

Food

DRAWER 3A

Habits

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Abraham Lincoln's Habits

Food

Excerpts from newspapers and other
sources

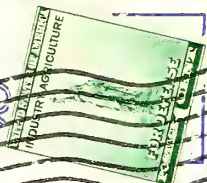
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The president rose early, as his sleep was light and capricious. In the summer, when he lived at the soldiers' home, he would take his frugal breakfast and ride into town in time to be at his desk at 8 o'clock, writes Colonel John Hay in the Century. He began to receive visits nominally at 10 o'clock, but long before that hour struck the doors were besieged by anxious crowds, through whom the people of importance, senators and members of congress, elbowed their way after the fashion which still survives. On days when the cabinet met, Tuesdays and Fridays, the hour of noon closed the interviews of the morning. On other days it was the president's custom at about that hour to order the doors to be opened and all who were waiting to be admitted.

At luncheon time he had literally to run the gantlet through the crowds who filled the corridors between his office and the rooms at the west end of the house occupied by the family. The afternoon wore away in much the same manner as the morning; late in the day he usually drove out for an hour's airing; at 6 o'clock he dined.

He was one of the most abstemious of men; the pleasures of the table had few attractions for him. His breakfast was an egg and a cup of coffee; at luncheon he rarely took more than a biscuit and a glass of milk, a plate of fruit in its season; at dinner he ate sparingly of one or two courses. He drank little or no wine; not that he remained always on principle a total abstainer, as he was a part of his early life in the fervor of the "Washingtonian" reform; but he never cared for wine or liquors of any sort, and never used tobacco.

Green 1044.



POST CARD



The Lincoln National Life

Fort Wayne
Inda

Dr Louis A. Warren

Dear Mr. Warren -

Printed March 10, 1917

A packet of mine tells
me that Geo. Stearns Baker &
Catherine T. Allegheny Pa. father (?)
of Mrs. Kate Knable 6917 Euclid
Ave. Cleveland, O. takes a cake 4th
high weighed 75 lbs for Lincoln's
first inauguration. Of this is
true - you can get the story
straight if you will be our welcome
addition to the audience.

Yours truly Harry Markeden

THE LINCOLN NATIONAL LIFE INSURANCE CO. BUILDING, FORT WAYNE, IND.



HOME OFFICE — OCCUPIED EXCLUSIVELY BY THE COMPANY

No Lincoln Family Recipes Handed Down to Posterity

But There Are Traditional Kentucky, Illinois Dishes That Can Be Served on President's Birthday

By ALICE RICHARDS

WHAT did Abraham Lincoln eat? According to the records the early Atlantic coast colonists enjoyed good food. The rich harvests were supplemented with imports from abroad and many of the fine recipes were passed on to succeeding generations.

But Abraham Lincoln was a backwoodsman. In 1809 Kentucky was not densely populated and neither was Illinois when the Lincoln family moved up there a few years later. The Thomas Lincolns were poor people. For several years they lived in a cabin that had only three sides. Amidst such crude surroundings one can understand why there was a paucity of family recipes and why very few have become the heritage of posterity.

We have every reason to believe that the Lincolns ate exceedingly simple food. It was a diet dependent on their immediate labors. They tilled the soil, hunted and fished. Because of their geographical location the accepted luxuries of the seaboard were rare.

Famed Kentucky Burgoo

Kentucky, Lincoln's birthplace, has fine food traditions. It is the home of the burgoos, cymplings, juleps and salt rising bread. A burgoo is the native stew and as old as time. The cympling is nothing other than an ordinary scalloped summer squash. And those mint juleps—certainly the early pioneers didn't popularize them.

Burgoo from the blue grass country supercedes stew from any other locality because it is always served outdoors under the spreading oak, elm or ash and it is always preceded by the famous juleps. It is ladeled out of three gallon pails and served with delicious salt rising bread. To make a real burgoo, ground beef, a rooster or two, shelled lima beans, shelled green or dried beans, corn freshly cut from the cob, ripe tomatoes, hot pepper, diced onions, rice, diced potatoes, salt, stick cinnamon, juice of several lemons, brown sugar, diced okra, butter and flour are cooked together to make the stew of stews.

Mint Leaves, Lady's Cake

Candied mint leaves are another Kentucky favorite. They make nice nibbling at any time and make an interesting addition to a salad. Carefully wash the mint leaves, dry, then dip in unbeaten egg white and press into powdered sugar. Lay on a board lightly dusted with sugar and place in refrigerator to harden. The leaves are eaten like potato chips.

The lady's cake is truly traditional food. Any good wedding cake recipe will do, but you must observe the rules and the bride must cut and

eat the first piece, followed by the bridegroom and guests. The cake is "loaded" with rings, dimes, wishbones, thimbles, dice, etc. If a girl gets a ring she will be married soon. If she slices a thimble she'll be an old maid. Dimes are for wealth and a wishbone is lucky. A lucky man will find a dime in his piece of cake, but the bachelor will get a button.

Regular Illinois Diet

When the Thomas Lincolns moved to Illinois, Chicago was a prairie village. The settlers tilled the rich soil and hunted game for food. The great metropolis had not become the "hog butcher of the world." Many of the people who migrated to Illinois brought national and regional recipes with them and the typical dishes of today reflect the tastes of the pioneers.

Mushrooms, puffballs and truffles became a part of the regular diet because the Illinois pastures were

dotted with all sorts of edible fungi. Lack of knowledge and the poison specter retarded their immediate acceptance. However, when the Italian immigrants came in the early part of the twentieth century they enlightened the state fathers as to their goodness and the people flocked to the country to gather mushrooms.

Like the early pioneers, the citizens of today hunt prairie chicken, grouse and quail. Prairie chicken potpie is at its best when you eat it on an Illinois farm just after harvest. The birds have fattened their bellies on the fine grain. Perhaps this delectable dish was a favorite with the Lincolns also.

MILWAUKEE JOURNAL

2-10-44

EXTENSION OF REMARKS

OF

HON. GEORGE A. DONDERO

OF MICHIGAN

IN THE HOUSE OF REPRESENTATIVES

Monday, February 4, 1952

Mr. DONDERO. Mr. Speaker, under leave to extend my remarks in the RECORD, I include therein an article which

appeared in the Washington Post on Sunday, January 27, 1952.

At this season of the year, it seems most appropriate that the information this article contains should be included in the CONGRESSIONAL RECORD.

The Republicans of the House and Senate and the League of Republican Women of the District of Columbia are holding their Lincoln Day box supper to-night.

No doubt Lincoln would have enjoyed a plain and substantial meal of this kind:

FRIED CHICKEN AND LAYER CAKE—YOUNG ABE
WOULD LIKE IT, TOO

(By Lucia Brown)

Abe Lincoln would have liked that box supper they're serving in his honor next week—certainly the young Lincoln would.

As a shirt-tail boy in Indiana, he thought fried chicken was as fine a thing as you could eat. And later, courting Mary Todd, he enjoyed the featherlight cakes her sister, Mrs. Edwards, served.

Both the chicken and the layer cake will be in the \$1 boxes at the Lincoln Day celebration, sponsored by Republican Members of Congress and the District League of Republican Women the night of February 4 in Georgetown University gymnasium. Besides, some 8,000 faithful members of the Grand Old Party will enjoy potato chips, dill pickle wedges, dinner rolls, jelly, mints, coffee, and soft drinks.

Of course the older Lincoln probably would never have eaten that much (his secretary, John Hay, described him as one of the most abstemious of men). He would, however, have approved the simplicity of a box lunch on such an occasion, for he never did think much of fancy food.

Once, the story goes, he visited the Hotel Astor in New York, perused the French bill of fare, then solemnly called for a sine qua non of beans and an ipsedixit of pork.

In the days of his Presidency, wrote Mr. Hay, "the pleasures of the table had few attractions for him. His breakfast was an egg and a cup of coffee; at luncheon, he rarely took more than a biscuit and a glass of milk, a plate of fruit in its season; at dinner, he ate sparingly of one or two courses."

Some of the most picturesque stories of the man who could make a cat laugh centered about food, however. There's the famous one about gingerbread that touched young and old in one of his debates with Douglas.

"When we lived in Indiana," Lincoln said, "once in a while my mother used to get some sorghum and ginger and make some gingerbread. It wasn't often and it was our biggest treat. One day I smelled gingerbread and came into the house to get my share while it was still hot. My mother had baked me three gingerbread men. I took them out under a hickory tree to eat them. There was a family near us poorer than we were, and their boy came along as I sat down.

"'Abe,' he said, 'Gimme a man?'"

"I gave him one. He crammed it into his mouth in two bites and looked at me while I was biting the legs off my first one.

"'Abe,' he said, 'Gimme that other?'"

"I wanted it myself but I gave it to him. As it followed the first, I said to him, 'You seem to like gingerbread.'"

"'Abe,' he said, 'I don't suppose anybody on earth likes gingerbread better'n I do—and gets less'n I do.'"

Young Abe himself—they called him "Long Shanks" then—sometimes had a hard time keeping up with his appetite. Occasionally there would be only potatoes on the table in the cabin of Tom Lincoln on Little Pigeon Creek. When his father would speak a blessing to the Lord, Abe would peep through his lashes at the praties and mumble: "These are mighty poor blessings."

Field and stream yielded up many good things, however, to help the spindly boy grow to be 6 feet 4 inches tall. Biographer Carl Sandburg mentions deer, wild turkey, rabbits, fish, berries, grapes, and persimmons brought back from the woods by Abe. Besides, he enjoyed pork and hominy grits, fried chicken, and hot biscuit with honey. His cousin, Harriet Hanks said he could eat corn cakes as fast as two women could make them.

There'll be no corn cakes, of course, in the boxes being packed for the Lincoln rally by a local chain of drive-in restaurants. However, in case you'd like to make this favorite Lincoln dish for yourself, here is a recipe from a section where cornbread and pork are highly regarded. It's that of Mrs. Howard Baker, wife of the Representative from Tennessee's Second Congressional District. Following it is a recipe for burnt sugar cake, the kind Mary Todd is said to have served young lawyer Lincoln when he came to call in Springfield, Ill.

CORN MEAL GRIDDLE CAKES

One and one-fourth cups corn meal; one-half teaspoon baking powder; 2 eggs, well-beaten; 1 cup sour milk or buttermilk; 1 teaspoon melted butter or shortening; one-half teaspoon soda; one-half teaspoon salt.

Combine eggs and milk; add soda, baking powder and salt. Gradually add the corn meal and, last, the shortening. Drop griddle cake batter by spoonful on hot greased griddle. Turn when brown and slightly puffed. Serve at once on hot plate with butter and maple sirup. Serves six.

BURNT SUGAR CAKE

Two cups sifted cake flour; 2 teaspoons baking powder; one-fourth teaspoon baking soda; one-fourth teaspoon salt; one-half cup butter; 1 cup sugar; 1 egg, slightly beaten; 1 egg yolk, slightly beaten; 1 cup cold water; 1½ tablespoons burnt sugar sirup.

Mix and sift flour, baking powder, baking soda, and salt. Cream butter and add sugar gradually. Add egg and egg yolk and beat until smooth and light. Add water alternately with sifted dry ingredients. Add burnt sugar sirup. Pour into three 6-inch layer pans and bake in moderate oven 350 degrees Fahrenheit for 30 to 35 minutes.

To make burnt sugar sirup, heat one-fourth cup sugar in heavy skillet. When melted, add one-fourth cup hot water and stir until dissolved. Cool.

BURNT SUGAR FROSTING

Two egg whites; 1½ cups sugar; dash of salt; one-third cup water; 2 teaspoons dark corn sirup; 2 tablespoons burnt sugar sirup.

Beat together egg white, sugar, salt, water, and corn sirup with rotary beater in top part of double boiler over boiling water about 7 minutes, or until frosting thickens and holds shape. Remove from boiling water, add burnt sugar sirup, and continue beating until stiff enough to spread. This makes frosting for three 6-inch layers. Decorate with pecans.

PASSED UP GREENS

Lean-Eating Lincoln Liked Uniform Diet

By BETTY A. DIETZ, Daily News Food Editor

TODAY'S medics, on the rampage because they say too many wives over-feed their husbands, might have been a little happier about the diet that Abraham Lincoln favored.

Modern homemakers, say the physicians, shorten their husband's lives by letting them take in too many calories.

But this problem never plagued Mary Todd Lincoln whose husband's birthday is being observed throughout the country today.

ABRAHAM LINCOLN, according to one biographer, was a veritable Jack Spratt. Dietitians would probably have taken him to task for ignoring the leafy green and yellow vegetables.

The famous president's breakfast usually consisted of one egg and one cup of coffee. Even after a busy day of meetings in the White House, he lunched on a biscuit, a glass of milk and an apple. Dinner was a little more varied, says Biographer Jim Bishop in "The Day Lincoln Was Shot." The tall, gaunt president occasionally had some hot soup and usually meat and potatoes.

Dessert, if he had any, was homemade apple pie—nothing else!

GROCERY STORES in Lincoln's day were a far cry from today's bright, colorful supermarkets. Foods were sold along with wines, liquor, hardware and yard goods.

In place of the neatly packaged frozen meats and game in spotless freezers, fresh geese and rabbits hung from barrels. Brown sugar, tea, spices and flour were measured out of huge bins and barrels.

