



BY BETTY KAISER
For the Sentinel

Cook's Corner

A homemaking voice from the past

Recently, my friend Donna Armor gifted me with a family heirloom—her grandmother's cookbook. I supposed it to be a little notebook of family recipes. Imagine my surprise when I opened the large box to find a true treasure. A thick volume filled with advice from the past on all manner of useful house-keeping hints.

The book is titled "Woman's Favorite Cookbook," and its 551 pages are divided into three volumes. The authors are "Mrs. Gregory and Friends." There is no publication date, and the thick, deteriorating pages are pulling away from the binding. Our guesstimate is that it's at least 100 years old. Probably early 20th century.

Dozens of women contributed recipes for such exotic things as Macaroni and Oysters, Broiled Frogs' Legs, Johnny Cake, Hot Dandelion Salad, Fried Apple Custard, Pickled Walnuts, Blanc Mange Easter Eggs and Stuffed Eggplant.

There is even an entire section on toast! It begins by gently reminding the reader that the object of toasting bread is to extract the water, enabling its digestion. First warm the bread and draw out the moisture so it can be toasted to a pale gold color. And before toasting, "be sure that the fire is clear and hot and the bars clean."

Carving meat is a skill to be developed and proud of. Running short on ice? "Wrap the ice in several thicknesses of newspaper. A flannel sheet will have the same effect." A section on wastefulness reminds the young housekeeper that the Bible says: "She looks well to the ways of her household and does not eat the bread of idleness."

There are reminders that when caring for the sick and convalescent, perfect cleanliness of hands and nails is imperative. For recovering patients who have little appetite the following are suggested: some gruel, beef tea, oatmeal



Woman's Favorite Cook Book (circa 1900)

mush, toast water, boiled partridge and tapioca pudding. And finally this reminder: "A cheerful spirit is the best medicine of all.

There is even a section on how to deal with household pests. Rats and mice? Drown them! Tease them with a little meal in a barrel; then when they're used to being fed, partially fill the barrel with water! Bed bugs? Saturate the bedstead with kerosene! Cockroaches? Thoroughly pulverize borax and scatter it where they appear.

My favorite section of the book, however, is a treatise on fine dining.

As a home economist in my college days, we read Emily Post like it was the Bible. This book puts Emily to shame. It will also make your head swim with the expectations of that era. It begins with dinner party instructions:

"A dinner should be a function where no obstacles to ease and enjoyment exist. Invitations to a dinner party are issued 10 days or two weeks in advance of the event. The recipients should reply at once. This gives the hostess a chance to fill a possible vacancy. They should be sent by post but are better because of sure delivery if sent by messenger.

"Today (1900?) a hostess of moderate means can invite 50-100 guests for an informal party without ever looking to the florist or caterer for help. The first requisite for a well-ordered table is, snowy, fine, damask linen. A table, when properly set, is a picture of loveliness—cut glass, silver and dainty dishes. A certain scheme of color is chosen and everything on the table harmonizes with it.

"In cities, the usual hour for a dinner party is 7 o'clock; in country places it is frequently earlier in the day. For a home-like, informal dinner, where the host does the carving, one well trained servant can wait upon 12 persons."

At formal dinners lots of courses were served: Oysters, clear soup, fish with small potatoes, an entrée accompanied by bread and relishes; roasts of some kind, sherbet, chicken or duck, an appetizing salad; puddings or ice cream; fresh fruits and bonbons; Turkish or black coffee served demi-tasse. The end of an era.

Now back to 21st century reality with a servant-less dinner menu plan: Look in the fridge and the freezer to see what's on hand to feed a crowd of 4-6 people. Email or call at the last minute to see if the neighbors

want to come to dinner. Ask them to bring a bottle of wine and a loaf of bread. Thaw some pork chops, heat the oven, put some yams or russet potatoes in to bake, prep a vegetable, open some applesauce and garnish it with cinnamon.

Voila! It's dinner. No florist or caterer needed. The following glazed pork chops are easy and delicious and the vintage recipe for Fried Apple Custard from the cookbook just might hit the spot! Enjoy!

