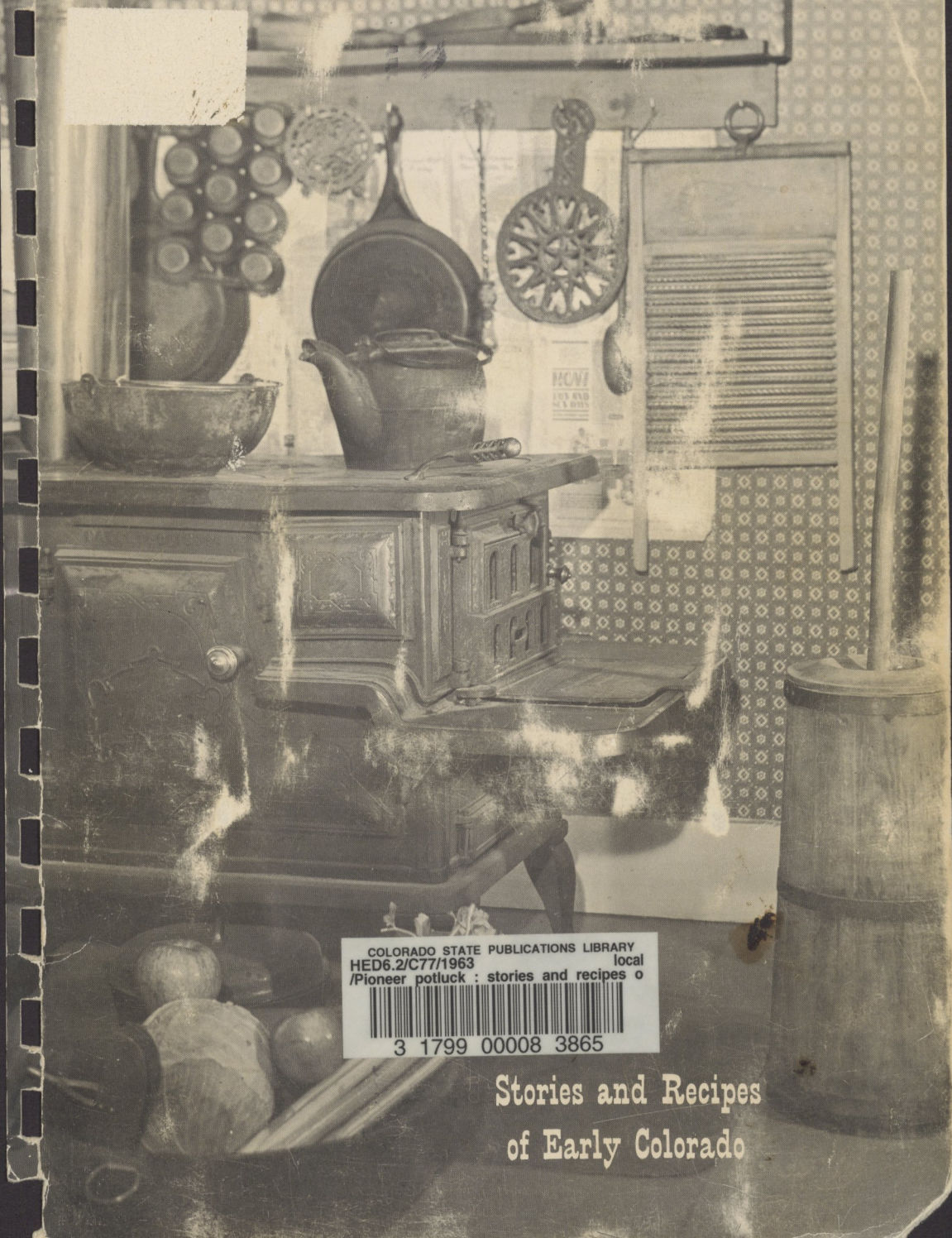


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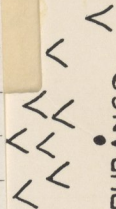
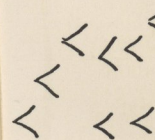
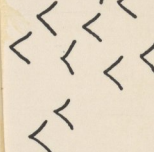
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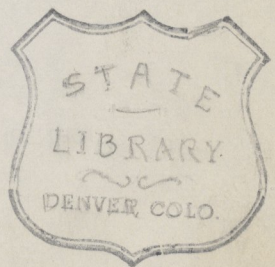
DURANGO



PIONEER POTLUCK

Stories and Recipes
of Early Colorado

Collected by
THE VOLUNTEERS
of the
STATE HISTORICAL SOCIETY
OF COLORADO





The material in this book has been generously sent us by the friends and family members of the pioneers represented. The biographies are the recollections of the donors, and neither the Volunteers nor the State Historical Society has made an attempt to check each one for complete historical accuracy.



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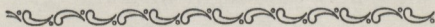
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Las Animas and Lamar



MRS. KIT CARSON

Josefa Jaramillo, daughter of Francisco Jaramillo and Maria Apolonia Vigil, was born at Taos, New Mexico. At the age of fifteen she married my Grandfather, Christopher "Kit" Carson on the 6th of February, 1843, at Taos. To this marriage seven children were born, one of whom was my Mother, Stella Carson, born December 23, 1866, at Taos. My Father, Spear E. Wood, was born at Weatherford, Texas, and came to Colorado at the age of ten in 1873. They were married December 3, 1884, at Nine Mile, southeast of La Junta, Colorado.

My Grandmother and Grandfather Carson and children lived in Taos for many years. My Grandmother went to Boggsville, Colorado, now known as Fort Lyon, to be with Kit Carson on his return trip from Fort Laramie, Wyoming. He returned ill, accompanied by General Oakes and General Schlerth. On the way they made camp at what is now Daniel's Park, south of Denver. It was here that my Grandfather built his last campfire. The Territorial Daughters of Colorado have placed a marker on this site.

My Grandfather loved my Grandmother dearly, and had great admiration and devotion for her. He brought beautiful shawls and silks to her on his return from expeditions. She was ill at Fort Lyon when he arrived from Wyoming. He was also ill in an adjoining room. My Grandfather crawled on hands and knees to be with her when she passed away. She died April 23, 1868, giving birth to her seventh child.

After her death my Grandfather worsened. He died on May 23, 1868, a month after Grandmother's death. The house where they died is now a chapel at Fort Lyon. It was my Grandfather's wish to be buried at Taos and, after a few months, the bodies were taken to Taos for re-burial.

I feel great pride and gratitude to the State of Colorado for the commemorations of his name and of his part in helping to make peace between the Indians and the white men.

Contributed by granddaughter
LEONA WOOD

CAPIROTADA OR TORREJAS

2½ cups bread cubes	1 tsp. cinnamon
1 egg	¾ cup piñones
¼ cup sugar	½ cup citron, finely chopped

(Piñones are the nuts of the piñon tree which grows very generally over New Mexico, Arizona and in southwestern Colorado. They may be bought in markets.)

Brown bread cubes thoroughly in the oven. Separate the egg, beat the white until stiff, add the yolk and beat again. Dip the bread cubes into the egg and fry in deep fat. Drain and pile on a hot dish. Sprinkle with sugar and cinnamon sifted together, and add citron and piñones. Pour over this the following sauce, which must be hot when served:

Sauce

2 cups sugar	1 cup water
⅛ tsp. cream tartar	½ tsp. cinnamon

Combine the ingredients and heat gradually to the boiling point. Boil until the syrup threads.

JOSEFA JARAMILLO CARSON

ELSIE HENRY CHRISTY

Elsie Henry came to Colorado from Lenox, Iowa, in 1891, at the age of three, and has lived in Lamar since. She was active in the Red Cross during World Wars I and II.

She married Robert L. Christy in 1909. He was mayor of Lamar for many years. They have one daughter, Mrs. W. J. McMillin, one granddaughter, and two great-grandsons.

Contributed by granddaughter
SUE McMILLIN HILL (Mrs. JAMES)

PECAN CUPS

2 eggs, well beaten	3 tbsp. butter
1 cup sugar	1 tsp. vanilla
1 cup corn syrup	1 cup pecan meats
1 tbsp. flour	Pie crust

Mix all ingredients together. Put pie crust in 12 to 15 muffin tins. Pour half full of mixture. Bake on center rack of moderate oven (350°) until crust is golden brown.

ELSIE HENRY CHRISTY



AMANDA HITE SHOEMAKER

Amanda Hite, daughter of David B. Hite and Mary Ernest Hite, was born August 19, 1852, in Bedford County, Pennsylvania. With her parents she came as a child to Washington, Illinois, where she grew to womanhood.

On November 23, 1868, she was married at Pekin, Illinois, to Eli Shoemaker, a Union soldier and surveyor. Eli, of German and Welsh descent, was born at Fairfield, Pickwick Township, Ohio, August 9, 1847.

A daughter, Mable Leota, was born February 6, 1870. When this baby was three weeks old, Amanda and Eli Shoemaker, together with Mary and David Hite, joined a wagon train and came to Burlingame in eastern Kansas, where a son, Clarence, was born in August, 1874.

When Clarence was three months old, his parents took him and their daughter Mable, and once again joined a wagon train, this time headed for Trinidad in Colorado Territory.

When his family was settled, Eli Shoemaker started carrying light freight and passengers between Trinidad and West Las Animas. This left Amanda alone with the children much of the time.

The White River Ute Indians were camped along the Purgatoire River bottom and, when not on the warpath, were of a very curious nature. Frequently Amanda, looking toward her window at night, would see the peering faces of an Indian or two pressed against the window pane. Hastily blowing out the light, she would gather her children and rush to the most secluded corner of her house, where she would sit in abject terror, hugging her children close to her, prayerfully waiting until the faces pressed against the window were withdrawn.

Experiences such as these and worse, caused the Shoemakers to move to West Las Animas where there were more white people and U. S. soldiers at nearby Fort Lyon. Here Eli started the first shoeshop in 1875.

They had eight children, two of whom died at birth, and three of diphtheria in one week in 1888. Eli died April 12, 1912; and Amanda, September 27, 1927.

Contributed by granddaughter
MRS. NELLIE L. GRANTHAM

SUET PUDDING

1 cup beef suet	2 cups apples
3 well beaten eggs	3 cups bread crumbs
2 cups sugar	1 lb. seedless raisins, floured
½ lb. currants, floured	1 tsp. cinnamon
½ of a nutmeg, grated	½ tsp. ground cloves
½ tsp. salt	2 cups hot water

Grind suet, apples, bread crumbs in meat grinder and measure after grinding. Place in large crock, add well beaten eggs, sugar, add raisins, currants, cinnamon, nutmeg, cloves and salt. Mix thoroughly and add 2 cups hot water. Place in a pudding bag which has been scalded and floured, place in steamer and steam 3 hours.

White Sauce For Suet Pudding

1 pt. boiling water	½ cup butter
1 tbsp. flour	1 tsp. cinnamon
½ of a nutmeg, grated	1 tsp. vanilla
1 cup sugar	

Boil all but the vanilla in double boiler until smooth. Add vanilla and serve over suet pudding.

AMANDA HITE SHOEMAKER

MABLE L. SHOEMAKER SMITH

Mable Shoemaker was born February 6, 1870, at Washington, Illinois, the daughter of Eli and Amanda Hite Shoemaker. When she was three weeks old, her parents and maternal grandparents, the David B. Hites, joined a wagon train and came to Burlingame in eastern Kansas. There her father and grandfather each filed on a homestead near Eldorado and Augusta, Kansas. They cleared the land of walnut trees, using them for their houses and furniture.

In October, 1874, Mable's parents again joined a wagon train and started the long trek to Trinidad, Colorado Territory. They took their children, including a three-months-old son, with them but left Mable's grandparents, aunts and uncles behind in Kansas. As the wagon train moved slowly across the open prairie, Mable saw huge herds of buffalo. She held her little dog "Chip" in her arms most of the time because she had been jokingly told that Indians ate dogs. At the junction of the Purgatoire and Arkansas Rivers, the Shoemakers left the wagon train and turned south heading toward Trinidad.

As a little girl, one thing Mable never forgot was going on an errand to the Santa Fe Depot at West Las Animas. The telegraph operator there was taking down a message from the clicking instru-

ment. Then he read it to the men present. It was the news of the Custer Massacre up on the Little Big Horn River.

On May 31, 1891, she married Edwin Heath Smith at her parents' home in Las Animas. Her husband was a former cavalryman who had served in Troop C, 4th U.S. Cavalry. He had seen active duty in New Mexico and Arizona in the campaign against Geronimo, the feared Apache warrior chief.

Throughout their lifetime, Mable and Edwin Smith made their home in and near Las Animas where for many years he conducted a dray and cab line. He sold this and moved to a ranch southwest of Las Animas where he continued in the cattle business until his death in 1940. Mrs. Smith lived until 1956. They had eight children, eight grandchildren, and 16 great-grandchildren.

Contributed by granddaughter
MRS. NELLIE L. GRANTHAM,

MULLED BUTTERMILK*

1 quart buttermilk
½ cup sugar

2 well beaten eggs
1 tsp. cinnamon

Let buttermilk get scalding hot, but not boiling. Mix together the sugar and cinnamon and add this with the eggs to the buttermilk. When this boils up, pour it over three slices of toasted bread.

MABLE L. SHOEMAKER SMITH

**This recipe may be foreign to our tastes now. A similar dish has been served for breakfast in Holland.*

AMY PROWERS

(Cheyenne Princess Amache)

Amy Prowers was born in Kansas and married Colonel John Prowers near Camp Supply in 1861. Colonel Prowers had the first dwelling and first store in Las Animas, and their family of nine children grew up there. Amy died in 1905. Of the nine children, one daughter, Ida, is still living in California.

Mary Prowers, one of the daughters of John and Amy Prowers, was educated at Wolfe Hall, Denver, and in Lexington, Missouri. She married A. D. Hudnall from Bedford, Virginia, in Las Animas in 1880. They made their home there and are survived by one daughter, Inez.

Contributed by granddaughter
INEZ HUDNALL NELSON (Mrs. F. W.)

SPONGE CAKE*

½ cup flour	½ cup sugar
4 egg whites	¼ tsp. cream tartar
4 egg yolks	Vanilla

Sift flour and sugar separately five times. Beat egg whites to a stiff froth. When partially beaten, add the cream of tartar. Beat egg yolks until lemon colored. To the yolks, add sugar and flour and vanilla. Fold in egg whites. Bake in an ungreased pan for 45 minutes at 325°.

AMY PROWERS

**This makes a small cake. Increasing the eggs to six and the rest of the ingredients accordingly would make a size that most of us would be more familiar with.*

MATTIE SWINK LAMON

Mrs. Mattie Swink Lamon was the daughter of Mary and George Swink. George Swink founded the town of Swink, Colorado, early in 1900 and it was named for him. He also helped found the town of Rocky Ford when he bought an interest in A. Russell's Trading Store in 1870. This store was moved to the present location three miles southwest of the original site after the Santa Fe Railroad was built through Rocky Ford to Pueblo. Russell and Swink surveyed and platted the town at the new location in 1877 and it was soon incorporated, with Swink as the first mayor. He also originated the first Watermelon Day celebration in 1878 and developed the Rocky Ford cantaloupe through seed shipped from Massachusetts in the late 1890's.

Contributed by

MRS. VELMA MARSHALL CHURCHILL

WAFFLES

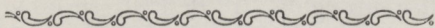
2 eggs, well beaten	½ cup flour
2 cups sour milk or buttermilk	1 tbsp. sugar
1 level tsp. baking soda (in milk)	2 handfuls corn meal
	1 rounded tsp. baking powder

Sift all dry ingredients together. Add flour to make the right consistency. Beat all together well. Pour from dish without stirring after heating.

MRS. MATTIE SWINK LAMON



Denver and Golden



THE KENDRICK FAMILY

The Kendrick family came to Denver in 1874. They established the first ranch between Denver and Morrison on the old Morrison Road. C. A. Kendrick was a farmer and lived where Green Gables Country Club now stands. He built the reservoir and the ditch from Morrison known as Kendrick Ditch.

In the early 1890's Mr. Kendrick moved to Denver where he took part in many civic affairs. He established a book and stationery firm called Hamilton and Kendrick in 1891 on the site of the present Colorado National Bank, 17th and Champa. It was known as the Kendrick-Bellamy Stationery Company.

W. F. Kendrick, his brother, was a mining man with properties at Silverton and Fairplay, who in his later years acquired a farm near Bowles Lake where he raised pheasants. One winter, during a particularly heavy snowfall, the weight of the snow on the chicken wire broke it down and many of the birds escaped. Later he turned more of them loose and this was the start of wild pheasants in the State of Colorado. The small pheasant preserve in City Park is named in his honor. C. A. Kendrick's son, L. R. Kendrick, is on the board of the State Historical Society.



Contributed by
EDA KENDRICK (MRS. L. R.)

BOILED CUSTARD

1 quart milk
Yolks of 12 eggs
Vanilla to taste

4 tbsp. sugar
Pinch of salt

Stir egg yolks with fork, add sugar and stir until smooth. Scald milk in double boiler and add gradually to egg yolks and sugar. Return to double boiler and cook until mixture just coats the spoon. It will be thin. Remove from boiler and cool. Add pinch of salt and vanilla and chill thoroughly. If desired, sprinkle with chocolate Decorettes when ready to serve.

THE KENDRICK FAMILY



Chickadees in Winter. A cup of pumpkin seeds, set on the window-sill, will attract Chickadees and they will become quite tame. They will amuse you with their antics and they may be kept about the house from December to May by feeding and kind treatment.

ELLA POWELL STEARNS

Ella Powell was born in Alexandria, Virginia, on July 3, 1856, where she was baptised, confirmed and married in Old Christ Church. She married John Stearns in 1876 and after living in New Jersey and Nova Scotia they moved to Denver in 1893. They lived for many years at 1657 Logan with a summer place up Platte Canyon called Llangollen after her plantation in Virginia. Later, in 1911, after the death of her husband, Mrs. Stearns moved to 167 Lafayette where she brought up her own six children and two half brothers. She died in October, 1944, at the age of 88. Her son, Robert L., is a board member of the State Historical Society of Colorado.

Contributed by granddaughter
JUDITH STEARNS CAUGHEY (MRS. KENNETH)

CAKE SYLLABUB

Half fill a glass bowl with thin slices of sponge or almond cake. Pour on sufficient white wine to dissolve the cake; then rub off on pieces of loaf sugar the yellow rind of two lemons, and dissolve the sugar in a pint of rich cream. Squeeze the juice of the lemons on some powdered sugar and add it gradually to the cream. Beat the cream to a stiff froth, then pile it on the dissolved cake in the glass bowl.

ELLA POWELL STEARNS



Eat in pure air and pleasant company; light conversation and gentle exercise promote digestion, but hard work of any kind retards it.

JENNIE SARAH CLARK SMITH

Jennie Sarah Clark was born in Vermont. She married W. Hubert Smith and had a daughter Laura Francis. In 1871, when Laura was about six, they moved to North Dakota where they joined the engineers camp of the Northern Pacific.

While on a gold-seeking trip on the Powder River in Wyoming in 1877, Mr. Smith was killed by Indians. As Laura grew, she developed a fine contralto voice, and was sent to New York City to study music. There she met Daniel Buckley Ellis, son of a prominent Iowa lawyer and judge. They were married in Boston in 1884 and settled in Iowa. Their first child died in infancy.

Their son, Erl Hubert, was born in 1888 in Kansas while the family was en route to Denver where Dan Ellis was to commence the practice of law.

Jennie Sarah Clark Smith lived with her daughter until Laura's death in 1904. In 1906 she moved to Boulder to keep house for her grandson, Erl, while he studied law at Colorado University. She moved back to Denver with him, where he began the practice of law in 1912, and she died soon after.

Contributed by grandson
ERL H. ELLIS

SUN COOKED STRAWBERRIES

For each pint of large, fresh berries, allow one pint of sugar and one-third pint water. Boil sugar and water a few minutes, drop berries in carefully. Let them just come to a boil. Skim out berries and spread them on shallow pans. Boil the syrup five minutes more, then pour it over the berries. Set in blazing sun for a day—or if not thick by night—set out next day for a few hours. Cover pans with glass if possible; if not glass, cover with cheesecloth.

JENNIE SARAH CLARK SMITH

THE CHAMBERLAIN FAMILY

Maria Thorn was born in England in 1834 and came to the United States at the age of fifteen. In Ohio, in 1858, she married William Chamberlain who was born in New York in 1836. A son, William T., was born in 1862 in Ohio.

William moved his family to Colorado in 1868. They first lived in Central City, then moved to Denver, where he had a wholesale and retail cattle and market business at the corner of 16th and Market streets.

William T. married Viola B. Doolittle in Texas in 1902. The daughter of Lucius and Anna Hanford Doolittle, she was born in 1868 and came to Colorado in 1892. She became a very successful fur farmer in 1927. She died in 1946.

During the financial panic of the 70's, the elder Doolittle sold his business and moved to California, where he was very successful. In their declining years he and his wife returned to live with William T. in the old family home at 1660 Logan Street, Denver, which they had built in 1872, and which was their home for forty years. Maria Thorn Chamberlain died in 1923 at the age of 89.

Contributed by grandniece
MRS. VELMA MARSHALL CHURCHILL

SNOW PUDDING

¼ cup gelatine	1 cup sugar
½ cup cold water	¼ cup lemon juice
1 cup boiling water	Whites of three eggs

Soak gelatine in cold water for 15 minutes. Stir one cup boiling water into it. Add sugar and lemon juice. Boil all together until dissolved. Beat whites of three eggs until stiff. Add to gelatine mixture when it is cold. Beat all together until stiff.

Sauce

Yolks of three eggs	Flavoring
3 tsp. sugar	1 pint boiling milk
½ tsp. cornstarch	

Beat yolks of eggs together with sugar, cornstarch and flavoring. Stir into boiling milk.

VIOLA B. DOOLITTLE CHAMBERLAIN

ISABELLA CANTERBURY BOEHMER

Isabella Canterbury was born in Massachusetts in 1854. In 1879 she married Max Boehmer, a government engineer in St. Louis. That year the couple came to Leadville, Colorado, where they lived until moving to Denver in 1898.

Mrs. Boehmer was called "Canterbury Belle" by her friends. She sang beautifully and was a member of her church choir in Leadville for many years.

