



**William Holmes
McGuffey Museum**

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Oxford OH 45056
Phone
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Open to the Public
Tuesday - Friday
1:00 p.m. - 5:00 p.m.
Saturday - Sunday
1:00 p.m. - 4:00 p.m.

Admission is Free

MUSEUM STAFF

Curt Ellison
Director

Steve Gordon
Curator

Helen Sheumaker
Coordinator of
Museum Education

Cindy Fledderman
Administrative Assistant

McGuffey Museum

Spring 2008

Recipes from

The Hunter Sifter Cook Book, 1884

Lydia Maria Child's *The American Frugal Housewife, 1844*

Amelia Simmon's *American Cookery, 1796*

Sarah Josepha Hale's *The Good Housekeeper, 1841*

ALMOND BISCUITS

Beat the whites of four eggs to a froth, chop five ounces of beef suet, and half an ounce of almonds separately. Mix with the yolks of the four eggs, six ounces of powered loaf sugar; beat well and pour into the almond mixture; shake in two ounces and a half of flour, and add lemon to taste. Bake in small tins.

From *The Hunter Sifter Cook Book, 1884*

POTATO SOUFFLE

Boil six fair sized potatoes and mash very fine, avoiding any lumps. Boil one cup of milk and one cup of butter; add the potatoes, salt and pepper sufficient, and beat to a cream; then add, one at a time, the yolks of five eggs, and beat it well. Beat to a stiff froth the whites of the eggs, and add this to the mixture, stir lightly, pour into a buttered pan and bake twenty minutes.

From *The Hunter Sifter Cook Book, 1884*

CUP CAKE

Cup cake is about as good as pound cake, and is cheaper. One cup of butter, two cups of sugar, three cups of flour, and four eggs, well beat together, and baked in pans or cups. Bake twenty minutes, and no more.

From *The American Frugal Housewife, 1844*

RASPBERRY CREAM

Take a quart of thick sweet cream and boil it two or three wallops, then take it off the fire and strain from juices of raspberries into it to your taste, stir it a good while before you put your juice in, that it may be almost cold, when you put it to it, and afterwards stir it one way for almost a quarter of an hour; then sweeten it to your taste and when it is cold you may fend it up. [a "wallop" is the noise made during a full boil]

From *The First American Cookbook, 1796*



Useful Kitchen Cleaning Tips

Clean a brass kettle, before using it for cooking, with salt and vinegar

Do not let knives be dropped into hot dish-water. It is good plan to have a large tin pot to wash them in, just high enough to wash the blades, without wetting the handles.

Scald your wooden ware often; and keep your tin ware dry.

Keep your salt spoons out of the salt.

From The American Frugal Housewife, 1844



LOBSTER SALAD

The meat of one lobster is extracted from the shell, and cut up fine. Have fresh hard lettuce cut up very fine; mix it with the lobster. Make a dressing, in a deep plate, of the yolks of four eggs cut up, a gill of sweet oil, a gill of vinegar, half a gill of mustard, half a teaspoonful of cayenne, half a teaspoonful of salt; all mixed well together. To be prepared just before eaten. Chicken salad is prepared in the same way, only chicken is used instead of lobster, and celery instead of butter.

From The American Frugal Housewife, 1844

LEMON SPONGE CAKE

Take one pound of dried flour, three quarters of a pound of finely-pounded loaf sugar, seven eggs, the yolks and whites beaten separately, the grated peel and juice of a lemon, a table-spoonful of rose water; beat all for an hour with the hand; butter a tin, line it with a paper also buttered, put in the cake, and sift pounded sugar over the top. Bake it for an hour.

From The Good Housekeeper, 1841

TO BOIL GREEN BEANS

Beans require a great deal of water and it is not best to shell them till just before they are ready to go into the pot, when the water boils put them in with from picked parsley and from salt, make them boil up quickly, when you feel them begin to fall, they are done enough, strain them off, garnish the dish with boiled parsley and send plain butter in a cup or boat.

From The First American Cookbook, 1796

COLLEGE CAKE

Wet eight cups of flour with two pints of milk and one-half pint of yeast; put it away to rise. Beat into a cream: 6 cups of sugar. 5 cups of butter. Then add: 8 well beaten eggs. 1 teaspoonful of cinnamon. 2 teaspoons of grated nutmeg. $\frac{1}{2}$ teaspoonful of cloves. A pinch of salt. 1 cup of wine. Beat well together, and mix into the dough, and let it rise. When it is light, add one pound of currants, one pound of stoned raisins, rolled in flour. Bake in loaves in buttered pans.

From The Hunter Sifter Cook Book, 1884