinch of nutmeg, then add sliced sautéed mushroom caps. Add ½ pint commercial sour cream and heat but do not boil. Check seasoning. Serve with rice or wild rice, if available. Yield: Six good servings.—Mrs. Clinton F. Davidson, Jr.”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 62)

### **“Chicken Divan**

2 cups cooked chicken (sliced or large pieces)  
2 pkgs. Frozen broccoli, cooked  
1 pkg. onion soup mix  
1 pt. sour cream  
1 cup heavy cream, whipped  
1 tbsp. Parmesan cheese

Arrange broccoli in single layer in shallow casserole. Blend sour cream and soup mix together and spoon half this sauce over the broccoli. Cover with chicken. Whip the cream and fold in remaining sauce and spread over chicken. Sprinkle cheese on top. Bake in 350 degree oven for 20 minutes. Serves 6 to 8. (Can be made ahead of time and baked cold.)—Mrs. J.E. Tompkins.”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 82)

### **“Leg of Lamb**

Place layer of thin slices on onion on bottom of roaster, then add leg of lamb which has been salted. Add slices of onion to top and sides, holding in place with tooth picks. Add a cup of hot water and place in oven 450 degrees for half hour. Reduce heat to 350 degrees and continue roasting, allowing 20 minutes to the pound. After lamb has been in oven 30 minutes, baste with the following mixture:

Juice of ½ lemon  
1 tsp. tomato catsup  
1 tsp. Worcestershire sauce

This sauce gives lamb delicious flavor and gravy is excellent.”—Mrs. Harold Helberg.”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 57)

### **“Broccoli and Onion Casserole**

2 lbs broccoli  
½ lb. boiled onions (or one can drained)  
2 tbsp. butter or margarine  
1 can undiluted cream of mushroom soup  
2 tbsp. sherry  
½ tsp. dried tarragon  
¼ cup grated sharp cheese  
½ tsp. onion flakes  
2 tbsp. fine bread crumbs

Cut off large leaves of broccoli and part of lower stalk and wash. Slash stems. Cook broccoli, covered in a small amount of salted boiling water until tender. Oil a 2-qt. casserole and place alternate layers of broccoli and cook onions in dish. Sprinkle lightly with salt. Combine remaining ingredients except bread crumbs, pour over vegetables. Top with crumbs. Bake at 350 deg. For 25 to 30 min. Serves 6.—Mrs. Edward O. Koplitz, Jr.”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 94)

### **“Cheese Frosted Cauliflower**

1 med. head cauliflower  
Salt  
½ cup mayonnaise or salad dressing  
2 tsp. prepared mustard  
¾ cup shredded American Cheese

Leave cauliflower whole, remove leaves and woody base. Cook 12 to 15 min. Place drained cauliflower in a shallow baking pan, sprinkle with salt, mix mayonnaise and mustard, spread over and sprinkle with cheese. Bake 375 deg. About 10 min.—Mrs. Clyde A. Zukswert.”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 95)

### **“Country Green Beans**

1 pound snap beans  
½ cup boiling water  
½ teaspoon salt  
½ cup commercial sour cream  
White Pepper to taste

Cut the ends from the beans: scrub in cold water; drain. Cut into 1-inch lengths slanting knife as much as possible to do so. Turn cut beans into a saucepan with boiling water and salt; cook rapidly, covered, just until tender-crisp. Drain well. Add the sour cream (at room temperature) and pepper. Reheat but do not boil. Makes 4 to 6 servings.”---“Cooking is Fun,” *Daily Record*, April 5, 1962 (p. 4)

### **“Crusty French Bread**

1 pkg. yeast  
2 cups lukewarm water  
4 cups sifted flour—all purpose  
1 tbsp. sugar  
2 tsp. salt

Dissolve yeast in water and add sugar. Sift flour and salt, add all the flour at once time. Stir until dough cleans side of bowl. Allow to rise in a warm place for 2 hours. Knead on floured board. The dough will be very sticky, Divide into two parts and shape into round loaves. Let rise until gently rounded over top of the casserole. Bake at 400 degrees F. for 45 minutes. Turn out at once. One loaf for four people.—Mrs. Alan Cree.”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 131)

### **“Irish Soda Bread**

In the midst of instruction Girl Scouts of St. Virgil’s School in various and colorful folk dances and songs of different countries to e presented at their Juliet Low Day on March 20 at St. Virgil’s auditorium celebrating the 50<sup>th</sup> anniversary of Girl Scouting, Mrs. Buckley still keeps busy with her daily schedule and finds time to look ahead to St. Patrick’s Day with her Irish Soda Bread...Mrs. Buckley makes Irish Soda Bread throughout the year...

