

### It Was Not So Easy to Cook In Those Days of Old

The Control of Fire for Human Uses Is Recent Thing.

Way back in the dim and misty past, ever and ever so long ago, the cooking of foodstuffs was unknown and man—primitive man—lived on fruits, nuts and raw vegetables.

No doubt he varied this diet with such eggs, fledglings, small birds and mammals as he could get. With the coming of weapons, the pointed spear and the flint tipped arrow, man developed into an eater of flesh. Weapons made him bolder and no longer did he fear the destructive beasts with their claws and fangs. It was easy for him to stalk and slay bird and beast, even the great mammoth and the giant sloth.

Just how the art of cookery began we shall never know. As far back as we have any record of man we know that he cooked his food over fire, after a fashion. The kitchen middens of prehistoric man show heaps of ashes, charcoal and half burned bones evidencing that early man knew the art of building a fire and made a serious attempt to cook his food.

In the earlier days when fire was first obtained, it was carefully cherished. The American Indians never allowed permanent camp fires to go out. When on long marches one of the tribe carried a hollow stone containing red-hot coals embedded in ashes. Fire was later made by striking flint and by other means.

Taking up the history of stoves, they are really modern inventions. Just as you can remember when there were no flying machines, so can your grandmother remember when the cooking was done over the fireplace with the aid of a long-legged spider and a pot hung on an iron crane. There were few stoves in those days.

And so it was the same with their mothers, and grandmothers, through all the ages, for until less than two hundred years ago all cooking was done over the open fire or a Dutch oven. Some one had a brilliant idea and brought the fire inside the house, with the aid of a chimney and a fireplace, where the cooking was done over the coals just the same.

Later in the seventeenth century Cardinal Polignac designed the first iron stove. However, one was not seen in America for many years after this. Shortly afterwards Count Rumford invented improvements for economizing the fuel and heat. It was in 1716 that Des Aguliers rearranged the Polignac stove with earthen sides and backs so as to burn anthracite coal. These designs were on the plan of an open fireplace.

Benjamin Franklin journeyed to England, and in 1745 wrote to Philadelphia friends of a wonderful German invention of a stove, consisting of an iron box made of five plates fastened together with screws. One side of the stove was left open, and when set in position the open side, with a smoke pipe, was in an anteroom. When in ordinary use it was a fireplace, but the open side could be closed when dinner-time rolled around.

In 1771 Franklin invented a stove to burn bituminous coal, which stove was arranged so that it would consume its own smoke. Franklin's invention had a downward draft. He later invented another design of stove, which had a basket grate and movable bars at the top and bottom supported on a pivot. The top would be filled with kindling, then the basket would be

inverted and the fire would burn at the base.

The Franklin stove, considerably modified, of course, came into general use in the United States between 1792 and 1825, and is still in use at the present time. There have been hundreds of modifications, etc., since Franklin's time, and much inventive genius has been directed to base heating, anti-clinking devices, etc.

Perhaps one of the greatest aids to making stoves more convenient for modern cooking was the invention of the friction, or phosphorus match in 1842. Previous to the invention of this style of match the chemical match was used for producing fire, and the sulphur match for communicating it. Before this era tinder, flint and steel were the means by which fire was made.

The development of the modern cook stove owes much to the stove manufacturers of Troy and Albany. Long before the Civil War, Dr. Elliphalet Nott, of Union College, Schenectady, perfected a stove for the burning of coal. It is significant that this old Dutch city should be the scene of the development of the first coal stove and the place where the first modern electric range was produced.

Out of the coal grew the gas stove. Someone discovered that it was easier and better to turn the coal into gas and to burn the gas in a stove for cooking purposes. The gas stove removed much of the dirt and smoke and eliminated the handling of fuel and ashes.

The next step in the perfection of cooking stoves was the invention of the modern electric range wherein the invisible fires of electricity are used to boil, bake and broil. The electric range draws current from the house wires, much the same as an electric lamp. At the pressure of a finger the stove is ready for use and the "fire" can be extinguished as quickly when the work is done. The electric range wastes very little heat. Every precaution is taken to prevent useless radiation and consequent waste of the heat. The heat is concentrated where it is needed, where it will be most effective and most economical.

The pioneers of the west suffered many disadvantages in the way of preparing foods and their manner of living was more simple than it is today which may in much measure account for their hardihood. But while they had the easier prepared foods, they nevertheless missed many excellent dishes which in this generation the improved methods of cooking have made possible. The earlier homes had only one room which was kitchen, dining room, sleeping room and everything. Their range was an immense fire-place and many of their prized dishes were cooked in the hot coals. And their cooking was slow, so slow in fact that one day had to be set aside for "baking day,"—a custom which still is observed among many New England families and pioneer families of the west. But the rapid methods of preparing food is gradually doing away with the "baking day" idea and now mostly all our home pies and cakes come piping hot from the electric oven or the gas range.