Prices, at the time of Lincoln's assassination in 1865, were considered outrageously high. Firkin or bulk butter was sold for 30 cents a pound and coffee, when the cook could find it, was 21 cents. Salt was sold by the bushel—at 50 cents. Ham was unusually high, 28 cents



MARY TODD LINCOLN

... wife of President

a pound, and turkey sold for 30 cents.

A barrel of crackers, priced at \$6.50, was expected to last out a season. And calories—who ever heard of calories?



Round out a skimpy meal and at the same time give a nod to Mr. Lincoln's birthday by serving a hearty dessert like this. It's gingerbread topped with warm apple-brown sugar sauce. A fluff of whipped cream fancies it for a party.

Seems Mr. Lincoln Was A 'Gingerbread Man'

By Jean Tallman

(The Tribune's Food Editor)

In the culinary department Mr. Lincoln's birthday has gone unnoticed except for an occasional Lincoln log, a slightly log-shaped cake of some sort covered with chocolate frosting vaguely reminiscent of bark.

Now we can extend our repertory of edible Lincolniana, for it seems he was extraordinarily fond of a food that's particularly tasty this time of year — gingerbread.

A plain man with tastes to match, Lincoln once said, "I don't s'pose anybody on earth likes gingerbread bet-

ter'n I do—and gets it less'n I do."

This was in the days before the package mix, otherwise Mrs. Lincoln surely would have catered more closely to her husband's food likes. For gingerbread mix, one of the first of the quick-mixes, still is one of the best.

And here is one of the best possible dress-ups for it, a buttery brown sugar and apple topping particularly compatible with the spicy goodness of gingerbread warm from the oven.

If it's for company, or even if it isn't, a puff of whipped cream makes it even better.

GINGERBREAD TOPPING

1 1/4 cups brown sugar
1/3 cup butter
1/3 cup milk
4 medium apples, sliced very thin
1 tablespoon cornstarch
1 tablespoon cold water

Combine brown sugar, butter and milk in saucepan. Stir over low heat until sugar dissolves, then add apple slices and simmer just until tender. Spoon out the apple slices and arrange on baked gingerbread.

Combine cornstarch and cold water and stir into syrup in which apples were cooked. Stir over low heat until thickened, then pour over apples and gingerbread. Serve with whipped cream if you like.

THE LINCOLN
Sesqui - Centennial!
1809-1959



FOODS THAT
LINCOLN KNEW

COMPLIMENTS OF INDIANA
UNIVERSITY STATE FAIR EXHIBIT

1959

BUTTER

Warm the cream to a temperature of 56° or 58° Fahr., and it will churn in fifteen minutes. After the butter collects in the churn, take it out and stand it for a minute in a very cold place. Do not wash it, as in this way you rob it of certain elements necessary for its preservation. Work it continuously and thoroughly until all the buttermilk is out, adding 2 even teaspoonfuls of very fine salt to each pound of butter, after you have worked it about five minutes. Make it at once into prints, and stand away in a cool place.

COTTAGE CHEESE

Set a gallon or more of clabbered milk on the stove hearth or in the oven after cooking the meal, leaving the door open; turn it around frequently, and cut the curd in squares with a knife, stirring gently now and then till about as warm as the finger will bear, and the whey shows all around the curd; pour all into a coarse bag, and hang to drain in a cool place for three or four hours, or over night if made in the evening. When wanted, turn from the bag, chop rather coarse with a knife, and dress with salt, pepper and sweet cream. Some mash and rub thoroughly with the cream; others dress with sugar, cream and a little nutmeg, omitting the salt and pepper. Another way is to chop fine, add salt to taste, work in a very little cream or butter, and mould into round balls.



FRUIT-DISH.

SQUASH PIE

6 eggs
2 cups of sugar
1 quart of milk
1 quart of stewed squash
2 tablespoonfuls of cinnamon
1/2 of a nutmeg, grated.

Bake with only one crust.

This quantity will make three or four pies.

OLD FASHIONED CREAM PIE

Pour a pint of cream upon one and a half cupfuls of sugar; let it stand until the whites of 3 eggs have been beaten to a stiff froth; add this to the cream, and beat up thoroughly; grate a little nutmeg over the mixture, and bake without an upper crust. If a tablespoon of sifted flour is added to it, as the other custard pie recipes, it would improve it.

GOOSEBERRY COBBLER

Take one quart of flour, four tablespoons melted lard, half teaspoon salt, two teaspoons baking powder; mix as for biscuit, with either sweet milk or water, roll thin, and line a pudding dish or dripping pan, nine by eighteen inches; mix three tablespoons flour and two of sugar together, and sprinkle over the crust; then pour in three pints gooseberries, and sprinkle over them one coffee-cup sugar; wet the edges with a little flour and water mixed, put on upper crust, press the edges together, make two openings by cutting two incisions at right angles an inch in length, and bake in a quick oven half an hour.



RAISED BISCUIT

One quart of milk or water, three-quarters cupful lard and butter mixed, three-quarters cupful yeast, 2 tablespoonfuls white sugar. Make into a thin sponge wheat flour. The shortening should be melted. In the morning mix into a soft dough with sufficient flour, and let rise until almost noon. Mix down. Make into balls. Set closely in a buttered pan, buttering between each biscuit, that they may separate easily. Let rise half an hour and bake twenty minutes.

YEAST

Wash and peel six potatoes the size of a large egg, cut in quarters and put on the stove to boil in a quart of water; as it boils away, fill up from the tea-kettle to the quantity. When your potatoes are nearly done, put a handful of hops to steep in a pint of hot water; take out the potatoes when well done, put into a crock and mash fine; on these put a pint of flour, and scald this with the hot potato water, and hop water. Beat until perfectly smooth and free from lumps; into this put a cupful of granulated or other good white sugar and not quite a half cupful of salt. It should be quite thin; if not thin enough at this stage, add a little cold water. When cool enough stir into this a pint of good yeast, or two good sized yeast cakes dissolved in warm water; let it stand twenty-four hours, stirring very frequently; then put it away in a stone jug, and cork tight and keep in a cool place, but not where it will freeze. This recipe makes a pint over a gallon.



GRAHAM BREAD

Take a little over a quart of warm water, one-half cup brown sugar or molasses, one-fourth cup hop yeast, and one and one-half teaspoons salt; thicken the water with graham flour to a thin batter; add sugar, salt and yeast, and stir in more flour until quite stiff. In the morning add a small teaspoon of soda, and flour enough to make the batter stiff as can be stirred with a spoon; put into pans and let rise again; then bake in even oven, not too hot at first; keep warm while rising; smooth over the loaves with a spoon or knife dipped in water.

CANNED FRUITS

BRANDIED PEACHES

Take the large white or yellow freestone peaches. (They must not be too ripe.) Scald them with boiling water; cover, and let stand until the water becomes cold. Repeat this scalding, then take them out, lay them on a soft cloth, and let them remain until perfectly dry. Now put them in stone jars, and cover with brandy. Tie paper over the tops of the jars, and let them remain in this way one week. Then make a syrup, allowing one pound of granulated sugar and a half pint of water to each pound of peaches. Boil and skim the syrup, then put in the peaches and simmer until tender, then take the peaches out, drain, and put them in glass jars. Stand the syrup aside to cool. When cold, mix equal quantities of this syrup and the brandy in which you had the peaches. Pour this over the peaches and seal.

SPICED CRAB APPLES

Peel and halve 9 pounds of crab apples. Add 4 pounds of sugar, 1 pint of vinegar, 1 teaspoonful of cloves (whole cloves), 3 or 4 sticks of cinnamon and mace. Let it boil one-half hour, or less if they grow too soft.

PICKLED PEARS

Select small, sound ones, remove the blossom end, stick them with a fork, allow to each quart of pears 1 pint of cider vinegar and 1 cup of sugar, put in a teaspoonful allspice, cinnamon and cloves to boil with the vinegar; then add the pears and boil, and seal in jars.

QUINCE HONEY - or MARMALADE

(THE FIRST MARMALADE)

Pare, core and quarter your fruit, then weigh it and allow an equal amount of white sugar. Take the parings and cores, and put in a preserving kettle; cover them with water and boil for half an hour, then strain through a hair sieve, and put the juice back into the kettle and boil the quinces in it a little at a time until they are done; lift out with a drainer, and lay on a dish; if the liquid seems scarce add more water. When all are cooked, throw into this liqueur the sugar, and allow it to boil ten minutes before putting in the quinces; let them boil until they change color, say one hour and a quarter, on a slow fire; while they are boiling, occasionally slip a silver spoon under them to see that they do not burn, but on no account stir them. Have 2 fresh lemons cut in thin slices, and when the fruit is being put in jars lay a slice or two in each. Quinces may be steamed until tender.

CURRANT JELLY

Wash and strip the currants from the stems, and put them in a preserving-kettle; mash them as they get hot and let them boil half an hour; then turn them into a coarse hair sieve, or jelly-bag, and let them drip. When through dripping, without squeezing any, measure and pour into the kettle to cook. After it has boiled about ten minutes put in the heated sugar, allowing a pound of sugar to a pint of jelly, and the jelly will set as soon as the sugar is dissolved -- about three-quarters of an hour.

CORN MUFFINS

- 1 quart of milk
- 3 eggs, well beaten
- 1 teaspoonful of salt
- 1 tablespoonful of melted lard
- 1 pint of cornmeal
- 1 teaspoonful of baking powder

Pour the boiling water over the meal and stir, that all may be wet and scalded. Add the melted butter, salt and milk, then the beaten eggs. Put the iron gem-pans into the oven to heat, putting into each butter; and beat batter up thoroughly; then pour into the hot mold. Bake carefully about twenty or twenty-five minutes. This matter when ready will be very thin.

HOMEMADE HOMINY

Fill a large pot half full of wood ashes. Then nearly fill with water, and boil ten minutes. After draining off the lye, throw out the ashes, and put the lye back into the kettle. Pour in four quarts of shelled corn and boil till the hull will rub off. Then put all in a tub, and pour on a pail of cold water. Take an old broom and scrub the corn. As the water thickens, pour off and clean with cold water. Put through four waters, and then take out in a pan and rub between the hands. Pick out the hulls, and put it on to cook in cold water. When half boiled, pour off, and renew with cold water. Do not salt till it is tender, and do not let it burn. Put in jars and eat with milk

HASTY PUDDING or MUSH

2 quarts of corn meal
2 tablespoonfuls of salt
4 quarts of boiling water

Take freshly ground and newly sifted corn meal. Wet it with a quart of cold water. Add the salt to the hot water, and stir in the meal gradually, keeping the mass hot and well stirred. Made in this manner the mush will be smooth, and will cook evenly. Boil not less than two hours. May be eaten hot with milk, or with butter, syrup, or with cream and sugar. Hasty pudding is so called from the custom of making it just as wanted, and bringing it to the table with about 15 minutes cooking. In this way the meal was not thoroughly cooked, and therefore was said to disagree with many persons. A cast iron pot with feet lessens the tendency to burn, and is therefore the best vessel to use. It is best to double the quantity needed, and put away half to become cold for frying. Oiling the mush on the top prevents the formation of a crust by drying.

SWEET PICKLED BEETS

Boil them in a porcelain kettle till they can be pierced with a silver fork; when cool cut lengthwise to size of a medium cucumber; boil equal parts of vinegar and sugar with half a tablespoon ground cloves tied in a cloth to each gallon; pour boiling hot water over the beets.

SEALING WAX

One pound of resin, 3 ounces of beeswax, one and one-half ounces of tallow. Use a brush in covering the corks, and as they cool, dip the mouth into the melted wax. Place in a basin of cool water.

SCRAPPLE

Take a hog's jowl, a part of the liver and heart, and the feet. Cleanse thoroughly, put on to boil in cold water, cook until all the bones can easily be removed. Then take out in a chopping bowl and chop fine. Season with sage, salt and pepper. Return it to the liquor on the stove, which you must strain. Then thicken with corn meal and a teaspoonful of buckwheat flour to the consistency of mush. Then dip out in deep dishes, and when cool slice and fry a rich brown, as you would mush. It is very nice for a cold morning breakfast. If you make more than you can use at once, run hot lard over the rest, and you can keep it all through the winter.

SAUERKRAUT

Remove the outer leaves of cabbage and cores, and cut fine on a slaw-cutter. Put down in a keg or large jar. Put a very little sprinkle of salt between each layer, and pound each layer with a wooden masher or mallet. When your vessel is full, place some large cabbage leaves on top, and a double cloth wrung out of cold water. Then a cover, with a very heavy weight on it -- a large stone is best. Let it set for six weeks before using, being careful to remove the scum that rises every day, by washing out the cloth, the cover, and the weight, in cold water. After six weeks, pour off the liquid and fill over it with clear, cold water. This makes it very nice and white.

VINEGAR

Fourteen pounds of coarse brown sugar, 10 gallons of water, 1 cupful of brewer's yeast. Boil the sugar with three parts of the water, and skim. Remove from the fire, and pour in the cold water. Strain into a ten-gallon keg. Put in some small pieces of toast with the yeast. Stir every day for a week. Then tack gauze over the orifice. Set where the sun will shine on it, and let remain six months, by which time, if made in the spring, it will be vinegar.

