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Recipes by Ladies of St. Paul's Church

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RECIPES

—BY—

LADIES OF ST. PAUL'S

RECIPES

—BY—

LADIES OF ST. PAUL'S

P. E. CHURCH,

AKRON, OHIO.

COMPILED BY

MISS HARRIET ANGEL.

A NEW EDITION WITH A PHOTO INSERT AND
AN INTRODUCTION BY JON MILLER

BUCHTEL BOOKS • AKRON, OHIO

Originally published 1887 by The Werner Printing and Manufacturing Company

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DEDICATED TO
MRS. FRANK ADAMS,
PRESIDENT LADIES' AID SOCIETY,
ST. PAUL'S P. E. CHURCH.

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PREFACE TO THE ORIGINAL EDITION

We may live without poetry, music, or art ;
We may live without conscience, live without heart ;
We may live without friends ; may live without books ;
But civilized men cannot live without cooks.

and, though it is asserted that, like poets, cooks are born, not made, good cooking is largely the result of practical experience.

It is the truest economy to concoct the given materials into dishes so palatable and so daintily served that waste shall be reduced to a minimum. Since, "in the multitude of councilors there is wisdom," may we be pardoned if we add another to the number of cook books already flooding the land, as all the formulæ given in this compilation are obtained from ladies whose dainties are acknowledged to be most toothsome, and who, by this method, furnish the recipes for which they have often been importuned. The editors were troubled with *un embarras des riches*, and, perhaps the selections are not the most felicitous, but "to err is human." We tender our sincere thanks to the ladies of our town, and especially to those of other congregations who have responded to our requests generously.

EDITORIAL COMMITTEE.

Akron, Ohio, April 12, 1887.

INTRODUCTION

Jon Miller

Between 1880 and 1890, the City of Akron grew from about 10,000 people to about 28,000 people. Akron would not enter the list of America's 100 most populated cities until the 1900 census, but in 1887 it was undoubtedly an urban area with a thriving industrial center. The city produced cereals, clay products, sewer pipes, and rubber goods that were easily and profitably shipped to other markets through the city's canals and railroads.

GETTING AND PREPARING FOOD IN 1887 AKRON

By 1887, Akron families no longer lived in log cabins; one and two-story wood-frame houses were common. Public utilities were becoming more readily available, and the citizens of Akron were making a gradual transition to life with running water and natural gas. Water is essential for cooking, of course, and water quality was a key consideration when preparing meals in that era. Before the advent of city water and sewers, people depended on springs, wells, and cisterns. Spring and well water had to be carried into the house. Cisterns were brick or cement structures built into the ground and filled by downspouts collecting rainwater from the roof. A typical cistern held about 100 gallons of water; it required a filtration system (usually stone), and it had to be cleaned often. Hot water for cleaning, laundry, and bathing was not supplied by a hot-water heater but by a pot that lived on the kitchen stove.

RECIPES BY LADIES OF ST. PAUL'S

Arthur H. Blower remembered his childhood in 1885–1900 Akron in a 1955 book published by the Summit County Historical Society. Without gas, Akron families lit their homes with kerosene lamps, and they burned coal or wood in the kitchen stove. The introduction of gas horrified many citizens of Akron in the late 1880s and 1890s, Blower writes, because they were sure “it would explode in our stoves and blow us to Kingdom Come.”

Homeowners typically purchased gas for improved interior lighting, but a home that was piped for natural gas would soon have a gas stove in the kitchen. Coal and wood stoves required constant attention to maintain a good fire. Gas stoves provided quick heat for boiling, baking, roasting, or frying and were regarded as a great convenience for the housekeeper. The gas stove was much cleaner as well, and in the summer gas stoves were greatly admired for not overheating both the kitchen and the whole house. “A dinner can be cooked with gas in a white dress, and the mistress can appear perfectly cool and bearing none but savory reminders of her hour in the kitchen,” wrote one author for a woman’s magazine of the day.

There were drawbacks to gas stoves, however. Most homes still required extended burning hours of a coal or wood stove for heat in the winter and for the availability of hot water to meet the demands of the family. Therefore, when first introduced, the gas stove only supplemented the coal or wood stove, and it was regarded by some as an unnecessary new-fangled invention. Gas stoves could also burn at startlingly high temperatures. Many housekeepers initially scorched the meals that cooked longer and at lower temperatures in a coal or wood stove.