Mrs. Boehmer's children are Helen (Mrs. H. O. Bosworth), Ruth (Mrs. George O. Argall), Margaret (Mrs. Frank McLister), and Max, Jr.

Contributed by daughter
MARGARET B. MCLISTER (MRS. FRANK)

COFFEE CAKE

4 tbsp. butter
 ½ cup sugar
 1 egg
 1½ cups flour

2 tsp. baking powder
 1 tbsp. hot water
 ½ cup milk

Beat egg, sugar and butter together. Add baking powder to flour, then add these dry ingredients to butter mixture alternately with milk. Add hot water last. Put in pan about 8 x 11 inches. For topping mix bread crumbs, little flour and some sugar, cinnamon and chopped nuts. Cut in about 1 tablespoon margarine or butter, then spoon on top. Bake in moderate oven.

ISABELLA CANTERBURY BOEHMER

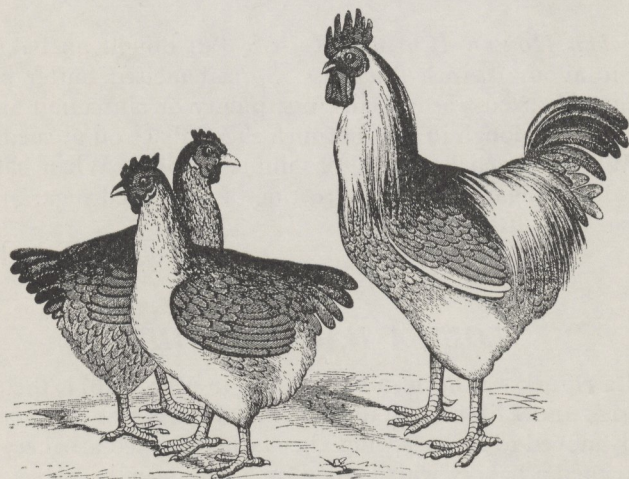
CHICKEN CURRY

1 large chicken, cut up
 1½ lbs. fresh pork, cut up
 Curry powder to taste (tsp.)
 1 quart milk or more

1½ pint cooked tomatoes
 Sauce dish of sliced onions
 ½ cup flour dissolved in milk

Fry chicken, pork and onions as you can in skillet. Put tomatoes in large kettle. As they brown add pork and chicken to the tomatoes. Cook until tender. Remove pork pieces as they become tender. One half-hour before serving, add milk and flour and curry powder, stirring often as it sticks. Serve with rice. (Meats may be cooked beforehand and covered in small amount of water.)

ISABELLA CANTERBURY BOEHMER



MRS. WILLIAM A. PECHMAN

Elsie Eppich Pechman's parents both came from Germany to Chicago about 1865. The Eppichs ran a hotel and later a restaurant, but were burned out in the great fire. They came to Denver in 1878 where they opened a Vienna bakery on the site of the present Curtis Street Baur's. Mr. Eppich believed in the future of Denver, thought it would grow to the east, and shortly closed the bakery to go into the real estate business, buying property in downtown Denver and residential areas. He was pretty well cleaned out by the panic of 1893, but partially recouped his losses and was in the real estate business until he died. He served in the State Legislature from 1887 to 1889.

Mrs. Pechman was the youngest of eight children. She was born in one of her father's project houses at Twenty-third and Gilpin. These recipes were her mother's.

Contributed by niece

ELEANOR EPPICH KINGERY (MRS. HUGH)

KUCHEN DOUGHS

Basic Dough: Scald 1 cup milk. When cool, stir in $1\frac{1}{2}$ cups flour, 1 tsp. sugar, and 1 cake fresh yeast dissolved in $\frac{1}{2}$ cup warm water and $\frac{1}{4}$ tsp. sugar. Let rise about one hour. While beating hard add: $\frac{1}{2}$ cup melted butter, 3 beaten eggs, 1 cup sugar, 1 tsp. salt, and enough flour to make a medium stiff dough. Cover and let rise until double its bulk.

Cinnamon Kuchen: Spread dough in pie pans, about 1 cup per pan. Set to rise again until dough looks light. Top with pieces of butter, cinnamon and sugar, and bake 10 or 12 minutes at 375° .

Apple Kuchen: Prepare and bake as for Cinnamon Kuchen, adding thinly sliced apples stuck into dough with butter, sugar and cinnamon.

Schecken Housen (Currant Rolls): Put dough on baking sheet and roll to about $\frac{1}{2}$ inch thickness. Spread melted butter on dough with plenty of dried washed currants, plenty of cinnamon and sugar. Roll up, and cut dough in one-half inch slices. Place on greased pan and let rise. When light, bake about 12 minutes at 350° . When baked, dust with powdered sugar, or make a frosting of powdered sugar and cream and spread on rolls while hot.

MRS. WILLIAM PECHMAN

LOUISA HAUCK BROHM

Louisa Hauck was born in Cincinnati, in March 1871, the daughter of Frederick and Elizabeth Hauck. While Louisa was still very young, the family moved to Denver where her father opened a bakery. At one time he owned a bakery which stood on a site near the present Denver

Public Library on Broadway. Louisa and her two sisters, Emma and Matilda, attended public schools.

On March 4, 1890, Louisa became the wife of Otto Brohm, Jr. It is said that her wedding cakes were sights to behold. Two daughters were born to this marriage, Louise (Mrs. George F. Ertel) and Elizabeth (Mrs. Milton J. Ertel).

Lou Brohm passed away at the age of seventy-nine.

Contributed by daughter

LOUISE BROHM ERTTEL (MRS. GEORGE F.)

LUNCHEON EGGS

12 hard-cooked eggs	1 tsp. dry mustard
2 tsp. onion juice	Cream
Dry bread crumbs	1 raw egg
Shortening for deep fat frying	Salt and pepper

Cut eggs in half the short way around (not long way as for deviled eggs). Put yolk in bowl and mash with fork. Add mustard, onion juice, salt and pepper and enough cream to make mixture easy to handle. Make yolk size balls of mixture and put into two halves of egg whites. Squeeze halves together firmly so they will stick. Beat raw egg and add few drops cold water. Roll stuffed eggs in beaten egg and then in dry bread crumbs. Let stand for about two hours.

Just before serving drop carefully into hot deep fat and fry until golden brown. Serve hot on crisp lettuce leaf on luncheon plate as entree. Serves six people.

LOUISE HAUCK BROHM

HOT POTATO SALAD

6 medium potatoes	$\frac{3}{4}$ cup water
4 slices bacon, chopped	$\frac{3}{4}$ cup apple cider vinegar
4 tbsp. flour	2 heaping tbsp. chives <i>or</i>
$\frac{1}{2}$ tsp. sugar	onion—chopped
Salt and pepper	

Boil potatoes in jackets until done. When cool, peel and slice into serving bowl. Put chopped onions or chives and salt and pepper on potatoes. Render chopped bacon in frying pan until crisp. Remove bacon pieces to potato bowl. Leave about 4 tbsp. bacon fat in pan. Add flour, sugar, salt and pepper. When paste is smooth, add vinegar and water. Bring to boil and cook for one minute. Pour mixture over potatoes and mix well. Sometimes more salt is needed—season additionally to taste.

Garnish with sliced, hard-boiled eggs and parsley pieces. Serve while warm. Especially good when served with frankfurters or ham.

LOUISE HAUCK BROHM



HASENPFEFFER

1 young rabbit, dressed and cut into serving pieces	Small handful mixed pickling spices
½ cup sugar	Vinegar
1 onion, sliced	Water
Salt and pepper	Flour

Place rabbit in stone crock or large mixing bowl. Add equal parts vinegar and water to cover. Add onion, sugar, spices, salt and pepper. Cover well and let stand for three or four days in a cool place.

To cook: Remove rabbit from liquid and dry well. (Save liquid). Dredge pieces of meat in flour and brown in hot fat. Add about one cup strained liquid, cover and simmer until tender—one hour or more. Thicken remaining liquid for gravy. Delicious served with potato dumplings.

LOUISA HAUCK BROHM

LOUISE SMITH BLOCK

Orphaned at an early age, Louise Smith and six cousins, all under twelve years of age, sailed with her aunt in 1851. Nine weeks after they left their native Switzerland, they landed in New Orleans. A stranger who spoke German helped them book passage on a riverboat to St. Louis. When they arrived there, the aunt died and officials took charge of the children. Louise was given to a southern family named Suber, who changed her surname to Smith. She never saw her cousins again. As a southern girl she learned very little more than to read and write, but was taught the arts of sewing, embroidering, and how to be a polite hostess.

Louise came to Central City in the summer of 1861 as a companion to the bride of the eldest Suber son, who had been sent to the "Pikes Peak Country." They came via stage coach but their "gold mill" and household goods followed in ox-drawn wagons.

On December 2, 1861, in Black Hawk, Louise was married to Joseph Block by the Reverend Mr. Lewis Hamilton. In 1866 they moved to Denver. In 1879, they left for the booming mining camp of Irwin, Colorado, and thence to Crested Butte where they lived.

Contributed by granddaughter
JOSEPHINE B. MILES (Mrs. NORRIS)

LADIES' CABBAGE

1 medium-sized head cabbage	3 tbsp. cream
2 eggs, well beaten	Salt and pepper
1 tbsp. butter, melted	

Wash and quarter the cabbage, then cover with boiling water. Cook for 15 minutes. Drain off water and cover with fresh boiling water and continue cooking until cabbage is tender. Drain and set aside until cold. When cold, chop the cabbage very fine and add the eggs, butter, cream and seasonings to taste. Bake in a well-buttered baking dish in a moderate oven (350°) for about 30 minutes.

LOUISE SMITH BLOCK

GOOD COMMON PASTE

1 coffee cup lard	3 coffee cups sifted flour
Salt	Cold water

In winter soften the lard a little (but not in summer), cut it well into the flour and salt with a knife, then mix with cold water quickly into a moderately stiff dough, handling as little as possible. This makes four common-sized covered pies.

Take a new slice of paste each time for top crust. After rolling spread with a teaspoon of butter, fold and roll again, using the trimmings for under crust.

LOUISE SMITH BLOCK

MARY A. TESCH

Mary Tesch was born in Stuttgart, Germany, in 1860. She came to the United States and Colorado in 1874. She was married to Charles F. Tesch in 1879 in Denver.

Contributed by daughter
NORA TESCH BIGGLE (MRS. HARRY)

POTATO PANCAKES

3 large potatoes	2 eggs
½ cup sifted flour	½ tsp. salt
Shortening for frying	

Grate potatoes, add eggs, beat. Add flour, salt, beat well again. Put shortening in skillet. When hot, spoon in potato mixture (about ¼ cup for each pancake) pat lightly with spoon to spread to desired thickness. Fry on both sides until brown.

Many families like grated onion added to this recipe.

MARY A. TESCH

LUCY BOYER ROBINSON

Lucy Boyer met her husband, William Robinson, at her home in Pennsylvania. The couple married and moved to West Virginia. Prior to 1876, Mr. and Mrs. Robinson and their daughter Etta came to Denver to live.

Mr. Robinson was the founder of the Robinson Brick Co., which his two grandsons operate today.

Four children were born in Colorado: William, Jr., Fannie, Grace and Goldie.

Contributed by
AUGUSTA HAUCK BLOCK (MRS. JOSEPH H.)

SODA CRACKERS

7 oz. flour	1 cup shortening
1 tsp. salt	1 tsp. soda
2 tsp. cream of tartar	1½ teacup cold water

Mix flour, salt, and cream of tartar, then rub in shortening. Dissolve soda in cold water. Mix all ingredients. Roll out and bake in a quick oven, about 400°.

LUCY BOYER ROBINSON



AUGUSTA HAUCK BLOCK

Augusta Hauck Block was born February 9, 1872, daughter of Robert and Ernestine Hauck, early pioneers of the Boulder Valley in Weld County.

She married Joseph H. Block June 19, 1895, and as a bride went to Crested Butte, Colorado, where they lived for seventeen years. The family then moved to Denver where Mrs. Block still lives. Mr. Block died in 1950.

Mrs. Block has recorded much of Colorado's history and many of the recipes in this book are from her collection made in 1892.

She is a past president of the Pioneer Men and Women of Colorado and a charter member and past president of the Territorial Daughters of Colorado. She has two daughters: Ernestine Block Grigsby (Mrs. Joseph D.) and Josephine Block Miles (Mrs. Norris); and one granddaughter, Jane Grigsby Sencenbaugh (Mrs. D. W.) of Colorado Springs who is a fourth generation member of the Territorial Daughters of Colorado.

Contributed by daughter
ERNESTINE GRIGSBY (MRS. JOS. D.)

LEMON SPONGE CAKE

1 cup egg yolks	1 tsp. baking powder
2 cups flour	½ cup lemon juice and grated
½ cup cold water	rind
1¼ cups sugar	

Beat egg yolks until thick and lemon colored. Add sugar slowly. Sift flour with baking powder five times and add alternately with lemon juice and water. Bake in an angel food pan in a slow oven (325°), 35 to 40 minutes.

AUGUSTA HAUCK BLOCK

COTTAGE CHEESE PIE

4 egg yolks	1 cup thin cream
2 cups cottage cheese, sieved	Juice of ½ lemon and grated
½ cup seedless raisins	rind
⅛ tsp. salt	2 egg whites, beaten
1½ cups sugar	

Beat yolks slightly, add sugar, cheese, cream, raisins, lemon, salt and stir well. Then fold in whites of two eggs. Pour into a pie plate lined with pastry and bake at 450° for 10 minutes. Reduce heat to 325° and bake for 20 more minutes.

AUGUSTA HAUCK BLOCK



In breaking eggs for custards always take out the little white speck around the yolk as it will prove to be very disagreeable to the taste and never cooks well.

GRACE SEARS ATWOOD

Grace Sears Atwood was born in Maine in 1806 and later moved to Massachusetts after her sister's death to rear the children. She never married and died in 1897.

"Aunt Grace's Indian Pudding" recipe was given to her niece, Grace Alice Stone, who married her widower brother-in-law, Stillman W. French, in Dorchester, Massachusetts. They were married by the Reverend Edward Everett Hale. Mr. French brought his new wife to Denver before 1876. The family has lived here ever since.

Contributed by grandniece

ADELAIDE A. FRENCH

AUNT GRACE'S INDIAN PUDDING*

4 great spoons corn meal (4 heaping tbsp.)	1 egg
1½ pints hot milk	Some butter (2 tbsp.)
Small cup molasses (6 oz. molasses)	½ a nutmeg (2 tsp. grated nutmeg)
Salt (½ tsp.)	½ pint cold milk

Combine all ingredients except cold milk. After mixing, add the cold milk. Bake slowly two or three hours in a stone jar or bean pot.

GRACE SEARS ATWOOD

*Bake 2½ hours at 325° in pan of hot water.

AUGUSTINE VINOT SCHINNER

Born in France in 1839, Augustine Vinot came to Indiana with her family. Her father died and Mrs. Vinot took her children to Lawrence, Kansas, to live.

In 1860, Augustine Vinot met Adolph Schinner who was freighting supplies to the Pike's Peak country, married him in 1862, and came to Denver in a covered wagon. She had a special feather bed made before she consented to cross the Plains. On the way they were stopped by Indians who wanted to swap squaws.

Mr. Schinner owned the City Bakery and Confectionery at 15th and Blake Streets, the first bakery in Denver.

Contributed by granddaughter

AUGUSTINE WALTERS CARLSON (MRS. MILTON)

PEACH FLUMMERY

Stale cake	Peaches, sugared
1 pint milk	4 egg yolks
4 egg whites	4 tbsp. sugar

Line bottom of a glass dish with slices of stale cake 1½ inches deep. Make a boiled custard out of a pint of milk and the yolks of eggs, and just before serving, pour over the cake. On this, spread thick layer of peeled, sliced, and sugared peaches; and over that a meringue made of the whites of four eggs beaten stiff with 4 tbsp. sugar.

AUGUSTINE VINOT SCHINNER

SARA HAYS McLAUGHLIN STECK

Sara Hays McLaughlin was born in Pennsylvania in 1836 and married Amos Steck in 1853. She came to Colorado from Iowa in 1860 to join her husband, bringing their two children, Amos and Isabel. Two other children, George and Harry, were born in Colorado Territory. The family lived in the first house on Curtis and 17th Street.

Contributed by granddaughter

SARA STECK MUNDHENK (MRS. HENRY)

CORN BREAD DRESSING

2 cups corn bread
 ½ cup shortening
 Salt

1 or 2 eggs—if available
 Onion
 Dash of nutmeg

Crumble corn bread, then add other ingredients. For those who prefer a sweet dressing, use chopped dried fruits—apples, apricots, prunes.

In the early 60's flour was scarce and very high priced. When the man of the house brought home wild turkey, prairie chicken, geese, grouse or any wild fowl, the pioneer housewife used corn meal. Butter was also scarce so chopped ham and bacon scraps were used. There were wild onions in the fields.

SARA HAYS McLAUGHLIN STECK

ANICE ORVILLA SARWASH

Anice Orvilla Sarwash came to Colorado with her parents in 1876. She was a beautiful and talented girl. Her first musical training was in Denver where she studied under Professor Zeitz, a prominent music teacher of the early days. She later was a piano music student at Denver University. She lived to be 85 years old and died in 1956.

She was married to Harry Wilson and later to Henry Burbridge. She had nine children and taught music most all her life. She played for the silent movies from Denver to Alaska, California, Nebraska and Oregon.

Contributed by daughter

MADELINE S. BECKMAN (MRS. AUGUST)

PRETELS

2 to 3 lb. pork roast
 Salt

Water enough to cover roast
 2 to 2½ cups quick oatmeal

Salt the meat and cook in boiling salt water until it falls apart. Grind meat and put back in broth. Bring to boil then add oatmeal and stir. Mixture should be texture of thick mush. Season to taste. Let cool and put in refrigerator over night.

To serve, cut into very thin slices and fry until brown and crisp. This will keep in the refrigerator for a week or more. Delicious with waffles, eggs and toast.

ANICE ORVILLA SARWASH

EDITH PARKER LOW

Edith Parker Low was born March 10, 1869, at Kiowa, Colorado, daughter of Mattie Haynes and James Sample Parker. She married Charles Moffat Low of Newburgh, New York, on June 3, 1889, at Parker, Colorado.

She was raised in the 20 Mile House which was the last stop before Denver on the Smoky Hill Trail. This was one of the early pioneer trails from the east into Denver, where the terminus is marked by the pioneer monument at Colfax Avenue and Broadway.

Contributed by daughter

BESS LOW IRELAND (MRS. CLARENCE)

PICKLED PEACHES

2 cups vinegar	1/2 lb. brown sugar
4 cups water	3 tbsp. whole cloves
6 cups white sugar	3 long pieces of cinnamon,
24 small peaches (Elberta)	broken

Boil sugar, vinegar, water, cinnamon and cloves five minutes. Dip peaches quickly in hot water. Peel and pierce each one with a clove. Put into syrup and simmer until soft. Seal in sterile jars.

Note: Before the days when Mason and Kerr jars were available, pickled peaches were kept in large earthen crocks with syrup covering them and a cover or plate topping the crock.

EDITH PARKER LOW

CATHERINE MUNDHENK

Catherine Mundhenk and her husband, Carl, came to America from Germany in 1870. In 1874 they moved to Denver where they reared their four children.

Contributed by daughter-in-law

SARA STECK MUNDHENK (MRS. HENRY)

CHRISTMAS COOKIES

6 eggs	1 tsp. salt
1 cup sugar	1 tsp. baking soda
1 cup buttermilk	Flour enough for soft cookie
3 tbsp. aniseed	dough
1/2 lb. butter	

Separate eggs. Save the whites for frosting. Beat the yolks until lemon color. Cream sugar and butter, add buttermilk and aniseed. Add to beaten egg yolks. Sift in flour, salt, baking soda and blend well. Roll out, cut with Christmas cookie cutters. Bake in moderate oven.

Frosting For Christmas Cookies

6 egg whites	1 tsp. rum flavoring
Powdered sugar	Colored sugar

Beat egg whites until stiff. Add enough powdered sugar to make a soft frosting. Add rum flavoring. Frost cookies and while still moist cover with colored sugar for decoration. Lay out on clean cloth to dry.

CATHERINE MUNDHENK

MARGARET KOUNTZE BERGER

Margaret Kountze was born in Ohio, married William Berger of Pittsburgh and came to Denver with their two children in the 1860's. They built their new home at 1170 Sherman in 1881, the first house in the H. C. Brown Second Addition. Six other children were born in Colorado. The Bergers spent a great deal of time at their Platte Canyon summer home, Estabrook. Mrs. Berger had her own large vegetable garden where she worked, wearing a large garden hat and a long, full skirt which dipped the dust.

Contributed by granddaughter
MRS. ALEXANDER BARBOUR

SCHMEERKASE

Milk was heated slowly at back of wood-burning stove until curds and whey formed. The curds were then placed in a funnel-shaped bag of muslin and hung for draining on the trunk of a large available tree. When dry, curds were subjected to beating with wooden paddles until all lumps were eliminated. Then were added and stirred in rich cream, salt and pepper. Served with salad for supper.

MRS. WILLIAM B. BERGER



O. P. BAUR

No collection of early Colorado cookery would be complete without Otto P. Baur, founder of the Denver firm of confectioners and caterers which still bears his name, and said to be the inventor of that universal American treat, the ice cream soda.

He was born in Wurttemberg, Germany, in 1846, the son of Dr. Joseph and Pauline Kohler Baur. At the age of seven, he and his family came to the United States, where they settled in Pennsylvania. When he was sixteen, he started learning the confectioner's trade.

In 1867, after a harrowing trip by train and stage coach, complete with all the wild west trimmings of flooded river crossings and attacking Indians, Otto Baur, his sister and her children arrived in Denver to join her husband who owned a hotel on Blake Street.

In Denver, Otto Baur worked for seven years in the City Bakery but finally succumbed to the prevalent gold fever and tried his luck in New Mexico.

He returned to Colorado and, after working at the Jacob Schueler Confectionery store on Larimer Street, opened the firm of Colwell and Baur at 16th Street and Lawrence. One morning about 1874 a customer, who came in every day for a glass of cream charged with seltzer water, appeared before the cream had been delivered. Mr. Baur, in a burst of inventiveness spurred on by necessity, used ice cream instead. Fortunately, the customer was delighted with the change and told all his friends. Thus was born the ice cream soda.