Always save all the currants, skimmings, pieces, etc., left after making jelly, place in stone jar, cover with soft water previously boiled to purify it, let stand several days; in the meantime, take your apple peelings, without the cores, and put on in porcelain kettle, cover with water, boil twenty minutes, drain into a large stone jar; drain currants also into this jar, add all the rinsings from your molasses jugs, all dribs of syrups, etc., and when jar is full, drain off all this when clear into vinegar keg (where, of course, you have some good cider vinegar to start with). If not sweet enough, add brown sugar to molasses, cover the bung hold with a piece of coarse netting, and set in the sun or by the kitchen stove. Give it plenty of air. The cask or barrel should be of oak. Never use alum or cream of tartar, as some advise, and never let your vinegar freeze. Paint your barrel or cask if you would have it durable.

PICCALILLI

2 dozen large cucumbers, chopped
2 quarts small onions, whole
1 peck green tomatoes, chopped
1 dozen green peppers, chopped
1 head cabbage, chopped

Sprinkle one pint of salt over this, and let it stand over night, then squeeze out very dry. Put in a kettle.

1 gallon of vinegar
1 pint of brown sugar
1/4 pound box of Coleman's mustard
1/2 ounce of turmeric powder
1/2 ounce of cinnamon
1 tablespoon each of allspice, mace,
celery seed, and a little horse-
radish

Cook the mess slowly two hours, then add two hundred pickles, just as it is to come off the stove. Add the mustard last, as this thickens it and is apt to burn.

GRAPE BUTTER

Take sweet apples and grapes, half and half. Cook the apples tender, and rub through a colander. Prepare the grapes as above, using 1 pound of sugar to 2 pounds of mixed fruit. The skins may be boiled in a bag and taken out later, or they may be stirred into the butter. The above is the better way. Leave plain or spiced to suit taste.

DRIED FRUITS

- Sun Dried

To dry fruits nicely, spread in shallow boxes and cover with mosquito netting to prevent flies from reaching them. Dried peaches are better when halved and the cavities sprinkled with sugar. The fruit must be good, however, as poor fruit cannot be redeemed by any process.

The secret of keeping dried fruit is to exclude the light, and to keep in a dry and cool place.



MINCEMEAT

Four pounds of lean boiled beef, chopped fine, twice as much of chopped green tart apples, 1 pound of chopped suet, 3 pounds of raisins, seeded, 2 pounds of currants picked over, washed and dried, half a pound of citron, cut up fine, 1 pound of brown sugar, 1 quart of cooking molasses, 2 quarts of sweet cider, 1 pint of boiled cider, 1 tablespoonful of salt, 1 tablespoonful of pepper, 1 tablespoonful of mace, 1 tablespoonful of allspice, and 4 tablespoonfuls of cinnamon, 2 grated nutmegs, 1 tablespoonful of cloves; mix thoroughly and warm it on the range, until heated through. Remove from the fire and when nearly cool, stir in a pint of good brandy, and 1 pint of Madeira wine. Put into a crock, cover it tightly, and set in a cool place where it will not freeze, but keep perfectly cold; will keep good all winter.

LADY FINGERS

Four tablespoons sugar mixed with yolks of four eggs, 4 tablespoons flour, and 1 teaspoon lemon extract. Beat whites to a stiff froth and stir in. Squeeze through a funnel of writing paper on to a greased paper in a dripping pan, and bake in small cakes in a moderate oven. These are good for Charlotte Russe.



SOFT CREAM COOKIES

Three-fourths cup sour cream, 1 cup granulated sugar, 1 egg, one-fourth teaspoon soda, a pinch of salt. Mix very stiff with flour.



FRUIT COOKIES

One cupful and a half of sugar, 1 cupful of butter, one-half cup of sweet milk, 1 egg, 2 teaspoonfuls of baking powder, a teaspoonful of grated nutmeg, 3 tablespoonfuls of English currants or chopped raisins. Mix soft, and roll out, using just enough flour to stiffen sufficiently. Cut out with a large cutter, wet the tops with milk, and sprinkle sugar over them. Bake on buttered tins in a quick oven. Fruit can be left out if preferred.

CANDIES

HOREHOUND CANDY

Boil 2 ounces of dried horehound in a pint and a half of water for about half an hour; strain and add three and a half pounds of brown sugar. Boil over a hot fire until it is sufficiently hard, pour out in flat, well-greased tin trays, and mark into sticks or small squares with a knife, as soon as it is cool enough to retain its shape.

BUTTER-SCOTCH CANDY

Two cupfuls of sugar, 2 cupfuls of dark molasses, 1 cupful of cold butter, grated rind of a half a lemon. Boil over a slow fire until it hardens when dropped in cold water. Pour thinly into tins well-buttered, and mark into little inch squares, before it cools.

CREAM DATES

Remove the stones from the large dates, make the cream as directed in the cream recipe. Roll a tiny bit into a long roll, put it in the date where you remove the stone, press the two halves together, so that the white cream will show between. Roll the whole in granulated sugar, and stand away to harden.

MAPLE SUGAR CANDY

Boil one cupful of maple sugar together with one-half cup of water and a small bit of butter. Boil this for about ten minutes. When done, add one teaspoonful of vanilla, pour into buttered tins. It must not be stirred.

STICK CANDY

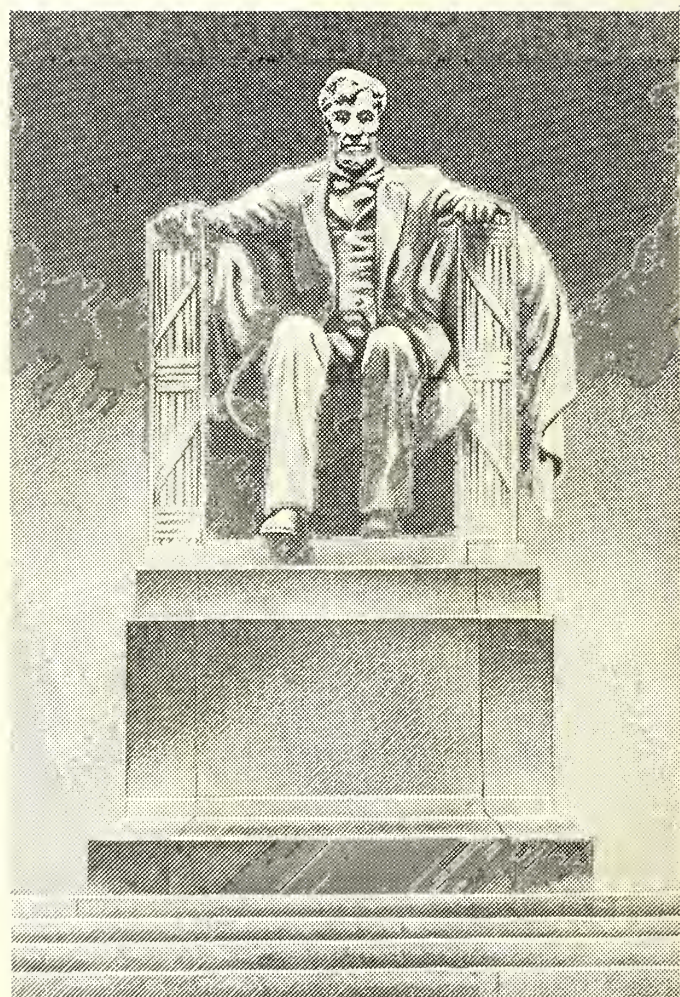
One pound of granulated sugar, 1 cupful of water, a quarter of a cupful of vinegar, or half a teaspoonful of cream of tartar, 1 small tablespoonful of glycerine. Flavor with vanilla, rose or lemon. Boil all except the flavoring, without stirring, twenty minutes or half an hour. or until crisp when dropped in water. Just before pouring upon greased platters to cool, add half a teaspoonful of soda. After pouring upon platters to cool, pour two teaspoons of flavoring over the top. When partly cool, pull it until very white. Draw it into sticks the size you wish, and cut off with shears into sticks or kiss-shaped drops. It may be colored if desired.

MANGOES

Let the mangoes lie in salt water strong enough to bear an egg, for two weeks; then soak them in pure water for two days, changing the water two or three times; then remove the seeds and put the mangoes in a kettle, first a layer of grape leaves, then mangoes, and so on until they are all in, covering the top with leaves; add a lump of alum the size of a hickory nut; pour vinegar over them, and boil ten or fifteen minutes; remove the leaves and let the pickles stand in this vinegar for a week; then stuff them with the following mixture: One pound of ginger soaked in brine for a day or two, and cut in slices, 1 ounce of black pepper, 1 of mace, 1 of allspice, 1 of turmeric, half a pound of garlic, soaked for a day or two in brine, and then dried; 1 pint grated horseradish, 1 of black mustard seed and 1 of white mustard seed; bruise all the spices and mix with a teacup of pure olive oil; to each mangoe add 1 teaspoonful of brown sugar; cut 1 solid head of cabbage fine; add 1 pint of small onions, a few small cucumbers and green tomatoes; lay them in brine a day and a night, then drain and add the imperfect mangoes chopped fine and the spices; mix thoroughly, stuff the mangoes and tie them; put them in a stone jar and pour over them the best cider vinegar; set in bright, dry place till canned. In a month add 3 pounds of brown sugar, or to taste. This is for four dozen mangoes.

STRAWBERRY PRESERVES

Put 2 pounds of sugar in a bright tin pan over a kettle of boiling water; and pour into it half a pint of boiling water; when the sugar is dissolved and hot put in fruit, and then place the pan directly on the stove or range; let boil ten minutes or longer if the fruit is not clear, gently (or the berries will be broken) take up with a small strainer, and keep hot while the syrup is boiled down until thick and rich; drain off the thin syrup from the cans, and pour the rich syrup over the berries to fill, and screw down the tops immediately. The thin syrup poured off may be brought to boiling, and, then bottled and sealed, be used for sauces and drinks, or made into jelly.



At Lincoln's Table

Perhaps the greatest American of the Civil War period was Abraham Lincoln, but how did he appear to the people who ate with him and cooked for him? Well, it was easy to prepare meals for Lincoln, because he never complained of the fare. But, on the other hand, he never praised a dish either.

Mrs. Thomas Lincoln, Abraham's stepmother, declared that "Abe was a moderate eater . . . he sat down and ate what was set before him, making no complaint; he seemed careless about this." Isaac N. Arnold, a close friend in Illinois, later learned from Lincoln that in childhood he had eaten very plain food. On the frontier he was fed cakes made from coarse corn meal and called "corn dodgers." Wild game supplied the necessary protein in his diet.

In 1831 Lincoln moved to New Salem, a small community on the Sangamon River. During part of his stay at this village he boarded at the Rutledge Tavern where the beautiful Ann Rutledge worked as a waitress. The meals were plain, and Lincoln was served the usual fare: cornbread, bacon and eggs. At times the Railsplitter took his meals with other families in the neighborhood. Mrs. Jack Armstrong said that he ate mush, cornbread and milk in her home, and if Lincoln had a delicacy which he enjoyed at this time, it was honey. N. W. Brandon of Petersburg recalled that he "was very fond" of this sweet.

As soon as Lincoln was admitted to the bar, he went to Springfield where he became the partner of John Todd Stuart. But much of his law practice was on the Eighth Judicial Circuit. For many weeks each year he rode hundreds of miles and lived where the food was poor and the accommodations were primitive. Leonard Swett, a fellow lawyer on these trips, observed that Lincoln was very temperate in his eating habits. "He ate," said Swett, "simply because it was necessary and not for enjoyment. Indeed, it might almost be doubted whether eating furnished him enjoyment, or that he knew the difference between what was good

and what was not. . . . I never, in the ten years of circuit life I knew him, heard him complain of a hard bed or a bad meal of victuals. We would go out, for instance, at Mrs. Scott's, at Danville, and be sumptuously entertained and nobody would enjoy it more than he, but I never heard him say the food we got was any better than that which was furnished at the tavern."

William H. Herndon, Lincoln's last law partner, remembered that it made no difference to Lincoln what he ate. At meal time he took his place at the table involuntarily, said nothing, neither abused the food nor praised it, and asked no questions. No complaints ever passed his lips while on the circuit. Herndon also stated that Lincoln "had a good appetite and good digestion, ate mechanically, never asking why such a thing was not on the table nor why it was on it, if so; he filled up and that is all."

If he had a favorite light repast, it was "apples & fruits generally," but sometimes he would come down to the Lincoln & Herndon law office in the morning and breakfast upon cheese, bologna sausage and crackers.

C. C. Brown, a young law student in Springfield, was examined for admission to the bar by Lincoln and Herndon. After a silly and routine question, Brown "passed the bar" and took his examiners to Charles Chatterton's Restaurant on the west side of the public square for a treat. It is not known who picked the menu, but Lincoln partook of it: fried oysters and pickled pig's feet! Evidently it was a happy occasion for Lincoln, because Brown recalled that he ate very heartily and told stories, some of which "would scarcely do for a Sunday paper."

On November 4, 1842, Lincoln married the lovely and talented Mary Todd of Lexington, Kentucky. She had been raised in the beautiful Blue Grass region where gracious living and savory cooking were famous. It is said that Mary was a good cook; her parties were known for their variety of fine foods. Isaac N. Arnold wrote that "her table was famed for the excellence of its rare Kentucky dishes, and in season was loaded with venison, wild turkeys, prairie chicken, quails, and other game, which in those early days was abundant." However, Billy Herndon disagreed with Arnold. He stoutly declared, after reading Arnold's book, that Mrs. Lincoln "kept or set a poor table" for the daily meals and only splurged when guests were present. If this statement is true, Mary was either saving money for other household expenses or had learned the folly of spending long hours in the kitchen when her husband never praised her Kentucky recipes.

