

# CH W *Line*

Culinary Historians of Washington, D.C.

November 2006

Volume XI, Number 3

**Happy 10<sup>th</sup> Anniversary**

**to Culinary Historians of Washington, D.C.**

**The Charter Meeting was held in October of 1996.**

## Articles for CHoW Line

The newsletter editor will be pleased to receive contributions to the newsletter from members and subscribers, although we regret we cannot pay for articles.

## November 12 Meeting: Paul Lukacs To Speak

### “The Rise of American Wine”

According to Paul Lukacs, author of *The Great Wines of America: The Top Forty Vintners, Vineyards, and Vintages* (WW Norton) and *American Vintage: The Rise of American Wine* (Houghton Mifflin hardcover; WW Norton paperback), “as recently as a generation ago, the United States was little more than an afterthought in the world of fine wine. The country certainly had a long history of grape growing, but that history hardly mattered. Nor did the wines themselves much matter. Large producers made huge amounts of innocuous jug wine and cheap fortified tippie, but only a handful of small, largely unknown wineries made anything resembling the famed European bottlings so revered by connoisseurs. Then, seemingly overnight, American wine took a (continued on page 2)



*Note that Paul Lukacs will begin speaking at the start of the meeting at 2:30 because he needs to leave at 4 pm. CHoW's short business meeting will be after his presentation.*

## Calendar of CHoW Meetings

- |                     |  |
|---------------------|--|
| <b>September 10</b> | Psyche Williams-Forson, “African American Women, Food Service and the Railroad”  |
| <b>October 8</b>    | Deborah Warner, “How Sweet It Is: Sugar, Science and the State”  |
| <b>November 12</b>  | <b>Paul Lukacs</b> , author, <i>American Vintage: The Rise of American Wine</i> .  |
| <b>December 10</b>  | “A Festival of Frugality” panel with <b>Jane Mengenhauser, Sheilah Kaufman, Kay Shaw Nelson, Amy Riolo</b> and <b>Hanne Caraher</b> .<br><b>Cooperative Supper in Alexandria</b> |
| <b>January 14</b>   | <b>Sandy Oliver</b> , “Lessons My New Book Taught Me: Insights Gained from <i>Food in Colonial and Federal America</i> .”  |
| <b>February 11</b>  | <b>Warren Belasco</b> , “The Future of Food”   |
| <b>March 11</b>     | <b>Robert Wolke</b> , “Food 101” columnist in <i>The Washington Post</i> Food section. “How Chemistry Facilitated Colonial Food Preservation”                                    |
| <b>April 1</b>      | <b>Field Trip to Mount Vernon</b> , Virginia. George Washington’s reconstructed Distillery & Grist Mill with a talk by the archeologist of the distillery.                       |
| <b>May 6</b>        |  |

Culinary Historians of Washington, D.C. (CHoW/DC)

founded in 1996, is an informal, nonprofit, educational organization dedicated to the study of the history of foodstuffs, cuisines, and culinary customs, both historical and contemporary, from all parts of the world.

[www.chowdc.org](http://www.chowdc.org)

## “...American Wines,” continued from Page 1.

huge leap forward in both quality and prestige. The nation that had been an afterthought suddenly became an obsession, as America rose to its current position of prominence, if not preeminence, in the world of wine.”

*The Great Wines of America*, published in November 2005, profiles forty of the country’s finest wines, while *American Vintage*, first published in 2000 and republished in 2005, offers a social history of wine in the United States. *American Vintage* won the three major American wine “book of the year” awards in 2001—from the James Beard Foundation, Champagne Veuve Clicquot, and the International Association of Culinary Professionals. *The Great Wines of America*, a finalist for wine book of the year from IACP, was awarded a Gourmand prize and was featured as a selection of the Book-of-the-Month Club.

Since 1994, Lukacs has written features, columns, and individual wine profiles for *The Washington Times* on a weekly basis. From 2002 to 2005, he served as the regular wine columnist for *Washingtonian* magazine. In these positions, he has covered wines and winemaking all across the globe. He also has written about wine on a freelance basis for many magazines, including *Saveur*, *Wine and Spirits*, *Food Arts*, and *American Heritage*. In addition, starting in 2005, he became a regular contributor to *winereviewonline.com*.