Contributed by
BETTY NORGAARD (MRS. NOLAND)

ALFRED AND MARGARET ANN TUCKER

Alfred Tucker came west in 1849 and again in 1859. In 1860, he brought his family to Golden Gate City, so-called because it was the gate to the gold fields. He surveyed and built a road up Golden Gate Canyon. He was a judge and had a lumber mill in Golden which made door sash and fancy window and eave trim, some of which can be seen in Central City even today.

He had several ranches and other holdings. He died in 1880 leaving Margaret Ann and nine children, several already grown and married. Margaret cooked upon occasions, but had a housekeeper and a cook so she devoted her time to business and raising her family. There were 23 grandchildren, five of whom are Territorial Daughters of Colorado.

Contributed by granddaughter

MARION BURGESS GEICK (MRS. ELMER J.)

EGG DRINK

1 egg

1 tsp. sugar

1 teacup milk

Beat up the egg well in a cup with sugar. Put milk on to boil, and when it boils pour over the egg, beating with a fork all the time. Then let any person feeling weak or tired, or who feels knocked up, drink it, and they will at once feel refreshed and invigorated.

MARGARET ANN TUCKER

MARY JANE PAULSON BURGESS

Thomas Burgess came west early in 1859, not to mine for gold, but to look around; he liked what he saw. He returned to Columbus, Ohio, and brought his wife, Mary Jane Paulson (who was born in Ohio in 1838) and his brother Jacob and wife, Mary, back to Golden in 1861.

They brought several wagons full of merchandise to start a general store, and upon arrival in Golden found that Mary Jane had packed many of her breakable wedding presents in the flour barrels. She said, "We will still eat," and they did.

Shortly after this, they started the Burgess House in Golden, a hotel that has now been turned into apartments and is still in use. The sons of Thomas and Mary moved to Denver and were druggists in the Windsor Hotel, but the elder Burgesses remained in Golden. There were eight descendants from this pair of brothers. Four are Territorial Daughters of Colorado. Mary Jane died in 1895.

Contributed by granddaughter

MARION BURGESS GEICK (MRS. ELMER J.)

UNFERMENTED WINE FOR COMMUNION

3 lbs. of sugar to every 10 lbs. of grapes.

Weigh the grapes, pick from the stems, put in a porcelain kettle, add very little water, and cook until stones and pulp separate; press and strain through a thick cloth, return juice to kettle, add sugar. Heat to simmering, bottle hot and seal. This makes one gallon and is good.

MARY JANE BURGESS
from "Practical Housekeeping"

CREAM SLAW*

1 gallon cabbage, cut fine	1 piece butter, size walnut
1 pint sour cream	1 pint vinegar
1 tsp. flour	½ cup sugar
2 eggs	1 tbsp. salt
1 tbsp. black pepper	1 tbsp. mustard

Put vinegar, sugar and butter in a saucepan and let boil; stir eggs, cream and flour, previously well mixed, into the vinegar and boil thoroughly; throw over the cabbage previously sprinkled with salt, pepper and mustard. Mix.

MARY JANE PAULSON BURGESS

**Try diluting vinegar with one fourth water, cut down on pepper, partially cool dressing before adding to cabbage.*

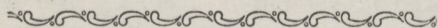
RAISIN CAKE

2 cups raisins	½ tsp. allspice
2 cups water	A pinch of cloves
1 cup sugar	A pinch of salt
½ cup shortening	2 cups flour
1 or 2 eggs	1 tsp. soda
1 tsp. cinnamon	

Boil water and raisins until one cup liquid remains. Cream sugar and shortening and add eggs. Add sifted dry ingredients alternately with raisin liquid. Add raisins and bake 45 minutes at 350°. Instructions with this receipt were as follows: If you do not have ground spices, boil whole spices in a bag with the raisins. Save all dabs of fruit such as apple, pickled peach juice, or others and add. This cake keeps well if you hide it.

MARY JANE PAULSON BURGESS

Steamboat Springs, Hayden and Meeker



MR. AND MRS. JAMES HARVEY CRAWFORD

Mr. and Mrs. James Harvey Crawford, founders of Steamboat Springs, Colorado, were born on farms near Sedalia, Missouri, in the 1840's. Mr. Crawford spent four years in the Missouri Cavalry. In May, 1865, he married Margaret Emerine Bourn, his childhood sweetheart. When chinch bugs ate his crops in Missouri, he hitched up his mules and, with his family, reached Cherry Creek in June 1863.

The first winter he spent at Beaver Brook. The following spring he took the first wagons over Rollins Pass. While the family stayed behind, Mr. Crawford explored and discovered the Springs in June 1874.

Mr. Crawford, among many firsts, was the first mayor of Steamboat Springs. During the Ute Indian uprising in 1879, when Agent Meeker was massacred, all the settlers in upper Routt County fortified at the Crawford cabin on Bear River.

The Crawfords had four children: Lulie (Mrs. Carr W. Pritchett) Logan, John, and Mary (Mrs. Elmer R. King). Mr. and Mrs. Crawford celebrated 65 wedding anniversaries.

Mrs. Crawford, an expert fisherman, kept the family supplied with trout, which she preferred to bake in cream. She also cooked beaver tails. However, Mr. Crawford never trapped beaver and even introduced a bill into the legislature to protect them. It was the trappers who occasionally brought him tails and he was fond of telling about the old frontiersman who said, "Where good beaver tail on table, push everything else back!"

Contributed by granddaughters
MARGARET AND LULITA PRITCHETT



HOW TO PREPARE BEAVER TAIL

Scald well; with a knife scrape off the black scales. Singe the hairs. Cook in heavy black kettle till tender, pouring off the water several times. Remove meat from tailbone. Meat is white and gelatinous. It may be used in a number of ways:

1. Serve whole on platter with lemon and butter sauce.
2. Cut into cubes and add to navy bean soup. Salt and pepper generously.
3. Pack cooked beaver tail in a crock, cover with hot pickling brine and let stand several hours. Pickling beaver tail is especially good to disguise the strong flavor if beaver have been eating too many willows.

MRS. JAMES H. CRAWFORD

MRS. C. W. NEIMAN

Mrs. Charles W. Neiman (Ruby) was born in Big Rapids, Michigan, in 1877 and came to Colorado with her family in 1882. They lived in Chihuahua, Colorado, until 1893 when the family moved to Egeria Park (now Yampa).

About 1895, she went to Hahn's Peak to teach school and boarded with a Mrs. Larson who was a native of Sweden. At that time Hahn's Peak was the county seat of Routt County, which included what is now Moffat County, and was a busy mining camp.

Mrs. Neiman copied the recipe for Floating Island from Mrs. Larson's book and it has been a favorite in the family since then. She later married Charles W. Neiman, a well known sheriff. She still resides in Steamboat Springs and is active in community affairs.

Contributed by her niece
ELIZABETH ROLLER (MRS. FRED)

FLOATING ISLAND

In a wide pan, buttered very sparingly, heat, but do not boil, 3 cups milk. Separate 3 eggs; whip whites until very stiff, add 3 tbsps. sugar and $\frac{1}{8}$ tsp. salt. Carefully place large spoonfuls of beaten white in hot milk, coat with the milk and turn to cook under side. Try to keep floats distinct. Remove floats to large bowl, and repeat until whites are all cooked. They should be firm, large floats.

Prepare custard thus: There should be 2 cups of milk left in the pan. If less remains, add more to make amount. To the 3 egg yolks add 1 whole egg. Beat well with $\frac{1}{4}$ cup sugar, $\frac{1}{8}$ tsp. salt. Pour hot milk over mixture (this is important). Place mixture in top of double boiler, cook slowly, stirring constantly until you have a thin custard. Add 1 tsp. vanilla, and pour custard over prepared whites. Chill. You may add $\frac{1}{2}$ tsp. bright jelly to each float of whites to add color.

MRS. C. W. NEIMAN

ANNA RALSTON SHELTON

Byron T. Shelton, born in Ohio in 1865, came to the Yampa Valley with his father in 1882. In 1887 they homesteaded east of Hayden.

Byron married Anna Ralston September 24, 1889. With her parents she had come from Harrodsburg, Kentucky, and her father homesteaded on Round Bottom below Craig. She taught school at Hayden two years before her marriage. For several years Byron and Anna ranched.

Byron and F. E. Milner of Steamboat Springs organized the Yampa Valley Bank in Hayden. He served as mayor of Hayden for one term.

The Sheltons had four children: Clifford, Sam, Mrs. Marabelle Enochs and Mrs. Gladys Temple. Mr. Shelton died February 14, 1956, at the age of 90 years and Mrs. Shelton died December 3, 1960.

Contributed by daughter
MRS. MARABELLE S. ENOCHS

CUSTARD PIE*

3 eggs	1 pint milk
1 scant cup sugar	Few grains of salt
$\frac{1}{4}$ tsp. nutmeg	Pie crust

To the sugar, salt and nutmeg, add the beaten eggs and gradually the milk, beating constantly. Line a deep pie plate with the crust, build up the edges, then pour in the custard mixture. Bake in the oven at a medium temperature. The pie filling should not boil during the baking process or it will separate and curdle.

ANNA RALSTON SHELTON

**Bake 375° for 30 minutes or until a silver knife will come out clean.*

WILD DUCK DINNER

Prepare the duck for roasting. Stuff with sauerkraut and also place some in the roaster around the ducks. Cook in oven until well done. Serve the kraut with the meat.

ANNA RALSTON SHELTON

JELLY ROLL

5 eggs	$\frac{2}{3}$ cup sugar
2 tsp. baking powder	1 cup flour
1 tsp. lemon extract	

Separate eggs, then beat yolks. Add sugar to yolks and beat again. Add flour, baking powder and lemon extract. Add egg whites, stiffly beaten, last. Bake at 375° in large, shallow, buttered pan for about 20-25 minutes or until done. Have cloth ready sprinkled with powdered sugar and turn cake out upon it. Spread with any jelly and roll, using cloth. Leave wrapped until ready to eat.

ANNA RALSTON SHELTON

**MRS. C. C. ALDRICH**

Mrs. C. C. Aldrich was born in Iowa and came to Grand Junction where she lived until she married. Later she and her husband moved to Meeker where she taught school and was a member of the school board for years. Mr. Aldrich was a county judge, county treasurer and a rancher in the Meeker area.

Contributed by
JUDY CAUGHEY (Mrs. KENNETH)

ETHEL'S BAKED OMELET

2 tbsp. butter	1 cup milk
2 tbsp. flour	6 eggs
Salt to taste	

Put the butter in a pan; when melted, add flour. Mix well, add milk, gradually stirring until thick and smooth. Add salt, cool. Beat eggs separately, fold first yolks, then whites into the cream sauce; pour into a baking dish and bake in a moderate oven for about 15 minutes.

LEILA ALDRICH

THE JOHN F. CAMPION FAMILY

In 1879, when the second mining boom was at it's height, John F. Campion drove for three months in a covered wagon to reach the mining camp of Leadville. There he bought and sold mining claims, making \$150,000 on one sale alone. Much of his wealth came from the Little Jonny mine, managed by Johnny Brown, husband of the famous Unsinkable Maggie Brown.* He amassed a large fortune, moved to Denver and built an elegant home there. Among many business interests he began to experiment with the infant sugar beet industry, was a founder of the Denver National Bank, a vice-president of the Moffat Railroad, was instrumental in developing the Denver Museum of Natural History and served as its first president.

He was born in Canada in 1849. He married Nellie May Daly, daughter of John Daly, in 1895. Mrs. Campion, a beautiful woman of regal bearing, was a social leader in Denver until her death in 1922. One daughter, Helen, married Henry Mulvihill. Another daughter, Phyllis, who married Aubrey Bullock-Webster, contributed the following recipes. She says, "In the early days in Routt County (1880 to 1890) most of the meat that was eaten was wild game. . . . Below are given a few recipes which our family used at that time and later"

**Changed to the more euphonious Unsinkable Molly Brown, when presented as a musical comedy on the Broadway stage in 1960. Her heroism, when the luxury liner Titanic sank at sea, earned her this title.*

BROILED WILD DUCKS

2 ducks (small)	Salt and pepper to taste
Marjoram	2 oz. butter
1/2 lb. mushrooms	1/4 cup brandy
3 strips crisp bacon, crumbled	Parsley, chopped
Bacon drippings	

Split ducks down back. Grease them with bacon drippings, sprinkle with salt, pepper and marjoram. Slice caps of mushrooms in two, chop stems. Cook in butter until soft. Then turn off fire and leave them in pan. Put ducks, breast down, on pre-heated broiler pan, basting with bacon drippings. Place at least six inches below flame and watch carefully. Takes 10 to 15 minutes, according to taste (or longer depending upon size). Reheat mushrooms, add touch of Maggi sauce, crumbled bacon, brandy and parsley. Heat thoroughly and pour over ducks.



MINCEMEAT

2 lbs. cooked lean deer meat	1 cup granulated sugar
1 lb. suet (not of deer)	3 cups light brown sugar
1 pkg. seeded raisins	6 lbs. apples, chopped
1 pkg. seedless raisins	1 tbsp. cinnamon
1 lb. dried currants	$\frac{2}{3}$ cup lemon juice
6 cups sweet cider	2 cups fruit juice
1 tsp. salt	2 glasses tart jelly

Put meat and suet through the food grinder. Cook all the ingredients together slowly until thick. Seal while hot in glass jars.

ROAST RABBIT

Rabbit, whole	Bread dressing with
$\frac{1}{2}$ tsp. soda	onion and celery
1 cup water	

Wash rabbit with water to which $\frac{1}{2}$ tsp. soda has been added. Soak in salt water overnight. Fill with dressing. Place in baking dish, rub with cooking fat. Add one cup water and cover tightly. Onions, carrots and potatoes may be cooked with it. Baste frequently. This is good served with cranberry or other tart jelly.

RABBIT PIE

1 rabbit, cut in pieces	Onion
Boiling water	Bacon
Salt	2 tbsp. flour to each cup
Biscuit dough	of broth

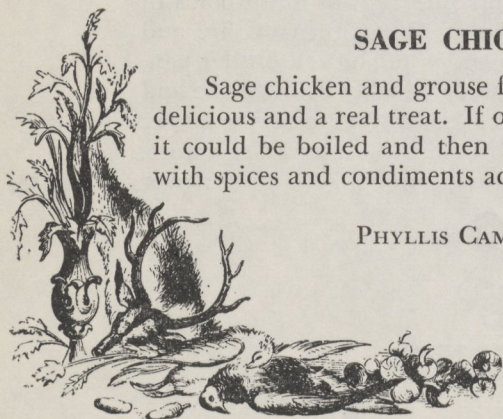
Cover rabbit pieces with boiling water. Add onion, bacon and salt. Simmer until tender. Thicken broth with flour (using two tablespoons to each cup of broth). Pour this sauce over rabbit. Make a rich biscuit dough. Roll out one-half inch thick the size of baking dish used. Cut slits in dough for steam to escape. Bake in hot oven.

SAGE CHICKEN AND GROUSE

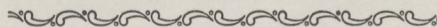
Sage chicken and grouse fried as one would fry tame chicken were delicious and a real treat. If one happened to kill an old sage chicken, it could be boiled and then the meat ground for making croquettes with spices and condiments added.

Contributed by

PHYLLIS CAMPION BULLOCK-WEBSTER (MRS. AUBREY)



Boulder, Longmont and Fort Collins Area



ERNESTINE LOUISE LANGE HAUCK

Ernestine Louise Lange was born in Merseburg, Germany, May 12, 1842. After graduating from the high school at Leipzig, Germany, she came to Colorado with her brother Fred Lange and his family in 1855. They went to Omaha where they stayed until 1860. She then went to Black Hawk, Colorado, to live with her brother's family.

On March 27, 1868, she married Robert Hauck at the home of her friends, Mr. and Mrs. Joe Block. The Reverend Moore officiated. The wedding cake, made by Mr. O. P. Baur,* had to be brought over to the Block home on a wheelbarrow because a sudden storm deposited five feet of snow on the ground. The bride and groom went to live on their farm six miles southeast of Longmont, Colorado. Of their eight children, only Augusta Hauck Block and Alfred Hauck survive.

Mrs. Hauck's storeroom was filled with good food. She introduced canning of fruits and vegetables to the Boulder Valley area. Since she couldn't buy cans, she had Mr. Butler, a tinsmith in Longmont, make one and two-quart cans with a set-in lid. To seal these she poured melted red sealing wax around the edge where the lid fitted into the groove.

Contributed by daughter
AUGUSTA HAUCK BLOCK (MRS. JOSEPH H.)

**Who founded the Baur confectionery and restaurant business, still in operation in Denver. See page 28.*

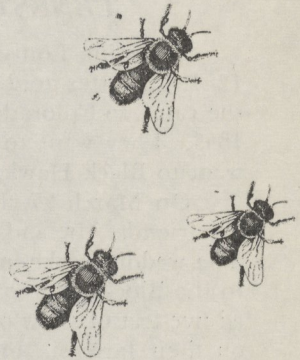
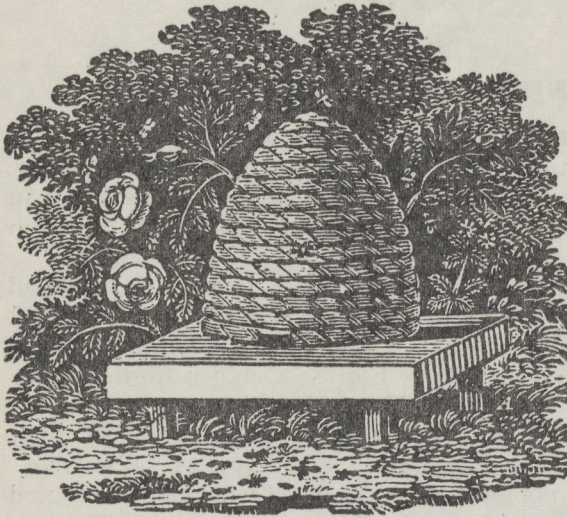
LEBKUCHEN (HONEY CAKES)

2 eggs	1/2 tsp. cinnamon
1 cup sugar	1/4 tsp. allspice
1/3 cup strained honey	1/2 tsp. cloves
3/4 cup unblanched almonds	6 tbsp. orange peel, chopped
2 1/2 cups flour	2 tbsp. lemon peel, chopped
1/4 tsp. soda	

(The orange and lemon peel may be eliminated)

Beat eggs and sugar until fluffy. Add honey and mix well. Add slivered almonds. Add sifted dry ingredients, then the candied fruit peels. Mix well. Chill thoroughly. Roll $\frac{3}{8}$ inch thick on floured surface; cut with round cooky cutter. Bake on greased cooky sheet in moderate oven (350°) for 20 minutes. Makes three dozen cookies.

ERNESTINE HAUCK



MRS. S. J. PLUMB

S. J. Plumb of Rolling Prairie, Wisconsin, came west with the men of the Wisconsin Gold Mining Company. The Plumb farm was southwest of the Hauck farm on Boulder Creek.

In 1863 Mr. Plumb went back to Wisconsin to get his wife and two children, Edward and Ida. Mrs. Plumb was a wonderful cook and helped all the new brides.

Mrs. Plumb was the first woman in Colorado to go into the bee business and was very successful. She sold honey and bees for many years. Italian bees, which were shipped west in the wintertime, were introduced into the area by Mrs. Plumb.

Contributed by
AUGUSTA HAUCK BLOCK (MRS. JOSEPH H.)

SWEET PICKLES

3 quarts cider vinegar	3 lbs. brown sugar
7 lbs. of fruit*	3 oz. whole cloves
3 oz. cinnamon	

Place all ingredients in a large kettle and boil until fruit or cucumber is clear and tender. Pour pickles into pint jars and seal.

MRS. S. J. PLUMB

**Cucumbers are used by some, others prefer watermelon rind, apples, peaches or pears.*



MANUFACTURED HONEY

(This honey was made before we had honey bees in Colorado Territory)



12 lbs. sugar	40 grains cream of tartar
4 lbs. water	13 drops essence of peppermint
3 dr. manna*	1 tsp. solution of gum arabic
2 egg whites	
6 drops of oil of Boze*	

Boil five minutes over a slow fire, skim well, let stand until milk is warm then add the oil of Boze. Stir well together and you have honey ready to use.

MRS. S. J. PLUMB

**The sweet exudation of the European flowering ash, in the form of flakes. Manna of good quality dissolves in six parts of water forming a clear liquid. No one seems to know what oil of Boze is, today.*

LOUISE CHASE CHENEY BUCKINGHAM

Louise Chase was born in Pueblo, Colorado, in 1877. She lived in Trinidad, Colorado, and spent much of her time with her grandparents who were homesteaders in the Grand Mesa area, on the Western Slope.

On April 11, 1900, Louise Chase married Charles Cheney and moved to Boulder. Her father-in-law Lewis Cheney was a prominent Boulder resident and established many banks throughout Colorado.

After her husband's death, Louise Cheney married Walter Buckingham in 1949 and still lives in Boulder.

Contributed by daughter
MRS. THOMAS HERBERT

GOLDEN PARFAIT*

$\frac{2}{3}$ cup sugar	$1\frac{1}{2}$ cups whipping cream
$\frac{1}{3}$ cup water	$\frac{1}{2}$ cup candied fruit, soaked in rum
$\frac{1}{8}$ tsp. cream of tartar	
5 egg yolks (beaten creamy)	

Cook sugar, water, and cream of tartar until it makes a soft ball in cold water. Cool some, then pour in a fine stream over yolks of egg, beating constantly. Cook over boiling water until thick. Cool and add whipped cream. Pack and when partly frozen add fruit and rum.

Pineapple, cherries, greengages, peaches, apricots may be used. Serves not more than six.

LOUISE CHASE CHENEY BUCKINGHAM

**Rich, expensive and luxurious. Nesselrode fruits available in jars may be used. Pile into small parfait glasses, cover with foil or plastic wrap and freeze. Makes a grand dessert for a sumptuous company dinner.*

PIONEER VINEGAR*

In covered wagon days every family carried two or three five-gallon kegs of molasses. As soon as they located anywhere a keg was emptied and vinegar started. This was done by filling the keg with water, leaving in about a pint of molasses and a yeast cake soaked soft. A piece of coarse brown paper eight inches square, smeared with molasses was added. The keg was covered with cloth and set in the sun, where it soon soured and made good vinegar. Addition was made by rinsing all fruit or jelly glasses, also sugar in bottom of cups. As we had no fruit it was welcome.