It must have been exasperating to cook for Lincoln. His

sister-in-law, Mrs. Ninian Wirt Edwards, recounted that he "ate mechanically. I have seen him sit down at the table and never unless recalled to his senses would he think of food." But at times Lincoln did express a preference: he loved a "good hot cup of coffee." And he liked meat as well as vegetables. Although the tall Sangamon lawyer was absent-minded while eating, he certainly kept his thoughts on food when he himself did the marketing. His neighbors often saw him buying beefsteak downtown. For ten cents Lincoln could purchase enough steak for a meal, and he carried the brown-paper package home himself instead of having it delivered. These episodes prove that Lincoln enjoyed the usual choice of a Midwestern man—beefsteak.

At times, perhaps, Lincoln did pay attention to fancy dishes, but he rarely commented upon them. Once, when speaking at Springfield, Illinois, on July 17, 1858, he gave a hint that he had at one time tasted some excellent French cuisine. While making fun of Douglas's pet theory of Popular Sovereignty, Lincoln declared that "it is to be dished up in as many varieties as a French cook can produce soups from potatoes." Perhaps the former Rail-splitter recalled a meal which he had eaten in a Chicago hotel.

When Lincoln was elected President of the United States, he journeyed to Washington, D. C. to assume the most difficult task of his life. With weighty problems of state on his mind, the tired President neglected his meals even more than he had in Springfield. Dr. Henry Whitney Bellows of the Sanitary Commission remarked to Lincoln one day: "Mr. President, I am here at almost every hour of the day or night, and I never saw you at the table; do you ever eat?" "I try to," replied Lincoln. "I manage to browse about pretty much as I can get it." One day, while F. B. Carpenter was living with the Lincolns at the White House and painting "The First Reading of the Emancipation Proclamation before the Cabinet," the clock struck 12 noon. Lincoln listened to the chiming and exclaimed, "I believe, by the by, that I have not yet had my breakfast,—this business has been so absorbing that it has crowded everything else out of my mind."

Noah Brooks, an old friend from Illinois and a correspondent for the Sacramento (California) *Daily Union*, testified that Lincoln was "never very attentive to the demands or the attractions of the table." "When Mrs. Lincoln, whom he always addressed by the old-fashioned title of 'Mother,' was absent from the home," Brooks revealed, "the President would appear to forget that food and drink were needful for his existence, unless he were persistently followed up by some of the servants, or were finally reminded of

his needs by the actual pangs of hunger. On one such occasion, I remember, he asked me to come in and take breakfast with him, as he had some questions to ask. He was evidently eating without noting what he ate; and when I remarked that he was different from most western men in his preference for milk at breakfast, he said, eyeing his glass of milk with surprise, as if he had not before noticed what he was drinking, 'Well, I do prefer coffee in the morning, but they don't seem to have sent me in any.'

Yes, early in the morning Lincoln wanted a cup of coffee. After this steaming aromatic beverage the President might not find time for breakfast until 9 or 10 A.M. John Hay, one of Lincoln's private secretaries, often ate with the President. He remarked that Lincoln ate a frugal breakfast, "an egg, a piece of toast, coffee, etc." Sometimes the two men consumed a single egg apiece and plodded off to work. At noon Lincoln "took a little lunch—a biscuit, a glass of milk in winter, some fruit or grapes in summer." He "ate less than anyone I know," declared Hay. Carpenter, too, often witnessed Lincoln eating a "solitary lunch" when his family was gone. "It was often a matter of surprise to me," wrote Carpenter, "how the President sustained life; for it seemed, some weeks, as though he neither ate nor slept." When the hour for lunch arrived, a servant generally carried "a simple meal upon a tray" to Lincoln's second-floor office. Sometimes the Chief Executive would not examine the contents of the tray for several hours; then he would sample them in a "most unceremonious manner."

If the Commander-in-Chief ever had time for a full and pleasant meal, it was generally in the evening when dinner was served at the White House. At this hour, guests were often present, and Lincoln made a formal appearance to welcome them. On such occasions Mrs. Lincoln either had the food prepared in the White House kitchen or had it served by a caterer. If Lincoln were hungry, he certainly could eat his fill of excellent food at this time.

There has been much debate whether or not Lincoln ever drank liquor. Billy Herndon admitted that he "did drink when he thought that it would do him good." Leonard Swett remembered that Lincoln did drink wine upon occasion and that in the White House "he used to drink a glass of champagne with his dinner, but I believe that was prescribed for him." Perhaps his physicians decided that the tired President sometimes needed a stimulant. Anyhow, William Howard Russell of the London (England) *Times* ate with the Lincolns on March 28, 1861, and noted in his diary that wine was served at the dinner. But certainly it was a rare

occasion when Lincoln tasted alcohol. He had once joined a temperance society, although his account at the Corneau & Diller Drug Store in Springfield shows a few purchases of brandy by the bottle. Yet there is no positive proof that it was Lincoln who consumed this brandy. It is safe to say that Lincoln was temperate in his drinking. And the word temperance means "moderation or self-restraint in action, statement, etc."

Lincoln Memorial University
Harrogate, Tennessee
May 5, 1961

WAYNE C. TEMPLE, PH.D.
Director
Department of Lincolniana

Wayne C. Temple
Aug. 12, 1961

13 copies

EAT A FAVORITE LINCOLN MEAL: FRIED OYSTERS

Part of Observance at McCormick Pl.

BY GEORGE SCHREIBER

The birthday Feb. 12 of Abraham Lincoln, the 16th President, will be observed, starting Monday, in the McCormick Place art gallery with a special painting display, and in the three dining rooms of the Presidents' Walk with the serving of one of his favorite menus.

In the art gallery will be hung 12 paintings of scenes in the original community of New Salem, near Springfield, where Lincoln once clerked in a grocery and general store and later served as postmaster.

Feature Lincoln Menu

The paintings are the work of Aaron Francis Phillips and are believed to date to the early 1860s. Experts say they were

painted after the village had been deserted.

The pictures were loaned to the exposition center gallery by Freedom Hall museum, 1235 N. Harlem av., Oak Park. E. Robert Hunter, McCormick Place art curator, said the exhibit and five cases of Lincoln memorabilia, will be shown in addition to an exhibit of 47 examples of the graphic arts of Bernard Reder, American sculptor.

In the Presidents' Walk, Robert Jones, McCormick Place manager of food services, has arranged a typical menu favored by Lincoln when he was in Springfield and later in the White House.

"A Temperate Eater"

The menu includes green turtle soup, fried oysters, corn bread — called corn dodgers in Lincoln's era — with honey butter, and green apple pie covered with rum sauce. The rum sauce is made with heavy New England rum, egg white, and sugar. Lincoln, Jones found, didn't like vegetables much.

"The President was a tem-

perate eater," Jones said. "The heavy meal he favored was served only on state occasions, or when there was something in the family to celebrate. While in Springfield he had oysters shipped to him from St. Louis."

Jones, who has researched the eating habits of all the Presidents, said that Washington was known as a man who enjoyed his meals. In the first President's time, a typical White House dinner would include cheese, nuts, wild turkey, venison, and mutton or lamb. Contrary to fables, Jones said,

the first President was not a lover of cherry pie.

"One thing Washington insisted on was punctuality 'at mealtimes,'" Jones explained. White House dinners and those at Mount Vernon were served at the appointed hour. When that hour came, the President sat down to the table. Late guests were admonished."

Pecan Pie A Lincoln Favorite

Lincoln's birthday anniversary tomorrow puts us in mind of an endearing bit of "Lincolnia." Did you know that Abraham Lincoln had a sweet tooth?

The fact is by-passed in serious writings about him but does pop up in lesser more intimate accounts about him in his day.

This lanky, raw-boned somber-faced president had a small boy's fondness for desserts and the order-books of a Washington, D. C. baker records that President Lincoln was one of their steadiest customers. He was especially fond of rich pecan pie.

We believe he'd approve of your having large wedges of today's Butter-Pecan Pie drizzled generously with chocolate, to celebrate his birthday and salute a tradition of his love of sweets.

Further Lincoln legend had him delighted with a vanilla and almond flavored cake that he had in Council Bluffs, Iowa, where he was staying with a Gen. Dodge during the Civil War.

As a candidate, and to many politicians, Lincoln was always known as the Rail Splitter, for his ruggedness and because he spent much time in Illinois splitting fence rails in the 1830's.

Rugged men have always had an appetite for meat sausage or frankfurters and sauerkraut.

So, as you and your family discuss the stories and times of Abraham Lincoln in informal dinner-table fashion, enjoy a winter casserole of sauerkraut and apples sweetened with brown sugar topped with rail-splitter's posts of frankfurters nicely browned.

And end your meal with the pecan pie or the vanilla cake in remembrance of that Lincoln "sweet tooth."

RAIL SPLITTER'S KRAUT DINNER

- 2 tablespoons butter or margarine
- 1 medium-sized apple, cored and sliced
- $\frac{1}{2}$ teaspoon each celery seed and dry mustard
- 1 can (1 pound 11 ounces) sauerkraut, drained dry
- 2 or 3 tablespoons brown sugar
- $\frac{1}{4}$ cup melted butter or margarine
- 1 pound frankfurters, cut in half lengthwise

Melt the 2 tablespoons of butter and add onion and apple. Saute until tender. Add celery seed, mustard, brown sugar and drained kraut. Mix it all lightly and turn onto a lightly greased oven-proof serving platter.

Combine the $\frac{1}{4}$ cup butter or margarine and additional dry mustard (about $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon) and add the split frankfurters; cook over low heat for 5 minutes or until "split rails" are lightly browned all over.

Top the kraut mixture with them and bake at 375 degrees 40 minutes. Serves 4.

BUTTER PECAN PIE

- 1 package lady fingers
- $\frac{1}{2}$ cup butter or margarine.
- 1 cup coarsely chopped pecans
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup firmly packed brown sugar
- 3 eggs, separated
- 1 tall can evaporated milk ($1\frac{2}{3}$ cups)
- $1\frac{1}{2}$ teaspoons vanilla
- 2 tablespoons semi-sweet chocolate pieces
- 3 tablespoons evaporated milk

To make pie shell, first split the lady fingers then cut off one end so the pieces are about $2\frac{1}{4}$ inches long. Stand these up around inside of 9-inch pie plate tapering bottoms to fit. Fit the smaller pieces over bottom of pie plate to cover.

Melt butter in medium sized pan, add pecans and salt . . . cook gently over low heat 2 to 3 minutes, stirring often. Re-

move from heat and add sugar and the three egg yolks. Finally blend in can of milk.

Cook and stir until thick; cool and stir in vanilla. Beat egg white until stiff and fold in. Pour into ladyfinger shell. Freeze until filling begins to firm. Combine chocolate and 3 tablespoons milk; heat stirring constantly. When cool, drizzle over top of pie; cover and freeze overnight.

ABRAHAM LINCOLN'S FAVORITE CAKE

- 3 cups sifted flour
- 3 teaspoons double-acting baking powder
- $\frac{3}{4}$ cup soft butter mixed with $1\frac{3}{4}$ cups sugar
- 2 teaspoons vanilla and $\frac{1}{2}$ teaspoon almond extracts
- 6 egg whites, unbeaten

- 1 cup milk
- $\frac{1}{3}$ cup hot water

Sift flour, baking powder and $\frac{1}{2}$ teaspoon salt together. Stir butter and sugar, then blend in flavoring extracts. Beat in egg whites one at a time and add sifted mixture alternately with milk; blend in hot water.

Turn batter into 3 well-greased and floured 9-inch layer cake pans. Bake at 375 degrees (pre-heated) 25 minutes. Cool 10 minutes in pans and turn out onto wire racks to finish cooling. Spread with chocolate frosting, then put layers together and spread top and sides with chocolate.

June 1967

A STORY ABOUT ABRAHAM LINCOLN

In *The World Journal Tribune* of February 12, 1967 there is an article headed "Honest Abe Had a Sweet Tooth," but the story as it is related by the nameless

feature writer demonstrates just the opposite. It is a story that Lincoln related in one of the debates with Douglas.

He said, "When we lived in Indiana, once in a while my mother used to get sorghum and ginger and make some gingerbread. It wasn't often and it was our biggest treat.

"One day I smelled gingerbread and came into the house to get my share while it was still hot. My mother had baked three gingerbread men. I took them out under a hickory tree to eat them. There was a family near us poorer than we were, and their boy came along as I sat down. 'Abe,' he said, 'gimme a man.' I gave him one and he crammed it into his mouth in two bites, and looked at me while I was biting the legs off my first one.

"'Abe,' he said, 'give me that other'n.' I wanted it myself, but I gave it to him and as it followed the first, I said to him, 'You seem to like gingerbread.' 'Abe,' he said, 'I don't spose anybody on earth likes gingerbread better'n I do — and gets less'n I do.'"