Over time, however, the coal or wood stove disappeared from the kitchen and the gas stove came to be regarded as efficient, superior, and essential. Though he regretted “that the cheerfulness of a coal or a wood fire” was “gone forever from our kitchens,” Arthur Blower remembered that the introduction of natural gas was a “blessing for mothers in the kitchen.”

Electricity also came to the city in the 1880s. Electricity was not immediately useful in the home; at the time gas lighting was superior

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to electric lighting. Businesses used enormous electric lights that they erected on the corners of Akron's downtown streets to promote their operations. At first, the lights were a marvel; they attracted people to the business district like moths to a flame. Electricity had other early uses. In 1888, the first electric streetcar ran down Market Street.

With electricity came the telephone. Like electricity, the telephone was much more appealing to businesses than to private homes, and it became an essential tool for doing business. If a store had a phone, the proprietor could answer questions about the quality and availability of products prior to delivery. Ten advertisements in this cookbook include telephone numbers—three-digit phone numbers for architects, purveyors of fine furniture in “chaste designs,” sellers of meat, wall paper, and groceries. The telephone was also used to arrange for coal delivery, gas fittings, plumbing service, and mortuary service.

The 1880s were “the horse and buggy days” of Akron; getting around town to shop for essentials was not pleasant or easy. An Akron circus performer named Achille “Archie” Phillion began construction of his “steam carriage,” a primitive early automobile, around 1887. But he did not drive his unreliable spectacle until the early 1890s, when bicycles were gaining in popularity in Akron and across the country. (Akron's rubber manufacturers thrived on the production and sale of bicycle tires.) The city's roads were not wide and smooth, and few were paved. Since transportation was dependent on horses and mules, Akron had plenty of stables, livery barns, feed stores, harness shops, hay markets, wagon-repair shops, carriage factories, and manure piles. When streetcars were first introduced in the early 1880s, they were powered not by electricity but by horses and mules. By city ordinance, the new mode of conveyance was limited to speeds of five miles per hour or less.

Since travel within the city was slow and dirty, most food was delivered to the house. Milk peddlers travelled daily routes in small, lightweight wagons with a canvas top. The sellers rang bells as they moved down a street. People grabbed their pitchers and jugs and went to the wagon to buy milk by the pint or the quart. Fish peddlers came less often, maybe once a week, tooting horns in a signature fashion

RECIPES BY LADIES OF ST. PAUL'S

and selling strings of scaled, deboned, and beheaded fish. Fish would not keep, so an Akron household would need recipes for leftovers from a fish dinner.

During the era, Americans were interested in finding a way to improve their means of artificial refrigeration, mainly to meet the demands of the brewing industries and the need for well-refrigerated railroad cars. In the 1880s, "refrigeration" in a private home meant keeping the windows open, using a gas stove in the summer, and maintaining a messy icebox, which cooled a small space in a rather unreliable fashion.

Processed or canned food was not a household staple until the early 1900s, around the time Upton Sinclair wrote *The Jungle* (1906). But in the late 1800s, Akron was home to Ferdinand Schumacher, the German immigrant, Prohibition Party politician, and "Oatmeal King" of America. His method of processing oats created a widespread demand for the cereal. After several mergers, Schumacher's cereal companies eventually became the Quaker Oats Company.

Akron housekeepers of the late 19th century mainly prepared fresh foods or foods that had longer shelf lives like winter potatoes. Local farmers brought their seasonal products into town for sale in groceries and by peddlers, who sold farm produce, such as potatoes and watermelon, from horse-drawn wagons. Arthur Blower remembered that these "hucksters" distinguished themselves not with bells or horns but with the musical bellowing of their product—*PO-TA-A-TO-O-E-S* or *WADDY-MELO-O-O-ONS*—much like beer vendors now do at baseball games.

With better roads and the rise of streetcars, groceries grew and were always busy on Saturday nights. Most people worked a sixty-hour week, and Saturday night was a common time off to come to town under the electric lights. Men collected in the grocery stores to loaf, gossip, and perhaps to haggle for perishable goods before the Sunday closing. New roads allowed Akron's F. W. Albrecht to expand his grocery business from the one store he opened at the corner of Buchtel Avenue and Center Street in 1891. By 1904, his chain of "Acme" stores grew to six since he was able to dependably and cheaply

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deliver goods from a central warehouse to small residential groceries that, in turn, delivered food to Akron homes. In 1916 the Acme stores stopped delivery and became “basket” stores. Customers then had to travel to the store, select and purchase their groceries, and transport them home themselves.

