

Early-Day Recipes Attract Attention at Centennial-Time



MRS. A. E. KENT, who loaned her valuable copy of "The Experience Cook Book" to help compile old-time recipes for this page, is pictured with her fine collection of cut glass. She is wearing the old-fashioned lace-trimmed gown she will wear for the Centennial celebration. Mrs. Kent's book was published in 1899 by the Ladies' Aid Society of the Methodist Episcopal church. (Staff photo)

Fish Source Of Protein For Early Oregon Diets

A man with a rifle or a fish line could be a good provider in early day Oregon. Fish and game were abundant and folks could afford to be choosy.

Salmon, then as now, was a popular item. And the pioneer housewife knew a good many ways to make it a delicious dish.

Salmon Sweet 'N Sour
For about three pounds of salmon, pan and simmer while preparing on, take a pint of vinegar, a cup of sugar, a small onion (chopped fine) a few grains of allspice, a stick of cinnamon, a few cloves, a small slice of lemon, pepper and salt and place in a granite sauce pan and simmer while preparing the fish. Cut the salmon into cubes about two inches thick and put in the hot vinegar and let it boil. When done, remove from stove and stir the beaten yolks of three

eggs into the vinegar for a dressing, to be poured over the fish. It should be served with mashed potatoes.

Salmon Timbals
One pound of salmon, cooked; one cup bread crumbs; one tablespoon melted butter; one-half small spoon cayenne pepper; four eggs; and salt. Remove skin and bones from fish and flake up with a fork. Add bread crumbs, butter, lemon juice, eggs and seasoning; eggs must be beaten very light. Beat all together and add milk if it is at all dry. Butter cups (or muffin tins) and fill. Stand in pan of hot water and bake for one-half hour in moderate oven. Serve with white or Hollandaise sauce.

Three or four pound piece of salmon. Make a dressing of bread crumbs same as for chicken. Fill fish and wrap with a twine to hold together. Place on two slices of bread in the pan and dredge with flour, put plenty of butter on top and roast in a covered pan in the oven. Serve with a white gravy.

For a delicious cocktail sauce for seafood, combine a half cup of tomato catsup with six tablespoons of lemon juice, a tablespoon of horseradish, a few drops of tabasco sauce, a half teaspoon of celery salt, and an eighth teaspoon of salt.

When you are making white sauce over direct heat be sure to use a heavy saucepan and keep the heat low; stir constantly, scraping the sauce from the sides and bottom of the pan, until thickened and bubbly.

Ore. Women Noted For Culinary Art

"We had such good times in those days!" said Mrs. James E. Sawyer of Roseburg. And the tone meant every word she said. (We were talking about Roseburg at the turn of the century.) "What did you do for entertainment then?" we asked.

"We entertained ourselves," she replied. "We had lots of the grandest parties. Neighbor entertained neighbor. And when we went to a party we walked and carried a board and a lantern."

"What was the board for?" we asked. "Why, to get across the mud, of course. Everybody carried a board when they went any place. And the food they served them! How good it was!"

And that, of course, is just why we were there talking to the very charming Mrs. Sawyer who has been a Roseburg resident all her life. Her family trekked across the plains by covered wagon in the 1850's. We wanted to find out just what and how Douglas county's early settlers fared when they sat down at the dining table.

And they fared very well, from all reports. Beans, beans, and more beans, supplemented with apples picked along the way, constituted the pioneers' diet on the trail. But once settled in Oregon's rich valleys, food became more abundant and lavish.

"Pork Back Bone" is the recipe she remembers best. All Roseburg families raised pigs in the early days. Around Thanksgiving or Christmas time, the pigs were taken to a grist mill on Deer creek to be killed. The backbone was the preferred piece of meat. Cut in small sections, the backbone was boiled until nearly done.

TILDEN CAKE
1 cup butter
2 cups sugar
1 cup milk
3 cups flour
1/2 cup corn starch
4 eggs
2 teaspoons baking powder
1 teaspoon lemon extract
Cream butter and sugar until very light. Beat egg yolks until light. Sift baking powder, corn starch and flour together. Add yolks to creamed mixture. Add milk and flour gradually, beating after each addition. Add flavoring. Bake in a loaf pan in a moderate oven. (Cake will keep moist and fresh for several days.)

Then Irish potatoes were dropped into the kettle to cook; and the meat and potatoes were served, sprinkled with pepper and salt.

Early day cooks also turned out some very fancy and beautiful dishes too. Here is a recipe for

VIOLET CREAM
3 envelopes unflavored gelatin
1/2 cup water
1 cup powdered sugar
10 drops rose extract
1 teaspoon vanilla
Grated rind of 1/2 orange
1 qt. plus 1/2 cup cream
Cover the gelatin with water and let stand 1/2 hour. Whip 1 quart of cream and chill. Add 1 cup powdered sugar, rose extract, vanilla and orange rind to the cream. Add 1/2 cup cream to the gelatine and stir over hot water until gelatin is dissolved. Strain into whipped cream and stir carefully until it begins to thicken. Turn at once in a mold that has been lined with candied violets. (Fasten violets inside of mold with a little melted gelatine.) When set, unmold on platter that has been decorated with maiden hair fern, violet leaves or violets.

If you use a divider in your pressure saucepan you can cook two or three vegetables at one time and there will be no intermingling of flavors.