Evidently Lincoln was not too passionately addicted to the gingerbread cakes, because he gave them up so easily. Secondly, I am not sure that any sugar was used by his mother in the recipe; the average consumption of sugar in those days was far less than 10 pounds per person per year. Today it is about 110 pounds.

Lincoln did not have ice cream very often nor was he regularly exposed to shelves of Hershey bars or coconut Mounds. There were no refined foods available, no white bleached flour breads, no synthesized T.V. dinners, and such. Lincoln's diet when he was growing up consisted of coarse natural healthy foods.

g. J. Rotal



Florida State Board of Health

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G. FLOYD BAKER, B.S.E., M.P.H.
DIRECTOR

February 26, 1968

Mrs. Ruth P. Higgins
Lincoln National Life Foundation
Fort Wayne, Indiana

Dear Mrs. Higgins:

Without seeming to exaggerate for the sake of flattery, I wish to say that I was ecstatic over the volume and value of the material you sent to me on Lincoln's food habits. Although I fancied myself as knowing something about the wonderful man, I had not the slightest idea that so much could be obtained on such a relatively trivial issue.

I am preparing a book to be titled "Spears and Pruninghooks", which will present to the reader sound, conservative nutrition in the popular manner. Presently only the quacks have used popular style; conventional nutrition is found in the dusty unread science books attracting only students.

Now I want to ask you for permission to use -- and of course to quote and give credit -- the material you sent me. I would base my remarks on mid-eighteenth century food habits around Mr. Lincoln.

I am aware of course of the fact that much is reprint of other people's works, and would credit in the proper manner.

I believe the foundation could gain something and lose nothing by granting me the requested permission. I wish that it could be blanket, as my use of your material would be diffuse, not just one or two specific paragraphs.

Respectfully yours,


David K. Fulton

The book project is not under the aegis of the Florida State Board of Health, though it is known to them, and its doctors and scientists are giving me individual support.

Fulton

February 28, 1968

Mr. David K. Fulton
Florida State Board of Health
P. O. Box 210
Jacksonville, Florida 32201

Dear Mr. Fulton:

I have your very kind letter of February 26 and am happy to know that the material I sent you will prove useful in preparing a book on nutrition.

With one exception, we have no objection to your use of the material sent to you. I refer to the article "At Lincoln's Table" which was written by Wayne C. Temple, Lincoln Memorial University, Harrogate, Tennessee. If you use his material, you had better write him for permission. You have our permission to use any of the rest of the material.

Very sincerely,

(Mrs.) Ruth P. Higgins
Asst. to Dr. McMurtry

rph/

The cake Mrs. Lincoln made when Abe won

Simple, local foods were preferred by Abraham Lincoln, and his humble tastes remained with him throughout his years in the White House.

Many of his favorite Middle West dishes were recently put together in a menu for the sec-

ond annual meeting, of the Assn. for Modern Banking in Illinois at the Hyatt Regency Chicago. The meal was reminiscent of the food served in early Illinois for Springfield social gatherings, as Lincoln took many of his Springfield favorites to Washington when he became President.

When guests gathered during presidential levees, or receptions, in Washington, the following foods might have been served, as they were at the recent reception: chicken salad with log cabin cheese straws; oven-baked biscuits; raisins and nuts; fresh vegetables in their own dip, and a hot egg wine, for those who, like Lincoln, abstained from stronger drink.

The recent dinner began with mock turtle soup, a hearty blend of meats, vegetables and potatoes (it was also chosen by Lincoln on March 4, 1861, for his inaugural luncheon at Willard's Hotel in Washington). Cornbread and honey, two of his favorite foods, were served with the soup.

The salad was a mixture of garden greens grown in the Springfield area during Lincoln's day, including endives, which was then called frizzee lettuce. The main course was Sangamon River quail (actually cornish hen), stuffed with natural (wild) rice and wild mushroom sauce and served with an assortment of farmland vegetables — a wedge of

acorn squash, buttered broccoli and cauliflower.

Dessert was made from an original recipe often used by Mrs. Lincoln. Coffee was poured, and a final course — fresh fruit — included Lincoln's favorite, apples.

Mary Todd Lincoln's election cake

1 cup currants
 $\frac{1}{2}$ cup brandy
 1 cup plus 1 tablespoon sugar
 $\frac{3}{4}$ cup scalded milk
 1 cake yeast
 $\frac{1}{4}$ cup warm water
 1 cup flour
 $\frac{1}{4}$ pound butter
 $2\frac{3}{4}$ cups sifted flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ teaspoon mace

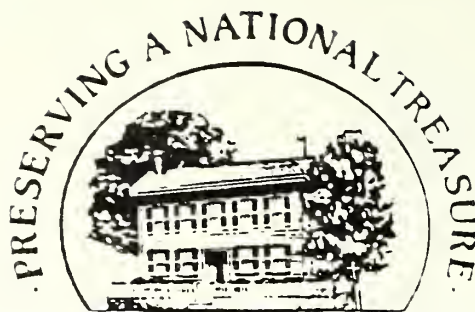
1 teaspoon cinnamon
 1 egg
 1 teaspoon grated lemon rind
 2 teaspoons lemon juice

(1) Soak currants in brandy overnight in tightly closed jar. Add 1 tablespoon sugar to the scalded milk; cool. Dissolve the crumbled yeast in warm water and add to milk. Add unsifted flour and beat until well-blended. Let rise in warm place until doubled in bulk, about 1 hour.

(2) Cream butter and remaining sugar until very light. Drain brandy from currants. Place sifted flour, salt, mace and cinnamon in sifter. Add egg to creamed mixture and beat until light. Stir in lemon rind and juice. Add yeast mixture and beat thoroughly. Add currants, retaining the brandy for later. Sift in flour, add brandy and beat well.

(3) Place in tube pan or 9-by-5-inch loaf pan that has been well-greased. Cover with a cloth and place in warm place away from draft. Allow to rise until doubled in bulk, about 4 to 6 hours. Bake in 375-degree oven about 45 minutes. Cool briefly in pan. Turn out on rack, allow to cool further. Then serve with hot vanilla sauce.

Note: Raisins may be substituted for currants, if desired.



LINCOLN'S HOME

Mary Todd Lincoln's brandied currant and cinnamon cake is a special treat for political days and holidays. It is not a sweet cake, but rather a dry and semi-moist creation in the manner of a traditional pound cake recipe. If you wish, raisins may be used in place of currants. It is *not* recommended that you freeze the baked cake, or the yeast dough. Nor is it suggested that you serve this historic delight on George Washington's birthday.

To the scalded milk add 1 tablespoon sugar—cool. Dissolve yeast in warm water, add to milk. Add the Unsifted flour and beat until well blended. Let rise in warm place until it has doubled in bulk. About one hour is required, and placed in sunlight is ideal.

Cream butter and remainder sugar until very light. Drain brandy from currants, and save the liquid. Place sifted flour, salt, mace, and cinnamon in sifter. Add egg to creamed butter and again beat until light. Stir in lemon juice and rind. Add yeast mixture and beat thoroughly. Add currants. Sift in flour, add the brandy and beat well. Place in 9x5 loaf pan, or preferably a 9x4 bundt cake ring that has been well greased. Cover with a cloth and place in a warm area away from drafts. The slow-rising mixture must double in

- 1 cup currants, soaked overnight in a tightly sealed jar in half cup of quality brandy.
- 1 tablespoon sugar.
- $\frac{3}{4}$ cup scalded milk.
- 1 cake of yeast—1 oz. Crumble.
- $\frac{1}{4}$ cup warm water.
- 1 cup unsifted flour.
- $2\frac{3}{4}$ cups sifted flour.
- 1 cup sugar.
- $\frac{3}{4}$ cup butter.
- $\frac{1}{2}$ teaspoon of salt. (A salt substitute may be used.)
- $\frac{3}{4}$ teaspoon of mace.
- $1\frac{1}{4}$ teaspoon cinnamon.
- 1 whole egg.
- 1 teaspoon of grated lemon rind.
- 2 teaspoons lemon juice. (Do not use juice concentrate or reconstituted juice.)

bulk and this may take from four to seven hours. One method, if you choose, is to heat your oven to 125 degrees, turn it off, and place the mixture in the closed oven overnight.

Bake at 375° F. for about 45 minutes or until you observe a crisp brown top or underside. Allow to pan cool for seven minutes, turn out on rack for further cooling. Brush with orange glaze and garnish to your pleasure. Extra glaze should be made and served over the individual pieces, in a manner common to the last century. You may serve with whip topping and apple wedge.

Simple Orange Glaze. To 1 cup of confectioners' sugar, add $\frac{1}{4}$ cup of orange juice (fresh or frozen), and spread thin on top, allowing drizzle down the sides. To provide more icing for service, double or triple portions. The glaze stays well in your refrigerator and may be thinned with more juice.

Enjoy!

recipe courtesy of Colleen Barnes
114 E. Locust
Chatham IL 62629

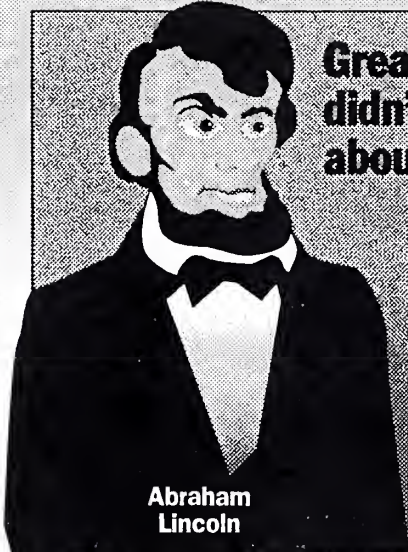
MORROW

INTENDED: We offer a
at the "Best Stressed
s" of 1994.

FOOD

TUESDAY

FACTS DU JOUR



Abraham Lincoln


Cornbread, honey, good coffee

Sometimes forgot to eat

Great men who didn't care about food

Only foods they liked

Eating habit



Napoleon Bonaparte

Macaroni, filled puff pastry, plain chicken (no garlic)

Could finish dinner in 18 minutes

SOURCES: American Heritage Cookbook, "The French" by Theodore Zeldin

By JAMES SMALLWOOD of Knight-Ridder Tribune

THE ONE AND ONLY COOK By Frances Price

Abe Lincoln's favorite dishes

"All through the War, Mrs. Lincoln shopped," reported the *Washington Star* about the most unpopular, certainly the most unhappy, First Lady ever to occupy the White House. Mary Todd Lincoln was alternately praised by the press for her extravagant good taste in refurbishing the White House (at Mr. Lincoln's expense), and demonized by the people as "Her Satanic Majesty" for her lavish expenditures on clothes and entertaining.

"Doesn't she know there's a war going on?" they wanted to know when they read about the fancy French buffets over which she presided, featuring pate de fois gras, galantine of truffled turkey, tongue in aspic; filet of beef, pheasant and champagne punch, catered by Delmonico's of New York.

He loved word-spinning before an audience but often retreated into introspective brooding. She loved lots of company and witty conversation. He cared so little about food that, according to Billy Herndon, his law partner, he sometimes forgot to eat until reminded. To distract him, Mary turned their Springfield home into a popular gathering place that was

noted for the good table she set.

Fricassee of chicken was a specialty, cooked two ways; the first a brown fricassee that was basically Southern fried chicken finished in brown milk gravy. The second version follows. It is a white fricassee of skinless chicken pieces, simmered in rich cream gravy, seasoned with mace, marjoram and lemon juice.

For Presidents' Day Monday or Sunday dinner, have a taste of history in Ante Bellum Fricassee of Chicken, with wild rice or rosy new potatoes boiled in their jackets, green beans and little corn muffins. Make dessert Blackberry Cobbler, as a footnote from Lincoln's first inaugural luncheon at the old Willard Hotel in Washington. The President who cared so little about food planned the menu: corned beef and cabbage, parsley potatoes, blackberry pie and coffee.

■ *Frances Price is a dietitian and chef who writes and cooks in Baltimore. She welcomes your letters and questions on nutrition and cooking and recipes for one. If you wish a reply, please send a self-addressed, stamped envelope to: Frances Price, Cooking For One, c/o Food Section, the Times, P.O. Box 1121, St. Petersburg, FL 33731. ■*

Ante Bellum Fricassee of Chicken

1 (2½-3 pound) chicken, cut into pieces for frying	½ teaspoon black peppercorns
½ small onion	¼ teaspoon mace
1 small carrot	Salt to taste
½ rib of celery	¼ cup cream
½ teaspoon marjoram	1 tablespoon all-purpose flour
	Juice of 1 lemon

Place wings, neck and back of chicken in 2-quart saucepan with onion, carrot and celery. Add water enough to barely cover chicken and bring to a simmer; skim and discard scum. Add marjoram and peppercorns; simmer over low heat, uncovered, 30 minutes-1 hour. Strain broth, skim off fat and measure 2 cups broth for use in Fricassee. Freeze remaining broth.

Meanwhile, skin remaining chicken pieces and arrange in single layer in heavy nonstick 10-inch skillet. Add broth, mace and salt; bring to a simmer and cook, covered, on low heat 20 minutes. Remove from skillet and keep warm.

To broth, add mace and salt; increase heat and quickly boil broth until reduced to about 1½ cups. Whisk flour with cream until lump-free; stir into broth. Cook and stir until gravy comes to a boil and is slightly thickened. Stir in lemon juice. Return chicken to gravy, turn heat to low, cover and simmer 20 minutes, or until chicken is done throughout. Makes 4 servings.