The ingredients in these recipes include the staple items for citizens of Akron in 1887. They ate a lot of potatoes, they made a lot of soup with perishable produce, and they found ways to mix and fry up scraps of leftover meat and fish. If the recipes seem heavy or calorie-rich by today’s standards, note that Americans of the late 1800s struggled to meet their energy needs. Unlike today, when the average American can easily consume far more calories than he or she needs on a daily basis, in the 19th century the opposite was true. The heaviness of these foods testifies not to their gluttony but to their struggle to get the calories they needed. Undoubtedly, some of the city’s wealthiest citizens were rather well-fed, however, and may have enjoyed the fact that obesity was generally respected as a display of wealth during the era.

RECIPES BY LADIES OF ST. PAUL’S PROTESTANT EPISCOPAL CHURCH

St. Paul’s Episcopal Church was organized in 1836, meeting at various places, including the old “Stone Block” at the corner of Howard and Market Streets. In 1844 the church settled in a wood-frame building on South High Street before moving, in 1885, to the stone building on the western corner of East Market and Forge. The larger stone building, west of the original church building, was added in 1907. The current church on West Market Street was consecrated in 1952.

The 1885 building is just one reason The Reverend Leo Ganter is remembered as one of St. Paul’s most successful rectors. Built on what would be known as the versatile “Akron plan” of church architecture, St. Paul’s had a large worship space that opened into a series of smaller cubicle rooms around its perimeter. The smaller rooms had many uses and were used, for example, for Sunday School classes during the worship service.

RECIPES BY LADIES OF ST. PAUL'S

The Sunday School was a busy one. In 1887, St. Paul's had about 330 church members and an equal number of Sunday School students. The congregation appears to have been made up of large, young families, and the church enjoyed a bustling social life. The church archives include evidence of a wide variety of social events, and these events often involved a large part of the entire congregation. Handwritten programs for the annual church picnics of 1887 and 1888, for example, show that about half the adult congregation were given vital assignments on the required committees for "transportation," "tables," "waiters," "lemonade," and so forth. These picnic programs also include nearly all of the names signed to recipes in this cookbook.

Recipes by Ladies of St. Paul's P.E. Church documents more than the dietary tastes and habits of the time. It also demonstrates the organizational skills of the women involved. As Kathleen L. Endres has shown in her book, *Akron's Better Half: Women's Clubs and the Humanization of the City, 1825-1925*, the city was thoroughly organized by women who were interested in escaping the kitchen stove and somehow contributing to improvements in the quality of life for all of Akron's citizens. St. Paul's Episcopal Church was no different than Akron's other churches in this regard: the women organized for a variety of causes. This cookbook may have been created and marketed for some specific charitable cause. If not, the proceeds surely went, eventually, to the support of the charitable work of St. Paul's generous and organized women. At St. Paul's, the women were especially interested in helping the children of Akron. Calling themselves "The Heart and Hand Circle of St. Paul's Episcopal Church," women of St. Paul's ran a chapter of The Order of the King's Daughters, an international women's organization; in 1890 they worked with another Protestant chapter of the King's Daughters in Akron to found a day nursery for the children of Akron's working women, which grew into Akron Children's Hospital.

The cookbook includes contributions from a founder of this woman's circle, Mary Folger Rawson Perkins, the wife of George Tod Perkins, who signed her "salmon salad" and "dressing for sandwiches" with the name, "Mrs. G. T. Perkins." In 1890, her daughter Mary wed

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a son of another long-established Akron family, Charles B. Raymond. Then a rubber-industry secretary, Raymond would eventually serve as an important executive at B. F. Goodrich. Certainly, she married more than a man—she married a family with culinary traditions that evidently included, in this case, “whortleberry pudding,” “fricassed oysters,” and “Annie’s lemon pie.”

Other notable contributions to this cookbook are signed with the name of Colonel A. L. Conger, whose postwar experience as a traveling salesman of farm machinery led to the presidency of the enormously successful Whitman & Barnes Manufacturing Company. On the side he served as the President of the Akron Steam Forge Company, a director of the Second National Bank of Akron, the Chairman of the Summit County Republican Committee, and he had a large interest in local straw, building, lumber, plate glass, tin plate, and railway companies. At home “Mrs. A. L. Conger,” Emily Bronson Conger, prepared (or oversaw the preparation of) “orange sherbet,” “pineapple sherbet,” and “apple cream.”