Paul Lukacs also serves as the chair of the English department at Loyola College in Maryland. His academic specialty is 19<sup>th</sup> Century American literature, and he has published in leading academic journals in that field. He lives in Baltimore. <END>

## Attention: Food Writers Wanted

The co-editors of a new, two-volume encyclopedia, *The Business of Food: Encyclopedia of the Food Industry*, scheduled for publication by the Greenwood Publishing Group early in 2008, are looking for people to write one or more entries. There are small honoraria (the amounts vary with the size of entries), and the authors of the entries will be credited. Please respond as soon as possible, as they must have all the articles in hand by December 1, 2006. A complete listing of Greenwood’s food studies titles can be found at: <[http://www.greenwood.com/search/text\\_search.asp?txtqs=food&select=book&page=1](http://www.greenwood.com/search/text_search.asp?txtqs=food&select=book&page=1)>. Gary Allen, Food Writer and Adjunct Professor, Empire State College [gallen@hvi.net](mailto:gallen@hvi.net) Ken Albala, Professor of History, Pacific University, [kalbala@pacific.edu](mailto:kalbala@pacific.edu)

## Upcoming Events of Interest

### Historic Food Series: “Tea”

Monday, November 13  
7:00pm – 9:00pm  
Dumbarton House  
2715 Q Street Northwest,  
Washington, D.C. 20007  
Fee is \$25 per person



Renowned author and silver expert, Jennifer Goldsborough will take you back in time to discuss the use of tea in early America, including its importation, popularity, expense, dining customs and equipage. Afterwards, you can delight your taste buds as Lynayn Mielke leads you through a tea tasting. Lynayn holds a Level III certification as a Tea Professional from the Specialty Tea Institute of the US. In her never ending quest to “educate palates about the joy of tea”, Lynayn founded the East-West Tea Emporium in 2002, and continues her education at the Annual World Tea Expo.

To reserve a tea cup, please call 202-337-2288, extension 450. If you’d like more information, or if you have any questions, please don’t hesitate to give **Katherine Willhoit** a call at 202-337-2288, extension 230.

### CHoW Annual Cooperative Supper in Alexandria

January 14, 2007, 4:30-6:30 pm  
400 Madison Street, Alexandria, Va 22314

Each year we hold a potluck dinner based on an historical theme chosen by vote of CHoW members. We have had some suggestions already for this year (see below) and encourage anyone to propose a theme that we can discuss at the November meeting. Please send the newsletter editor your suggestions before the November meeting if you will be unable to attend. We will vote in December.

- Food around the world circa 1607 (tied to VA 400 years celebration)
- Foods of Virginia through time (tied to VA 400 years celebration)
- Frugality (tied to our December CHOW panel presentation). One example could be foods of the Great Depression Era.

## Welcome, New Members!

Daniel and Stefanie Walker  
Historical banquets, 16th-18th c.  
cooking, Middle Eastern food, table  
decorations and rituals



Ann Hertzler  
Children’s cookbooks

Maria Wohlschlager (student)  
All aspects; culinary major

# How Sweet It Is: Sugar, Science and the State

**Speaker: Deborah Jean Warner, CHoW Meeting October 8**

Curator, Physical Sciences Collection, National Museum of American History

(Editor's Note: Below is a condensed version of the presentation)



Photo by Kari Barrett

**M**y talk has many details, but only four main points.

**One:** Americans eat a lot of sugar. In the late nineteenth century, we spent more than \$100 million a year on sugar, consumed a whopping 77.5 pounds apiece, and boasted that we were the greatest sugar consumers on earth. Today, the average annual consumption has risen to over 100 pounds, and that does not include such things as Splenda, Equal, or high-fructose corn syrup.

**Two:** while Americans were becoming hooked on sugar as a source of cheap and tasty calories, Congress was becoming hooked on the revenues generated from taxes levied on imported sugar—derived primarily from Caribbean cane or from European beets. In the late nineteenth century, these taxes amounted to some \$50 million a year, and provided the single largest source of federal funds.

