Welcome to the Central Illinois Teaching with Primary Sources Newsletter, a collaborative project of Teaching with Primary Sources Programs at Eastern Illinois University and Southern Illinois University Edwardsville. Our goal is to bring you topics that connect to the Illinois Learning Standards as well as provide you with amazing items from the Library of Congress. Recipes are mentioned specifically within ISBE materials for the following Illinois Learning Standards (found within goal, standard, benchmark or performance descriptors), 3- Write to communicate for a variety of purposes. 6- Demonstrate and apply a knowledge and sense of numbers, including numeration and operations (addition, subtractions, multiplication, division) patterns, ratios and proportions.

Everyday, America is bombarded with recipes. Cookbooks, television and the internet give us 24 hour access to whet our culinary palette. Rachel Ray, Paula Deen and Betty Crocker are names that emerge when we contemplate the everyday mystery of “what’s for dinner”. Although Betty Crocker is a fictional character, the name still sells numerous cookbooks. These cookbooks give detailed instructions for completing a recipe, this was not the case in the cookbooks of 15th and 16th century.

The earliest cookbooks offered little step-by-step instruction. Directions were vague and quantities were rarely mentioned. These books were more about how to prepare ingredients with a reflection on health and medicine. Cookbooks resembling the books of today didn’t appear until the 19th century. The first cookbook written by an American is believed to be American Cookery by Amelia Simmons, published in 1796. Although Simmons borrowed many of the recipes from British cookbooks, she added her own twist by including ingredients native to America such as corn meal.

Recipes can be much more than ingredients and measurements, they are a primary source offering a glimpse into a family’s history. You may have a recipe, tattered from being folded and unfolded again and again over generations. Aside from creating a delicious dish, this recipe can show a family’s identity through culture, tradition or religious significance. Ingredients may have been added or changed over the years depending on the items available in the region. While a recipe with colonial roots called for food to be boiled or baked, the same recipe would take on a new flavor with the southern tradition of frying and deeply seasoning.

Some great recipes come from the tradition of passing down recipes, generation to generation. Most homemakers learned the art of cooking by watching their mother, grandmother or older sisters. Preserving favorite recipes by writing them in a journal and passing them down to each generation would secure that a family tradition could continue. This shows that food nourishes much more than our bodies, it feeds our minds, traditions and family history.

Digital History, Food in America by Steven Mintz, Accessed 9.9.10
Michigan State University, Feeding America by Jan Longone, Accessed 9.9.10
Cornell University Library, Not by Bread Alone, America’s Culinary Heritage, Accessed 9.9.10
Food was a necessity for Illinois pioneers. They planted gardens to supply their fruits and vegetables. While waiting for their gardens to grow, pioneers looked to the woods for food. Dandelions, wild strawberries and nuts were some of the items pioneers ate. They also trapped and hunted deer, turkey, squirrel and bears. It would take a talented cook to make some of these foods appetizing to us today.

In the 1800s, America saw a dramatic rise in the number of immigrants entering the country. Many chose to settle in the Midwest and brought with them their culture, religion and history, found in their recipes. The food they cooked, the ingredients they used and the way the food was prepared, for some, was what reminded them of their home countries. These recipes could be passed down to each generation, but with each generation comes change. Ingredients sometimes became hard to find or different items were substituted to satisfy evolving taste buds. Today, some foods have become native to Illinois. For example, there is only one area to find a true Chicago style pizza and an original moonburger can only be found in Moonshine, Illinois.

Festivals, celebrations and county fairs are abundant in Illinois and many revolve around food. From popcorn to burgoo, festivals are a great way to enjoy a local flavor. Pies, cookies and other sweets are found at the local county fairs. These blue-ribbon treats are sometimes old family recipes.

Some of the best celebrations include family and food. With many cooks in the kitchen, each creating a different dish, a holiday, religious celebration or family reunion is enhanced. Many of the foods served become traditions. After all, Thanksgiving is not the same without a turkey.

Illinois Humanities Council, Illinois, the Key Ingredient of Modern America’s Food by Bruce Kraig, Accessed 9.8.10
Smithsonian, Key Ingredients: America by Food, Accessed 9.8.10
State of Illinois, Prairie Pages, Pioneers, Accessed 9.8.10

NEW Close to Home – Heartland Highways

Each month we will share a link to a relative episode of Heartland Highways that provides additional information featuring people and places right here in central Illinois. Heartland Highways is a production of WEIU and episodes are available to view online at http://www.weiu.net/hh. (Select the season on the right side of the page and then the episode.)