Other names are easily recognized as associated with notable citizens of nineteenth-century Akron. One frequent contributor here is “Mrs. D. L. King,” who surely is the wife of David Leicester King, who graduated from Harvard College in 1846 and moved to Akron in 1849 to practice law with his brother as “King & King.” King left law and became secretary of the Akron Sewer Pipe Company. When this cookbook was published, he was President of the King Varnish Company and the Glendale Cemetary Company. His wife, Bettie Washington Steele King, was a grandniece of George Washington. She served “bean soup,” “tomato soup,” “potato soup,” “celery soup,” “baked fish,” “sweetbread salad,” “lemon pudding,” “gelatine pudding,” and a “corn starch cocoanut pudding.” Her daughter, “Miss King,” was expert in preparing “salad dressing” and “pudding sauce.”

The cookbook not only tells us what these people ate, but it also says a great deal about the way the people of Akron were connected to one another. The advertisements had to be sold; someone from St. Paul’s walked down East Market Street and up and down Howard and Main, and thus commanded dozens of advertisement purchases.

RECIPES BY LADIES OF ST. PAUL'S

A church member went to Cleveland, evidently on the train, and sold ad space to store owners on Euclid Avenue. (Also on Euclid Avenue was St. Paul's Episcopal Church of Cleveland.)

Finally, the recipes in the cookbook are worth trying today. The ladies of St. Paul did not record recipes in the "scientific" fashion of the twentieth century. Though some surely prepared these recipes with a gas stove, nearly all that involved heat for baking, roasting, stewing, etc. were invented and perfected on a coal or wood stove. These stoves were not precisely regulated as present-day stoves, and therefore, these recipes do not specify the actual oven temperature. For most purposes, a 350 degree oven should be fine. As for measures, experimentation with the amounts of ingredients might be necessary to get good results. That said, most of the recipes are not complicated, and even an amateur cook could recreate them by practice and consulting modern recipes for similar creations.

Bon appetit.

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RECIPES

—BY—

LADIES OF ST. PAUL'S

P. E. CHURCH,

AKRON, OHIO.

COMPILED BY

MISS HARRIET ANGEL.

E. M. McGILLEN & CO.

CLEVELAND, OHIO.

We are receiving daily direct importations of exclusive novelties in

Silks, Velvets and Novelty Dress Goods,

With Rich and Exclusive Trimmings to match.

These Goods were never as beautiful as they are this Season, and the Ladies of Akron will find it to their advantage to visit our Store, as the lines of

NOVELTIES

Will be found very extensive,

And suited to the most fastidious tastes.

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SYNONYMS 25,000 Words
in ordinary use. Very accurate, neat and attractive.
Price, by mail, 10 cents.

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Wittily written. Beautifully
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Cleveland, O. Ask your book-
seller for these books, and
make him keep them.

TO THE LADIES OF ST. PAUL'S.

Dear Mesdames.—With the hope that our action may assist you in the sale of your Cook Book, we hereby agree to accept copies of the same in place of money to the full amount of the list price on purchases from our retail stock, to the amount of ten dollars or over; one copy only to be accepted at a time, and this offer to hold good during the year 1887. Trusting that this may be a help to you in disposing of them freely, and hoping your fair may be otherwise successful, we are,

Yours Very Respectfully,

THE BURROWS BROS. CO.,
CLEVELAND, OHIO.
23, 25 & 27 Euclid Avenue,

SYNONYMS 25,000 Words
in ordinary use. Very accurate, neat and attractive.
Price, by mail 10 cents.

Words Correctly Spoken,
by Elroy M. Avery, Ph. D.
Wittily written. Beautifully
printed with red-line borders;
bound in cloth. Price, by mail,
15c. These books copyrighted
and published by THE BUR-
ROWS BROS. CO., publish-
ers, booksellers and stationers
Cleveland, O. Ask your book-
seller for these books, and
make him keep them.

The LARGEST STORE and the
Largest Stock of

Books and Stationery

In the State of Ohio, and outside of Chicago,
in the west, is that of

THE BURROWS BROS. CO.,

23, 25 & 27 Euclid Avenue,
CLEVELAND, O.