Nutrients per serving: 309 calories, 44 gm. protein, 2 gm. carbohydrate, 13 gm. fat including 6 gm. saturated fat, 139 mg. cholesterol, 367 mg. sodium, 0 fiber. Exchanges: 6 meat, 1 fat.

Blackberry Cobbler

½ cup sugar	1 (16 ounce) package frozen blackberries
2 teaspoons cornstarch	1 cup reduced fat biscuit mix
¼ teaspoon cinnamon (optional)	⅓ cup 1 percent milk

Preheat oven to 425 degrees F. In small bowl, mix sugar with cornstarch and cinnamon until lump-free. Pour frozen blackberries into 1½ quart casserole; toss with sugar-cornstarch mixture to coat. Cover tightly and bake 15-20 minutes, or until berries are thawed and juices run freely.

Stir biscuit mix with milk to make stiff dough. Stir blackberry filling well, then spoon over partly cooked filling to make 4 drop biscuits. Bake uncovered 15-20 minutes longer, or until filling is bubbling and biscuits are richly browned. Serve warm or at room temperature with vanilla yogurt or light cream. Makes 4 servings.

Nutrients per serving: 236 calories, 3 gm. protein, 54 gm. carbohydrate, 3 gm. fat, 0 saturated fat, 13 mg. cholesterol, 187 mg. sodium, 6 gm. fiber. Exchanges: 1 fruit, 1 bread, ½ fat.

Saturday Our Prime Rib Feast

DAIRY

HOW LINCOLN ATE THE SPICE BAG.

Reminiscence of the Emancipator Furnished by a Chicago Girl.

[This earns third prize, \$2.]

Today being Lincoln's birthday I thought I would send you an anecdote concerning him that I never have seen printed before. Years ago, when my papa was a little boy and Abraham Lincoln was a poor young man practicing law in Woodford County, during court week at Metamora grandpa brought him home to supper. It was a cold, stormy Monday night and grandma hurried around getting supper and thought she would have something extra, so she opened a jar of preserved peaches. When they sat down to eat grandma dished the peaches out three to a person. It seemed to take Abraham Lincoln a long time to eat a peach and he did not finish it either. So as soon as he had finished his supper and had gone into another room grandma went to his dish to see why it was he hadn't eaten, and there she found she had given him the little muslin sack with the peach kernels and spice in it instead of a peach. Grandma hurried into the other room to apologize to Mr. Lincoln; and he said to her: "That is all right, Mrs. Perry; my mother used the same thing and it was so good that I wanted to get all the juice out of it."

FRANKIE PERRY.

[No. 2884 North Paulina street, Lakeview High School, Prof. J. H. Norton, principal]

LINCOLN'S GOOD BREEDING.

J. G. Speed in Ladies' Home Journal.

The writer, remembers very well to have heard a very fastidious lady, a member of the Speed household, say, that though at that time Lincoln had none of the polish and gracefulness to be expected from those acquainted with the usages of society, he was one of Nature's gentlemen because of his kindness of heart and innate refinement. And after saying this she recalled an instance of real good manners on his part. At dinner there was a saddle of mutton. The servant, after handing the roast, passed a glass of jelly. Mr. Lincoln took the glass and ate the jelly from it. The servant got another glass and passed it around. Mr. Lincoln noticed that the others at table merely took a spoonful. Without embarrassment or apology he laughed quietly and remarked: "I seem to have taken more than my share," and then he went on with his dinner. Most persons, this lady thought, after committing such a solecism, would have been covered with confusion and profuse in apologies.

LINCOLN'S FAVORITE FOOD

Lincoln wrote a letter to Miss Mary Speed of Louisville, Ky. on September 27, 1841:

"I am literally subsisting on savoury remembrances--that is, being unable to eat, I am living upon the remembrance of the delicious dishes of peaches and cream we used to have at your house."

Lincoln A 'Moderate' Man

By PAULINE L. TELFORD
Woman's Editor

I thought I'd read just about everything there was to read about Abraham Lincoln . . . his general likes and dislikes, his sympathetic nature, his unrequited love for Ann Rutledge, his wrestling prowess, his knack for telling jokes . . . but I was wrong!

I'd never read a word about the kind of foods he preferred until the other day when I came across an article in one of my old DAR magazines entitled, "Lincoln as Seen From the Kitchen."

Written by Dr. Wayne C. Temple, director of the department of Lincolniana, Lincoln Memorial University, Harrogate, Tenn., the article was filled with remarks on Lincoln's eating habits as noted by people who had known him during his New Salem and Springfield days.

It also included some contradictory and little publicized background on Mary Todd Lincoln's culinary prowess.

Probably Lincoln's step-mother, Mrs. Sarah Bush Johnston Lincoln, was the first to notice that "Abe was a moderate eater . . . he sat down and ate what was set before him, making no complaint." But it seems, even though he

never complained of the fare, he rarely praised a dish, either!

When he moved to New Salem in 1831 he boarded at the Rutledge Tavern where his breakfast consisted mainly of corn bread, bacon and eggs. Mrs. Jack Armstrong, with whose family Lincoln had many of his meals, said he ate mush, corn bread and milk in her home, and that if he had a delicacy that he enjoyed at this time, it was honey.

Leonard Sweet, a fellow lawyer with whom Lincoln traveled when he covered the Eighth Judicial Circuit, said that he had "never, in the 10 years of circuit life he knew him, heard him complain of a hard bed or a bad meal of victuals."

William H. Herndon, Lincoln's last law partner, said Lincoln "had a good appetite and good digestion, ate mechanically, never asking why such a thing was not on the table nor why it was on it, if so; he filled up, and that is all."

If he had a favorite light repast, it was 'apples and fruits generally.' There were times, however, when he would come down to the Lincoln & Herndon law office in the morning and breakfast upon cheese, Bologna sausage and crackers.

What a trial then, Lincoln's eating habits must have been to his wife, Mary Ann Todd, who had been raised in Kentucky's beautiful Blue Grass region where gracious living and savory cooking were famous, and whose parties were known for their variety of fine foods.

Isaac N. Arnold vowed "her table was famed for the excellence of its rare Kentucky dishes and its seasonable

loaded with venison, wild turkeys, prairie chicken, quails, and other game, which in those early days was abundant."

Billy Herndon, on the other hand, after reading Arnold's book, stoutly declared that Mrs. Lincoln "kept or set a poor table" for the daily meals and only splurged when she entertained guests.

Lincoln's sister-in-law, Mrs. Marian Wirt Edwards, recounted that he "ate mechanically" and that she had seen him "sit down at the table and never unless recalled to his senses would he think of food."

When Lincoln did express a preference, it was for a 'good hot cup of coffee'. And he liked meat as well as vegetables.

But although he was absent-minded about eating, he apparently paid enough attention when it came to buying food.

Page Eaton, a Springfield carpenter, observed him "at the baker's and butcher's every morning with his basket on his arm." For 10 cents Lincoln could buy enough steak for a meal, and he would carry the brown - paper wrapped package home himself instead of having it delivered.

When Lincoln moved to Washington as President, he neglected his meals even more than he had in Springfield.

One day while F. B. Carpen-

ter was living with the Lincolns at the White House and painting "The First Reading of the Emancipation Proclamation Before the Cabinet," the clock struck 12 noon. Lincoln listened to the chiming, then exclaimed: "I believe, by the by, that I have not yet had my breakfast."

At noon Lincoln "took a little lunch . . . a biscuit, a glass of milk in winter, some fruit or grapes in summer".

John Hay, one of his private secretaries, said "he ate less than anyone I know."

"It was often a matter of surprise to me," wrote Carpenter, "how the President sustained life; for it seemed, some weeks, as though he neither ate nor slept."

Dr. Henry Whitney Bellows of the Sanitary Commission remarked to Lincoln one day: "Mr. President, I am here at almost every hour of the day or night, and I never saw you at the table; do you ever eat?" "I try to," replied Lincoln, "I manage to browse about pretty much as I can get it."

Noah Brooks, an old friend from Illinois, said "On one occasion, I remember, he asked me to come in and take breakfast with him, as he had some questions to ask. He was evidently eating without noting what he ate; and when I remarked that he was different from most western men in his preference for milk at break-

fast, he said, eyeing his glass of milk with surprise, as if he had not before noticed what he was drinking, 'Well, I do prefer coffee in the morning, but they don't seem to have sent me in any.' "

When the lunch hour arrived, a servant generally carried 'a simple meal upon a tray' to Lincoln's second floor office. Sometimes he would not examine the contents for several hours; then he would sample them in a 'most unceremonious manner.'

If Lincoln ever had time for a full meal it was usually in the evening when dinner was served at the White House.

Guests were often present at this hour and Lincoln made a formal appearance to welcome them. On such events, Mrs. Lincoln either had the food prepared in the White House kitchen or had it served by a caterer.

As to whether or not Lincoln ever drank liquor . . .

Billy Herndon said that he "did drink when he thought it would do him good."

However, in spite of the fact that his account at the Corneau & Diller Drug Store in Springfield showed a few purchases of brandy by the bottle, there is no proof that it was Lincoln who consumed it.

Leonard Sweet remembered that upon occasion, Lincoln drank wine and that in the White House "he used to drink

a glass of champagne with his dinner, but I believe that it was prescribed for him."

By and large, it would seem safe to say that Lincoln, who had once joined a temperance union, was moderate in his drinking.

Obviously, coffee was his cup of tea.

Alexander Williamson sometimes found the President in his office "squatting on the rug in front of the fire trying to heat his cup of coffee, which, owing to early visitors, had been allowed to cool.

"He entered that office at 7 o'clock every morning."

WHITE HOUSE
CHINA PLATE
COLLECTION
RECIPE



ABRAHAM
LINCOLN

Fresh Cherry Pie

As a young lawyer, Abraham Lincoln enjoyed the homemade fruit pies baked by the ladies of New Salem, Illinois. After he left for Washington, these ladies would ship fruit pies to the White House, decorated with steam gashes in the shapes of stars, letters to indicate the type of fruit, or "L" for Lincoln. President Lincoln cherished their thoughtfulness and enjoyed pies like this classic recipe:

4 c. fresh pitted cherries
1 - 3/4 c. sugar
2 - 1/2 T. tapioca
1/4 tsp. almond flavoring

1/4 tsp. mace
1/4 tsp. red food coloring
1/3 c. butter

LINCOLN Had a Sweet Tooth, Too

By
DICK. STONE

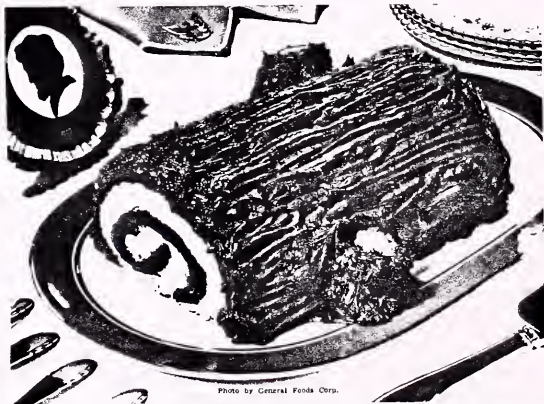


Photo by General Foods Corp.

You may well be proud to serve this Lincoln Log at a dinner for friends or family. It is just as luscious as it is handsome, yet it is surprisingly easy to prepare.

TOMORROW BEING Lincoln's birthday, it's quite proper to let your food thoughts wander over some of the things that the great man liked—and he dearly loved to eat. He had an insatiable sweet tooth.

They say that when he was in the grocery business—and he was, twice—he couldn't pass the molasses barrel without testing the spigot! In his day a pitcher of molasses was on the table every meal—for corn bread or biscuits right out of the oven! If that custom were revived, it would go a long way toward taking the pressure off the food budget, and at the same time provide the kind of nourishment needed these hectic days.

This big man was a pie eater, too! His favorite was molasses pie—with pecans in the filling. When he moved to Washington, a baker heard about this "weakness" for such pie, and made him one. In no time at all, Molasses Pecan Pie was this baker's "bread and butter," and Lincoln one of his best customers.

LINCOLN'S BIRTHDAY is a wonderful day to have a party for the children. The youngsters will get a kick out of celebrating this famous President's birthday—especially with these clever Log Cabins. You'll feel like celebrating, too, because they're so easy to make! A few minutes' work and you're ready for the young guests. They look so decorative on the table and have a wonderful flavor. These interesting Log Cabins skillfully blend the flavors of several old favorites—graham crackers, fresh citrus fruits and whipped cream.

Log Cabins

- ☐ Whipped cream—one container or 1/2 pint whipping cream, whipped, plus 4 teaspoons sugar
- ☐ Orange peel—4 teaspoons, grated
- ☐ Lemon peel—4 teaspoons, grated
- ☐ Lemon juice—4 teaspoons
- ☐ Graham crackers
- ☐ Dates, chopped
- ☐ Gumdrops
- ☐ Candy sticks
- ☐ Lemons



Photo by Winfred "Doc" Helm

In this kitchen Mrs. Abraham Lincoln and her various "hired girls" cooked for the man who later became President of the United States. Their modest home at Eighth and Jackson streets in Springfield, Illinois, is now a state memorial. Here the Lincolns lived from 1844 until 1861.