2 cups sifted flour  
½ teaspoon baking soda  
2 teaspoons baking powder  
½ teaspoon salt  
3 tablespoons sugar  
2 tablespoons caraway seeds  
½ cup raisins  
1 cup sour milk or buttermilk.

Sift dry ingredients into a bowl. Stir in the raisins and caraway seeds and enough buttermilk or sour milk to give a soft dough. Knead lightly on a floured board and place in a greased pan. Cut an X in the top surface of the loaf with a knife. Bake for 15 minutes at 400 degrees and for 30 minutes with the oven temperature at 300 degrees. After baking, remove to rack to cool thoroughly before slicing. Serve spread with butter.”

---“Recipe of the Week,” Mrs. Joseph V. Buckley, *Daily Record*, March 7, 1962 (p. 4)

### **“Chocolate Cake**

When Leslie Mullen received the Betty Crocker Homemaker of Tomorrow award at Morristown High School this year, it was no surprise to her friends...They new she was a natural winner in this field...

Melt 8 tablespoons butter and 4 squares of chocolate in the top of a double boiler

Mix together:

2 ¼ cups flour  
1 teaspoon salt  
2 cups sugar  
2 teaspoons baking soda  
1 teaspoon baking powder

Add 2 eggs to dry ingredients with 2 cups hot water, chocolate and butter, and 2 teaspoons vanilla. Beat and pour into a greased 8” pan. Bake 35 minutes at 350 degrees F.”

---“Homemaker Award No Surprise,” Ruth Eames, *Daily Record*, July 20, 1966 (p. 5)

### **“Minted Brownie Pie**

When Dorothy Townley became a Girl Scout at the age of 10, she never imagined that many years later as Mrs. Malcolm Watson, wife of a business systems staff manager for New Jersey Bell Telephone Co., and mother of Martha, a junior at Madison High School and Dean in the 7<sup>th</sup> grade at Madison Junior School, she would still belong to the same organization. Only now she is an adult Girl Scout volunteer. This week is a buy one for Mrs. Watson in her role of co-chairman of the Morris Area Girl Scout Council annual cookie and nut sale...

(makes a 9 inch pie)

14 Girl Scout Mint Cookies

3 egg whites

Dash salt

$\frac{3}{4}$  cup sugar

$\frac{1}{2}$  tsp. vanilla

$\frac{1}{2}$  cup chopped nut meats

Sweetened whipped cream (1/2 to 1 cup heavy cream)

Chill cookies in refrigerator a few minutes if they have been stored in a warm place and frosting is slightly sticky. Break, cut or roll between fold of waxed paper to even crumbs. Beat egg whites and salt together until soft peaks form. Gradually beat in sugar, beating until stiff peaks form. Beat in vanilla. Fold in crumbs and chopped nut meats. Spread evenly in buttered 9-inch pie plate. Bake in slow oven, 325 degrees F. 35 minutes. Cool thoroughly. Serve with sweetened whipped cream on each wedge; or spread sweetened whipped cream over top, chill 3 to 4 hours and garnish with curls of shaved unsweetened chocolate. ‘You might also remember the Girl Scout vanilla flavored shortbread cookies are wonderful for a pie shell.’

---“Recipe of the Week,” Ruth Eames, *Daily Record*, March 3, 1965 (p. 4)

### **“Luci’s Brownies**

Here it is, Lucy Baines Johnson’s recipe for brownies—straight from the White House. The ingredients and method are Luci’s own...The White House didn’t say how Luci’s fiance, Pat Nugent, likes her brownies.