Do spend several days in a friend's house and hunger for something to read while you are treading on costly carpets, sitting upon luxurious chairs, and sleeping under coverlets of erider, is—how barren and, alas, how common! Given a taste for reading and the means of gratifying it, and you can hardly fail to make a happy man. Why not, therefore, if you have children, cultivate in them a taste which will stand by them in every variety of circumstances, a taste which, if not acquired before the age of maturity, will come after that with difficulty. Are you in moderate circumstances? Remember that books, the reading of them, and the knowledge that comes from the study of books, are what distinguish the highest civilization with its comfort-giving appliances from the lowest barbarism and its attendant squalor. Are you, on the contrary, in possession of wealth enough to insure you comforts and luxuries? Then remember that **NO HOUSE IS FURNISHED UNTIL IT HAS BOOKS AND A LIBRARY**. Why spend hundreds and thousands of dollars on carpets, curtains and bric-a-brac more freely than tens for books? "It is books that teach us to refine our pleasures when young, and having so taught us, enable us to recall them with satisfaction when old," we are told by Leigh Hunt. Nearly all knowledge is useful to the man who would be broad-minded. An acquaintance with chemistry may be of more value to a preacher than he would ever deem possible; military tactics may not be without value to a publisher, as witness the notable English house of John Murray, and the essence of the doctrine of evolution may preserve an architect for abiding in the time-worn ruins of the past. The invention of Henry Bessemer of converting steel, which made its author twenty-five millions and the world one hundred millions of profits or savings, was that of a broadly enlightened man, not an iron worker, who turned all the force of his brain power to that subject. "Qui legit regit," said the old Romans, and the commentaries of perhaps the most remarkable man who has ever lived on this earth will go far to prove the assertion true. "Arbor scientie, arbor vite," is the motto chosen by that sweetest of English poets, Austin Dobson, for the title-page of one of his books. Therefore, we say again:

BUY BOOKS!

**BUY THEM OF US IF YOU WILL,
BUT BUY THEM.**

OUR BLOCK is now being re-
modeled. When ready for
business, about June first, we give
you all a cordial invitation to visit
us and inspect our establishment.
In the meantime, while we are torn
up and in uninviting shape, we will
do the best we are able to give your
orders our prompt attention.

The Burrows Bros. Co.

SYNONYMS 25,000 Words
in ordinary use. Very accurate,
neat and attractive.
Price, by mail 10 cents.

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by Elroy M. Avery, Ph. D.
Wittily written. Beautifully
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ROWS BROS. CO., publish-
ers, booksellers and stationers
Cleveland, O. Ask your book-
seller for these books, and
make him keep them.

"Without books, God is silent, justice dormant, natural science at a stand, philology lame, letters dumb and all things involved in Gimmerman darkness."—*Bartholin*.
"It is a man's duty to have books." A library is not a luxury, but one of the necessities of a high life.—*Henry Howard Decker*.
WITH LOW PRICES AND BEST GOODS
We hope to merit your trade and convince you that the old Norman-French motto, which we have chosen to copy from one of the poets, as the legend of our escutcheon is deserved:
"Autant Ley Qu'ailleurs."

SYNONYMS 25,000 Words
in ordinary use. Very accurate,
neat and attractive.
Price, by mail 10 cents.

Words Correctly Spoken,
by Elroy M. Avery, Ph. D.
Wittily written. Beautifully
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ers, booksellers and stationers
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seller for these books, and
make him keep them.

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—In the Front Window at the—

PHILADELPHIA * DAIRY * AND * CAFE,

69 EUCLID AVENUE,

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THIS Homelike and Unique Hostelry is conducted on the European Plan; is open Day and Night, is brilliantly illuminated with Incandescent Electric Lights. It is unquestionably the *most popular resort* in Cleveland.

ICE CREAM, OYSTERS, LUNCHEON OR MEALS

ARE SERVED AT ALL HOURS.

It has an **Elegant Ladies' Parlor**, cosy, and entirely secluded. It has the

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OF ANY HOUSE IN CLEVELAND.

It is First-Class in all its Appointments.

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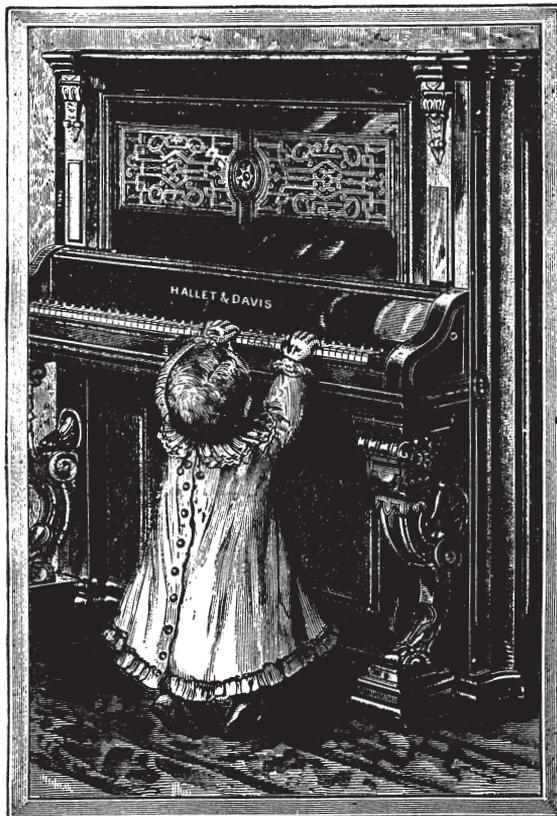
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PRICES RIGHT.