APPLE CUSTARD (FRIED)

Pare, core and slice four good-sized apples. Fry then in butter and when they are brown on one side, turn them over and pour over them a custard made of four eggs, beaten, a cupful of cream or new milk and a little cinnamon. Fry to a light brown. Turn carefully and serve with sifted sugar. This is a nice hot dessert. — Mrs. Ellen Sullivan

GLAZED PORK CHOPS

6 1-inch thick loin pork chops
1 teaspoon salt
1-1/2 cups brown sugar
3 tablespoons vinegar
1 tablespoon dry mustard
Dash of ginger

Preheat oven to 350° F.

Trim excess fat off chops; arrange chops in 13x9x2 inch baking dish. Sprinkle with salt. Combine remaining ingredients and spread over chops. Bake uncovered in oven 1-1/2 hours. Turn them over to serve.

Keep it simple and keep it seasonal! Betty Kaiser's Cook's Corner is dedicated to sharing a variety of recipes that are delicious, family oriented and easy to prepare. Contact her at 942-1317 or email bchatty@bettykaiser.com

COMMUNITY BRIEFS

Host an exchange student

World Heritage Student Exchange Program is seeking local host families for high school students from over 30 countries: Spain, Germany, Thailand, Denmark, Portugal, South Korea, Italy, France the former Soviet Union countries, Norway and more.

Couples and families with and without children in the home are all encouraged to host and can choose to host a student for a semester or for the school year.

Each World Heritage student is fully insured, brings his/her own personal spending money and expects to contribute to his/her share of household responsibilities, as well as being included in normal family activities and lifestyles.

Today's teens are tomorrow's parents, international business people and possibly even future political leaders, and those interested can share their corner of America by helping a foreign exchange student experience life in this area.

Those seeking more information can call 1-800-888-9040, go online at www.whhosts.com or email info@world-heritage.org

Cosplay meetup

Local business Delight at 811 Main Street announces a Cosplay Meetup on Saturday, March 14 at 2 p.m. It's a free event that promises prizes, games, Anime. More information is available at 541-946-3132 or delightcg@gmail.com.

Hunter education classes

The Oregon Department of Fish and Wildlife announces that it has openings in several hunter education classes coming up in

late February and March.

"Spring is a great time to take hunter education," says James Reed, ODFW hunter education coordinator. "Many classes are available, and it's well before the fall rush. Students who take a March class could even get certified in time for spring turkey season (April 15-May 31)."

Conventional hunter education classes available:

Lane County – March 14 and 21 (Noti and Creswell)

Field days:

Roseburg, March 21 (Roseburg Rod and Gun Club)

All classes and field days are listed on ODFW's license sales page (under View All Classes/Workshops). See directions on how to register for a hunter education class (PDF).

Hunter education is required for all hunters under the age of 18 and encouraged for adults, too. The classes cover important issues including hunter ethics and respect for private landowners; wildlife management and identification; firearms handling and safety; hunt preparation and techniques; survival; and introductory bowhunting.

Spay/neuter coupons

The Humane Society of Cottage Grove still has \$25 off coupons good toward the cost of a cat or dog spay or neuter at the Cottage Grove and Forest Valley Veterinary Clinics in Cottage Grove and South Willamette Veterinary Clinic and Creswell Veterinary Hospital in Creswell. The coupons are good through the end of March and can be picked up at This 'n' That Corner, 33 N. 8th Street, Cottage Grove, Monday-Saturday from 10 a.m. to 4 p.m.. Starting March 9, hours will be 10 a.m.-5 p.m.

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REAL ESTATE SPRING IS HERE

TRUE STORY: We have a new listing, 3 Bedroom, 2 Bath for \$237,000. It was on the market for a week. We had an open house and the Multiple Listing Tour. We got 4 offers (which is really unusual). No it wasn't a distress sale. The property was priced at market value - in fact at the top end BUT the home is in beautiful condition - absolutely "Turn Key" ready to move into. We had to do a little detail work on the home before it went on the market - but not much. We knew what to tell the owners and they listened to us. The sale pending should CLOSE this Month. It's great when Real Estate works that way. Would you like to talk with us about Selling or Buying a piece of property? We'll give you the best advice we can

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