$\frac{1}{2}$  pound butter

1 cup sugar

3 squares unsweetened chocolate

2 eggs

1 cup chopped pecans

$\frac{3}{4}$  cup unsifted regular flour

1 teaspoon vanilla

Melt the butter, while it is melting, put the sugar into a mixing bowl. Add part of the melted butter (about three-quarters of it) to the sugar. To the rest of the butter, add the chocolate and mix over very low heat to melt the chocolate; add this to the butter and sugar mixture. Beat in the eggs, one at a time, with a spoon. Stir in the pecans, flour and vanilla. Bake in a greased pan (8 by 8 by 2 inches) at 375 degrees for 20 to 24 minutes. It is important to watch that the Brownies do not get too done. To test, lightly press a finger on top; if no imprint is left, they are ready. Cool, cut in squares and take out of the pan. Makes a batch of 20.”

---“Here’s How Luci Makes Brownies,” *Daily Record*, March 23, 1966 (p. 5)

### **“Coffee Punch**

1 gallon strong coffee

1 quart heavy cream

2 quarts vanilla ice cream

5 tsp. vanilla

5 tbsp. sugar

Make coffee and chill. Whip cream. Add sugar and vanilla. Place ice cream and cream in bowl and pour chilled coffee over. Mix and serve.—Mrs. Reuben Pitts.”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 20)

## “Mulled Grape Juice

1 qt. grape juice

1 ½ pts. Water

1 cup sugar

Juice of two lemons

12 cloves, 2 sticks of cinnamon

Heat to boiling point. Add juice of the two lemons. Allow to stand for 10 minutes. Serve. Can be used either hot or cold. If used when hot, do not place in glass bowl as it may crack the bowl.’—Mrs. Haskell Hewson.”

--- *Gourmet Cooking! Fun, Easy, Edible*, compiled and published by the American Home Department of the Thursday Morning Club of Madison, New Jersey [1963] (p. 18)

## *Food news & notes*

“You are a teen-age fatty. As a result, your looks, spirits and probably your health are not what you wish they were. But you just can’t seem to get yourself to decide to start reducing. Your mother’s nagging about food, her attempts to bribe you into dieting only confuse and make you feel guilty about being fat. To forget this sense of guilt you very likely secretly eat quantities of rich snacks and withdraw from your family. That’s the way it is with many obese teenagers. Researchers into the causes, cure and prevention of obesity are often frustrated in their efforts to get overweight adolescents to want to reduce...The combination of regular exercise and dieting is the best formula...”

---“Personal Pride Sparks Will To Stay On Diet,” Gaynor Maddox, *Daily Record*, January 16, 1963 (p. 6)

“Mr. and Mrs. Egbert Flynn of 56 Rainbow Tr. [Denville] need a social secretary to prune their guest list and keep out the gate crashers. The trouble is—there is no gate. Some 500 wild ducks are spending the winter at the Flynn’s lakefront home and zoom in regularly from the lake to the yard at feeding time...Mrs. Flynn started feeding a few of the mallards about 10 years ago and the worked got around in duck circles that she was an admirable hostess. So, as her first feathered guests kept returning year after year, other hungry birds joined them. It was obvious that Mrs. Flynn loves those ducks, but she admitted that feeding them has become a financial burden. It takes 200 pounds of whole corn and 50 pounds of fine corn weekly for their menu...A few aliens have joined the ducks—huge, white Canadian geese.”---“Wild Ducks Find Home On Rainbow Lakes Shore,” Thelma Van Arsdel, *Daily Record*, January 17, 1963 (p. 1)

“Lady shoppers—you should know. As you food shop for this weekend, with your bundles and baskets piled high, watching the cash register tally up, it seems like such a lot. And it is. Mrs. Jean Judge, Home Economist with the Extension Section of Rutgers University told the American Home Dept. of the local Women’s Club recently that, statistically, they typical American family uses for tons (TONS) of all food items in the course of a year. Surprised? Here’s another. Today the average spending on food is 19% of the family yearly income. Eight years ago, when Mrs. Judge started in this work the average was 25%. Our increased incomes have made this possible in spite of the fact that we may now pay more for individual food items.”