Every Piano that we handle, however plain the casing may be, has the very best interior work, showing that great pains has been taken by the maker, and is built for a life time of service.

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BOSTON :: VARIETY :: STORE.

The most choice selection that can be found in the
market, of the latest Novelties in

Jewelry, Silverware, Cutlery, CLOCKS AND BRASS GOODS.

Bags, Purses and Card Cases, Games, Playing Cards,
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Room 27 ft. wide, 150 ft. deep, DOUBLE DECK BALCONY.
More shelf room than any two Shoe Stores in the State.

NEW CASH SYSTEM.

Goods and Cash carried on one wire to cashier.

The minute you enter this immense store you are delighted with it. The **ONLY**

One Price Cash Boot and Shoe Store

IN THE STATE.

N. O. STONE, 212 SUPERIOR STREET.

RECIPES.

SOUPS.

"Hail Soup! thou harbinger of a good dinner."
"Good diet, with wisdom, best comfort man."

Bean Soup.—Soak one quart black beans over night. In the morning, put on to boil with three pounds beef and a small piece of pork, one head of celery, two grated carrots. Boil two hours, seasoning to taste with salt, pepper, cloves, allspice and cinnamon. Strain through the colander, and put into a tureen in which has been placed two hard boiled eggs, sliced, one lemon sliced and one teaspoonful tomato catsup. Mrs. D. L. King.

Tomato Soup.—Boil together until done one quart tomatoes, one and one-half pint water, two small potatoes, one onion, or none, strain through a colander, add pepper, salt, butter and one teacup hot milk with a trifle corn starch stirred in. Miss Carpenter.

Tomato Soup.—Boil together, one can tomatoes, three pints water, one onion, one tablespoonful of butter, season with salt and pepper, and strain through a colander and add one pint milk, or cream, boiled and thickened with a little rolled cracker. Serve at once. Mrs. D. L. King.

Green Pea Soup.—Boil one can green peas in one quart of water and a little onion for twenty minutes. Add one quart of milk, and one tablespoonful melted butter, two of flour with enough of the soup to make a smooth, thin mixture worked thoroughly together, added to the soup, boil ten minutes, season with salt and pepper and strain. Mrs. N. P. Goodhue.

Potato Soup.—Boil four medium sized potatoes in water till soft, mash fine and strain through a soup strainer. At same time boil milk with a small onion long enough to flavor. Just before serving, put strained potatoes into milk with tablespoonful butter and a little salt. Mrs. D. L. King.

Corn Soup.—Boil in one quart of water, till well done, one dozen ears of corn, cut and scraped, then add two quarts sweet milk, bring to a boil, then add one-fourth pound butter, smoothed into two tablespoonfuls flour, season with salt and pepper. Pour the boiling soup over the well beaten yolks of two eggs, stirring constantly.

Celery Soup.—Boil two heads of celery in a pint of water thirty or forty minutes. At the same time boil together a pint of milk, a slice of onion and a small piece of mace, adding a tablespoonful butter and a tablespoonful of flour after it has boiled ten minutes. Mash the celery in the water in which it has been boiled and stir into the milk, season with salt and pepper and serve immediately. Fry little pieces of bread in hot lard and add when the soup has been put in the tureen. A cup of whipped cream improves this dish.
Mrs. D. L. King.

Chicken Soup.—To the broth in which chickens have been boiled for salad, &c., add one onion, eight tomatoes, season with pepper and salt, boil thirty minutes. Just before serving stir in the well beaten yolks of two eggs.

Noodles for Soup.—Add to one egg as much sifted flour as it will absorb, with a little salt. Roll this as thin as a wafer, dredge very lightly with flour, and roll over into a roll. Slice off thinly from the ends, shake the strips out loosely, put into the soup, and serve with it.
Mrs. J. A. M.