

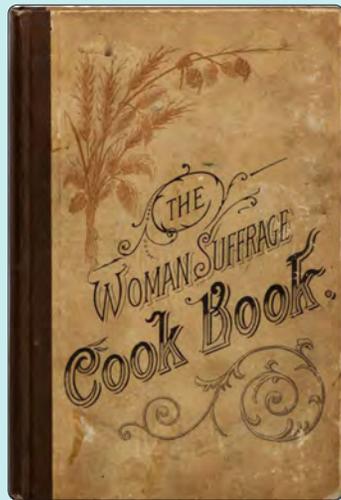


# A DINNER IN HONOR OF THE 19TH AMENDMENT

**N**o celebration is complete without a meal or, at a minimum, heavy hors d'oeuvres. In search of the perfect menu to celebrate the 19th Amendment, I took to the Internet. My research led me to Michigan State University's digital repository and a cookbook published over 30 years before the ratification of

the 19th Amendment — *The Woman Suffrage Cook Book: Containing Thoroughly Tested and Reliable Recipes for Cooking, Direction for the Care of the Sick, and Practical Suggestions*. Perfect!

In December 1886, the Massachusetts Woman Suffrage Association held a four-day fundraiser. Activities at the Woman Suffrage Festival and Bazaar included concerts and award ceremonies, and members offered goods for sale to benefit their cause. In Boston, *The Woman Suffrage Cook Book*, edited and published by Hattie A. Burr, made its debut.



In her Preface, Burr writes: "Among the contributors are many who are eminent in their professions as teachers, lecturers, physicians, ministers, and authors, — whose names are household words in the land. A book with so unique and notable a list of contributors, vouched for by such undoubted authority, has never before been given to the public."

These over 150 contributors provide nearly 150 pages of recipes that make for an interesting study. There are no ingredient lists, just narratives. You won't see a bushel, but definitely a peck. Some of the "practical suggestions" at the end remain useful today, such as the one meant "to preserve the complexion."

To honor these recipe authors for their culinary skills and commitment to women's suffrage, I designed a menu of relatively simple preparations (with the exception of the arm workout in the dessert).

## Pop Overs

Two cups milk, two cups flour, two eggs, a little salt. Bake quickly in gem pans.

- Mrs. M. A. Everett

(Note: Muffin pans can be substituted for gem pans.)

## Tomato Soup

One can tomatoes, half a can of water, a quarter of an onion; boil twenty minutes, strain, and add salt, pepper, a small piece of butter, and half a cup of milk; then return to the stove and thicken with about a teaspoonful of cornstarch. A little red pepper or a clove or two improves it.

- Hulda B. Loud

## Chicken Croquettes

One good sized fowl, one-quarter pound butter, one-half pint sweet cream, three tablespoonfuls flour, one-quarter pint chicken stock, a little ground nutmeg, salt and pepper to taste, and the juice of half a lemon. Boil the chicken and let it cool, remove the meat from the bones and cut in small pieces. Melt the butter in a saucepan, stir in the flour, cream, and a little of the stock; after stirring for a few moments take it off the fire and add the chicken and seasoning. Spread on a platter to cool, and when quite cold shape in the form of pears, dip them in egg and cracker-crumbs and fry in boiling-hot lard till they are of



a nice brown. This recipe can be used for any other kind of meat.

- Mr. C. M. Ransom

### Spiced Potatoes

Chop fine twelve cold boiled potatoes, season highly with pepper, salt, butter, and chopped parsley; take one and a half pints new milk, take out a little and rub into it one teaspoonful of cornstarch, and a tablespoonful of butter; heat all the liquid, and while doing this prepare enough dry bread-crumbs (seasoned with a taste of cayenne pepper) to cover the top of the dish the potatoes will be baked in, pour the liquid hot on the potatoes, cover the dish with the crumbs, add a few little bits of butter on top to keep them moist, and bake in a hot oven about fifteen minutes.

- Mrs. Sarah R. Bowditch

### Green Tomato Pickle, alias Piccalilli

To one peck of green tomatoes finely sliced add one cupful of salt, sprinkled through the layers of fruit; let this stand overnight, and in the morning thoroughly drain off all the liquor. To the above add one-quarter pound mustard seed, one ounce whole cloves, one ounce whole allspice, two cupfuls brown sugar, and two quarts pure cider vinegar. Boil slowly for an hour and a half.

- Sarah E. M. Kingsbury

### Excellent Snow Pudding

Half a box gelatine, half a pint cold water; let it soak half an hour, then add half a pint of boiling water. When cool, add the whites of three eggs, two cups sugar, juice of two lemons, and beat the whole well half an hour or more. Set away to cool in a mould. Make a boiled custard of the yolks of the eggs, and one and one-half pints milk; sugar to taste. Serve the solid part floating in the custard, with whipped cream poured over the top.

- Mrs. Forrest W. Forbes

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As Virginia Woolf wrote in her 1929 essay *A Room of One's Own*: "One cannot think well, love well, sleep well, if one has not has not dined well." *The Woman Suffrage Cook Book* is well worth your perusal. 

#### Source:

1. Burr, Hattie A. (1886) *The Woman Suffrage Cook Book*. Boston: Hattie A. Burr. Available at: [https://d.lib.msu.edu/content/biographies?contributor\\_name=Burr,%20Hattie%20A](https://d.lib.msu.edu/content/biographies?contributor_name=Burr,%20Hattie%20A) [Accessed 30 July 2020].



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