On "baking day" it was customary to bake huge quantities of pies, cakes, doughnuts, cookies and many other things which men and women have delighted in since the art of cooking has been known. These "goodies" were then put aside in the great pantry to come forth on occasions and gladden the hearts of the children especially. Now the old order changeth, however, and the old methods are fast falling into disuse. They are gradually becoming as extinct as the giant beasts which primitive man hunted. In the next few years who knows but those things we pride ourselves upon so grandly now may likewise be set aside for even newer methods in that

### An Old Poem the West Knew Long Ago

#### The Days of '49.

The following verses were learned by John Halley, Jr., pioneer Pendletonian, when he was a boy and upon request, has written them down and respectfully dedicates them to "Happy Canyon."

You are gazing now on Old Tom Moore,  
A relic of by-gone days,  
And a bumper, too, they call me now,  
But what care I for praise,  
For my heart is filled with grief  
And oft do I repine  
For the days of old, the days of gold,  
For the days of forty-nine.

My comrades I had then were  
A jovial and saucy crew,  
There were some hard cases, I confess,  
But still they were loyal and true,  
They'd never flinch, whatever the pinch.

They'd never fret nor whine,  
But, good old bricks, they stood the kicks  
In the days of forty-nine.

There was New York Jake, the Butcher Boy,  
So fond of getting tight  
And whenever Jake got on a spree  
He was spolling for a fight.  
One night he ran against a knife  
In the hands of old Bob Cline,  
So ever Jake we held a wake  
In the days of forty-nine.

There was Monte Pete, I'll never forget  
Great institution of civilization—the art of cooking.

and Hough, and I think two or three others, regard Casa Grande as a temple or great community house, where the tribes of the southwest repaired semi-annually for their religious ceremonies and theatricals.

We moderns express our emotions through the rhythm of song, of dance of orchestra, of play and opera, of art. The Indian had his pictographs on the rocks for art, and his pottery and weaving to express his craftsmanship; but the rest of his artistic nature was chiefly expressed by religious ceremonial, or theatrical dance, similar to the old miracle plays of the middle ages. For instance, the Indians have not only a tradition of "a great flood," but of a maiden who was drawn from the underworld by her lover playing a flute, and the Flute Clans celebrate this by their flute dance. The yearly cleansing of the springs was as great a religious ceremony as the Israelites' cleansing of personal impurity. Each family belonged to a clan, and each clan had a religious lodge, secret as any modern lodge order.

The mask dances of the southwest are much misunderstood by the white people. We see in them only what is grotesque or perhaps obscene. Yet the spirits of evil and the goodness are represented under the Indian's masked dances, just as the old miracle plays represented Faith, Hope, Charity, Lust, Greed, etc. There is the Bird Dance representing the gyrations of humming-bird, mocking-bird, quail, eagle, vulture. There is the dance of the "mud-heads." Have

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The drinking of a glass or two of

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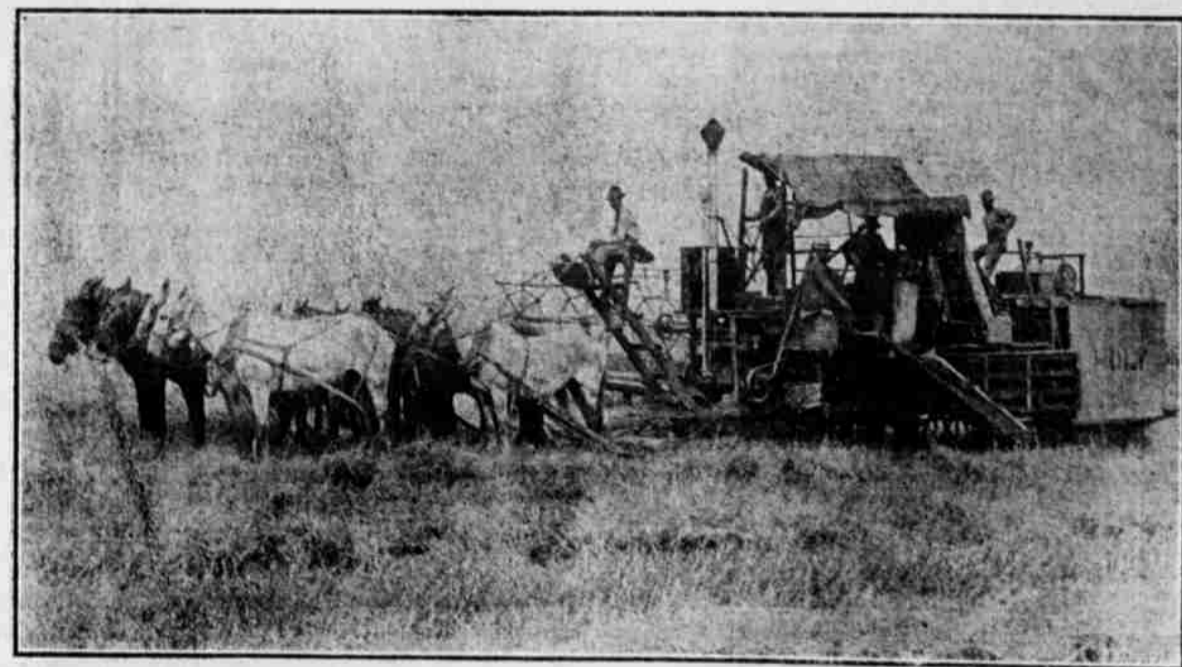
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