In Season 8 Episode 808, hosts Lori and Kate take us to different types of farms. The 200 Acres in Arthur farms cucurbits, or things of the pumpkin and squash variety in layman’s terms. One of their latest undertakings is heirloom seeds. Come along and see how the Condill Family is preserving their family tradition. Then we head to rural Herrick, Illinois, where we’ll meet the Clark Family. They’re taking sustainable living to a whole new level. We end up in Newton, Illinois, at a shrimp farm. Yes, you read that right. It may be the furthest south shrimp farm in the United States. Watch to find out how Stan Zumbahlen makes it work!
Working in Paterson
http://memory.loc.gov/ammem/collections/paterson/index.html

Working in Paterson is based on the American Folklife Center's Working in Paterson Folklife Project, a four-month study of occupational culture in Paterson, New Jersey, the nation's first planned industrial center, in 1994. The study focused on the ways in which community life and values are shaped by work and how the theme of work intersects with other themes, namely family, ethnicity, gender, neighborhood, and change over time. This online presentation provides access to digital audio files for approximately 500 interview excerpts, and 3,800 photographs. In this collection you will find oral histories revealing secret recipes, images of home cooked items from everyday life and images of how to dress a hot Texas wiener.

Library of Congress, American Memory, Accessed 9.9.10

American from the Great Depression to World War II: Black and White Photographs from the FSA-OWI 1935-1945
http://memory.loc.gov/ammem/fsahtml/fahome.html

The black-and-white photographs of the Farm Security Administration-Office of War Information Collection are a landmark in the history of documentary photography. The images show Americans at home, at work, and at play, with an emphasis on rural and small-town life and the adverse effects of the Great Depression, the Dust Bowl, and increasing farm mechanization. Some of the most famous images portray people who were displaced from farms and migrated West or to industrial cities in search of work. In its latter years, the project documented America's mobilization for World War II. The collection includes about 164,000 black-and-white negatives; this release provides access to over 160,000 of these images. There are numerous “Share the Meat” recipe photographs. These recipes were a war time and depression era necessity. Foods were rationed and with the depression, money to purchase basic items was hard to find.

Library of Congress, American Memory, Accessed 9.9.10

The Emergence of Advertising in America: 1850-1920
http://memory.loc.gov/ammem/collections/advertising/index.html

The Emergence of Advertising in America presents over 9,000 images that illustrate the rise of consumer culture, especially after the American Civil War, and the birth of a professionalized advertising industry in the United States. Included in this collection are early advertisements, images of billboards, and items such as cookbooks that were given to people to encourage support for certain products. A search for recipes in this collection will reveal a plentiful amount of cookbooks. Topics range from 55 Ways to Save Eggs to Jell-O America’s Most Famous Dessert.

Library of Congress, American Memory, Accessed 9.9.10

The Thomas Jefferson Papers
http://memory.loc.gov/ammem/collections/jefferson_papers/

The complete Thomas Jefferson Papers from the Manuscript Division at the Library of Congress consists of approximately 27,000 documents. This is the largest collection of original Jefferson documents in the world. Document types in the collection as a whole include correspondence, commonplace books, financial account books, and manuscript volumes. When we think of Thomas Jefferson images of Continental Congress, Declaration of Independence, Governor of Virginia and President come to mind but we sometimes forget he was also an inventor. A search for recipes in this collection will not render many results but you will find a press designed for making macaroni that Jefferson invented along with the macaroni recipe.

Library of Congress, American Memory, Access 9.9.10
Recipes

Buckaroos in Paradise: Ranching Culture in Northern Nevada, 1945-1982
http://memory.loc.gov/ammem/collections/buckaroos/index.html

The Paradise Valley Folklife Project documented more than thirty ranches and numerous other sites and activities. Although this breadth of coverage is represented in the Buckaroos in Paradise online collection in the selected set of 2,400 still photographs, the main emphasis is on one ranch: the Ninety-Six. Few recipes are found in this collection but a search for cooking will bring results. From barbecue to Rocky Mountain oysters, U-Grills to stoves, cooking on a ranch can be a difficult job. Items related to cooking can be found in video, images or oral histories. Martha Arriola compares meals from her native Germany with those on the ranch in her audio interview. Les Stewart gives an entertaining video on cooking Rocky Mountain oysters. Images are the most abundant format with photos of cooking short ribs, beans with marrow guts and SOB stew.

Library of Congress, American Memory, Accessed 9.10.10

American Women
http://memory.loc.gov/ammem/awhhtml/index.html

The American Women collection is unique and unlike any other American Memory collection. A search for recipes can lead you in many different directions. Cookbooks have always contained more than recipes, and many volumes, especially from the nineteenth century, supply advice on topics such as medicines, nursing, laundry, menus, house maintenance and etiquette. Most of these books were reflecting the Anglo, white, middle-class housewife. The collection does hold daily bills of fare for a family earning $1.50 or less a day. By the twentieth century, cookbooks increasingly reflect the growing diversity and cosmopolitan taste of the American book-buying public. The collection includes Jewish cookbooks which offer an excellent way to study Jewish traditions and home life.

Library of Congress, American Memory, Accessed 9.9.10

Photographs from the Chicago Daily News, 1902-1933
http://memory.loc.gov/ammem/ndpcoop/ichihtml/cdnhome.html

This collection contains over 55,000 images of urban life by photographers employed by the Chicago Daily News. A wide variety of topics are covered by these photographs such as businesses, construction, politicians and sports. Since this collection is based primarily on photographs, recipes, being documents, are not found. A search for cooking will supply results. The Chicago Daily News sponsored a cooking school, images from these classes are displayed in this collection. Judging by the photographs, the cooking school was quite popular with many women in the audience. Photographs of Chicago housewives cooking in their kitchens are also available dating back to as early as 1910.