LOUISE CHASE CHENEY BUCKINGHAM

**This mild form of vinegar was used in most recipes. (See Vinegar Pie.)*

NANCY PHOEBE FLINT WARNER

Nancy Phoebe Flint was born in Walden, Vermont, in May 1822, the daughter of Joel and Huldah Flint.

She married James Parker Warner September 18, 1844, and went to New Orleans as a bride where she lived for many years. She told of taking baskets of food to the soldiers during the Civil War and had stories of the early Mardi Gras. They had three sons, Francis, James, and Willis.

Mrs. Warner, a brown-eyed beauty, was a wonderful southern cook. She and Mr. Warner came to Longmont to live after their son Willis and his wife, Rosella Hunter Warner, moved there in 1882.

Contributed by granddaughter
LOUISE WARNER HARRIS (MRS. LLOYD)

WHITE GINGERBREAD

4 cups flour	1 tsp. nutmeg
1 tsp. soda	1 tsp. cinnamon
1 tsp. salt	1 tsp. ginger
2 cubes butter or 1 cube butter and ½ cup Crisco	2 well beaten eggs
2 cups sugar	1 cup buttermilk

Sift dry ingredients, then rub shortening into mixture. Add sugar and rub real fine. Set aside two cups of this mixture. To the remainder add eggs and buttermilk. Put part of the crumbs you have set aside in bottom of pan, add the dough, then sprinkle the rest of the crumbs on top. Bake in moderate oven at 350° for about one hour or until it is done.

NANCY PHOEBE FLINT WARNER



MARY FASSETT BATTERSON

Mary Fassett was born in Allegheny County, New York, on February 6, 1833, to John Fassett (Scotch) and Sarah Henry Fassett (English). She was a small child when the family moved to Harrison, Illinois.

On December 25, 1852, Mary Fassett was married in Decorah, Iowa, to Solomon Batterson, son of Henry Batterson (New York) and Hannah Goff Batterson.

Solomon and Mary Batterson settled at Livermore, Colorado, August, 1870. They engaged in ranching and farming. Their large ranch home on the Red Feather Road was a well-known stopping place.

Contributed by great-granddaughter
ELMEDA O'DANIELS (MRS. DAN)
President of Daughters of Colorado

FRUIT PUDDING

1 cup brown sugar	1 cup raisins
1 cup walnuts (small pieces)	1 cup dates (small pieces)
1 scant cup white sugar	2 cups flour
Butter, size of walnut	2 tsps. baking powder
1 tsp. cinnamon	1 cup warm water
1 cup cold milk	

Mix the ingredients together and put in a bakng pan. Mix the sauce below and pour over pudding:

Sauce

1½ cups brown sugar
½ cup butter

1 tbsp. cinnamon
1½ cups hot water

Pour sauce mixture over pudding and bake for about 45 minutes in a moderate oven. Serve with whipped cream.

MARY FASSETT BATTERSON

JESSIE L. CLARK

Jessie L. Clark was born in Fort Collins March 10, 1883, and still resides there. Her parents were John Alexander Coverhill Kissock and Emma Alice Sweeney Kissock.

For many years she was society editor of the Fort Collins *Leader* and was also a member of Pioneer Women. She graduated from Colorado A&M College (now C.S.U.) in 1904, majoring in science.

The following biographies were contributed by Mrs. Clark.

HELEN TENNEY GREENAMYRE

Mrs. Greenamyre was born in 1873 on one of the early farms in Colorado. She remembers the partitions of the log home being made of muslin. She was a registered nurse, and a member of the Fort Collins Pioneer Society.

Contributed by
JESSIE L. CLARK (MRS. JAMES N.)



ROAST TURKEY

Take out the innards and wash the inside and out of the turkey. Prepare the dressing in the following manner:

Have sufficient bread in cold water to fill the turkey. When soft, drain off the water and mash it fine; mix it with a large spoon of melted butter, or a little raw, chopped pork; season with salt and pepper, add sweet herbs if you like. An egg in the dressing makes it cut smoothly. Any kind of cooked meat, chopped fine and mixed with the dressing improves it.

The dressing made of potatoes, boiled, fresh mashed, with a little salt and butter mixed with it makes a good dressing for turkey or other kinds of poultry. Fill the crop and body with the dressing, sew it up and tie up the legs and wings. Rub on butter and salt. Roast according to the size and baste frequently. Twenty-five minutes for every pound is a good rule. It should be roasted slowly at first. About two thirds of a pint of water in the dripping pan. The innards should be boiled by themselves as they require a great deal of cooking. Use the liquor in which they were boiled for gravy, add the drippings and thicken when it boils with flour and water, salt and pepper—thyme if you like.

This recipe is from *Kitchen Directory and American Housewife*, published in 1855 and owned by Eliza M. Tenney, mother of Helen Tenney Greenamyre.



A Fish Bone in the Throat:

A raw egg (with the shell removed) swallowed immediately will carry a fish bone down that cannot be removed from the throat by the utmost exertion and has gotten out of reach of the fingers.

LEAH STRATTON McHUGH

Leah Stratton was born May 4, 1868, in the pioneer cabin known as the "Aunty Stone" cabin. Her parents, Mr. and Mrs. Harris Stratton, were the first white couple to be married in Fort Collins and she was the second white child born there.

She graduated from C.S.A.C. in June, 1887, and married Dr. P. J. McHugh on January 21, 1891. They had three sons, Keith, Jerome and Weir. She was active in many clubs and helped organize the Fort Collins Library, Pioneer Society and the Cache La Poudre D.A.R.

Contributed by
JESSIE L. CLARK (MRS. JAMES N.)

ROYAL PHILADELPHIA CINNAMON BUNS*

4½ cups flour	4 tsp. cinnamon
2 tsp. salt	8 tbsp. seeded raisins
8 tsp. baking powder	2 eggs
1 cup water	1 cup sugar

Beat water, eggs, sugar. Add sifted dry ingredients. Mix thoroughly. Add raisins. Cook in heavy iron skillet.

LEAH STRATTON McHUGH

**Melt ½ stick butter in skillet. Drop batter by big spoonfuls. Bake at 400° about 12 minutes.*

MARY LOUISE GREUB ZWECK

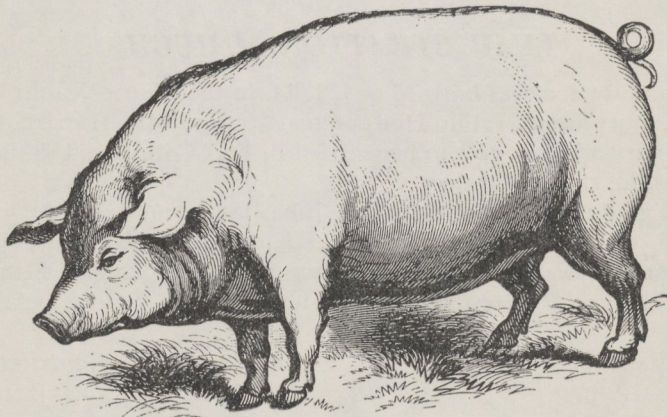
Mary Louise Greub was born in Luxeville, Switzerland, on July 4, 1848. In 1852, the family came to the United States by sailing vessel. They were forty days on the voyage and finally landed at the busy port of New Orleans. They first settled in Illinois, but in 1863 they moved to St. Joseph, Missouri.

In 1864, they crossed the plains to Colorado by ox teams, leaving St. Joseph in May and arriving at Niwot, Colorado, in August. Here the family located on a homestead.

On April 16, 1866, Mary Louise was united in marriage with George Zweck at the home of her parents. They started housekeeping in a three-room log cabin. This cabin occupied the site where the present home now stands.

To this union eight children were born, three of whom died in childhood. Mr. Zweck built the Imperial Hotel which is still standing on the corner of Main Street and Third Avenue in Longmont. He died December 24, 1902.

Contributed by daughter
JEANE ZWECK



BRINE FOR CURING PORK

For 100 lbs. of pork, allow:

10 lbs. salt	2 oz. saltpeter
3 lbs. brown sugar	1 oz. cayenne pepper
5 gals. water	

Put all together, then boil five minutes. Skim well, then allow to get cold. Pour mixture over meat, packed in large jars or barrels. Put on heavy weight to keep meat under brine. Cover the jar and set away in a cool place. Meat cured in this way is never rancid and flies do not get at it. In the spring draw off the brine, boil it again, skim and let cool. Pour over the meat again. After six weeks the meat can be taken from the brine, hung up in "smoke house" and smoked with apple wood or corn cobs. Never use pitch wood.

MARY LOUISE GREUB ZWECK

FRANCES LAPHAM MOORE

Mrs. Marvin Moore, nee Frances Lapham, was born in Rome, New York, in May, 1859. She spent her girlhood on a farm near Addison, Michigan, and came to Denver as a bride in 1882. She made her home in Denver for many years before coming to Loveland to be near her daughter, Mrs. R. W. Tesch. She died in 1932.

Contributed by daughter

ZELMA MOORE TESCH (MRS. R. W.)

HONEY COOKIES*

1 $\frac{1}{3}$ cup honey	4 oz. butter
4 cups flour	4 oz. almonds
Grated peel of 1 lemon	1 $\frac{1}{2}$ tsp. cloves
2 tsp. soda	

Put honey and butter into a clean saucepan over fire. When mixture is melted and at the point of boiling, remove from fire and cool. When cold, stir in slowly the flour, almonds, lemon peel and cloves. Dissolve soda in a little water and stir into mixture at the last. Cover with a cloth and stand in a cool place overnight. In the morning, lay the paste on mixing board and sprinkle with flour. Roll out $\frac{1}{4}$ to $\frac{1}{2}$ inch thick and cut into squares. Bake on greased sheet in moderate (350°) oven about 10 minutes or until nicely browned.

FRANCES LAPHAM MOORE

**Makes about 5 dozen slightly chewy cookies. Try almond flavored butter frosting.*

MINCEMEAT

2 lbs. lean beef, boiled	2 tbsp. cinnamon
½ lb. beef suet	1 tbsp. each: nutmeg, cloves allspice and salt
5 lbs. apples, pared and chopped	2½ lbs. brown sugar
2 lbs. seeded raisins	1 quart cider. Also liquid meat was boiled in.
1 lb. Sultana raisins	
2 lemons, grated rind and juice	

Add water to make desired consistency.

Chop cold boiled beef together with suet. Add remainder of ingredients.

FRANCES LAPHAM MOORE

MARY MYATT DUNCAN

Elisha Duncan married Mary Myatt in 1849 at Vandalia, Illinois. That year he left for California, but in 1852 he returned and built a home in Vandalia.

By 1859 news of gold in the Pikes Peak area made him leave his home and family. He made several trips back and forth. He located and charted the Golden Gate Toll Road to Central City and Black Hawk.

He again returned to Vandalia and in March, 1861, brought back Mrs. Duncan and son, Robert. They lived in a two-story log house, and Robert attended school at Golden Gate.

In 1863, Elisha (Lishe) and his brother John acquired 80 acres of land one mile from the junction of Boulder Creek and St. Vrain Creek. There Elisha moved his family in 1864 and lived for many years.

Near this farmland, the Home Guards built Fort Junction in 1864. Preparations were made to bring wives and children here in case of Indian trouble. The Indians called this the "Black Fort" because the earth with which it was built looked black.

Mary Duncan was a hardy, capable and determined pioneer who lived to be 94. Her children were Robert, Guy, Edward, Dale, Margaret, and Mary.

Contributed by

AUGUSTA HAUCK BLOCK (MRS. JOSEPH H.)

MARY DUNCAN'S RECIPT FOR COOKIES

2 cups sugar	1 cup sour milk
1 cup shortening	1 tsp. soda
A little salt	Flour

Use enough flour to make a dough to roll. Bake on greased cookie sheet in a medium oven.

MARY MYATT DUNCAN

ALICE EDSON TOPLIFF WILLIAMS

Alice Edson Topliff was born in 1861 at Pittsfield, Illinois. In 1871 her family came to Colorado with what was then called the Chicago Colony, a group of families who left Chicago after the Great Fire. They formed the nucleus of what is now the town of Longmont.

Alice Edson Topliff was married to Samuel Williams in 1885 in the First Congregational Church in Longmont, where they later made their home. They had three children, one of whom is Mrs. Maude Williams Secor who still lives in Longmont. Mrs. Williams died in 1934.

Contributed by daughter
MAUDE WILLIAMS SECOR (MRS. GRAY)

FRUIT CAKE

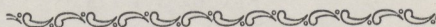
3 cups flour	2 tsp. salt
1½ cups brown sugar	1 cup chopped pineapple
2 tsp. cinnamon	1 cup chopped figs
1 tsp. cloves	1 cup shaved citron
1 cup melted shortening	1 cup fruit juice
4 eggs	1½ cups candied cherries
1 tsp. baking powder	1 cup raisins
2 tsp. allspice	3 cups nuts

Mix shortening, egg yolks and sugar for two minutes. Sift spices and salt, baking powder and two cups of flour. Add alternately with the fruit juice to the first mixture. Then add fruit and nuts, which have been mixed, with the remaining cup of flour. Fold in egg whites beaten stiff. Bake in a very slow oven about four hours. This makes five and one-half pounds of cake. It is better to make two cakes instead of one large one. If making two cakes, cut baking time in half.

ALICE WILLIAMS



Colorado Springs and Pueblo Area



LOUISE ALLEBRAND HOAG

Mr. and Mrs. Frank S. Hoag came to Colorado in 1901 for her health. In 1961 she was a vigorous 89 years old and loved to spin stories of her childhood years in Keesport, Pennsylvania, to her many great-grandchildren.

One of their favorite stories was of her early acquaintance with the family of her betrothed who were of sturdy Quaker background. The Hoag family were not quite sure they approved of young Louise Allebrand and her gay, laughter-loving family. Louise was known to enjoy dancing, singing and driving horses. She convinced them of her substance and disciplined background during an evening spent in Bible study and quizzes. Though it is strongly suspected that they were quite surprised, Louise Allebrand quickly found every obscure passage that the Hoag family requested! The Hoag family are pioneer newspaper publishers in Pueblo.

Contributed by granddaughter-in-law
ELEANOR T. EVANS (MRS. FRANK EDWARD)

HEALTH BREAD

3½ cups white flour	2 cups buttermilk
3 cups health bran	2 tsp. soda
1 cup raisins	1 tsp. salt
1 cup sugar	2 tsp. shortening
1 cup Aunt Dinah molasses	1 egg

Put all dry ingredients in bowl. Add raisins, molasses, soda dissolved in milk. Pour into two bread pans and let stand 20 minutes. Bake slowly for one hour.

LOUISE ALLEBRAND HOAG

LYDIA SUTTON EVANS

Mr. and Mrs. Frank Partridge Evans came to Colorado in 1901 and lived in Colorado Springs where he was president of the Colorado Savings Bank. The recipe for Wedding Cake is known to have been used at the wedding of Mrs. Evans' grandmother, Mrs. Thomas Jefferson Sutton, in Baltimore in 1835. How much older the recipe might be is not known, although Mrs. Sutton's ancestors date back to pre-Revolutionary days. Lydia Sutton Evans' grandson, Frank E. Evans, is a member of the board of the State Historical Society of Colorado.

Contributed by granddaughter-in-law
MRS. FRANK EDWARD EVANS

WEDDING CAKE

2 cups sugar	2 lbs. raisins
3 eggs	$\frac{3}{4}$ lb. citron
$\frac{1}{2}$ pint sour milk	$\frac{1}{2}$ lb. nut meats
$1\frac{1}{2}$ tsp. soda	$3\frac{1}{2}$ cups flour
$1\frac{1}{2}$ grated nutmegs (or 3 tsp.)	Pinch salt

Combine ingredients, steam three and one-half hours, then bake in oven 25 minutes until brown.

LYDIA SUTTON EVANS

MRS. ALONZO FRIZZELL

Mrs. Alonzo Frizzell came west for her health from Vermont, and she and Mr. Frizzell lived for many years in both Cripple Creek and Colorado Springs from 1895 on. Their daughter was Mrs. A. E. Carlton.

Contributed by
MISS JANET COUPLAND

SCOTCH BROTH

One shoulder of lamb, cut up in chunks, covered with water and cooked until tender. It will call for water to be added occasionally. Strain and cook the following vegetables in the stock:

1 cup pearl barley	1 cup diced celery
1 cup diced carrots	1 cup chopped onions or leeks

Cook until tender. Season to taste. Before serving add one-half cup of good cream and two tablespoons of fresh chopped parsley.

MRS. ALONZO FRIZZELL

DR. ESTHER BATHSHEBA WINSLOW HOLMES

Esther Bathsheba Winslow was born in 1843 in Rhode Island. Mr. George Holmes, a shoe merchant, and Esther were married in Taunton, Massachusetts, their native state. She studied to be a doctor after her marriage. They moved to Colorado Springs when the town was still a village, and she became a well-known baby doctor there in the 1880's and 1890's. She died in 1909.

Contributed by niece
ESTHER HATHAWAY McDERMOTT

CODFISH CAKES

Salt codfish
Cold water
Bacon drippings

Left-over mashed potatoes *or*
Chopped boiled potatoes
Salt and pepper

Cover salt codfish with cold water and soak overnight. Drain and pat dry as possible with clean cloth. Then shred fish into fine bits. Add left-over mashed potatoes or chopped boiled potatoes, add salt and pepper to taste. Mix well with a fork and shape into flat cakes. Fry in iron frying pan with bacon drippings. Brown on both sides. Serve hot.

DR. ESTHER B. HOLMES



THE TURNBULL FAMILY

George Butler Turnbull first came to Colorado Springs in 1888. He lived that year in the Alamo Hotel. He brought his wife, Rose Risley Turnbull, and daughter Belle to Colorado Springs from New York in 1899. Both Mr. Turnbull and his daughter taught in the Colorado Springs schools.

Contributed by
BELLE TURNBULL

SPONGE GINGERBREAD

1 egg (beaten very light)	1/4 tsp. soda
1 cup molasses	1 tsp. ginger
1/4 cup melted butter	1 1/2 cups flour
1/2 cup sweet milk	

Combine in order given. Bake in two pie tins 15 or 20 minutes at 350°.

ROSE RISLEY TURNBULL



When making fruit pies, sprinkle a little carbonate of soda over the fruit before the top crust is put on. This will prevent the juice from running over, which spoils both looks and taste of the best of pies.

THE GIDDINGS FAMILY

E. W. Giddings came as a tubercular from Romeo, Michigan, to Denver in 1869. He travelled by covered wagon through the mining camps selling dry goods for a Denver firm. One spring he was returning to Denver with a load of unsold Panama hats and decided to park on what is now the corner of Pikes Peak Avenue and Tejon Street in Colorado Springs. The Panamas sold in a flash, and he determined to make Colorado Springs his home. In 1874, he opened a store dealing in "Dry Goods, Notions, Gents Furnishings, Etc.," and later became the first board chairman of the Exchange National Bank, built on the corner where he had sold the Panama hats. His wife Hester brought the recipe for cottage pudding with her from Michigan, and it is still used by the family.

Contributed by granddaughter

HESTER G. THATCHER (MRS. GEORGE W.)

COTTAGE PUDDING

1/4 cup melted butter	1 cup milk
1/4 cup sugar	2 cups flour
2 eggs	1 rounded tsp. baking powder
1/4 tsp. salt	

Stir the dry materials together; beat the eggs and sugar, and add them with the milk and melted butter. Bake in a round pan with a hole in the center for one-half hour. Serve with lemon sauce.

HESTER E. GIDDINGS

70409

FRANCES BOWLBY BIGGS

Frances Bowlby came west with her parents, Mr. and Mrs. James S. Bowlby, from Ohio in 1878 when she was eleven years old. They settled in Canon City where, in 1886, she was married to Clinton A. Biggs who had come from Illinois in 1878. Except for three years in Denver and part of each year in Chama, New Mexico, where Mr. Biggs had sawmills, they lived all of their lives in Canon City. There they are buried with all four of their parents.

Contributed by daughter
EDNA BIGGS KURTZ (MRS. WILLIAM CLARENCE)

CHILI SAUCE

25 large ripe tomatoes	2 cups brown sugar
6 large green mango peppers	1 tbsp. cinnamon
6 large red mango peppers	1 tbsp. allspice
12 large white onions	2 tsp. cloves
12 hot red peppers	½ tsp. Tabasco sauce
2 cups vinegar	

Peel tomatoes. Cut up onions and peppers. Use a food chopper if desired. Combine with remaining ingredients. Use large heavy aluminum kettle for cooking. Cook four or five hours, stirring often. Should be cooked down until fairly dark and thick. Makes four or five pints.

MRS. CLINTON A. BIGGS

MRS. J. ARTHUR CONNELL

Mrs. J. Arthur Connell came to Colorado Springs from England in 1895. Mr. Connell settled in the area in 1884 and, after ranching in the Black Forest, was president of the Colorado Springs Title and Trust Co. He died in 1945; Mrs. Connell, in 1947.

Contributed by daughter
MADELINE CONNELL GALLAGHER (MRS. JOHN F.)

BEEFSTEAK AND KIDNEY PIE

A pound of round steak diced, not too small
A diced lamb kidney, with the fat removed
One large Bermuda onion, or two small onions
Four young crisp carrots

Neither the onions nor the carrots should be cut too minutely or they will disappear as vegetables and turn into gravy. Sauté all of this

in a tightly covered pan for seven or eight minutes. Use at least two tablespoons of butter, then thicken with flour. Add water until you have plenty of gravy. Season well. If you are feeling extravagant, a wineglass of sherry will do wonders. Line a deep baking dish with pie crust, fill with sautéed beef and kidney, top with another layer of crust and bake until golden brown.

MRS. J. ARTHUR CONNELL

MRS. CHARLES LEAMING TUTT, SR.

Josephine Thayer was born in Philadelphia and came to Colorado Springs in 1886 as the bride of Charles Leaming Tutt. They settled on a ranch north of the city. To help her in her housekeeping, Mrs. Tutt had a recipe book compiled by her husband's grandmother, Rebecca Waln Leaming of Philadelphia. Its first entry was dated 1831. This book held recipes for Stewed Pidgeons, Calves Head Turtled, Pickled Walnuts, and Wine Whey, along with instructions on How to Pot Shad, How to Dress Terrapins, How to Preserve Limes, and How to Keep Corn for Winter Use. Medicinal recipes were written out For Colic, For Chapped Hands, For a Sprained Back, For Consumptive Cough, For Durable Ink, and For Rat Extermination.