**Three:** following British practice, Americans levied a differential tariff on sugar, the rate of taxation correlating with the purity of the sugar.

And **four:** the problem of assessing the quality of sugar for tax purposes turned out to be terribly difficult. Indeed, I would argue that it was among the most difficult scientific challenges facing the federal government in the nineteenth century.

Much of the sugar we eat comes from cane, a tall grass that thrives in tropical climates. The early history of cane is somewhat disputed, but it's generally agreed that cane originated in the South Pacific. Alexander the Great found it in India and brought it to the Mediterranean. Cane was planted on the Canary Islands, Madeira and the Azores in the fifteenth century, and Columbus brought it to the Caribbean, on his second voyage, that of 1493.

By the end of the sixteenth century, cane was being grown in Brazil and on several islands in the West Indies. The English planters who settled on Barbados revolutionized production by shifting from diversified agriculture to sugar monoculture, from small farms to large plantations, and from free to slave labor—thereby altering the output of sugar sufficiently to affect the luxury market. In the eighteenth century, as the Barbados method was adopted elsewhere, with even greater economies of scale, the price of sugar fell so far that this commodity could become a staple

of the diet of the European working class. Sugar in tea and jam on bread fueled the industrial revolution, enabling people to work the long hours demanded by factories and their machines. So argued Sidney Mintz in *Sweetness and Power. The Place of Sugar in Modern History* (1985).

A few scientists investigated the saccharine properties of beets in the late 18th century, and the first sugar beet factory was established in Silesia in 1801. A few years later, Napoleon promoted research into and production of French sugar beets. By mid-century, beet sugar had become big business in France, Russia, and several German states. The American industry dates from the 1890s, promoted in large part by the Department of Agriculture.

Producing sugar from cane is a complicated and energy-intensive business, and so has always been done as a two-step process. Since cane must be

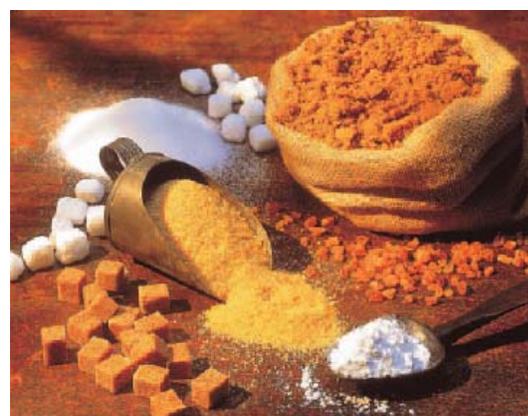


Photo credit: The Sugar Association

harvested at the optimum moment and processed immediately—like corn, which should be boiled within minutes of being picked—mills located near the fields crushed the cane, mixed it with water and other materials, and boiled until it formed crystals. The resultant “raw sugar” was then refined in London or Amsterdam or some other location with easy access to coal or other efficient energy resources.

Notice of a sugar refinery in Charlestown, Mass. appears on a Boston map of 1721. In 1730, Nicholas Bayard of New York announced that he had erected a “House for Refining all sorts of Sugar and Sugar Candy, and has procured from Europe an experienced artist in that Mystery.” By the mid-nineteenth century, sugar refining was the largest and most lucrative manufacturing business in New York. It was also the source of some major American fortunes. I should also note the importance of molasses, and of the distilleries that turned this sugar by-product into rum. According to one historian, the distillation of molasses into rum “created a colonial manufacturing industry” in Massachusetts that was “surpassed only by ship building in terms of labor, capital, and entrepreneurship.”

The importance of sugar in American history shows up in other ways as well. Because island planters concentrated on cane and relied on others for their food and other

necessities, the Caribbean market became the cornerstone of the economy of New York, Massachusetts, and perhaps other colonies as well. Moreover, in order to give British planters on Barbados a monopoly of the American sugar market, the British government levied exorbitant tariffs on sugar grown in the French, Dutch, and Spanish West Indies. These Acts—especially the Molasses Act of 1733 and the Sugar Act of 1764—are considered to be among the precipitating factors of the American Revolution.