---“American Families Consumer Forty Tons of Food A Year,” *Daily Record*, January 17, 1963 (p. 6)

“Summertime is as great as all outdoors when the whole family moves to porch and patio, beach and backyard, to every possible moment of sun and fun. Even mother has a chance to leave the kitchen or join the family antics and, for a change, she’ll find the family willing and eager to partake in the meal time “chores” when they center around a grill or brazier. As essential outdoor barbecues as food and fire, are the small pieces of equipment that facilitate the preparation and serving of the ‘camp style’ meal. According to Mary Ann March, home economist for the Ekco Housewares Company, the following items are among the ‘essential accessories’ for casual cookery. Skewers in a variety of sizes, ideal for shish kebabs, hors d’oeuvres, indoor or hibachi style barbecuing, family picnics, etc. Tongs are needed for turning and lifting grilled foods. Be sure to get a strong one with a natural angle to keep hands away from heat and spatter. Once extremely versatile item now available offers a long handled turner and a fork that can be put together to form handy tongs. Basting brush with a long handle is absolutely essential for basting with butter, oil or barbecue sauce. Brush should be of a fiber that will not deform in hot grease or liquids, and one that will clean easily. Wire broilers, two-sided broilers with long handles are a real necessity. It’s a good idea to have at least two of these, one for grilling food in small pieces and one for grilling steak, making it much easier to turn the meat. Expansion hinges help to accommodate large steaks. Also recommended are long-handled forks and knives, a sturdy well balance cause pan for melting oils, and a hearty appetite!”---“Summertime Barbecues Popular,” *Daily Record*, July 5, 1966 (p. 7)

“It was fortunate for Daily Record photographer Tim Manning that only seven pies were entered in the men’s pie-baking competition sponsored by the Florham Park Senior Citizens yesterday. At the last minute, he was drafted to judge the competition. ‘It’s a man’s contest and there ought to be a man judge,’ said Wayne Alleger, club president...With relish and gusto, Mr. Manning ate his way through the contest—from butter pecan, pecan with whipped cream, apple and pecan, apple, another apple, right on through blueberry chiffon and strawberry chiffon with whipped cream...First prize...went to Howard Kistler...for his apple pie.”

---“Drafted Judge Goes for Apple,” *Daily Record*, April 2, 1965 (p. 4)

“How often do you entertain at home? At a dinner party, would your service be buffet, family style or formal? Do you as hostess serve dessert from the table or have it brought in, ready, from the kitchen? And of course, most important of all, could you use a hostess-helper? These are some of the matters to be taken up in a questionnaire which teenagers will distribute beginning today, in Morristown, Morris Township and Morris Plains. They are part of a survey being sponsored by Youth Employment Service here. ‘There is a limited area in which teens can work,’ explained Mrs. James Jans, YES president, ‘and we hop to create new job opportunities for them. The hostess-helper program has proved one of the most successful in many parts of New Jersey.’”

---“For Children’s Party, Formal Diner, Need a Hostess-Helper?” *Daily Record*, July 20, 1966 (p. 3)

“Weight Trimmers Inc. [Dover, NJ] will give a luncheon for those ‘who have lost 50 pounds or more’ at 12:30 p.m. Saturday at the Three Sisters Restaurant on Route 46. A menu of tomato juice, broiled halibut, cauliflour, French-style green beans with mushrooms will be topped off with baked pears for desert and lo-cal soda as beverage.”

---“Women to Celebrate Their Lost Pounds,” *Daily Record*, October 25, 1968 (p. 6)

“In order to approximate the dosage given to the now famous cyclamate rats, a local pharmacist says a human would have to drown in diet drinks. Morris Keller, a member of the board of Trustees of the New Jersey Pharmacy Association, says that it would take 40 gallons of artificially sweetened soda daily for 16 years to result in cancer of the human bladder. But ‘the government doesn’t take any chances,’ says Dr. Hugh Luddecke, chief pathologist at [Morristown] Memorial Hospital. Dr. Luddecke explained that cyclamates, while not harmful by themselves, are altered by the body and are, in fact, a possible cause of cancer in humans...National manufacturers of the diet sodas predict that ‘new improved’ version will be on the shelves shortly.”

---“Drown in Diet Drinks,” *Daily Record*, October 29, 1969 (p. 17)

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