When Mrs. Tutt's son Charles was very small he was laid on a Navajo rug in the sunshine outside the ranch home. His elder sister came in calling, "There's a big worm on the blanket by baby." Mr. Tutt grabbed his shotgun, rushed out and shot the rattlesnake which was coiled near the baby and ready to strike.

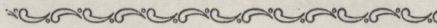
Contributed by daughter-in-law
MRS. CHARLES L. TUTT

CHICKEN CROQUETTES

Boil one chicken and two sweetbreads. Chop together into very fine pieces. Take a large spoonful of butter and the same of flour. Add a half pint of rich cream and a small quantity of chicken stock to make a rich sauce. Stir into this sauce the pieces of chicken and sweetbreads. Season with red pepper and salt, and spread out in a dish to cool. Shape into croquettes with the hand, and dip first in beaten egg, then in cracker dust. Boil lard and fry the croquettes. Remove the croquettes from the lard when they are a nice brown color and put into a colander to drain.

JOSEPHINE THAYER TUTT

Delta, Durango and Silverton



MYRA DORSETT WRIGHT

Myra M. Dorsett was an Iowa school teacher whose Uncle Folsom Dorsett and Cousin Charles Lawrence, for whom Lawrence Street in Denver is named, came to Colorado from Leavenworth, Kansas, with General William Larimer and his party. They arrived at the junction of Cherry Creek and the Platte River on November 16, 1858, and became members of the Denver Town Company.

In January, 1859, Myra Dorsett's father, William Dorsett, and his brother, Rudolph, brought a load of bacon to Denver from Iowa and had various business interests here. When the Civil War was declared, William Dorsett traded his Denver lot and cabin for a horse and saddle and returned to Iowa to enlist with the volunteers.

In 1890, Myra married Gordon L. Wright of Muscatine, Iowa, and went to Delta, Colorado, as a bride. Mr. Wright was in the commission business and ran a stage line up the North Fork of the Gunnison River. He shipped the first carload of apples that went from Delta to Gunnison.

In 1898, the Wright family moved to Minturn, Colorado, where Mr. Wright was a storekeeper, postmaster and had a logging contract. Three years later they moved to Mr. Wright's cattle ranch on the Little Laramie River in Wyoming. The ranch was the home station on Mr. Wright's stage lines to Keystone and the Rambler mines. They had four daughters: Mrs. Archer T. Spring, Colorado State Historian Emeritus; Mrs. Donald Wallace of Denver, author; Mrs. Howard Fish of Wyoming, author; and Mrs. H. K. Beatty, California teacher. Mr. Wright died in 1931; Mrs. Wright, in 1941.

Contributed by daughter
AGNES WRIGHT SPRING (MRS. ARCHER T.)
Colorado State Historian Emeritus

SCALLOPED EGGPLANT

Eggplant	2 tbsp. butter
½ onion (medium sized)	¾ tbsp. parsley
1 tomato	

Peel eggplant and cut into one inch cubes. Cover with boiling water and cook until soft; drain. Chop onion into fine pieces. Cook until golden brown in butter. Add finely chopped parsley, and the drained eggplant. Add a tomato peeled and cut into eighths.

Place in buttered baking dish, cover with buttered crumbs and bake until crumbs are golden brown. A thin cream sauce may be poured on contents before baking, if preferred.

MYRA DORSETT WRIGHT

NELLIE PLATT JENKINS CRAIG

Nellie Platt Jenkins was born February 26, 1860, in Minersville, Pennsylvania. She came to Denver in 1881. In 1882 she married William H. Craig, a native of Reading, Pennsylvania, where he was born September 26, 1847. He had come to Colorado in 1870.

The couple made their home in Denver for some years and their four children (Ellen, Philip, Carrie and Platt) were all born here. The family later moved to Durango where Carrie, the only living member of the family, still resides.

Mr. and Mrs. Craig retired to Los Angeles where Mr. Craig died in 1927 and Mrs. Craig in 1932. They were both cremated and their ashes scattered in Colorado.

Submitted by daughter
CARRIE CRAIG DYER (Mrs. CHARLES E.)

FRUIT CAKE*

(Old Pennsylvania Dutch Recipe)

1 lb. fat salt pork	6 cups browned flour
2 cups boiling water	1 tsp. cloves
1 cup molasses	2 tsp. cinnamon
2 cups brown sugar (firmly packed)	½ tsp. nutmeg
1 tbsp. vanilla	½ tsp. ginger
¼ cup cold strong coffee	½ tsp. salt
1 lb. raisins	½ tsp. baking soda
1 lb. currants	6 tsp. baking powder
2 cups chopped nuts (break rather than chop nuts so less oil is lost)	4 eggs
	1 cup flour (for dredging fruit)

Grind salt pork twice, then cover with boiling water. When cool, stir in molasses, brown sugar, vanilla and coffee. Dredge raisins, currants and nuts in the cup of flour. (These are added last). Sift browned flour with cloves, cinnamon, nutmeg, ginger, salt, baking soda and baking powder. When all liquid is cool and sugar is dissolved, sift in dry ingredients and mix well. Beat until smooth, then add eggs. Next, add fruits and nuts. Bake $2\frac{1}{2}$ hours as follows: 275° for $\frac{1}{2}$ hour, 300° for $\frac{1}{2}$ hour, 325° for $1\frac{1}{2}$ hours. Cool, then store in crock or bread box with an apple to keep it moist.

NELLIE CRAIG

**Brown the flour in a flat pan at 425° for 30 minutes, stirring thoroughly every 10 minutes. The full recipe will go into two loaf pans which can be fairly full, as it doesn't rise during the baking. Sprinkle cake with brandy, applejack, rum or apple juice, wrap in cloth, store in tightly closed tin to ripen for a month to a year. Will keep as long as the cloth is kept damp.*



THOMAS ROCKWOOD FAMILY

Thomas Rockwood, pioneer and long-time resident of the San Juan region of southwestern Colorado, lived in Silverton at the height of its mining activity. A settlement located between Silverton and Durango on the narrow gauge railroad was named for him. In the 1880's the cattlemen in this area loaded their cattle on the railroad at Rockwood for shipment to stockyards in Omaha. It was also the forwarding point for the extensive mining district lying between the La Plata and San Miguel rivers and was a lively village in 1885, surrounded by stone quarries and large timber stands. The present day train, the nation's last regularly scheduled narrow-gauge passenger train, still goes through Rockwood.

In 1880 Thomas Rockwood moved to Durango with his wife and baby girl, born the year before in Silverton, and engaged in the insurance business. The daughter married Clayton C. Perkins, who went into the insurance business with Rockwood. Mrs. Perkins lived in Durango until her death in August, 1961.

The Perkins' daughter, Marian, now Mrs. Harold E. Harris of Durango, who has the first cookbook her mother ever used, provided this recipe representing southwestern Colorado.

Contributed by
LUCILLE HASTINGS

MORE

1 lb. hamburger	One 12 oz. package spaghetti
¼ lb. salt pork	One 1 lb. 12 oz. can tomatoes
2 tbsp. shortening	1 package frozen peas
1 large onion	One 4 oz. can of stuffed olives
One 2 oz. can of pimientos	½ lb. American cheese

Brown onions in shortening, then add meat. Cook spaghetti. Combine all ingredients and bake in oven 45 minutes at 350°. Mushrooms may be added.

ROCKWOOD FAMILY

JULIA DU BERNELL GRABOWSKY

Julia Du Bernell of Cleveland married Theodore Grabowsky, a young man who had come to America from Germany in 1872.

The couple lived in Howardsville near Silverton, Colorado, where Mr. Grabowsky was in the mining business. When Howardsville became a ghost town the family moved to Denver where the two children, Gertrude and Ted, attended school. The summers were spent in quaint, deserted Howardsville.

Contributed by daughter

GERTRUDE GRABOWSKY DIENST (MRS. GEORGE)

PAN OR "NAPF" KUCHEN

1 cup butter	¼ tsp. salt
1¾ cups sugar	2 tsp. vanilla
3 or 4 eggs (depending on size)	1 cup or more seeded raisins
3 cups sifted flour	2 grated lemon peels
4 level tsp. baking powder	¾ cup rich milk

If dough seems too thick thin down slightly.

Wash raisins, drain, dust generously with flour. Set aside. Grate lemons, set aside. Grease pan with saltless butter or any solid shortening, then dust with flour.

Sift flour, baking powder and salt three times. Add grated lemon to flour.

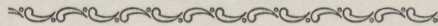
Separate eggs. Beat whites not too dry.

Cream butter, add sugar gradually and then add egg yolks. Beat well for fifteen minutes or more. Add vanilla to milk. Combine creamed butter, sugar and yolks mixture with the flour and milk. When thoroughly mixed fold in egg whites, then raisins.

Bake in a plain or embossed tube pan one hour at 400° or just under, depending on oven. Test for doneness. Dust cake with powdered sugar.

JULIA GRABOWSKY

Central City, Black Hawk and Georgetown



LOUISA BARKER PHENNAH

John Phennah and his wife, Louisa Barker, migrated to Black Hawk and Central City with their two infant daughters, Annie Louisa and Mary Rosina, from Lodge Brymbo near Wrexhaur, Wales. He came in 1880 and was followed by his wife and daughters in 1881.

John was a mechanical, later an electrical, engineer and was also an accomplished musician, organist and choir director.

At various times in his career in Colorado he worked with mining companies in the Black Hawk, Central City, Alpine, Como and Buena Vista areas. When the Garfield mine near Erie was started, he went there because of his personal friendship with the owner. While in Erie he served in the town council. In the 1890's he worked as an engineer with the Denver and Rio Grande Western Railroad. However, his greatest interest was in music. He devoted much of his time to concerts, even traveling frequently to Salt Lake City to play the great organ at the Mormon Tabernacle.

He was also active in the Welsh choral music festivals and joined with his close friend, Evan Evans, in working on the Eisteddfod celebrations in Denver, which featured these singers at annual celebrations. At the time of his death in 1897, his wife Louisa, three daughters, Annie, Laura and Ruth, and son John lived in Denver.

Dolores C. Renze is the daughter of Annie Phennah Calahan and is the State Archivist of Colorado.

Contributed by granddaughter

DOLORES C. RENZE (MRS. WALTER)



**A THIMBLE FOR THE DOMINIE
OR CHOKEBERRY WINE**

6 pounds of chokeberries 3 pounds of sugar
1 gallon of water

On a fine day, pack a lunch basket and take the children to gather chokeberries, which grow wild on big bushes lining the mountain streams. When the empty pails and lunch baskets are filled with chokeberries (enough to make six pounds) , turn toward home.

The next day in a large stone crock put six pounds of chokeberries which have been washed well and cover with one gallon of water. Let stand in a warm place for ten days. Skim each morning, then stir thoroughly three times every day. When ten days have passed, strain into another stone crock. Add three pounds of sugar and set aside until all fermentation ceases, but skim daily. Bottle tightly.

When the Dominie makes his winter call, Papa will offer him a thimbleful of that which warms and will join with him before the fire just as at Brwyn across the sea.

In this strange land we find buffalo berries and chaparral will do in place of the chokeberries. Papa's good rose wine for tea time follows the same order by using rosebuds* that form on wild roses after the leaves fall off, except the rosebuds are put through our food grinder. When sugar is added to the juice, a square (cake) of yeast goes, too.

LOUISA BARKER PHENNAH

**Rose hips contain more vitamin C than oranges.*

**For to Nibble at High Tea
CANDIED RED ROSE LEAVES**

Of the leaves of the fairest buds, take a half a pound; sift them clear from seeds; then take a quart of fair water and put it in an earthen pipkin, and set over the fire until it be scalding hot; and then take a good many of the red rose leaves, and put them in the scalding water, until they begin to look white, and then strain them; and thus do until the water looks very red.

Then take a pound of refined sugar, and beat it fine into the liquor, with half a pound of rose leaves and let them seethe together till they be enough; the which to know is by taking them up in a spoon, as you do your cherries; and so when they be thorough cold, put them up and keep them very close.

LOUISA BARKER PHENNAH

From an old family cook book dated 1791
brought from England to Black Hawk in 1882

MARY JOHNSON

Peter C. Johnson came to Central City in 1859 and set up shop as a pioneer jeweler. We have some of his jeweler's tools and a price list of rings and such.

He went back to Minnesota and brought his family: his wife Mary, daughter Matilda, and my father Robert C., who was born September 15, 1860, in Minnesota. While still a babe in arms, he was brought to Central City. Another son, Charles, was born later.

Peter C. Johnson homesteaded a few miles south of Black Hawk. He had the first registered mining claim in Colorado which could be patented under the United States Government. Before that, it was just "squatter's rights." This claim was the Ellioth Lode in Mountain City. Hal Sayre was the surveyor. It was surveyed under an order dated November 8, 1867—survey approved July 10, 1869, dates verified by records at the state capitol.

As far as I know, neither my father nor grandfather actually worked underground as miners. My father was an engineer, and he ran the hoist, sharpened drills and such work. He was also a volunteer fireman for 63 years and was awarded a pin for meritorious service. In 1891, he bought a little house on First High Street across from the Teller House in Central City where we still enjoy summers.

My mother, Ida May Fisher, came to Colorado from Iowa in the early 1880's and was a teacher and principal of the school in Russell Gulch. My father married her in 1885. She died in 1935. My father died in 1942 at the age of 82.

Contributed by granddaughter

FLORENCE JOHNSON DUKES (MRS. LEWIS B.)

SAFFRON BREAD

2 cups soft bread sponge
1 cup sugar (scant)
1 egg
½ cup shortening (scant)

¼ package stemmed saffron
soaked in small amount of
boiling water
Citron and currants (about
1 cup each)

Mix into hard loaf with added flour. Let rise until light. Form into two loaves and put into bread pans. Let rise again until light. Bake about an hour at 350 degrees. Makes two loaves.

MARY JOHNSON



ROCKS

1½ cups brown sugar, firmly packed
 1 cup butter
 4 cups flour with 1 tsp. each of soda and salt
 1 tsp. each of cinnamon, allspice, cloves, nutmeg
 3 eggs, beaten
 1¾ tsp. vanilla
 1 lb. dates (cut into pieces)
 2 cups English walnuts, chopped
 2 tbsp. molasses
 Drop spoonfuls of batter onto greased cookie sheet.

Bake at 375° about 15 or 20 minutes. Ice with following:

French Icing

4 tbsp. butter	1 egg
2 cups confectioner's sugar	1 tsp. vanilla

Melt butter in top of double boiler. Add sugar, egg and vanilla. Mix. To take away raw taste, let stand over hot water 10 minutes, but do not cook.

MARY JOHNSON

MRS. JAMES REILLY

Mr. and Mrs. James Reilly came from Wisconsin with a group in a covered wagon in 1861. Two of the party were killed by Indians while traveling through Kansas.

The Reillys settled in Gregory Gulch, where the first gold in Colorado was discovered. Their youngest son, Hugh T., put the "O" back in O'Reilly as it was originally.

Contributed by granddaughter
 CHARLOTTE M. O'REILLY

ARMY COFFEE

Coffee or tea may be made quickly by placing the required quantity of cold water in the pot, and adding the coffee, tied up in a sack of fine gauze, or piece of muslin; bring to boiling point, boil five minutes and serve. Make tea in the same way, except that the tea is put loose in the water, and simply allowed to boil up once.

MRS. JAMES REILLY



THE BANCROFT FAMILY

Dr. Frederick J. Bancroft came to Colorado in 1866 and became a prominent builder of the professional and educational life of the state. In 1871 he married Mary Caroline Jarvis, who had come to Denver for her health. Dr. Bancroft had a hunting cabin in Mammoth Gulch in Gilpin County and became very fond of the Cornish families who had settled in Central City in great numbers. They often invited him to dinner. Later his eldest son, George Jarvis Bancroft, became a mining engineer, and married Ethel Norton of New York.

He took her to Cripple Creek where large numbers of Cornish miners also worked. Mrs. Bancroft, the younger, was an excellent cook and began her formal collection of unusual recipes there. Later the George Bancrofts lived in Denver where their eldest daughter, Caroline, was born. For twenty years Miss Bancroft owned a house in Central City where she, too, came to know the Cornish Cousin Jacks and Jennies and their descendants very well. At that time Miss Bancroft added many more Cornish recipes to the collection begun by her forebears as part of her studies of the folklore of the region, later incorporated in articles and her book *Gulch of Gold*.

Contributed by
CAROLINE BANCROFT

CHOCHECHERRY JELLY

3 cups chokecherry juice	1 lemon
1 package of Pen-Jel*	1 cup of water
4 cups of sugar	

Wash about three pounds of chokecherries, remove stems, crush, add one cup of water; simmer about ten minutes, covered. Squeeze out juice through cloth or bag, add the juice of one lemon.

Put juice into a six or eight quart saucepan. If there is not enough juice to fill the last cup, add a little water to the pulp in the jelly bag

and squeeze again. Add the package of Pen-Jel to the kettle containing the juice, stir well, place on fire, and continue stirring while bringing to a vigorous bubbling boil. Add the sugar that has been previously measured, stir well to dissolve it, and continue stirring again while bringing to a hard boil. Then start timing, and continue boiling for two minutes.

Remove from fire, skim if desired, and pour into glasses or jars. Cap or paraffin while hot. Yield: 7 medium glasses.

BANCROFT FAMILY

**In pioneer days, tart apples were used.*

CORNISH PASTY

6 cups sifted flour	$\frac{2}{3}$ to $\frac{3}{4}$ cup water
1 tbsp. salt	Cornish Pasty filling
$1\frac{1}{3}$ cups shortening	

Sift flour and salt together. Cut in shortening until particles are size of peas. Add enough water to hold dough together when lightly pressed. Roll dough on lightly floured surface to a circle 18 inches in diameter. Carefully slip onto greased baking sheet. Place Cornish Pasty filling onto half of the circle. Moisten edges with water; fold over to form a semi-circle. Seal edges. Cut eight steam vents. Bake at 425° for one hour and fifteen minutes. Yield: 8-10 portions.

Cornish Pasty Filling

2 $\frac{1}{2}$ pounds boneless shoulder steak	6 cups thinly sliced raw potatoes
$\frac{1}{4}$ pound lean pork	$\frac{1}{2}$ cup finely cut kidney suet
$1\frac{1}{2}$ cups coarsely chopped onion	2 tbsp. salt
	1 tsb. pepper

Remove tendons and membrane from steak. Trim off excess fat, but not all. Cut meat in bite-size pieces. Combine with remaining ingredients. True Cornish Pasty is long on the potatoes with just a touch of onion and no other vegetable. But the Cornish in America often put in a little rutabaga in season (about one cup) and cut down proportionately on the onions.

BANCROFT FAMILY

MARIA DONOVAN LOUGHRAN

Maria Donovan Loughran (Mrs. John Loughran) came to Central City in 1871. She lived in Colorado until her death in 1935.

Contributed by daughter
LORETTA LOUGHRAN

CHARLOTTE RUSSE

1 quart rich whipping cream	1 scant pint milk
6 eggs	1 oz. unflavored gelatin
Ladyfingers	White of 1 egg
Vanilla	Sugar to taste

Line sides and bottom of a mold with buttered paper. Arrange ladyfingers around the sides. Fasten the sides of the paper with the white of an egg.

Whip cream to a stiff froth and drain through a nice sieve. In draining the cream, all that drips through can be re-whipped.

To milk add eggs, beaten very light; make very sweet; flavor high with vanilla. Cook over hot water until it is a thick custard. Soak one full ounce unflavored gelatine in a very little water and warm over hot water. When the custard is very cold, beat in lightly the gelatine and whipped cream. Fill the mold with the cream mixture, put in a cold place, or, in the summer, on ice.

To turn out dip mold in hot water for a moment.

From the *White House Cookbook*, published in 1889, New York and St. Louis. Property of Mrs. John Loughran.

CORA KNEISEL ANDERSON

Henry Kneisel, Cora's father, was born in Germany, attended schools in Iowa, and came to Georgetown in 1872 where he was connected with many mining enterprises and engaged in the mercantile business. In 1883, he purchased the Guanella Store, a bakery founded in 1869. He was the mayor of Georgetown several times prior to 1897, and was a representative in the 14th Colorado General Assembly. He married Miss Emma Peterson, and they were the parents of Cora Kneisel, born in Georgetown in 1877. In 1898, Cora married Emil Anderson, who was born in Sweden and had settled in Georgetown in 1890. He worked for Henry Kneisel, becoming his partner in 1893. Kneisel and Anderson, one of the oldest grocery stores in Colorado, is still operated in Georgetown by the Anderson family. Cora Kneisel Anderson died in 1918, leaving five children.

Contributed by daughter-in-law
ONA ANDERSON (MRS. HENRY K.)



GRAHAM BREAD

1 cake yeast	3 tbsp. melted butter
¼ cup lukewarm water	2½ cups milk, scalded and cooled
5 tbsp. molasses	4½ cups graham flour
1½ tsp. salt	

Dissolve yeast cake in water. Mix milk, molasses, salt, butter, and add yeast mixture. Add flour and make stiff batter, using spoon for mixing. Let rise, about two hours, mix down again and put into bread or loaf pan (two small loaves or one large). Let rise one hour and bake in moderate oven (375°) one hour.

CORA KNEISEL ANDERSON

THE PARKER FAMILY

Agnes and William Parker were both born in Shubenacadie, Nova Scotia, and brought their seven children to Silver Dale, a small mining community near Georgetown, in the early 1880's. Mr. Parker ran the engine hoist at the Colorado Central, a mine which attracted many Nova Scotians in the early days. After Mr. Parker's death in 1886, the family moved to Georgetown where a daughter, Bess, grew up and still lives. She married George Criley, a native of Georgetown, who was an engineer and county judge of Clear Creek County for 13 years until his death in 1946. Mrs. Criley is a retired school teacher.

Contributed by daughter
BESS PARKER CRILEY

MEXICAN BUNNY

1 tbsp. butter	4 or 5 pieces of raw tomato
Yolks of two eggs, beaten	¾ cup creamed corn
1 tsp. salt	½ green pepper, cut in small pieces
1 lb. American cheese, thin slices	

Melt butter and cheese together in double boiler. Add other ingredients. Cook until thoroughly heated. Serve on hot crackers. Sprinkle with paprika.