Americans followed the British custom of taxing sugar on the basis of quality as well as quantity. The first American tariff, which was enacted on July 4, 1789, levied a tax of 1¢ a pound on brown sugar, 3¢ a pound on loaf sugar, and 1.5¢ a pound for sugar of intermediate quality. Subsequent tariffs changed the rates but maintained the principle.

The island planters who were smart enough to adopt the latest technologies were also smart enough to figure out how to scam the American tariff: they produced a fairly high quality sugar, and then put in some color to make it appear of lower grade. The problem came to light in 1832 when the Secretary of the Treasury informed Congress that various means were being used “for the purpose of avoiding the payment of the duties imposed on foreign sugar” and that Customs agents could no longer tell the difference between one grade of sugar and another. Seeking a better understanding of the problem, the Secretary turned to Benjamin Silliman, the professor of chemistry and natural philosophy at Yale, and asked him to prepare a report on the cultivation of cane and the production of sugar. Silliman and his students were able to describe the process but they could not solve the problem of fraud.

Congress asked for another investigation of the problem in the early 1840s, and this time the task fell to Richard McCulloh, a young chemist working in Philadelphia. With access to the library of the American Philosophical Society, McCulloh soon learned there was new scientific solution to the problem. This solution began with a French physicist named Biot who discovered that a sugar-water solution will rotate the plane of polarized light passing through it, and that the extent of optical rotation is proportional to the length of the tube and the strength of the solution. Biot also found that cane and beet sugar were alike in this regard. McCulloh also learned that a French optician named Soleil had designed an instrument (termed a polariscope) specifically for sugar analysis, and that a French chemist named Clerget had developed protocols for its use. Then, in his reports to Congress, McCulloh gave a full account of the “quantitative and beautiful” method of analysis by the “polarization of light.”

By mid-century, polariscopes were widely used for industrial and commercial purposes. But their adoption for tax purposes was a different story. The problem came to the fore in 1875 when a new tariff raised the duty on more highly refined sugars by some 25%, leading to a marked decline in the importation of whiter sugars, a marked upsurge in the importation of darker sugars, and a consequent decrease in federal revenue. At the request of the

Secretary of the Treasury, the National Academy of Sciences analyzed a sample of dark-colored centrifugal sugar and found it to be of good quality. Their official report stated that, since “a high grade of sugar can be made to assume the appearance of a low grade, by artificial coloring, the plan adopted of rating the tariff by the grade as exhibited by color is defective.”

Congress addressed the sugar issue in 1878, and found that the sugar industry was “a house divided against itself.” The men who imported centrifugal sugar tended to distrust the polariscope—because it would indicate the true saccharine quality of their product and thus raise their tax burden. The men who imported less-refined sugar, on the other hand, tended to favor the polariscope because it would not harm their business. But there were other wrinkles as well. The centrifugal men tended to have smaller and more marginal businesses, while the low-grade men tended to have larger businesses and were in the process of forming what would come to be known as the Sugar Trust. Finally, it should be noted that the smaller refineries had their sugar tested in the custom house, while the larger refineries had their sugar tested on their own wharves where they could intimidate or control the customs analysts.

When confronted with this conflicting testimony, Congress simply dropped the issue. But the problem continued, and so there were similar debates in 1879 and again in 1880. In the absence of a clear mandate, the Secretary of the Treasury told customs agents that they should assess taxes not on the basis of color, but on the percentage of crystallizable sugar in questionable samples.

Congress finally agreed to the polariscope provision in 1883, and Customs agents found soon found that the skeptics were right: it was difficult to obtain reliable polariscopic analyses. In 1900, as Congress considered forming a National Bureau of Standards, the president of the American Chemical Society addressed the “constant disputes” over sugar analysis, noting that if the polariscopes and other instruments used in the custom houses and in industry were carefully calibrated and tested, “all of these disputes will be removed and a great deal of time and worry and expense would be obviated.” The Bureau was established in 1901 and was soon testing polariscopic apparatus for federal and state agencies. By 1906 it was conducting similar tests for the public at large. Major responsibility for this work fell to Frederick J. Bates, a young physicist who had studied at the University of Nebraska.