Hoosier Country Cooking

One hundred and fifty years ago it was a family effort to provide even simple fare for the pioneers' meals. The countryside abounded with wild animals and hostile Indians as well as wild fruit, nuts, honey and edible roots. As more of the thrifty settlers came to Indiana bringing seeds and farm animals, agriculture became the basis of the prosperity of the Hoosier family as well as the state.

Neighborliness was one of the great virtues of the country folks, finding expression in co-operative activities such as the "husking bee" with its fateful red ear of corn. "Lending a hand" meant not only work but dancing, cooking, and eating. A hearty and bountiful table was provided at the old-time country frolics, such as these authentic recipes.

THE "HUSKING" FEAST

Breakfast Stew
Fried Tomato Slices
Johnnycake
Pickles
Cheddar Apple Pie

Hoosier Barbecued Pork
Succotash
Sally Lunn
Wild Berry Jam
Maple Gingerbread

MODERN GIRLS COOK WITH GAS

BREAKFAST STEW OF BEEF

2 tablespoons butter	½ teaspoon savory
1 medium onion, chopped	½ teaspoon marjoram
2 pounds lean beef, cubed	1 teaspoon Worcestershire sauce
2 tablespoons flour	1 teaspoon prepared mustard
1 cup beef broth	Juice of ½ lemon
¾ teaspoon salt	Few sprigs parsley, chopped
¼ teaspoon pepper	

Set burner-with-a-brain at 175° and melt butter in a saucepan. Then set burner at 325°, add onion, and saute until wilted. Dust beef cubes with flour, add them to the onion, and saute until well browned on all sides. Stir in broth, salt, pepper, savory, and marjoram. Cover and cook at 212° to 225° for about 1½ hours or until very tender. Before serving, stir in remaining ingredients. Thicken the gravy if necessary. Serve over toast, hot grits, steamed rice, or with boiled potatoes. Serves 4.

HOOSIER BARBECUED PORK

5 to 7 pound pork loin roast	½ small garlic clove, peeled
½ cup unsulphured molasses	1 small onion, minced
½ cup vinegar	½ teaspoon ground ginger
¼ cup soy sauce	¼ teaspoon Tabasco
1 can (9 ounces) crushed pineapple	1 can (8 ounces) tomato sauce

Place roast in a shallow baking dish, meat side down. Combine the remaining ingredients, except tomato sauce. Pour over roast. Cover and refrigerate overnight. Remove meat from marinade; brush onion from meat and return to marinade; reserve. Place roast, rib ends up, on rack in aluminum-foil-lined roasting pan. Insert meat thermometer into center of loin, away from bone. Roast in a 325°F. oven, 3 to 4 hours, or until thermometer registers 185°F. During last half-hour of roasting time, put marinade into a saucepan. Cook over medium heat, stirring occasionally, until mixture is reduced to 1 cup. Add tomato sauce; heat to serving temperature. Serve with meat. If roasting on a rotisserie, a boned rolled pork loin may be preferred. YIELD: 2 to 3 servings per pound.

FRIED TOMATO SLICES

Choose almost ripe but firm tomatoes and cut in slices about ½-inch thick. Plan on 2 to 3 slices per person. Dip each slice of tomato into corn meal seasoned with salt and pepper, coating both sides. Set burner-with-a-brain at 325° and fry some bacon until crisp (allow at least 2 slices per person). Drain on paper towels. Add tomato slices to bacon fat (a thin film of fat is sufficient) and fry several minutes on each side or until coating is crisp. To fry more than one panful of tomato slices, wipe out pan and add more fat before proceeding with second batch.

SUCCOTASH

- | | |
|---|---------------------------|
| 1 cup fresh Lima beans or 1 package frozen Lima beans | ½ teaspoon salt |
| 1 cup whole kernel corn (fresh, frozen, or canned) | Dash of pepper |
| 1 tablespoon butter | ½ teaspoon sugar |
| | ¼ cup water |
| | 2 tablespoons heavy cream |

Cook Lima beans in boiling, salted water until tender with burner-with-a-brain set at 212° (if frozen Lima beans are used, cook according to package directions). Mix cooked beans with corn (if fresh, cut from the cob; if canned, drain; if frozen, use straight from the package), butter, salt, pepper, sugar, and water. Cook for 10 to 15 minutes. Drain, then add cream. Heat at 175° (do not boil). Serves 6 to 8.

JOHNNYCAKE

- | | |
|------------------------|--|
| 2 cups corn meal | 2 cups sour milk |
| 1½ teaspoons salt | 2 eggs, beaten |
| 1 teaspoon baking soda | 2 tablespoons melted shortening or oil |
| 2 tablespoons sugar | |

Sift dry ingredients together and add milk, eggs and shortening. Mix well. (This is a thin batter.) Pour into greased 8x10-inch pan and bake in hot oven 400° for 30 minutes. (If using the burner-with-a-brain, bake in greased 8 inch frying pan with lid and set burner at 300° for 30 to 35 minutes.)

SALLY LUNN

- | | |
|---------------------------|------------------|
| 2 cups sifted flour | 1 cup milk |
| 3 teaspoons baking powder | ½ cup shortening |
| ½ teaspoon salt | ¼ cup sugar |
| 1 egg, beaten | |

Sift flour with baking powder and salt. Combine egg and milk. Cream shortening and sugar together and add flour alternately with liquid mixture. Place in greased loaf pan or muffin pans and bake in moderate oven 375° for 30 minutes. Makes 1 loaf or 12 muffins. (If using the burner-with-a-brain, bake in greased 8 inch frying pan with lid and set burner at 275° for 35 minutes.)

APPLE PIE WITH CHEDDAR PASTRY

1 $\frac{3}{4}$ cups sifted all-purpose flour
¼ teaspoon salt
1 cup grated Cheddar cheese,
loosely packed

½ cup shortening
¼ cup ice water
Filling for Apple Pie

Sift flour and salt together, then work in the cheese thoroughly with a fork. Work in the shortening, then add the water, sprinkling it over the surface of the mixture. Stir lightly with a fork until pastry holds together. Divide pastry in half and line a 9-inch pie pan with one portion, saving the other for the top crust. Refrigerate both while you make your favorite Apple Pie filling. Bake as directed for Apple Pie. Serve warm if preferred.

MAPLE GINGERBREAD

2 $\frac{1}{4}$ cups sifted all-purpose flour
1 teaspoon baking soda
1½ teaspoons powdered ginger
½ teaspoon salt

1 egg
1 cup maple syrup
1 cup sour cream
4 tablespoons melted butter

Sift together flour, baking soda, ginger, and salt. Set aside. In a separate bowl beat egg vigorously, then stir in maple syrup, sour cream, and butter. Mix in the sifted dry ingredients and pour into a greased and lightly-floured 11 x 7 x 1½-inch baking pan. Bake in a 350° oven for 30 minutes or until cake pulls away from the sides of the pan. When cool, frost the top with Maple Frosting. **MAPLE FROSTING:** 2 cups confectioners' sugar, pinch of salt. 1 tablespoon softened butter, 3 tablespoons maple syrup, 1 tablespoon heavy cream. Combine all ingredients. Beat until mixture is smooth. Add more syrup or cream if necessary until of a spreading consistency.

These recipes tested by the
HOME SERVICE DEPARTMENT
The Gas Company

GAS makes the BIG difference



costs less too!

WILTED GREEN SALAD

Leaf lettuce, dandelion, endive, spinach,
or other greens

Dressing - Bacon, diced
2 eggs, slightly beaten
1/2 c. sugar
1/2 c. water
1/2 c. vinegar

Wash, dry, and tear greens in small
pieces. Chill.

Just before serving, prepare dressing.
Fry the diced bacon until crisp at 325°
on the Burner-with-a-Brain. Add sugar,
water and vinegar to the 2 eggs, slightly
beaten. Reduce temperature to 200° and
add egg mixture.

Stir until thickened. Pour over greens
and cover bowl with pan so steam will
wilt greens. Transfer to serving bowl.
Sprinkle with crumbled hard-cooked eggs
and serve.

Home Service Department
The Gas Company



Cookery



INDIANA'S SPENCER COUNTY LINCOLN

In December of 1816 the Lincoln family moved from Kentucky to Southern Indiana, locating on Little Pigeon Creek in what is now Spencer County. Here young Abe, age 7, would grow from youth into manhood. His formative years would be spent attending school "by littles" and by reading the familiar classics of his day: The Bible, Aesop's Fables, The Pilgrim's Progress, Robinson Crusoe and many others.

Young Abe helped his father clear and tend the land, became an expert with an axe, but never cared for manual labor. He worked on the James Taylor farm, plowing, splitting rails, slaughtering hogs and operating the ferry across the Anderson River. Lincoln's first venture into court came as a result of the ferry operation when he successfully defended himself in a suit on ferry infringement rights in Kentucky.

The Lincoln family moved from Spencer County on March 1, 1830, to Illinois.

We invite you to follow one of the Lincoln Heritage Trails to Southwestern Indiana to visit the Lincoln Boyhood National Memorial which preserves the site of the Lincoln farm and the burial place of Nancy Hanks Lincoln. Nearby is the Lincoln State Park which preserves part of the "Original America" where you may boat, fish, hike and camp. Also close by is the Pigeon Creek Baptist Church where Lincoln's only sister, Sarah Lincoln Grigsby, is buried.

SALLY'S WEDDING DINNER

2 fat wild turkeys roasted a rich brown
A saddle of deer meat
6 large vegetable pies - full of turnips,
beans and potatoes
A big bowl of wild honey
A bowl of maple sugar
At least a hundred fried Kentucky wonders
Watermelon preserves
Cherry preserves
Bushel of pawpaws
Tea

--From "Abe Lincoln of Pigeon Creek",
By Wm. E. Wilson

Abraham Lincoln's sister, Nancy, called Sarah or Sally, was born February 10, 1807 and died January 20, 1828, a few years after her marriage to Aaron Grigsby.

FOODS THAT LINCOLN LIKED

This section of the country was famous for sausage. Each housewife had her own special recipe - with her own method of mixing and seasoning. Abe Lincoln's stepmother was one of the best sausage makers.

On a solid block of hard wood, she would pound the best cuts of meat available with a wooden mallet. Then she would add seasoning and herbs and mix it thoroughly. The sausage was packed into crocks and covered with freshly rendered lard and set away to ripen. Abe Lincoln said he could smell that good sausage cooking when he was still a mile away from home.

Abe loved to have fried apples and salt pork for breakfast--or biscuits with ham and cream gravy.

Another favorite from Lincoln days, was a thick steak fried in a heavy skillet with plenty of butter, then spread with salt and mustard and cooked over a low heat until very tender. Place on a hot platter and serve it with chopped pickled walnuts. Then pour a cup of strong coffee in the fry pan and let it boil up one time, pour it over the steak and serve quickly.

THE LINCOLN'S HONEY AND ALMOND CAKE

1/2 cup shortening	1/2 teaspoon salt
1/2 teaspoon ginger	1/2 teaspoon cinnamon
1 cup honey	1 cup blanched almonds, chopped
2 eggs, unbeaten	1/4 teaspoon soda
1 teaspoon baking powder	2 and 1/2 cup sifted
1/2 cup water	cake flour
	1/4 cup honey

Cream shortening, salt, ginger and cinnamon. Add 1 cup honey and continue beating. Beat in eggs one at a time. Add sifted cake flour with salt, soda and baking powder, alternately with 1/2 cup water, blending but not over beating. Pour into well greased and floured 9x9x1 and 1/2 pan. Mix remaining honey and nuts and sprinkle over top of batter. Bake at 325 degrees for 59 to 60 minutes.

DRESSING FOR COLD SLAW

Beat 2 eggs with 2 tablespoons of sugar. Add butter size of walnut (about 1 tablespoon), 1 teaspoonful prepared mustard, a dash of pepper, and lastly a cup of vinegar. Cook like soft custard. Some seem to think it improved by adding a cupful of thick sweet cream to dressing. In that case use less vinegar.

--Blanche Lingsmith, Lincoln City

CINNAMON PUDDING

1/2 cup butter
2 cups brown sugar
1 and 1/2 cup cold water

Let this melt, but not boil. For the batter, mix together:

1 cup granulated sugar
1 tablespoon butter
2 cups flour
2 teaspoon baking powder
1 teaspoon cinnamon
1 cup milk
1 teaspoon vanilla
1/2 cup walnuts

Pour batter on sauce in baking pan. Bake 30 to 40 minutes in moderate oven (350 degrees).

--Mrs. Kathleen Walters

GRAPE BUTTER

Take sweet apples and grapes, half and half. Cook the apples tender, and rub through a colander. Prepare the grapes as above, using 1 pound of sugar to 2 pounds of mixed fruit. The skins may be boiled in a bag and taken out later, or they may be stirred into the butter. The above is the better way. Leave plain or spiced to suit taste.

QUEEN FRITTERS

One quarter cup butter, one half cup boiling water, one half cup flour, two eggs. As soon as water boils, put in the butter. Add the flour. Stir until the mixture leaves the side of the saucepan. Remove from fire and add eggs, one at a time, beating mixture thoroughly. Drop by spoonfuls in deep boiling lard. Drain, make an opening and fill with preserves and sprinkle sugar on top.