THE PARKER FAMILY



To blow out a candle. If a candle is blown out by an upward instead of a downward current of air, the wick will not smoulder. Hold the candle higher than the mouth in blowing it out.

HELEN SAWYER JOSSELYN

Helen Sawyer Josselyn was the wife of Harlan Page Josselyn. She was born in Missouri in 1839 and died in Denver in 1915. She did some fine oil paintings in the later part of her life. She taught in the Sunday school in Central City from 1879 to 1893.

Contributed by granddaughter
HELEN CLARK CELLA (MRS. CHESTER)

CHAIR AND RUG CLEANER

Small Recipe (original)

1 small piece of soap (size of hen's egg) cut fine	$\frac{1}{4}$ cup Sal Soda $\frac{1}{2}$ tsp. Fuller's Earth
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Cook in 1 quart of water until dissolved. Add $1\frac{1}{2}$ quarts of cold water.

Large Recipe (for today)

1 large cake of Ivory soap 2 cups Sal Soda	2 tsp. Fuller's Earth
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Cook in 1 gallon of water. When dissolved add 4 gallons cold water. (One half of this recipe cleans a good sized rug.)

HELEN SAWYER JOSSELYN

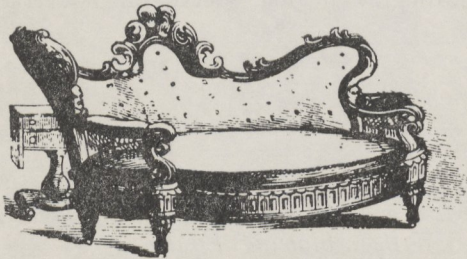
FURNITURE POLISH

Recipe found in the original Clerk's Book of the First Congregational Church of Colorado at Central City, founded in 1863.

1 ounce boiled linseed oil $\frac{3}{4}$ ounce cider vinegar	1 ounce turpentine
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Shake well. Rub furniture with polish. Let stand awhile and then rub with dry flannel cloth.

Contributed by
MR. WALTER S. HOPKINS



THE BOWMAN FAMILY

J. H. Bowman and his wife Lavina left Ohio in 1882 with two baby girls to come west seeking a fortune; their destination, Silver Plume. On the way from Georgetown to Silver Plume in an express wagon, they were held up by bandits. They gave up money and jewels and no one was hurt.

Mr. Bowman was manager of a sampling mill, first in Silver Plume and then in Georgetown. He had an interest in the "Native American Mine" in Silver Creek, later was half owner and manager of the "Two Sisters Mine." He was instrumental in building the first "high line" (now called highway) from Georgetown to Silver Creek, a graded road which made ore hauling much easier on horses and drivers.

J. H. Bowman built a home in Georgetown still occupied by his daughter, Mrs. J. J. White.

Contributed by daughter
MRS. J. J. WHITE

SPICE CAKE

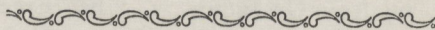
4 eggs, separated	1/4 tsp. salt
1 cup sugar	1 tsp. soda
1/2 cup butter	1 tsp. cinnamon
1 scant cup sour milk	1/4 tsp. cloves
2 cups plus 4 tsp. sifted flour	1/4 tsp. allspice
1 1/4 tsp. baking powder	2 tbsps. strawberry preserves

Cream butter, add sugar and beat thoroughly. Add well-beaten yolks. Add sour milk alternately with sifted dry ingredients. Add preserves, fold in stiffly beaten egg whites. Bake in three eight-inch layers 20 to 25 minutes at 375°. Add two tablespoons strawberry preserves to any icing or filling.

THE BOWMAN FAMILY



Gunnison and Crested Butte



LOUISA PRECTEL MILLER

Louisa, wife of Adam Miller, arrived in Crested Butte in the spring of 1880. With her husband and five children, she had come from Philadelphia as far as Denver in 1879. Mr. Miller took a wagon-load of furniture and coffins to Crested Butte that spring and opened a furniture store. The family remained in Denver for the winter and then he returned for them in the spring of 1880, taking them to Crested Butte. The Millers lived in Crested Butte and Gunnison for many years and were always in the furniture and undertaking business. Miller's Furniture Store is in operation in Gunnison today.

Contributed by daughter-in-law
MATTIE STUDHALTER MILLER

APFEL COOKEN*

Take a piece of raised sweet dough, size of a small loaf of bread. Roll out to fit two deep pie pans. Pour some melted butter over the dough. Pare apples, quarter, then cut once more. Press the three-cornered pieces of apple into the dough. Sprinkle with sugar and cinnamon. Let rise to double in size. Bake 375° about 30 minutes.

LOUISA PRECTEL MILLER

**Sweet dough in packaged mix may be used.*



Provide for Monday on Saturday—so as not to take the fire for cooking, or time in running errands on wash day.

Lotion to Efface Wrinkles : Sulphate of Alumina, 1 scruple. Pure water, 1/2 pint. Mix and bathe the face three times a day.

MARY JEANNETTE AXTELL

Mary Jeannette Axtell (Mrs. J. V.) came to Crested Butte from Chicago in 1884 and lived there until she died in 1907. Her daughter Josephine came to Crested Butte with her family and lived there until her marriage to Samuel P. Spencer in 1890. They moved to Gunnison where she lived until she passed away in 1957.

Contributed by granddaughter

RUTH SPENCER EASTMAN (MRS. GEORGE T.)

SALAD DRESSING

3 eggs beaten	Pinch salt
$\frac{2}{3}$ cup vinegar, diluted	$\frac{1}{2}$ cup sugar
1 tsp. dry mustard	1 tsp. flour
Dash cayenne pepper	$\frac{1}{2}$ pint whipped cream

Mix ingredients together and cook in double boiler until thick. Cool and add $\frac{1}{2}$ pint whipped cream.

MARY JEANNETTE AXTELL

CHEESE STRAWS

$\frac{1}{2}$ cup butter	3 cups grated aged longhorn
1 cup flour	cheese (1 lb.)
Dash of red pepper and salt	

Mix ingredients together with enough water to make them the consistency of pastry. Roll thin, cut in strips, place one inch apart on cookie sheets and bake in 375° oven until lightly browned. Cool before removing from pan.

JOSEPHINE AXTELL SPENCER

ANNA MAY SOWLES METZLER

Anna May Sowles met her husband, Victor E. Metzler, in Irwin, Colorado, through her father, Major George Sowles who was a silver miner in that area. She was married in Vermont, her native state, and she and her husband then returned to Crested Butte in 1887, where their two children were born. They resided there for 25 years.

Contributed by daughter

ALBERTA M. BENNETT



TO FRY MOUNTAIN TROUT

Place in a frying pan a few slices of lean breakfast bacon. When this is half cooked, put in the trout which have been rolled in yellow corn meal and salted. Fry to a delicate brown. Serve bacon with the trout.

ANNA MAY SOWLES METZLER

ROAST VENISON

Salt and pepper roast, lay it in a deep baking dish; cover with a coarse paste made of flour and water about one-half inch thick. Roast in a moderate oven, allowing 30 minutes to the pound. Remove paste shell. Serve with currant jelly.

ANNA MAY SOWLES METZLER

RASPBERRY JAM

Best and delicious results from tiny Colorado mountain wild raspberries. Pick over fruit. Measure. Combine berries with two-thirds as much sugar by measure. Stir mixture over heat until sugar dissolves and mixture comes to a boil. Cook rapidly to preserve bright color and natural flavor of the fruit. Boil mixture until it has a thick consistency and fruit has become clear. Stir to avoid burning. When two drops hang together from spoon, the jelly stage is reached. Cool slightly to stiffen. Fill glasses, seal, label and store.

ANNA MAY SOWLES METZLER



Mrs. Wagner lived in Ohio City, a mining town near Gunnison, in 1904. She is particularly remembered for her cough syrup made from boiled onion and water.

MARY BEITLER

Mary and George Beitler came to Crested Butte from Germany. She worked in the Colorado Fuel and Iron mines along with her husband. They raised a large family. Two daughters still reside in Crested Butte.

Contributed by

MATTIE STUDHALTER MILLER

SAUER FLEISH

Fry five pork chops until brown. Sauté a large onion, cut up, in the grease. Add three tablespoons vinegar. Return chops to the pan, add one bay leaf, salt and pepper. Simmer, adding a little water as needed or more vinegar. When chops are tender, remove and make a brown gravy from the drippings. Serve with Kartoffel Kloese.

MARY BEITLER

KARTOFFEL KLOESE

Grate four large potatoes. Put in a cloth bag and squeeze out all the water. Mix with a large potato which has been boiled and mashed. Toast two thick slices bread. Cut into squares. Mold potatoes around a square of toast like a dumpling. Drop in boiling water, let boil 10 to 15 minutes, drain, serve with Sauer Fleish.

MARY BEITLER

ELIZABETH PATTERSON SHAW

Elizabeth Patterson came to New York from Scotland at the age of 18. Her future husband, John Shaw, met her there and they later married. They came to Crested Butte where Mr. Shaw was pit boss at the Colorado Fuel & Iron mine. Their three children now reside in or near Denver.

Contributed by

MATTIE STUDHALTER MILLER

KIFFLINGS, A SCOTCH COOKIE

3½ cubes butter

½ cup sugar

3½ cups flour

2 tsp. vanilla

1½ cups ground almonds

Mix and then knead well. Take small ball of dough in hand and flatten to cookie shape. Bake at 375° on ungreased cookie sheet 10 to 12 minutes or until brown. Roll in powdered sugar while hot. Makes 12 dozen.

ELIZABETH PATTERSON SHAW

ANNIE HAIGLER AND ALONZO HARTMAN

Alonzo Hartman was born September 3, 1850, on a farm in Iowa, the eldest son of Thomas Hartman and Mary Boone Hartman. His mother was a direct descendant of Daniel Boone.

The first white man to establish permanent residence on the Western Slope of Colorado, he crossed the Continental Divide in the 70's, arriving in Gunnison on Christmas Day 1872. In 1882, he married Annie Haigler whose family had moved to Gunnison. She was born in West Virginia in 1859 and was raised in Kansas. After her marriage she became the gracious hostess of Dos Rios Ranch at the junction of the Gunnison and Tomichi Rivers, where the family lived for many years. During his sixty-odd years of residence in Gunnison, Alonzo served as government agent, postmaster, banker and commissioner, among other positions of responsibility. He died at the age of 89 of a stroke in California in 1939. Mrs. Hartman died there in 1947.

Contributed by daughter
HAZEL HARTMAN KINGSBURY

BAKED MOUNTAIN TROUT WITH DRESSING*

For a trout two and one-half pounds or larger, make bread dressing with onion, celery, salt, pepper and butter. Cook celery and onion in small amount of water until tender. Put butter into pan and stir until brown but not burned. Mix in bread and seasoning, adding a little water until soft but not mushy. Roll trout in seasoned flour, stuff with dressing, and lay in well greased pan with melted butter and cream or rich milk (enough to baste fish with from time to time until fish is tender.) Serve with this sauce from pan.

MRS. ALONZO HARTMAN

**Leaving the head on is said to improve flavor.*

WILD TEAL DUCK

Clean duck well and rub inside with salt. Fill with bread dressing. Roll in flour, salt and pepper. Brown in small amount of fat in deep heavy pan. When brown all over, pour in small amount of water and cook on top of stove until tender. Onion and celery may be added to the pot during the cooking and a rich brown gravy made from these drippings to serve with the duck. Note: adding celery to dressing as it cooks will take away the wild taste.

MRS. ALONZO HARTMAN



ELLA ZUGELDER

Ella Zugelder was the wife of Frederick G. Zugelder, building contractor, who built the first cabin, first school and first bank, and was the mason and plastering contractor for the famous La Veta Hotel in Gunnison.

Mr. Zugelder discovered and operated the Aberdeen Granite Quarry which furnished the granite for the State Capitol building in Denver. They were the parents of Fred, Carl, and Hazel Gregg.

Contributed by daughter
HAZEL ZUGELDER GREGG

GREEN TOMATO PICKLE

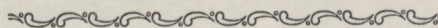
4 quarts sliced green tomatoes	1 quart vinegar
4 green peppers	1 level tbsp. cloves
1 level tbsp. mustard seed	1 level tbsp. cinnamon
1 level tbsp. allspice	$\frac{3}{4}$ cup salt
1 level tbsp. celery seed	1 cup brown sugar or honey
4 small onions	

Chop tomatoes, onions and peppers fine, put into an enamel kettle, sprinkle well with salt and let stand overnight. In the morning drain off brine. In a separate vessel, put vinegar, mustard seed, celery seed, cloves, allspice and cinnamon. Bring to a boil, add the drained tomatoes, onion and peppers. Cook 20 minutes, fill jars and seal while hot.

MRS. ELLA ZUGELDER



Wray and Kiowa Area



JENNIE WELLMAN GRIGSBY

Jennie Wellman was born in White Oak, Ohio, September 18, 1856. In 1886 she came west and homesteaded a place three miles south and west of the present town of Wray, a site known as "The Flats," where she was the first school teacher.

Jesse Jackson Grigsby was born in Zanesville, Ohio, in 1832. He came to Colorado in 1885 and started the mercantile store in Wray known as Grigsby and Grigsby. They were married in Wray and lived there many years. Their two sons, Jesse W. and Joseph D., were born there. Mr. and Mrs. Grigsby are buried in the Wray Cemetery.

Contributed by daughter-in-law
ERNESTINE BLOCK GRIGSBY (MRS. JOSEPH D.)

ESCALLOPED SWEET POTATOES

Take yellow sweet potatoes, boil, peel and slice them. Cover bottom of casserole with layer of potatoes, adding butter, sugar and nutmeg, and some grated orange peel. Fill the dish in layers in this fashion to the top. Pour over this one cup full of cream. Bake until brown.

JENNIE WELLMAN GRIGSBY

THE LEWIS MOSCONI FAMILY

Mr. and Mrs. Lewis Mosconi and two young sons came to Denver from St. Louis in the 1870's and started the first Fish and Oyster House in this part of the country. About 1880, Lewis Mosconi homesteaded a half-section of land five miles northeast of the town of Kiowa. It was a wild and sparsely settled country where prairie game was abundant and an occasional timber wolf was seen in the wooded areas. The Mosconis had five more children.

When Lewis died, the family used the Kiowa Ranch as a summer vacation home. The underground chicken house and spring well house which they built fascinated everyone who saw them. The well house, smelling of clean earth and spring water, had waist-high screened boxes all the way around the walls. It was a child's delight to get a rosy peach from the cool well house, run out into the sunshine, climb a big cottonwood tree and survey the country for miles around.

Greyhound racing became one of the full time businesses of the Mosconi brothers. Jake, John, and Dave raised them in Denver while Pete and Gus raced them on tracks all over the United States.

There was much "company cooking" done at the ranch. Large kettles were the rule. Each of the Mosconi women had a different method and set of ingredients for cooking Italian dishes, all of which were delicious.

Contributed by
JEAN SMITH (MRS. BRITTON)
Past president of the Volunteers of the
State Historical Society of Colorado



MILD ITALIAN GRAVY

- | | |
|--|---|
| 2 large onions diced | 1 tbsp. Worcestershire sauce |
| 7 kernels garlic | 2 tbsp. crushed sweet basil |
| ½ pound butter | 1 tsp. salt |
| 1 gallon Campbell's tomato soup | ½ pint dried imported Italian mushrooms |
| ½ gallon water | Dried grated Romano cheese |
| 4 pounds ground round steak or lean hamburger | |
| 2 pounds ground pork shoulder (cut away most of fat) | |

The night before the gravy is to be cooked, pour four cups boiling water over dried mushrooms and cover. The next morning, clean and check the mushrooms and strain the liquid through a clean cloth. Set aside mushrooms and liquid. Simmer diced onions, mashed garlic and butter in a five-gallon kettle until onions are clear. Add tomato soup and water to onion, garlic and butter. Add one tablespoon crushed sweet basil to gravy. Bring gravy to boil and simmer covered for two hours. Thoroughly mix ground round or hamburger with ground pork, Worcestershire and salt. Add meat to boiling gravy a little at a time, crumbling it as you add it. Add cleaned mushrooms and mushroom liquid. Cook gravy at a slow bubbling boil for an hour and a half stirring every 20 minutes. Turn heat down, cover and simmer for one more hour.

This gravy is best when it is put into open containers, chilled in cold water and refrigerated overnight. Reheat the following day and spoon over spaghetti, mustacholi noodles or rice. Sprinkle with grated romano cheese. Serve with tossed green salad and hot garlic bread.

LEWIS MOSCONI FAMILY



Melted snow produces one eighth of it's bulk in water.

KATHERINE HELDT WEISS

Katherine Heldt Weiss was born March 31, 1854, in Elmerspect, Germany. At the age of nineteen she came to the United States to stay with a married sister who was living in Denver. She married Ludwig Weiss, who was born in Wittenberg, Germany, and bore him six sons and a daughter.

They homesteaded in open range country, but when sheep herders and claim jumpers forced them to fence, Mrs. Weiss carried her babies in her wash tub in the wagon while she helped her husband set fence posts for barbed wire.

She never left home without clean underwear and at least her second-best petticoat. "What if I were in an accident and I was found wearing old things!"

Katherine raised flowers as well as vegetables, and her Shasta daisies, dahlias, sweet peas, snowballs and lilacs were her pride. Mr. Weiss died in 1897. Before her death in Denver in 1932, Katherine lived on the Big Spring Ranch on Kiowa Creek, Elbert County.

Contributed by granddaughter
FLORENCE WEISS RICE (Mrs. B. F.)

SPETZELE (NOODLES)

3 eggs	1 tsp. salt
1 cup flour	2½ tbsp. flour
1 tbsp. salt	16 soda crackers, crushed
6 tbsp. butter	

Mix all ingredients, except butter, salt and cracker crumbs, into a mass (should be of a moister consistency than a noodle dough, which is very dry). Fill three-quart saucepan two-thirds full of boiling water. Add one tablespoon salt. With mixing spoon (or modern kitchen shears) cut off small bits of dough into boiling water and cook scant five minutes. Drain. Brown cracker crumbs in butter. Put noodles on platter and spread with browned crumbs. Serve with wilted lettuce.

WILTED LETTUCE

1 large bowl of leaf lettuce or large head of lettuce	¼ cup sliced scallions or young green onions
4 slices diced bacon	¼ cup cider vinegar
1½ tsp. sugar (may be omitted)	¼ tsp. salt
¼ tsp. fresh ground pepper	2 tbsp. bacon fat or less

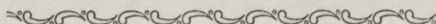
Tear lettuce into bite-sized pieces.

Fry cubed bacon over low heat until crisp, drain and set aside. To bacon grease in the skillet, add vinegar, sugar, salt and pepper and bring to a boil. Pour over lettuce, onions and bacon cubes. Stir or toss well. Serve with Spetzele.

KATHERINE HELDT WEISS



Greeley and Weld County



SENA FINGEL AND SAMUEL NELSON

Samuel Nelson was born in Copenhagen, Denmark, February 16, 1846, and died in Colorado in 1916. His wife, Sena Fingel, also was born in Copenhagen where they were married in 1868. Samuel sailed alone for America in 1881. Shortly after his arrival in Brush, Colorado, he went to work for "The King of the Cattlemen," John W. Iliff.

Iliff, as he had done with his other cowboys, settled Samuel on land near the Pawnee Buttes. About a year later, Mrs. Nelson and their children came to join him.

The Nelson family has operated this spread continuously ever since Samuel first homesteaded it. Living on the ranch at the present time are Samuel and Sena's grandchildren: Ronald, Thyra and Keith Nelson, and Mrs. Keith Nelson. Mrs. Edna Nelson (widow of Charles and daughter-in-law of Samuel and Sena) makes her home seventy-four miles away in Greeley.

In partnership with Hank Keiser, an old family friend, they operate the Nelson-Keiser ranch which is about 15,000 acres or 23 square miles. They raise cattle, horses, ducks, geese, chickens, guinea fowl, dogs, cats and peacocks. They once even kept a herd of buffalo. Here also the wildlife (including deer and antelope) abounds in natural surroundings unchanged since Samuel's day.

The fourth generation of the Nelson family: Patty, Chuckie and Jean, children of the Keith Nelsons, ride their ponies over the same unspoiled grassland their great-grandfather claimed years ago.

Contributed by
BETTY MOISSON CHANCELLOR (Mrs. ROBERT)

SCRABBLE

Scrabble is a delicious dish and may be kept for several weeks. Take the head, heart and any lean scraps of pork, and boil until the flesh slips from the bones. Remove the fat, gristle and bones, then chop fine. Set the liquid in which the meat was boiled aside until cold. Take the cake of fat from the surface, and return the liquid to the fire. When it boils, put in the chopped meat and season with salt and pepper. Let it boil again and thicken with corn meal as in making mush. Simmer one and a half hours. Pour into a long, deep pan and mold. For a breakfast dish, cut scrabble into slices and fry until brown.

SENA NELSON

Contributed by granddaughter
 THYRA NELSON

HARRIETT THATCHER BURBRIDGE

Harriett Thatcher was born near Galena, Illinois, in 1849. She married Charles William Burbridge who was also born near Galena in 1843. He and his father, Thomas, reached Weld County, Colorado, in May, 1860. Later he went back to Illinois where he and Harriett were married. He returned with his bride and they settled just west of Platteville on the St. Vrain River where their six children were born, one of whom was Alfred Thomas, my father.

Contributed by granddaughter
 MILDRED E. SIMMONS (MRS. LYNN)

APPLESAUCE CAKE

1 cup sugar	1 tsp. soda in 2 cups flour
1 egg	1 tsp. cocoa
¼ cup butter	1 tsp. cinnamon
1½ cup applesauce	¼ tsp. nutmeg
1 cup raisins	

Wash raisins in a little salt water, then drain. Cream sugar, egg and butter together. Add other ingredients and mix. Bake in well greased and floured loaf pan. Bake at 350° for approximately one and one-half hours.

MRS. HARRIETT BURBRIDGE



To Keep a Bowl Steady When Whipping Ingredients: Place it on a wet, folded cloth.