At the request of the Treasury Department, the Bureau established yet another set of “uniform and improved methods for the polariscopic examination of sugar. The Bureau also began testing various “new and improved” polariscopes in order to determine the best one for the task at hand. By 1905, it was designing a new instrument, taking the best features of the several polariscopes on the market. By 1908, the Secretary of the Treasury had adopted the Bureau’s instrument for use in the Customs Service. Soon

thereafter, the director of the Bureau was boasting that the new instrument and its attendant methods had quashed most of the sugar fraud controversies, and that differences in sugar tests conducted by the several customs laboratories had been reduced to only two-tenths of one percent.

The new instrument was manufactured by a precision instrument firm in Prague, and it was pricey: the large model cost \$900, which was about four times as much as the best German instruments. The Customs Service continued to use these Czech instruments until the electronics revolution of the 1950s. Some apparently were in the Customs Service laboratory in the World Trade Center on September 11. American firms did not begin making polariscopes or other precision optical instruments until supplies were cut off by the Great War.

### Discussion

The long and often sordid dispute between sugar importers seeking to minimize their tax burden in ways fair and foul and government officials seeking to maximize the federal take clearly illuminates the central role of sugar in the American economy as well as the role of science and technology in producing this commodity and bringing it into the country and onto our tables. Because Americans consumed so much imported sugar and taxed it heavily, great sums of money were at stake. And because this tax was levied on the saccharine quality of the sugar, the instruments and techniques approved for sugar analysis had large financial consequences.

The history of sugar production and consumption has been looked at from such perspectives as economics, politics, technology, and diet. Sugar, we know, was a lynch-pin of the Anglo-American triangle trade, contributing in substantial ways to the industrial revolution in Britain, African slavery in the Caribbean, and commercial agriculture in the British colonies in North America, not to mention obesity, diabetes, tooth decay, and rum. We also know about the influence of Caribbean planters on domestic British politics, and the machinations of the American Sugar Trust of the early twentieth century. Much less, however, has been written about the American sugar tariff and the squabbles it entailed, or the many intersections of sugar on the one hand and science and technology on the other. And, of especial importance to members of CHoW, there is much to be learned about sugar and culinary history. <END>

# News of Our Members

## CULINARY HISTORY

### Bethesda women devour knowledge with local culinary group

The Culinary Historians of Washington meet one Sunday a month at the Bethesda-Chevy Chase Services Center, where they explore foods and cultures from around the world and throughout history. Claudia Koussoulas of Fairway Hills and Bethesda's Claire Cassidy and Kay Shaw Nelson are members of the group.

In lectures and field trips, the members explore topics including Silk Road cooking, the history of popcorn, candy in the Gilded Age, culinary traditions of the Chesapeake Bay and hearth cooking.

This September, they shared the insights of Maryland professor Psyche Williams-Forsson on the economic and social traditions of fried chicken among African-American women, who often used the food to strengthen families and build independence.



This season's delectable topics include the history of sugar and American wines, as well as a visit from Washington Post Food 101 columnist Robert Wolke.

Bethesda residents and CHoW members Claudia Koussoulas, Kay Shaw Nelson and Claire Cassidy look at Building Houses Out of Chicken Legs, presented by its author, Psyche Williams-Forsson, at the group's September meeting.



BETHESDA EDITION | WWW.NEXTDOORNEWS.NET | OCTOBER 2006 | NEXT DOOR NEWS 9

*NextDoorNews.net* Oct. 23, 2006. North Bethesda edition, page 9. Photos by Jacqueline Sauter

**Joan Nathan** discusses her book "The New American Cooking" in a program sponsored by the Science, Technology and Business Division of the Library of Congress on November 6, 11:30-12-30, in the Mumford Room of the James Madison Building.

**Renee Catacalos** is publishing a bi-weekly newsletter, *Local Mix*, about local food in the Mid-Atlantic. The web site is not up yet, but members interested in receiving the newsletter can email her directly at [reeneecatacalos@verizon.net](mailto:reeneecatacalos@verizon.net).