Small fry often enjoy raisins added to their cereal; they like brown sugar on the cereal some-times, too, as a change from white.

To prepare broiled peaches to accompany a meat course, put a small piece of butter or margarine in the center of each canned peach half; broil until peaches are hot through.

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THE TILDEN CAKE was an early day favorite in the Douglas County area and was served at many a gay, turn-of-the-century party. Mrs. James E. Sawyer of Roseburg is shown cutting a Tilden cake which she baked especially for the occasion. The recipe appears on this page. (Staff photo)

Household Hints Part Of Pioneer Useful Lore

To the women who settled the west, remedies were as important as recipes. And they too had their stock of household hints.

And like women everywhere, grandmother was a little vain. How she found time to cream her face and 'frit' her bangs when her day was fully occupied from dawn to dark, is a mystery. Here is an early day recipe for cold cream that proves our pioneer women had their vanities.

Cold Cream
1/2 ounce spermaceti
1/2 ounce white wax
1 ounce sweet almond oil
1 ounce lanoline
1 ounce coconut oil
2 drops tincture benzoin
1 ounce orange flower water

Just what one is supposed to do with this collection of oddments has been left to the imagination by the early inventor. No further directions are given.

Our pioneers must have taken the advice that "Cleanliness is next to Godliness" very seriously. This recipe for washing fluid should turn out a good clean wash. What it did to the hands, back in the washboard days, is hard to imagine. If you run out of granulated soap or detergent, try this.

Washing Fluid
Take 5 bars of good soap, shaved very fine, and dissolve in five gallons of rain water. Add 25 cents worth of sal soda; 2 tablespoons of turpentine; 1/2 pint of ammonia; two ounces of borax. Use 1 cupful to every four buckets of water and soak clothes over night.

Burns and Scalds
One half ounce of puric acid to one pint water. Bottle. Shake well before using.

To make an easy and delicious chocolate frosting for brownies, combine 1/2 cup firmly packed brown sugar, 1/4 cup water, and 2 squares chocolate in a saucepan. Let it come to a boil and cook for 3 minutes. Stir in 3 tablespoons of butter or margarine and 1 teaspoon of vanilla. When the mixture is cool blend in 1 1/2 cups sifted confectioner's sugar. This amount will be enough to frost brownies that were baked in a 12 by 8-inch pan.

Early Cooks Relied On Oregon's Natural Bounty

Our pioneer ancestresses learned to substitute ingenuity for lavish cooking ingredients. The supplies that could be brought across the country by overland freight or shipped around the horn were few and simple.

Consequently, Oregon's early cooks made good use of 'what was to hand.'

The pioneer settler's wife was responsible for keeping the family clean as well as fed. So soap-making was part of her duties. In early Roseburg, standard equipment in every back yard was an ash-hopper for making lye, and a big black kettle for making soap. When the hopper was full of wood ashes, water was poured over them and the liquid that drained out at the bottom was combined with the household's collected fat and drippings to make soap. The big black kettle was used for rendering lard, making soap and for doing the family laundry.

Berries Abundant
Blackberries and wild grapes were common in Oregon. And legend says that apples grew along the overland trail; apples planted by Johnny Appleseed earlier in the century.

Here is a recipe given by Jessie McFarland of Roseburg. It was used by her Pioneer Grandmother Sproul.

Apple Pudding
Slice apples into a pan as for pie. Dribble hot cake dough over apples until you can see just a few of the apples sticking up. Add another layer of apples and another layer of dough. Bake until brown as for pie. Serve hot, cut in squares. Melt butter and honey on stove. Cut open square of pudding and pour in butter and honey.

Blackberry Cake
3 eggs
1 cup sugar
1/2 cup butter
1 1/2 cups flour
1 cup blackberry jam or preserves
3 tablespoons sour cream
1 teaspoon each soda, allspice and cinnamon.
Dash of grated nutmeg.
Stir well. Bake in three layers and put together with boiled icing.

Baked Indian Pudding
To one pint of mush, preferably corn meal, add one quart of sweet milk; four eggs; a little grated nutmeg; 1 teaspoon gin-

1 cup sugar
1 cup vinegar
1 cup water
1 tablespoon butter
Dried fruit,
2 slices bread
Spices to taste
Boil together for 15 or 20 minutes. Use for pie filling.

Mince Pie Wins Award

Mrs. A. E. Kent of Roseburg is well known for her culinary ability. She gives this recipe for Mock Mince Pie which won her an award from the Better Homes and Garden's Testing Kitchen.

Mock Mince Pie
2 cupfuls of chopped tart apples, pared and cored
1 cupful of raisins
1/2 cupful of brown sugar
1/2 teaspoon cinnamon
1/4 teaspoonful of nutmeg
1/4 teaspoonful of salt
1 cupful of thick sour cream
1 teaspoonful of flour
Rich pastry

Mix the chopped apples, raisins, brown sugar, spices, salt and sour cream together. Line a 9 inch pie pan with rich pastry and dust the bottom with flour. Add the apple and raisin mixture, moisten the edges and cover with a top crust. Bake in a hot oven (450 degrees) until lightly browned, then reduce the oven to (350 degrees) and continue baking until the apples are very tender. Sprinkle the crust with grated cheese if desired and return to the oven long enough for the cheese to melt. Serve the pie while warm.

Pear Man's Mince Pie
1 cup molasses

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