MARY MILNE WILSON

Mary Milne and Thomas Hood Wilson were married in Castle Kennedy, Scotland, in 1881, and two days later joined Lord Lyulph Ogilvy in Liverpool and set sail for the United States.

They came to Colorado where they spent two years in the employ of Ogilvy on the Percheron-Norman Ranch (now the S.L.W. Ranch). Though conditions in Colorado were very different from Scotland, they decided to make their home here. Thomas took out citizenship papers, bought a relinquishment on a claim and, with their young son John, moved to the homestead located two miles east of the new town of Eaton. Here were born three other children: Arthur, Blanche (Mrs. W. D. Kay) and Isa (Mrs. A. B. Ross) now a resident of Pierce, Colorado.

Later they bought farms adjoining their property on the east and west. They were always active in community affairs. He became interested in banking and real estate and the feeding of sheep and cattle. After retirement they moved to California where they died in 1942.

Contributed by daughter
ISA WILSON ROSS (Mrs. A. B.)

ROAST BEEF WITH PUDDING

Bake roast exactly as usual for the table. Then make a Yorkshire pudding to eat like a vegetable with the roast. To every pint of milk add three eggs, three cups flour and a pinch of salt. Stir to a smooth batter, pour into the dripping pan under the meat, one-half hour before the roast is done. This was a special company dish.

MARY MILNE WILSON

ENGLISH CARROT PUDDING

1 lb. grated carrots	1/2 lb. raisins
3/4 lb. chopped suet	1/2 lb. currants
4 tbsp. sugar	8 tbsp. flour

Spiced to taste

Boil four hours then bake for twenty minutes. Serve with wine sauce.

MARY MILNE WILSON



Balm to Diminish Wrinkles: Benzoin water, 1 dram. White honey, 1 oz. Alcohol, 1 gill. Let it macerate for 8 days. Then bathe the forehead lightly.

MARTHA BEETHAM AND LOUIS WYATT

Martha Beetham arrived in Greeley, Colorado, with her parents, Mr. and Mrs. James Beetham, in 1870. Their first home was a tent.

In 1875, Martha married Louis L. Wyatt who had come West in 1865 but did not join Union Colony (Greeley) until 1873.

Louis, with his brothers Dave, Frank and Moss, had extensive cattle interests in Weld County. He later became inspector for cattlemen's associations in both Colorado and Wyoming and was known as a top-flight brand inspector.

In 1874, Louis served as deputy sheriff under his brother, David. Weld County at that time extended to the Kansas-Nebraska borders and serving legal papers required long, tedious horseback rides, sometimes of several days duration.

Martha and Louis Wyatt had eight children.

Contributed by daughter
HILDA WYATT COX

BAKED PORK AND BEANS

1 quart navy beans	½ lb. salt pork
1 tbsp. salt	1 onion (optional)
½ cup molasses	1 tsp. soda
Boiling water	1 tbsp. mustard

Soak beans overnight. In morning, simmer until you can blow on them and crack the skins. Add soda and let stand a few minutes. Rinse in cold water, place in earthen jar. Dissolve mustard and salt in the molasses, add to beans. Bury pork in the beans and cover all with boiling water. Bake, covered with lid, in moderate oven all night. Next morning uncover beans, lift pork to top to brown.

MARTHA BEETHAM WYATT

MRS. FRANK J. PEIKER

Mr. and Mrs. Frank J. Peiker moved to Colorado from Kansas in 1898. They first settled in Denver, living there until 1904 when they decided to take up a homestead in northern Weld County, locating twelve miles east of Eaton. Here they reared their five children. They lived on this homestead until 1929.

Contributed by daughter
MRS. MAY KOEHLER

JACK RABBIT STEW

First catch rabbit. Dress rabbit, wash carefully, cut in serving pieces, roll in flour. Fry until well browned, cover with water, one-half cup vinegar, one large bay leaf, four whole cloves, one teaspoon celery seed.

Cook slowly until tender, adding water as needed. When tender, add one cup sour cream. Cook until well blended.

MRS. FRANK J. PEIKER

VINEGAR PIE

2 cups boiling water	¼ cup vinegar*
1 cup sugar	¾ tbsp. flour†
3 egg yolks	⅓ tsp. salt
1 baked pastry shell	
Meringue of 3 egg whites and 3 tbsp. sugar	

Beat egg yolks until thick. Add sugar, flour, salt, then mix. Add boiling water, stirring constantly. Add vinegar, cook over hot water until thick and smooth.

Pour into baked pastry shell. Cover with meringue, bake in a slow oven (325°) for 20 minutes.

MRS. FRANK J. PEIKER

**Vinegar used by the Pioneers was molasses vinegar (see page 40) and therefore not so sour.*

†Five tbsp. flour would give a firmer consistency.

CHRISTINE HYDE AND DAVID HODGSON

David Hodgson married Christine Hyde November 16, 1847. In 1858, he came to Colorado from Arena, Wisconsin. A year later, he returned to prepare his family for the trip back and in 1860 they settled at Platteville, Colorado.

In the spring and fall of the years 1870-1880, court was held for Weld County at their farm. A short distance from his own cabin, David had built a log cabin which contained a large room known as the court room. A jail was attached at one end. Prisoners were brought and placed in the jail part on "Trial Days" and remained until their cases were called.

At these times, large groups of people consisting of witnesses, families of prisoners, judges, etc., were always present. Christine Hyde Hodgson and neighbor women prepared the meals which were served at outdoor tables to all present. One of her specialties was Roast

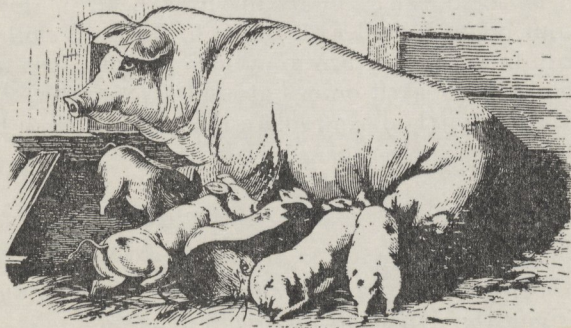
Suckling Pig which, she said, "was no trouble to prepare." Ten or twelve pigs were needed so that everyone would have plenty. She started several days ahead, cooking them in her cookstove. On Court Day they were taken outdoors, packed in an open-pit fire where slow burning coals would warm the suckling pigs.

*Contributed by great-granddaughter
IRIS LINES HAHN (Mrs. HERBERT)*

ROAST SUCKLING PIG

The pig, to be eaten in perfection, should not be more than three or four weeks old, and should be cooked the same day it is killed. If ordered from the butcher, it will need only washing and drying; if killed at home, lay in cold water immediately for a few minutes, then immerse in boiling water and scrape well; remove the eyes and tongue, trim the ears, cut off the feet, and clean it thoroughly. Wash and dry it with a clean cloth; rub it well inside and out with sage and a seasoning of salt and cayenne pepper.

For the stuffing, chop pig's liver fine, fry brown in frying pan in two tablespoons butter, add a chopped onion and two tablespoons chopped parsley, add another tablespoon butter and fry until onion is brown. In cold water, soak enough dry bread to fill the pig. When soft, squeeze bread dry as possible. Add to other ingredients in frying pan. Add tablespoon each of powdered sage, thyme, salt and pepper. Stir over fire until scalding hot, then add cup of scalding milk and yolks of two raw eggs. Stuff the pig and sew it up, skewer the forelegs under the head and the hind legs under the hams; tie up the ears and tail in buttered paper to prevent burning, lay the pig in a dripping pan on a bed of vegetables such as potatoes, carrots and parsnips. Brush pig all over with melted butter. Insert piece of wood in the mouth to keep it open while baking. Put into hot oven, baste every fifteen minutes with melted butter. Leave a medium-sized pig in oven three hours. While the pig is being baked, prepare the heart for the



gravy by boiling tender in enough water to cover. Then chop fine and keep hot in same water.

When the pig is done, take it up, place vegetables on large platter. Add enough warm water to make a thick gravy of the water with the heart in it, using one-half cup of flour to thicken.

APPLESAUCE TO SERVE WITH PIG

Wash eight large sound apples, cut through the middle cross-wise, remove cores and bake until tender. Meanwhile stew eight peeled and sliced apples in a little water with two tablespoons sugar and grated rind of one lemon. When tender, put through sieve. Fill the baked apple halves and set them around the pig on the platter for a garnish with the vegetables. Place a fresh apple or a small ear of corn in the pig's mouth (after removing the piece of wood).

CHRISTINE HODGSON

BAKED STUFFED ONIONS

8 large Spanish or Bermuda onions	$\frac{1}{2}$ tsp. salt
8 slices bread	Powdered sage
Few grains pepper	$\frac{1}{2}$ cup milk
2 tbsp. butter	1 egg yolk

Wash outside of onions. With outside skin still on, place in a saucepan in slightly salted water and boil for 10 minutes. Take onions out of water and lay upon a cloth to absorb excess moisture. Slip off skins, cut a slice from top so that you can remove insides of onions with a teaspoon, leaving several rings of onion to make a good shell. The onion removed may be stored in a stone crock and used for other cooking.

Soak bread in cold water until soft, then squeeze dry as possible, add salt, sage and pepper. Scald milk, melt butter in it, add egg yolk. Then add this mixture to the bread. Place dressing in onions, set each onion in a piece of cloth, which has been buttered, twisting cloth at the top to keep it closed. Place in baking dish, bake in slow oven for nearly an hour or until tender all through. Remove cloth, baste top of onions with butter and return to oven to brown. This will take 15 minutes more. Place baked onions around a roast, fowl or fish, and garnish with parsley. (Foil can replace the buttered cloth for modern cooks).

RACHEL LINES

Contributed by granddaughter
IRIS LINES HAHN

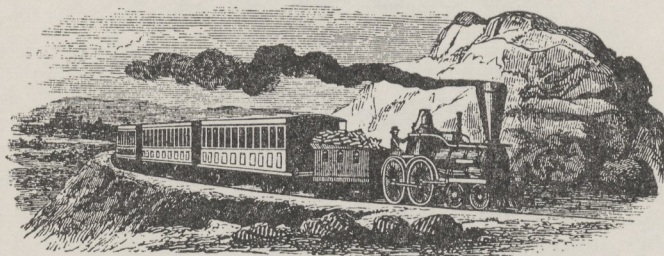


When cooking onions, set a tin cup of vinegar on the stove and let it boil. It is said you will smell no disagreeable odor.

MARY WORSFOLD MORRIS

Mary Worsfold was born in London in 1849. She came to the United States by sailing vessel in 1870 and settled in Chicago. Later she moved to Kansas where she met and married John Morris in 1871. John had been born in Liverpool and had migrated to the United States in 1870.

In 1872, Mary Jane was born and when she was two months old they came to Denver where her father worked for the Union Pacific Railroad and then for Hallack and Howard Lumber Yard.



In 1877, Ethelyne, my mother, was born at the location where the Union Depot is today. The family later moved to Loveland, Colorado, where their third daughter, Gertrude Irene, was born in January, 1893.

Contributed by granddaughter
MILDRED E. SIMMONS (MRS. LYNN)

FILLED COOKIES

1 cup sugar	3½ cups flour
½ cup shortening	2 tsp. cream of tartar
1 egg	1 tsp. soda
½ cup milk	1 tsp. vanilla

Cream sugar, shortening and egg. To this, add milk and the flour which has been sifted with tartar and soda. Add vanilla. Roll thin and cut with large round cookie cutter. Put cookies on cookie sheet. Then put 1 tsp. filling on each, cover with second cookie, sealing around each. Bake at 375°.

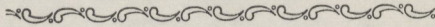
Filling

1 cup chopped raisins	½ cup water
½ cup sugar	1 tsp. flour

Cook until thick, stirring often as it burns easily.

MARY WORSFOLD MORRIS

Leadville



MRS. H. C. DIMMICK

Mrs. H. C. Dimmick was considered a faultless housekeeper and cook and one of her prize dishes was called "Queen of Puddings."

Mr. Dimmick was an early day Leadville architect who built some of the best houses in the camp.

Contributed by
POPPY SMITH
Curator of Healy House

QUEEN OF PUDDINGS

1 pint bread crumbs	1 quart new milk
1 cup sugar	4 egg yolks
Whites of 4 eggs	4 tbsp. pulverized sugar
Jelly	Whipped cream

Mix bread crumbs, one cup sugar, milk and egg yolks together. Bake in slow oven. When well done, spread with jelly. Whip whites of eggs to stiff froth, add pulverized sugar, spread over top. Return to oven and brown. Serve with whipped cream. Bake at 325° about one hour and twenty minutes or until knife dipped in water comes out clean. Bake meringue at 350° for fifteen minutes.

MRS. H. C. DIMMICK

MRS. CHARLES C. GODDARD

Mrs. Goddard, a young widow with two young daughters, came to Leadville in the boom days of the camp. Her outstanding recipes are in use today.

Contributed by granddaughter
MRS. CHARLES FITZSIMMONS

ENGLISH BEEF PUDDING

2 cups finely chopped suet	Enough cold water to make
1 heaping tsp. baking powder	thick dough
6 cups flour	

Roll one-half inch thick on well floured tea towel. Lift tea towel with dough on it into round mixing bowl.

4 lbs. round steak, cut in	1 large onion, grated
1 inch cubes	2 tbsp. minced parsley
Salt and pepper	

Mix well and put in center of dough

Pick up four corners of tea towel and tie together with heavy string as close as possible to pudding. Put in soup kettle of fiercely boiling salted water. Boil four hours (keep water boiling at all times). Remove to platter and serve hot, cut in wedges.

MRS. CHARLES C. GODDARD

MRS. KATHERINE MOHAR

Mrs. Katherine Mohar, wife of Joseph Mohar, was from Yugoslavia, and her recipe for chive bread is given as an example of the cookery of her homeland.

Contributed by
POPPY SMITH

CHIBULEK (CHIVE BREAD)

1 sifter flour	1 tsp. salt
1 cup sugar	1 cube butter
3 eggs	1 cup milk for dough
$\frac{3}{4}$ cup heavy cream	1 cup chives
2 cakes yeast	

Dissolve yeast in lukewarm milk, add salt, one-half cup sugar, shortening, and egg. Add enough sifted flour to make regular sweet dough. Let rise until light. Punch dough on floured board or roll to about one-half inch thickness.

Paste

Take two eggs, add one-half cup cream and beat well. Add remaining sugar until thick. The washed and dried chives are added dry. Sprinkle them on the rolled out dough, pour on two tablespoons melted butter and spread all over dough. Then spread the egg, sugar and cream mixture. Add fresh washed chives on top of this, sprinkling them evenly. Also add a sprinkle of cinnamon. Roll up like jelly roll. Put in greased pan (loaf pan will do) and let rise one-half hour. Bake in moderate oven one hour. Any sweet dough recipe can be used for this bread.

MRS. KATHERINE MOHAR

BAKED SOUP

2 lbs. fresh beef or mutton (cut into small pieces)	2 sliced onions
4 carrots	4 turnips
6 potatoes (pared and cut up)	4 parsnips, cut in quarters
6 tomatoes (peeled, quartered)	1 large beet, scraped and cut up
Salt and pepper	3 quarts water

On days that you bake bread, you may have a dish of thick soup with very little trouble, by putting into a large earthen jug or pipkin, or covered pan, the meat, vegetables, salt and pepper to taste. To these things pour on the water. Cover the earthen vessel and set it in the oven with the bread, and let the soup bake at the same time. If the bread is done before the dinner hour, you must keep the soup still longer in the oven. Do not use cold meat (leftover) for this or any other soup, unless you are very poor.

From *Miss Leslie's New Cookery Book* published in 1857
Property of Poppy Smith, Curator of Healy House

Contributed by
JO MAZZULLA (MRS. FRED M.)

SQUATTER'S SOUP

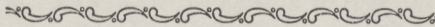
Take plenty of fresh killed venison, as fat and juicy as you can get it. Cut the meat off the bones and put it (with the bones) into a large pot. Season it with salt and pepper, and pour on sufficient water to make a good rich soup. Boil it slowly (remembering to skim it well) till the meat is all in rags. Have ready some ears of young sweet corn. Boil them in a pot by themselves till they are quite soft. Cut the grains off the cobs into a deep dish. Having cleared the soup from shreds and bits of bone left at the bottom of the pot, stir a thickening made of Indian meal mixed to a paste with a little fresh lard, or venison gravy. Afterwards, throw in, by degrees, the cut corn. Let all boil together, till the corn is soft, or for about one-half an hour. Then take it up in a large pan.

This soup, with a wild turkey or a buffalo hump roasted, and stewed grapes sweetened well with maple sugar, will make a good backwoods dinner.

From *Miss Leslie's New Cookery Book* published in 1857
Property of Poppy Smith, Curator of Healy House

Contributed by
JO MAZZULLA (MRS. FRED M.)

Trinidad Area



HOW THE SPANISH FAMILIES LIVED

Most of the Spanish families in the Trinidad area came from around Taos and Santa Fe between 1860 and 1870. They homesteaded, took up farming, and raised sheep and cattle.

The first home in the Trinidad area was built by Felipe Baca who came from New Mexico, bringing a few families to work for him. About three years later he went back to New Mexico where he persuaded Felipe Tafoya to bring his own family of four children, and eight or nine other families, to Colorado where there was plenty of water and land.

Trinidad was already a small town, so Felipe Tafoya and those with him went thirty miles south to Trinchera. There he homesteaded about 7000 acres of land, ran about 6000 head of sheep and 150 longhorn cattle, which they went to Texas to get. They did a great deal of agriculture and raised all their own feed for the stock.

The Spanish families, when they came to the Trinidad area, built little adobe houses which usually were grouped together in settlements called plazas or placitas. Their ranches or farms were outside of these towns. The women stayed at home while the men went into the fields and sheep camps, getting home only every so often.

The families were all closely united, the children marrying and staying in the same village as their parents. This patriarchal system eventually proved unfortunate. The young people not only had no chance to develop their own initiative but, as large and close-knit families the world over have done before, they intermarried. Later many families moved away, believing that this intermarriage would eventually weaken the blood lines.

However, in the early days the Spanish families, together with their Indian servants, all lived in the little villages. These Indians sometimes took the name of the family for whom they worked.

It was an old Spanish custom that the landowner always took care of his helpers. So the homesteads must supply all the necessities of life. Felipe Tafoya's even had a blacksmith shop.

The working people on ranches outside the villages came once a month to the homestead for supplies. This food was part of their pay for their labor and there was always plenty for everyone. The provisioning was done in what seems to us now a big way because many servants and big families required a lot of food.

Butchers were hired to butcher one calf and three or four lambs at a time, and deliver their carcasses to the door. Then the Indian cook dressed the animals, salting some of the pieces so they would keep.

Five or six hogs were also killed at a time so the cooks could render the pork in large iron kettles outdoors to make lard, some of which was later made into soap. Sausage was made in the kitchens and put into twenty-pound cans of lard to store.

For other storage, cellars were dug eight to ten feet underground. They were lined with adobe brick, had good sod flooring and ventilators, and kept meat and sacks of vegetables for months at a time.

Though food was stored in these cellars in the daytime, at night it was one of the regular chores to bring the meat out in the open to dry and age. At four or five in the morning, the servants would come back and put it in the cellar for the day. This kept it from getting moldy, by draining the tissues dry in the cool night and preventing decay.

Some of the meat was left out to dry in the sun to make jerky. The meat of venison, beef and buffalo was cut into strips, hung on clothes lines, and turned every other day to make sure it would dry evenly on both sides.

Also put in the sun to dry were the leaves, fruit, blossoms, roots and seeds used as seasonings. Some were gathered in the mountains where they grew wild. There were sage, celery, oregano, mint, laurel and chimaja, among many others, which the Indians taught the Spanish to gather and use.

As the fruits and vegetables ripened, many were eaten fresh. But there were so many people to provide with food, both summer and winter, that trays of drying fruits, hanging bunches of grapes, yellow pumpkins drying in the sun, and brilliant strings of aromatic chile peppers hanging from the roofs were always to be seen, lending the little dun-colored adobe houses a colorful and festive air.

Most of the cooking was done in heavy iron pots and skillets over open fires or in the beehive-shaped outdoor ovens, which can still be seen today in the Southwest. Flour and meal were ground on stone "metates" and making hominy from corn involved the use of lime or wood ashes.

Besides everyday meals, there were many feasts and festivals which called for large stores of food to supply the guests. Chief among these were the wedding celebrations which lasted for three days.

Since then, time has changed many things. But the tradition of Spanish hospitality and their reputation for delicious food remains to this day.

Contributed by
MRS. JUSTA TAFOYA SANCHEZ*

**From a taped interview with Mrs. Sanchez by Mrs. Hugh Kingery and Mrs. Norris Miles. Edited by Betty Chancellor.*



TAFOYA AND SANCHEZ FAMILIES

Felipe Tafoya came to Trinidad from Guadalupita, a small town near Las Vegas in New Mexico. He had four children. One of his sons, Francisco, married Alcaria Gallegos, daughter of Narcisso and Rafaelita Gallegos, in 1874 when she was twelve and he was twenty-two. They had twelve children. Among them was Justa Tafoya who later married Manuel Sanchez, son of Manuel A. Sanchez, Sr., and Manuela Medina.

The Sanchez family was from the San Luis Valley. Manuel A. Sanchez, Sr., was born in Santa Fe and his wife, Manuela Medina, was born in Taos. They married in Santa Fe and moved to San Luis around 1865. Manuel, Sr., was employed by the Salazar family, one of the oldest there, and managed the first store in San Luis for Mr. Salazar.

Contributed by granddaughter
JUSTA TAFOYA SANCHEZ

EMPANADAS

2 cups sifted flour	¼ cup shortening
2 tsp. baking powder	⅓ cup water (approximately)
½ tsp. salt	Deep fat for frying
Mincemeat filling	

Sift dry ingredients together, cut in shortening. Add enough water to make dough hold together, blending. Divide dough into 18 balls. Roll out each ball to make rounds about $\frac{1}{8}$ inch thick and $2\frac{1}{2}$ inches in diameter. Place one tablespoon mincemeat filling in center of each circle. Fold over dough and pinch edges together. Roll edge to completely seal in filling, fluting it with thumb and forefinger as it is being rolled. Let Empañadas stand about 10 minutes or until slightly dry. Carefully drop four or five Empañadas in deep fat, hot enough to brown a cube of bread in one minute. Fry Empañadas until golden brown on both sides. Drain on absorbent paper. Makes 18.