## Joint Culinary Networking Meeting

On September 10, **CiCi Williamson** represented CHoW at a WCR-instigated meeting to learn more about culinary organizations and schools in the Washington, D.C. area. The meeting was moderated by **Laurie Bell**, local coordinator for WCR and newsletter staff member of AIWF. Following are the organizations and speakers represented.

- WCR** (Women Chefs and Restaurateurs) – Patrice Dionot
- AIWF** (American Institute of Wine and Food) – Carolyn Margolis
- ACF** (American Culinary Federation) – Chef Denise Baxter
- CHoW** (Culinary Historians of Washington) – CiCi Williamson
- IACP** (International Association of Culinary Professionals) – Daniel Traster
- L'Academie de Cuisine** – Clarice Dionot
- Montgomery College** – Janet Saros
- NVCC** (Northern Virginia Community College) - Janet Sass
- Art Institute of Washington** – Chef Benita Wong
- Stratford University** – Dean Daniel Traster
- The Wine Tasting Association** – Mark Phillips
- Greater Washington Wine School** - Jane Hermansen

## Refreshments, October 8 Meeting

- **Francine Berkowitz** brought Molasses cookies.
- **Felice Caspar** brought Lemon-Ginger Cookies and iced tea.
- **Marvin and Janet Danziger** brought wine, grapes, and Brie with raisins, honey and Grand Marnier.
- **Bryna Freyer** brought cider.
- **Clara Raju** brought Sweet Pita and also Spiced Pita flavored with onion seeds, anise powder and kosher salt.
- **Amy Snyder** brought Guacamole.

Our thanks to one and all contributors. We hope that other CHoW members will also step up and contribute refreshments in the months ahead.

## Katherine Hayes Cooks with Ivan Day



We also made Nutt's Royal Cream Ice, an egg-rich custard based cream ice flavored with lemon, nutmeg, candied fruits and pistachios. This went into a pewter tower mold. The Iced Bombe a la Massey Stanley used a special copper mold with an indented chamber for adding a second flavor. The mold was filled with a redcurrant and raspberry ice, frozen for several hours, and then the inside packed with vanilla ice cream. Small 2-sided pewter molds of fruits and vegetables were filled with tinted apple ice to garnish the Royal Cream ice. Our next creations were Careme's Nesselrode Pudding custard and a Tokai sorbet. We would devour some of these after a hearth-cooked dinner that very evening.

**W**hile planning our third trip to northern England earlier this year, I daydreamed of attending a weekend cooking course with Ivan Day. I had been drooling over his web site ([www.historicfood.com](http://www.historicfood.com)) for some time. It didn't take much encouragement on the part of my husband for me to acquiesce, so I sent in a reservation for the Dairy and Ices course, scheduled during our stay.

*Top, Flummery. Right, Bombe. Bottom, Fruit Ice. Photos by Katherine Hayes*



The second day began by looking at flummery molds and discussing the evolution of jellied foods. We further discussed syllabubs, which we had started on the previous day, looking at the difference between a solid and whipped syllabub. The Nesselrode Pudding cream was packed into a three-part hinged pewter pineapple mold. Another elaborate pewter mold in the form of a basket of fruits was filled with delicately multi-colored fruit ice

Soon after our arrival in the village of Shap where Ivan lives and teaches, just east of the Lake District, I telephoned him to let him know we'd arrived, and to ask where to have dinner. The best local pub, The Greyhound, was his recommendation. I should preface all this by explaining that not only have I enjoyed great food everywhere we've eaten in England, but there is a huge renaissance there in local, unadulterated food production and preparation, and you'll find historic dishes with new twists everywhere. For instance, in 2005 we sampled contemporary versions of possets as desserts in several pubs. On this night we weren't disappointed.

The next morning Ivan came to the B&B to round up his five students (I was the only American) and show us the way through town to his house. We were first treated to a brief history of dishes and implements, starting with the first documented instance of ice cream in 17<sup>th</sup> century England. We took a look at various early cookery books that he would be referencing in the class. Our schedule including making several types of ice creams and ices, using different makers, molding ices and creams, making garnishing ices, making syllabubs and flummery, presentation, and of course eating them all.