--Charlotte Baird

APPLE CRISP

Slice 5 or 6 apples thin in greased pan. (About 7x11 size). Put about 1/4 cup sugar over this and stir it in. Mix 1 cup flour, 3/4 cup sugar, 1 teaspoon baking powder, 3/4 teaspoon salt and 1 unbeaten egg with a fork until crumbly and sprinkle over apples. Pour over this 1/2 cup melted shortening then sprinkle with cinnamon. Bake 30 to 40 minutes at 350 degrees. Serve with sauce.

--Mrs. Oatis Tribbie

PERSIMMON PUDDING

1 cup persimmon pulp	1/2 teaspoon salt
2 well beaten eggs	1/4 teaspoon cinnamon
1 cup milk	3/4 cup sugar
1 cup flour	1 and 1/2 tablespoon butter
1/2 teaspoon soda	

Stir the liquid ingredients into the dry, and add 1 and 1/2 tablespoons melted butter. Pour batter into greased pan about 2 inches deep and bake about an hour at 325 degrees. Serve hot or cold with cream.

POTATO SOUP

Boil one quart water, then put in two or three strips of bacon, two chopped onions, a pinch of salt and pepper, slice one-half pint of raw potatoes. Boil the whole until the potatoes are reduced to a pulp and strain. Double the quantities for large families.

--Mrs. S. McLeish

GUMBO SOUP

1/2 pound beef, 1/4 pound ham, put on brisk fire and fry brown, add 1 and 1/2 tablespoonful of flour, 1 tablespoonful of parsley, 1 quart of okra cut up in small pieces, 1/2 gallon water, 3 or 4 cloves, a pinch of allspice and pepper to taste. Just before taking up add a tablespoon of fresh or powdered sassafras.

--Mrs. A. Lemcke

NOODLES FOR SOUP

Beat with one egg a half cupful of flour and one-fourth of a teaspoonful of salt. Work this dough with the hands until it becomes smooth and like putty, then roll it as thin as a wafer on a well floured board. Let this sheet of dough lie for five minutes, after which roll it up loosely, and with a sharp knife cut it from the end into very thin slices, forming little wheels or curls. Spread these pieces on the board to dry for half an hour - even longer will do no harm. Next cook them twenty-five minutes in boiling salted water, and drain thoroughly in a colander, when they are ready for use in soup.

--Mrs. E. H. Young

SUGAR PLUMS

Wash a quantity of red or wild goose plums, thoroughly. Prick each one with a fork, spread on large platters and place in sun to dry. When partly dry, sprinkle with sugar. When dry enough to keep well, pack in a jar with sugar.

The following three recipes became favorites of Abraham Lincoln after he left Indiana, and was living in Illinois.

MARY TODD'S WHITE CAKE

Mr. Lincoln is said to have remarked that Mary Todd's White Cake was the best he had ever eaten. This confection was originated by Monsieur Giron, a Lexington caterer, on the occasion of Lafayette's visit.

- 1 cup butter
- 2 cups sugar
- 3 cups flour
- 1 cup milk
- 1 cup finely chopped blanched almonds
- 3 teaspoons baking powder
- Whites of 6 eggs
- 1 teaspoon vanilla (or any flavoring)

Cream butter and sugar, sift flour and baking powder together 3 times, and add to butter and sugar, alternating with the milk. Stir in the nut meats and beat well. Then fold in the stiffly beaten whites and the flavoring. Pour into a well greased and floured pan. The old fashioned, fluted copper pan with a center funnel was probably used originally. Bake 1 hour in a moderate oven (350 degrees), or until the cake tests done. For a good basic white cake, omit almonds. Batter can be baked in two 9 inch cake pans.

LADY FINGERS

Four tablespoons sugar mixed with yolks of four eggs, 4 tablespoonfuls flour, and 1 teaspoon lemon extract. Beat whites to a stiff froth and stir in. Squeeze through a funnel of writing paper on to a greased paper in a dripping pan, and bake in small cakes in a moderate oven.

LEMON CUSTARD PIE

This Lemon Custard Pie was a favorite of Abraham Lincoln when he stayed at a hotel in Illinois, operated by a Mrs. Nancy Breedlove. "Honest Abe", as they all called Lincoln then, stayed there three weeks at a time, when engaged in court trials.

He liked Mrs. Breedlove's pie so well that he asked her to write out the recipe, and he told her years later that it was the favorite White House dessert. This was printed in the Hoosier Farmer, June 1966, and was given by Mrs. Evelyn Braun, of Dale, Indiana.

Take two thirds of a cup of water, one teacup of sugar, yolks of three or four eggs, grated rind and juice of one lemon, one tablespoonful of cornstarch, and combine in a bowl. (Beat for about a minute for a smoother custard.)

Line a pan with pie crust. Fill the pie shell with the custard and bake at 325 degrees for 30 minutes.

Beat the whites of the eggs to a stiff froth, mix in three tablespoonfuls of sugar and spread over pie. Brown. (Brown meringue for 2 to 4 minutes at 450 degrees).

NOTE: When pie is baking, the custard bubbles up to the top of the crust, so build up the crust all around pie, to keep filling from spilling over. A double fold strip of foil can be placed around crust to keep it from falling over during baking. After the filling bubbles up during baking, it will fall to a thin layer - it has a delicious lemony flavor.

SALLY LUNNS

2 pounds of flour)
2 oz. of butter) Mix together
1 oz. of sugar)

4 tablespoons of yeast, mixed with a little warm water, set the yeast to rise, when it rises a little, beat up with a gill of cream and some milk, (or all milk and the yolks of 4 eggs). Warm this a little, add to it the dough and work it all together, the dough must not be quite so stiff as bread dough. Mould it with your hands in small round cakes, lay them on a baking pan to rise, in a warm place; bake them in not too hot an oven. They will take about an hour, and are eaten cut up and buttered. After they are buttered, they should be closed and returned to the oven for a minute or two.

--Hilda Taylor, Lincoln City,

*2 oz. butter = 4 tablespoons
1 oz. sugar = 2 tablespoons
4 tablespoons yeast = 2 cakes
gill of cream = 1/2 cup
temperature - 400-425 degrees, for 25-30 minutes.

LEMON PIE

Mix in sauce pan 1 and 1/2 cups sugar
5 and 1/3 tablespoons corn starch
1 and 1/2 cups hot water

Cook till mixture thickens and boil 1 minute.
Beat 1/2 cup of hot mixture into 3 egg yolks slightly beaten, then beat into hot mixture in sauce pan. Cook 1 minute longer, stirring constantly. Blend in 3 tablespoons butter, 4 tablespoons lemon juice, 1 and 1/3 tablespoons grated lemon rind. Pour into baked pie shell.

Cover with Meringue:

3 egg whites beaten until frothy
1/4 teaspoon cream of tartar.

Gradually beat in 6 tablespoons sugar. Continue beating until stiff and glossy.

--Geneva Suhrheinrich

BUTTER-SCOTCH CANDY

Two cupfuls of sugar, 2 cupfuls of dark molasses, 1 cupful of cold butter, grated rind of a half a lemon. Boil over a slow fire until it hardens when dropped in cold water. Pour thinly into tins well buttered, and mark into little inch squares, before it cools.

FRUIT COOKIES

One cupful and a half of sugar, one cupful of butter, one half cupful of sweet milk, one egg, two teaspoonfuls of baking powder, a teaspoonful of grated nutmeg, three tablespoonfuls of currants or chopped raisins. Mix soft, and roll out, using just enough flour to stiffen sufficiently (about 5 cupfuls). Cut out with a large cutter, wet the tops with milk, and sprinkle sugar over them. Bake on greased tins in a quick oven (400-425 degrees). Fruit can be left out if you prefer. Makes about 100 cookies.

SPICED CRAB APPLES

Peel and halve 9 pounds of crab apples. Add 4 pounds of sugar, 1 pint of vinegar, 1 teaspoonful of cloves (whole cloves), 3 or 4 sticks of cinnamon and mace. Let it boil one half hour, or less if they grow too soft.

HOE CAKES

2 cupfuls cornmeal
1/2 teaspoon salt
2 tablespoonfuls of bacon fat
or other shortening
1 cup hot water
1 and 1/2 cupful cold water (about)

Mix salt in cornmeal, pour on hot water, then add enough cold water to thin the mush so it pours slow out of the bowl. Add fat. Drop mush by spoonfuls on a hot griddle or skillet. Turn on both sides till brown.

Hoe cakes were cooked in the fire place, on hot coals, or on a hot shovel in the fireplace.

MOLASSES COOKIES

Mix together 1 cup sugar, 1 cup molasses, 1 cup butter or lard

Then add:

- 4 tablespoons vinegar
- 2 teaspoon soda in vinegar
- 1 teaspoon cinnamon
- 2 teaspoon ginger
- 1 teaspoon nutmeg
- 1 teaspoon vanilla

Work in enough flour to make a stiff dough that can be rolled.

--Anna Herron

APPLE PUDDING

Fill the bottom of the baking dish with small pieces of dry bread, slice some apples and put a thick layer of fine slices on the bread. Put sugar, small pieces of butter and a little cinnamon over the apples and then another layer of bread. Proceed as at first till your dish is full, finishing with a thin layer of bread crumbs. Pour on enough water to keep from drying out and bake until the apples are cooked. It can be served without sauce, but is good with cream.

(For 3 slices of toasted bread, use about 1/2 cup sugar, and from 1/2 to 1 cup water.)

--Mary L. Atwood

JAM PUDDING

One egg, three quarters cup of sugar, three tablespoons of melted butter, or sour milk, large cup of flour (1 standard measuring cup) one-half cup of jam, spices to taste (cinnamon and nutmeg preferred, about 1/2 teaspoon each), one half teaspoon of soda. Bake (350 degrees 35 to 45 minutes) and serve with any sauce.

--Mrs. W. L. Sullivan

JAM CAKE

1/2 cup shortening
1 cup sugar
1/2 cup jam (choice of jam, jelly or preserves -
strawberry preferred)

2 eggs
2 and 1/2 cup flour (before sifting)
1 teaspoon soda
Pinch of salt (if butter is not used)
1/2 teaspoon cinnamon
1/2 teaspoon allspice
Cloves or nutmeg if desired (sparingly)
1 cup cold coffee
1/2 cup nuts or raisins may be added if desired

Cream shortening, sugar and jam. Add eggs and mix well. Sift dry ingredients together adding alternately with coffee. Pour into 2 - 9 inch pans or sheet cake pans. Bake in a moderate oven (350 degrees) 35 to 40 minutes or until cake springs back when touched. Use a caramel icing.

--Mrs. Glenn (Freda) Schroder

PECAN PIE

Cream together 1/2 cup butter and 1/2 cup sugar. Add 3 eggs, beaten with 1/4 teaspoon salt. Mix well and stir in 1 cup pecans, 1 teaspoon vanilla, add 1 cup dark corn syrup. Bake in crust in moderate oven (350 degrees for 45 minutes).

--Mrs. Abner (Aria) Crews

QUEENS PUDDING

1 pint bread crumbs, one quart milk, warm and pour over the crumbs, yolks of 4 eggs, well beaten with 1 cup sugar, and one teaspoon of butter. When baked spread over the top, a layer of jelly or preserves. Beat the whites of the eggs, add 2 tablespoons of sugar and spread over the top. Bake a light brown, serve warm with sauce or cold with sugar and cream.

Mrs. Joseph Wiebe
Lincoln City, Indiana

CHESS PIE

One cup of sugar, one tablespoon of butter, two eggs beaten separately. Flavor with vanilla. Make rich pastry for bottom crust. Bake 350 degrees for 45 minutes.

--Mrs. M. W. Foster

OLD FASHIONED CREAM PIE

Pour 3 and 1/2 cups of cream upon 1 and 1/4 cups of sugar; let it stand until the whites of 3 eggs have been beaten to a stiff froth; add this to the cream, and beat thoroughly; grate a little nutmeg over the mixture, and bake it without an upper crust. If a tablespoon of sifted flour is added to it, as the other custard pie recipes, it would improve it. (Use favorite pastry for 1 crust pie).

GOOSEBERRY COBBLER

Take 2 cups of flour, 4 tablespoons melted lard (or shortening), 1/4 teaspoon salt, 1 teaspoon baking powder; mix as for biscuits, with sweet milk about 5 to 6 tablespoons. Roll dough thin, and line a pudding dish or 9x9 inch pie pan. Mix 3 tablespoons flour and 2 of sugar together, and sprinkle over the crust; then pour in 3 pints gooseberries (or a pound can of gooseberries), and sprinkle over them 1 and 1/4 cups sugar. Wet the edges of bottom crust in a little flour and water mixed, put on upper crust, press the edges together, make 2 openings by cutting 2 incisions at right angles an inch in length in top, and bake in a quick (375 degrees) oven for half an hour.

One of Lincoln's favorite songs was
"The Turbaned Turk" - the first verse:

The turbaned Turk
That shuns the world
And struts about
With his whiskers curled.

--From "Abe Lincoln of Pigeon Creek"



The recipes contained in the Lincoln Land Cook Book were collected and tested by the Consumer Service Department of SIGECO. Some of the recipes were favorite dishes of President Abraham Lincoln and others were handed down as being representative of his era.

The Lincoln Land Cook Book is the second in a series of collected recipes from the many interesting and senic areas of Southern Indiana to be published by SIGECO.

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