Mincemeat Filling

2 lbs. pork shoulder, boiled and ground	$\frac{1}{2}$ cup shelled piñon nuts.
$1\frac{1}{2}$ cups seedless raisins	$\frac{1}{2}$ cup brandy or sherry
1 tsp. cinnamon	$\frac{1}{2}$ cup stock from pork
1 tsp. ground cloves	$\frac{1}{2}$ cup sugar

(Cooked, ground venison may be substituted for half the pork.)

Combine all ingredients. Simmer, stirring constantly, until most of the moisture is absorbed, 10 to 15 minutes. Cool before filling Empañadas.

JUSTA TAFOYA SANCHEZ

CORDOVA FAMILY

Jesus B. Cordova came to Trinidad in 1853. He was born in a little Indian pueblo near Santa Fe, called Pojoaque. All his sons had sheep and cattle ranches. The Cordovas were famous for their delicious Buñuelos which were eaten at all three meals instead of bread.

BUNUELOS or SOPAIPILLAS*

(Fried Puffs)

2 eggs	$\frac{3}{4}$ tsp. salt
1 cup milk	1 tsp. baking powder
4 cups flour	

Sift dry ingredients together. Beat eggs well, add milk, and stir in dry ingredients, adding as much flour as it will absorb.

Roll as thin as possible, cut and fry in deep fat until a delicate golden brown. Cut into small squares, they make sopaipillas. Cut large and round with a hole pinched in the middle, they make buñuelos. They are served with Mexican chocolate at four in the afternoon. Served with the following sauce, buñuelos were served as dessert.

Sauce for Bunuelos

6 tblsp. piloncillo (brown sugar)	
1/2 cup water	1/2 cup wine
1/2 tsp. cinnamon	1/2 cup seeded raisins

Combine ingredients and boil until it begins to thicken. Pour over hot buñuelos and serve at once.

CORDOVA FAMILY

**This recipe was taken from Mexican Cookbook, by Erna Fergusson, published 1945, University of New Mexico Press.*

ABEYTA FAMILY

The Abeyta family came from Chama, New Mexico. Jesus Abeyta had six children. The three sons all served in county offices in Trinidad. Mrs. Abeyta was of French and Irish extraction. Her three daughters were all beautiful and one married an Italian count. This family was expert at serving pork dishes.

POSOLE*

(Hog and Hominy)

2 lbs. pork, cubed	1 cup red chile pulp <i>or</i>
2 onions, chopped	4-6 tbsp. chile powder
1 bay leaf	1 cup nixtamal (hominy)
1 tsp. fat	1 tsp. salt
	1/2 tsp. oregano

Fry onions in fat, add pork and blend. Add nixtamal or hominy, chile and seasoning. Add hot water and simmer until pork is thoroughly tender, about 4 hours. Serve steaming hot. If chile powder is used, mix with 1 tablespoon of flour and stir into fat. If canned hominy is used, cook pork first until almost done before adding hominy. Then simmer until done.

ABEYTA FAMILY

**This recipe was taken from Mexican Cookbook by Erna Fergusson, published 1945, University of New Mexico Press.*

BARELA FAMILY

In 1862 Senator Casimiro Barela's eldest daughter married Gene Garcia, of an old-time family, whose father was the first county clerk in Las Animas County.

The second Barela daughter married Mr. Chacon whose father had just come in from Mexico. In those days wedding celebrations lasted for three days and as many as two or three hundred people would come and stay for the engagement, the feast and the ceremony.

ALBONDIGAS SOUP*

1 quart tomatoes	1 tsp. salt
½ cup red chile pulp or 2 tbsp. chile powder	1 pinch oregano

Rub tomatoes through a colander and bring to a boil, adding enough water to make 2 quarts of liquid. Add chile pulp, salt and oregano and boil down to 3 pints of liquid. Add albondigas made as directed and boil one hour.

Plain bean soup with no seasoning but salt may be substituted for this stock.

Albondigas

1 lb. beef	1 pinch each: black sage, ground mint, and pepper
½ lb. pork	
1 slice bread	1 tsp. salt
1 egg	1 tomato
1 onion	⅛ tsp. culantro
1 clove garlic, chopped	

Grind meat together, mix with bread which has been soaked in water and squeezed dry. Add egg and seasoning. Mix well and mold into balls the size of walnuts. Brown one chopped onion in 2 tbsp. fat. Remove onion and brown meat balls. Add onion, mashed tomato, spices as above and 4 to 6 cups of boiling water. Simmer slowly for 1½ hours.

BARELA FAMILY

**This recipe was taken from Mexican Cookbook by Erna Fergusson, published 1945, University of New Mexico Press.*

THE ENRICO MAZZULLA FAMILY

The Enrico Mazzulla family settled in southern Colorado in 1890, first in Trinidad. Then they migrated to Leadville, Breckenridge, South Fork, Gunnison, and Salida where the family of seven children received their education through high school.

In 1930, they moved to Denver where they still reside. Mr. Mazzulla was with the Colorado Railroads for 42 years before he retired. He lived to be 90 years old and died in 1958. Mrs. Angela Mazzulla is still living in Denver as is the rest of the family of two sons and five daughters.

Contributed by daughter-in-law
MRS. FRED M. MAZZULLA

VERMICELLI WITH ANCHOVIES

½ lb. vermicelli or spaghetti
 2 oz. Anchovy fillets
 ¼ fresh green pepper, chopped fine
 ½ medium sized onion, chopped fine
 1 clove garlic
 ¼ cup olive oil
 About ¼ cup Parmesan cheese, grated

Sauté garlic, finely chopped, in the oil over low heat until it begins to color. Add onions and green pepper and cook until onions begin to brown. Add the anchovy, cut in pieces, and the oil in which the fish was packed. In the meantime, cook the vermicelli in boiling water, slightly salted, as the fish will furnish enough seasoning without adding more. Cook until just tender (about 10 minutes). Vermicelli are real fine in texture and cook in a much shorter time than regular spaghetti. Do not overcook, or they will be mushy. Drain vermicelli and add anchovy sauce. Sprinkle freely with Parmesan cheese and serve immediately. Serves four. This is a good Lenten or Friday dish.

THE ENRICO MAZZULLA FAMILY

ZUCCHINI

2 onions, sliced	2 stalks celery with leaves, sliced small
3 medium zucchini, sliced	1 cup tomato sauce
1 tbsp. olive oil	Salt and pepper to taste
1 medium green pepper, sliced small	

Mix all ingredients and simmer until tender, about 20 minutes. Serves four to six.

THE ENRICO MAZZULLA FAMILY

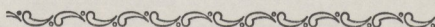
ZABAGLIONE

6 egg yolks	6 half eggshells full Marsala or sherry wine
6 level tsp. sugar	

Add sugar to eggs in the top part of a double boiler. Beat until thoroughly blended. Add wine and beat thoroughly again. Place over lower part of double boiler and cook egg mixture until it begins to thicken, stirring constantly. Do not allow to boil. Remove from fire and let cool. Chill. Serve cold in sherbet glasses. This is usually served at a festive meal as dessert. It may also be served over sponge cake or peaches. Serves 6.

THE ENRICO MAZZULLA FAMILY

Rough and Tumble



REUBEN SQUIRE

Reuben Squire was born in Hayden, Colorado, in 1892. "My Daddy was an Englishman who came across in the late seventies. His folks were coal miners in England," he said. His father Albert, born in 1853, worked in Colorado mines like those around Silver Plume and Leadville. His mother was Mina Ingram, born in Wisconsin. His parents married in 1880 and went to the Yampa Valley in 1884, where they homesteaded seven miles east of Hayden. There are 56 great-grandchildren.

All his life Reuben worked, ranching cattle up and down the Western Slope of Colorado, starting as a young cowboy in the fall of 1903. "There were no drift fences in those days," he recalled. "I had to ride a strip of country 50 to 100 miles long to gather those cattle."

Reuben lives with his wife Edith in Lakewood, a suburb of Denver, and devotes much of his time to a favorite hobby, the broncos and cowboys of the early West. His article, "Taming the Mean Ones," was published in the July, 1962, issue of *The Colorado Magazine*.

Contributed by
BETTY MOISSON CHANCELLOR (MRS. ROBERT)

ROCKY MOUNTAIN OYSTERS

During roundup time on the ranches, one of the main jobs was to brand, dehorn and castrate calves. According to Funk and Wagnalls *New Standard Dictionary of the English Language*, the verb castrate means to remove the sexual germ-bearing glands or testicles.

These glands comprised the dish which came to be known as Rocky Mountain Oysters, Prairie Oysters, or Calf or Lamb Fries, some-

times referred to as "The Cowboy's Delight." Quite often some rancher's wife, with a weak stomach and a strong sense of propriety, would refuse to allow them in the kitchen. So during roundup, the cowboys often cooked them in skillets or on green willow sticks like marshmallows, over a branding fire. This is one recipe:

Select only small ones and cook them whole. Soak in salt water, roll in corn meal, fine cracker crumbs or flour, season with salt and pepper. Fry in quite a bit of shortening until brown and cooked through. When done, they pop open.

REUBEN SQUIRE

SOUR DOUGH

Prepare Sourings as follows:

1 cup flour	1 tbsp. sugar
1 tsp. salt	1 tbsp. vinegar

Put flour, sugar and salt into a china mixing bowl; add sufficient water to make a creamy batter. Then stir in vinegar. Set in a warm place two days to sour.

Bread

1 cup sourings	1 tsp. sugar
1/2 tsp. lard	1 large tsp. salt
1/4 tsp. soda	Flour

Put sourings, sugar, lard, salt and soda in a mixing bowl; add enough flour and water to make a dough sufficient for one loaf. Let rise overnight. Bake one-half hour in oven.

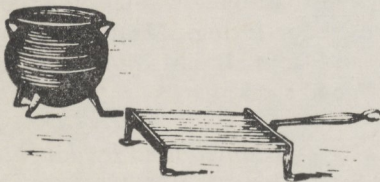
FRED W. ROLLER

Pancakes

Flour	Water
1 cup sourings	1 tbsp. sugar
1/2 tsp. salt	Scant 1/2 tsp. soda

Beat sufficient flour and water to a smooth batter, add the sourings and let rise over night. Mix soda and salt in a little hot water, then add this and the sugar to the batter. Bake in a pan or on a griddle. Use what you need and keep balance for later use as sourings.

FRED W. ROLLER



ONION SANDWICHES

Sweet onions
Salt and sugar

Bread
Mayonnaise and butter
Ice water

Soak for one hour finely diced sweet onions in ice water, well salted and sweetened. Drain and mix with slightly sweetened mayonnaise. Butter not particularly thin slices of white bread and apply onion filling lavishly. "One might as well die for a sheep as a lamb." Most enjoyed out-of-doors.

From an old privately printed cook book owned by Mrs. Howard T. Vaille of Denver

Contributed by
ELIZABETH ROLLER (MRS. FRED)



Squeaking boots. Drive a peg into the middle of the sole.

Morocco leather may be restored with a varnish of white of an egg.

CHARITY ANN BROWN SMITH

Charity Ann Brown was born on her father's farm about eighteen miles from Paris, Illinois. In 1888, when she was 18, she moved with her parents, five brothers, and one sister to Jasper County, Missouri, settling on a farm near Carthage.

In 1903, she went to Meeker, Colorado, on a visit. She stayed to teach school for three years and then married John R. Smith in 1906. In 1912, Charity and John moved to The Mesa to prove up a homestead. Later they bought their present ranch home from H. W. Tomlinson, who along with Ed Wilbur and Eugene Gilley, were the only white men between Meeker and Buford in the early 1880's. Mrs. Tomlinson gave Charity Smith the instructions for frying "buckskin." This term buckskin was in common usage throughout the Meeker Country, apparently a local term for venison. Deer were very plentiful in Rio Blanco County in the early days. My uncle, Guy Luther Smith, has told of seeing an entire mountain side covered by deer. Meat for fried buckskin was cut from the ham of the deer. However, the fried meat was considered so much more tasty than a roast or stew, that other cuts from the buckskin were commonly used for frying. Meat for frying might be cut from the shoulder, loin, and from all parts of the carcass, but the shoulder was *not* considered "good steak."

Contributed by daughter
MARGARET SMITH ISAAC (MRS. GERHARD J.)

BUCKSKIN AND GRAVY

Buckskin	1 heaping tbsp. flour
1 tbsp. lard	Flour to dredge meat
1 cup water	Salt and pepper
1 cup milk	

(This is the method used for a wood or coal-burning stove.)

Dip slices of meat into flour, shake off excess. Put lard in heavy iron skillet. Have lard and skillet very hot. Place meat in skillet and sear on one side. Push skillet to back of stove and let cook while setting the table. This will take about 10 minutes. Turn and salt meat. Put skillet back over hot heat. Sear the other side of the buckskin. Return skillet to back of stove and let cook slowly for 20 minutes. (This method made tender, juicy meat.) Remove meat to hot platter and keep hot. To make the gravy, add to drippings in the skillet the flour and salt. Brown flour well. Then add liquids, half milk and half water. Stir well and continually, bringing to a boil. Boil until bubbles form "pig's eyes" (a good bubbling boil). This was a real treat as a breakfast dish, served with hot biscuits and cokecherry jelly.

CHARITY ANN BROWN SMITH

LEWIS R. LEYMAN

Lewis R. Layman came in 1914 to Prowers County, Colorado, where he patented 314 acres five and a half miles south of Carleton. He left in 1917 to work on a ranch near Longmont and later for the Great Western Sugar Company. When the Depression came he, like many others, went to the mountains to pan enough gold to live on, and in May 1932, he started "placering" around Black Hawk. This "receipt" for corn bread was used by his mother sixty years ago in Kentucky and adapted by him for outdoor cooking.

Contributed by

BETTY MOISSON CHANCELLOR (MRS. ROBERT)

MINER'S TURNOVER CORN BREAD

Mix corn meal and flour half and half. Add sweet milk, mix in salt, a little sugar, small amount of soda and baking powder. Add a little butter or bacon drippings. Mix all thoroughly. Bake in skillet over an open fire. When bottom gets brown, turn it over and brown other side. Can also be used for muffins to be baked in an oven.

LEWIS R. LAYMAN

ALVERNA MARKLE DEAN

Alverna Markle with her parents, Mr. and Mrs. Thomas Markle, and brother, Sherman, came west after the end of the Civil War. While living at Point of Rocks, Wyoming, in the late 1860's and early 70's, they learned from the Indians how to prepare deer, elk and mostly buffalo jerky, sometimes beef jerky.

Alverna married John James Dean. After a Wyoming blizzard in the early 1880's nearly cost them their entire herd of Shorthorn cattle, they moved from Wyoming to the Beebe Draw district 12 miles south-east of Greeley, Colorado, where Alverna continued to make beef jerky. This recipe is from a cookbook owned by Mrs. Dean.

Contributed by son

TOM DEAN

BEEF JERKY

Jerky is the Indian's crude method of curing meat, similar to dried beef. Cut fresh meat in thin strips 6 to 12 inches in length, stripping off the tallow, and hang to dry either on horizontal poles, as the Indians did, or on wire. Usually the meat can be cured in several days without the aid of salt or smoke. When thoroughly dry, strips can be stored indefinitely.

Spanish Jerky, called "Carne Seca," is highly seasoned with vinegar, black pepper and a little salt before drying. It is sometimes rubbed with garlic and sprinkled with red chili.

PEMMICAN

The jerked meat is toasted over a fire until crisp, then pounded into a hash. Indians dug a hole in the ground and a buffalo hide was staked over it to form a skin dish into which the meat was thrown to be pounded. Meanwhile, the marrow bones were split up and boiled in water until all the grease and oil came to the top, then skimmed off and poured over the pounded meat. As soon as cool, the mixture was sewed into skin bags and laid away until needed, sometimes buried or otherwise cached. Pemmican will keep indefinitely, is extremely nourishing and agreeable to the taste.

U. S. Bureau of American Ethnology
Annual Report of 1892-1893

Contributed by

TOM DEAN

RODMAN BARNEY HATHAWAY

Rodman Barney Hathaway walked and rode from Iowa to Colorado in the winter of 1878 or 1879. He stayed in Colorado Springs and went to Colorado College four months, then to Leadville to work at the Comstock Lode, August 11, 1879. Later he went to Aspen and became part owner of the Keystone Mine. When the gold mines opened at Victor, he went there and worked.

He didn't like the boarding houses so he batched. One of his stand-by dishes was Bachelor Johnny Cakes.

In 1896 he returned to Iowa, married Mary E. Groff, a neighbor girl, and brought her to Colorado Springs. They became the parents of Charles E. Hathaway and Esther McDermott.

Contributed by daughter

ESTHER HATHAWAY McDERMOTT

BACHELOR JOHNNY CAKES

1 cup corn meal

½ tsp. salt

Put corn meal and salt into a mixing bowl and add enough boiling water to make a thick dough. Stir and mix well. Scrape the dough into an iron frying pan or griddle and pat to about ½-inch thick. Have pan well greased with bacon fat or other shortening. Fry golden brown on one side, turn and brown other side, or divide dough and make four small cakes. Serve hot with sorghum.

R. B. HATHAWAY

SON-OF-A-GUN STEW

From a freshly killed beef take the following: liver, heart, brains, sweetbreads, kidneys and marrow-gut. Wash them carefully, then cut them up into pieces a little bit bigger than the wrapped cubes of sugar you find in a restaurant. Put them into a Dutch oven, with a piece of suet tallow as big as a doll's hand; the suet tallow should come from a calf. Now cover with water. For seasoning, use salt and chili powder. Boil until the meat becomes tender. Now put in a small handful of flour; add to this some of the juice, or warm water. Now some elbow-work—stir thoroughly and let the concoction cook for half an hour and you will have a dish that would make a king lick his chops.

(Note to beginners: Marrow-gut is the tube connecting the two stomachs in a steer; it contains a substance looking like bone marrow. The best suet-tallow is the fatty substance found around beef kidneys.)

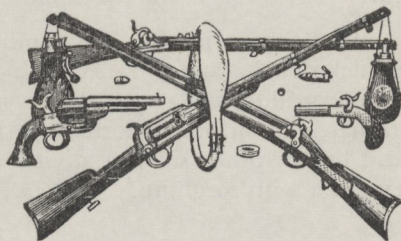
The above is also known as Son-of-a-Bitch Stew. It is the Western cowboy's own dish. No one knows who originated this widely known, yet mysterious concoction.

The origin of the name is as mysterious and uncertain as the genesis of the concoction itself. Its mystery has become legendary. Possibly the first cowboy who tasted it, exclaimed, "son-of-a-bitch, but that's good," and the name stuck.

While range men have seemed to keep this dish mysterious to the outlander, to an old cowman, the only mystery about it was whose calf went into its making.

This stew is truly unique in that it can only be prepared using the properties of a milk fed calf. Probably the reason why this stew is a regional ranch dish, is that nowhere else in the country are beef animals habitually slaughtered so young.

Come an' Get It! by Ramon F. Adams
Published by University of Oklahoma Press



BEAR FACTS

"There's nothing better for leather or the insides of a man than black bear grease." Bear fat has many uses—the lard is especially fine for pastry, and is used whenever shortening is called for. The fat makes excellent oil for leather, and is used even for gun oil. It may be used to make soap. It preserves indefinitely. These recipes are from Mrs. H. V. Morris of Eckert, Colorado, whose husband is a government hunter, and kills about twelve bear a year.

ROAST BEAR

Trim fat from meat and rub with salt and pepper. Place in uncovered pan and roast at 300-350° for 25-30 minutes per pound. About 30 minutes before removing from oven, turn up heat to 450° for searing.

POT ROAST BEAR

2½ lb. chuck or rump	2 cups tomato juice
1 tbsp. lard	4 medium potatoes
1 clove garlic	6 carrots
1 tbsp. salt	

Brown meat slowly in lard. When well browned, add tomato juice, salt and garlic. Cover lightly and simmer until tender, about 3½ hours. Add vegetables 45 minutes before meat is done.

Contributed by
ISABEL GRIGSBY FELDMAN

SOAP

10 cups tallow (any kind of rendered fat)	1 cup ammonia
1 can lye	1 quart water
	1 quart borax

Using an enamel, crockery, or plastic bucket, dissolve lye in cold water. Lye will make the water boil. When it is cool, add this mixture gradually to the fat, stirring constantly. Then add borax, then ammonia. Stir until thick and honey colored. Pour into pan lined with wet cloth. This will fill a 9 x 15 inch pan, two inches high.

Modern version of Sena Nelson's recipe

Contributed by granddaughter-in-law
MRS. KEITH NELSON





COOK BOOK COMMITTEE

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Clarence P. Hornung's *Handbook of Early Advertising Art*
Dover Publications, N.Y. 14, N.Y.

ALTITUDE CHART

The recipes in this book have been adjusted and tested for Denver, 5,280 feet above sea level.

TOWNS, ALTITUDE

Blackhawk, 8,042
Boulder, 5,430
Breckenridge, 9,603
Central City, 8,496
Colorado Springs, 6,012
Crested Butte, 8,885
Delta, 4,961
Denver, 5,280
Durango, 6,512
Fort Collins, 4,984
Georgetown, 8,519
Golden, 5,675
Grand Junction, 4,586

TOWNS, ALTITUDE

Greeley, 4,663
Gunnison, 7,703
Hayden, 6,336
Lamar, 4,622
Las Animas, 3,901
Leadville, 10,152
Longmont, 4,979
Loveland, 4,982
Meeker, 6,249
Pueblo, 4,695
Trinidad, 6,025
Wray, 2,516

CONVERSION TABLE

Little or no change need be made in recipes for cookies, quick breads or fruit cakes except to reduce oven heat 25° when baking at sea level.

Suggested changes to be followed for cake baking at sea level:

Shortening: Increase 1 tablespoon per $\frac{1}{2}$ cup.

Sugar: Increase 1 tablespoon per cup.

Liquid: Decrease 1 to 2 tablespoons per cup.

Leavening: Increase $\frac{1}{4}$ teaspoon per cup of flour. (Double action baking powder or baking soda.)

If you are unable to obtain
Pioneer Potluck
from your bookseller, you may order
further copies from:

The Volunteers
STATE HISTORICAL SOCIETY OF COLORADO
State Museum 14th & Sherman
Denver, Colorado.