The first confection was a simple strawberry ice cream, made from crushed fruit, cream and sugar. We tried using three different tools to freeze it: an early hand-scraped sorbetiere, Agnes Marshall's patented ice cream maker, and another similar hand-cranked canister. All fit in wooden buckets filled with salt and crushed ice. The ice cream that survived tasting was packed into a copper cathedral mold to be frozen for later.



to represent the different fruits therein. After freezing, to keep the colors distinct, the rest was filled with apple ice. After lunch we unmolded the rest of our creations in order to admire and taste them. The flummery, which was chilling in an antique wooden mold, took the longest to set up and became the finale to a fantastic weekend, which I didn't want to end.

[For more images, information and recipes, see Ivan's website at [www.historicfood.com/Georgian%20Ices.htm](http://www.historicfood.com/Georgian%20Ices.htm). I'm preparing a more complete visual presentation on this experience for the Annual Meeting of the Historic Foodways Society of the Delaware Valley meeting, November 18, in Bristol, PA.]

## Children's Cookbooks

New member **Ann Hertzler** has sent CHoW a copy of her article "Nutrition Trends During 150 Years of Children's Cookbooks." In it she reviews over 200 cookbooks directed to American children (or their mothers).

In the earliest era Hertzler covers, 1850-1924, when nutritional ideas were influenced by Florence Nightingale and Catherine Beecher, meat, milk, and breads and grains were initially emphasized, with little concern for vegetables as nutrients. In the post-Civil-War period hot lunch programs for children were introduced, and the period 1916-1923 saw the issuance of the first of many official nutrition guidelines (*Five Food Groups*, which listed protein, starch, butter and "wholesome fat," vegetables and fruits, and "simple sweets") mentioned by Hertzler. The orientation of the children's cookbooks, whose authors were mothers or educators, mirrored English recipes and menus.

The period 1924-1969 is characterized as "the vitamin era," with emphasis on "the balanced meal," though recipes for rich treats outnumbered those for vegetables. The English orientation persisted, with other European traditions represented mainly by holiday foods. Canned and frozen foods came into play, and cookbook authorship now included food professionals such as home economists and industry employees.

Between 1970 and 2000, the period that accounts for the preponderance of children's cookbooks, the balanced meal approach continued, supported by various health-related organizations. Vegetarian cookbooks began to appear, a wide range of ethnic cuisines came to be represented, and cookbooks associated with characters such as Mickey Mouse and Nancy Drew came on the market. Sandwiches and snacks were featured, recipes incorporated packaged foods, and "the economy theme of the 1800s disappeared." Cookbook authorship continued to diversify, including even art directors.

Other themes Hertzler traces through these periods include the "fun" aspect of foods and their preparation and the skills considered necessary as kitchen and food production technology evolved.

The full article can be found in *Nutrition Reviews*, vol. 63, no. 10 (Oct. 2005), pp. 347-51. Ms. Hertzler has established a collection of children's cookbooks at Virginia Polytechnic Institute and State University, Blacksburg. See *News of Other Organizations*, page 8.

--Katherine Livingston

## Notes and Queries

Do you have a query about a culinary issue that you would love to ask an interested, eclectic group of readers? Do you have information to share about a great book, film or periodical, but don't want to write a long review? Have you eaten at a local restaurant that you think is especially reflective of a culinary tradition? Do you want to see if there are others interested in a niche group such as dining in Northern Italian restaurants or exchanging song lyrics on food subjects?

*CHoW Line* is a great resource for sharing information and creating dialogue regarding subjects of interest to a wide variety of culinary historians. Write or e-mail your Notes and Queries to editor Dianne Hennessy King: 10,000 Murnane St, Vienna, Va 22181 or [tuckking@aol.com](mailto:tuckking@aol.com)

### A Note from Katherine Livingston:

Browsing the Web I discovered that Emily Dickinson's famous recipe for black cake has been set to music, for voice and piano. Apparently it has not been recorded, and as I neither sing nor play, I have not pursued the matter, but anyone interested in staging a performance can find the sheet music at [www.hildegard.com](http://www.hildegard.com). The composer is Sylvia Glickman.

### Two Notes from Cathy Gaber:

We are just back from Mexico and I was curious how Mexican chocolate differs from regular chocolate. Others might be interested as well.

[www.gourmetsleuth.com/mexicanchocolate.htm](http://www.gourmetsleuth.com/mexicanchocolate.htm)



(As a continuation of the Q & A after Deborah Warner's presentation) : from the Morton salt website: Dextrose is added to stabilize the iodide. Iodine is vital to the proper functioning of the thyroid gland and the prevention of goiter. Actually, the amount of dextrose in salt is so small that it is dietetically insignificant. Morton® Iodized Table Salt contains 0.04 percent dextrose or 40 milligrams per 100 grams of salt. -- Cathy Gaber

## Renew Your Membership in CHoW NOW!

The membership year runs from September 1 to August 31. Annual dues are \$20 for an individual, household, or organization and \$10 for a student. Individual and household members are eligible to vote, hold office, and serve on committees.

Benefits include the newsletter *CHoW Line*, all meeting notices and a membership list.

CHoW/DC publishes *CHoW Line* nine times each year. More information can be found at [www.chowdc.org](http://www.chowdc.org).

An annual subscription to the newsletter is \$10 for those outside the Washington area, or for institutions, organizations, or other interested groups. No other membership benefits apply.

## Web Sites of Interest

Food History News: [www.foodhistorynews.com](http://www.foodhistorynews.com)

Historic Foodways Guild of Maryland:  
[www.marylandfoodways.org](http://www.marylandfoodways.org)

Culinary Historians of Chicago:  
[www.culinaryhistorians.org](http://www.culinaryhistorians.org)

Julia Child's Kitchen:  
[www.americanhistory.si.edu/juliachild](http://www.americanhistory.si.edu/juliachild)

Marty Martindale's web site of specially indexed links:  
[www.FoodSiteoftheDay.com](http://www.FoodSiteoftheDay.com)

Foodways Group of Austin: [www.austinfoodways.org/](http://www.austinfoodways.org/)

Culinary History Enthusiasts of Wisconsin (CHEW):  
[www.chew.wisconsincooks.org](http://www.chew.wisconsincooks.org)

Culinary Historians of Ontario:  
[www.culinaryhistorians.ca](http://www.culinaryhistorians.ca)

Culinary Historians of New York:  
[www.culinaryhistoriansny.org](http://www.culinaryhistoriansny.org)

Longone Center for American Culinary Research:  
[www.clements.umich.edu/culinary/index.html](http://www.clements.umich.edu/culinary/index.html)

Culinary Historians of Boston :  
[www.culinaryhistoriansboston.com](http://www.culinaryhistoriansboston.com)

Culinary Historians of Southern Calif.: [www.lapl.org](http://www.lapl.org)

Peacock-Harper Culinary Collection :  
[www.culinarycollection.org](http://www.culinarycollection.org)

## News from Other Organizations

250 historic children's cookbooks and nutrition literature publications are now available through the Virginia Tech library's online catalog, Addison (<http://addison.vt.edu>).

Largely housed in Newman Library's Rare Book Room, this unique archive seeks to develop through donations of books published before 1960. It also strives to be unique, in part, by preserving publications by professionals like you and your predecessors.

To help preserve the record of children's cooking and nutrition, we welcome the donation of your historic publications to the **Ann Hertzler Children's Cookbook and Nutrition Literature Archives**.

Please contact Gail McMillan ([gailmac@vt.edu](mailto:gailmac@vt.edu)) or Special Collections, University Libraries, Virginia Tech, P. O. Box 90001, Blacksburg, VA 24062-9001.

**Ann Hertzler** is a new CHoW member. She is familiar to many Virginians through her years of teaching at Virginia Tech and her work with the Virginia Cooperative Extension. See *Children's Cookbooks* on page 7.