Library of Congress, American Memory, Accessed 9.9.10

Learn more with American memory collections
In this section you will find items pertaining to the current theme that can be used in your classroom. This is a small sample of items available through the Library, conduct your own search for recipes to find more.

**Wise Guide**
http://www.loc.gov/wiseguide

**July 2004: A Virtual Pot Luck**
http://www.loc.gov/wiseguide/jul04/potluck.html

**August 2007: Did Jefferson Scream for Ice Cream?**
http://www.loc.gov/wiseguide/aug07/icecream.html

**January 2008: I Eat Therefore I am**
http://www.loc.gov/wiseguide/aug07/icecream.html

**June 2008: The World’s Oldest Culinary Art?**
http://www.loc.gov/wiseguide/jun08/culinary.html

**April 2010: A Cook’s Tour of Books**
http://www.loc.gov/wiseguide/apr10/cook.html

**Webcasts**
http://www.loc.gov/today/cyberlc/index.php

**1000 Years Over a Hot Stove**

**Judith Jones on Cookbooks**

**Today in History**
http://memory.loc.gov/ammem/today/index.html

**March 23, 1857: The Art of Cooking**
http://memory.loc.gov/ammem/today/mar23.html

**July 23, 1904: The Ice Cream Cone**
http://memory.loc.gov/ammem/today/jul23.html

**America’s Story**
http://www.americaslibrary.gov

**Meet Amazing Americans:**

**Thomas Jefferson**
http://www.americaslibrary.gov/aa/jefferson/aa_jefferson_home_1.html

**Explore the States:**

**South Dakota: Tabor Czech Days**

**South Carolina: Chitlin’ Strut**
http://www.americaslibrary.gov/es/sc/es_sc_pig_1.html

**Maine: Bean-Hole Beans**
http://www.americaslibrary.gov/es/me/es_me_beans_1.html

**Jump Back in Time:**

**March 23, 1857: Fannie Farmer was Born**
http://www.americaslibrary.gov/jb/reform/jb_reform_farmer_1.html

**July 23, 1904: Ice Cream Cone Makes Appearance at World’s Fair**
http://www.americaslibrary.gov/jb/progress/jb_progress_icecream_1.html

**Prints and Photographs**
http://www.loc.gov/pictures

**Farm Security Administration/Office of War Information Black-and-White Negatives**
http://www.loc.gov/pictures/collection/fsa/

**Harris and Ewing Collection**
http://www.loc.gov/pictures/collection/hec/

**Miscellaneous Items in High Demand**
http://www.loc.gov/pictures/collection/cph/

**Science Reference Services**
http://www.loc.gov/rr/scitech/

**Presidential Food**

**Cooking with Love and Chocolate: A Valentines Day Exhibit**

**American Confections: Selected Titles on the Art of Confectionery 1825-1938**

**Women’s History and Food History**

**American Church, Club and Community Cookbooks**

**BBQ History**

**Everyday Mysteries**
http://www.loc.gov/rr/scitech/mysteries/

**Difference between Sweet Potatoes and Yams.**
http://www.loc.gov/rr/scitech/mysteries/sweetpotato.html

**Why Does Chopping Onions Make you Cry?**
http://www.loc.gov/rr/scitech/mysteries/onion.html

**Are Black-Eyed Peas Really Peas?**
http://www.loc.gov/rr/scitech/mysteries/blackeyedpeas.html

**How did the Squash get it’s Name?**
http://www.loc.gov/rr/scitech/mysteries/squash.html
IN THE CLASSROOM:  
LESSON PLANS, ACTIVITIES AND RESOURCES

Teacher's Page  
http://www.loc.gov/teachers

Presentations:


Thanksgiving  http://www.loc.gov/teachers/classroommaterials/presentationsandactivities/presentations/thanksgiving/

Exhibits:

Jefferson's Recipe for Vanilla Ice Cream  http://www.loc.gov/exhibits/treasures/tri034.html

Martha Jefferson's Personal Effects (Household Account and Recipe Book)  http://www.loc.gov/exhibits/treasures/tri033.html

War Time Conservation  http://www.loc.gov/exhibits/treasures/trm235.html

Culinary Arts  http://www.loc.gov/exhibits/treasures/tri020.html

First Yiddish Cookbook in America  http://www.loc.gov/exhibits/treasures/tri114.html

A First American Cookbook  http://www.loc.gov/exhibits/treasures/tri054.html

On The Road  http://www.loc.gov/exhibits/treasures/trr118.html

Keeping Memories  http://www.loc.gov/exhibits/treasures/trm011.html
**Test Your Knowledge**

Measurements, Conversions and Double that Recipe: 1. Match the abbreviation to the correct measurement.
2. Complete the conversions. 3. Below is a recipe for strawberry custard cake and deep dish apple tapioca, show how the measurements change when you double this recipe, cut this recipe in half.

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1 pint = ___ cups 3 teaspoons = ___ tablespoons
1 quart = ___ pints 2 pints = ___ quarts
1 gallon = ___ quarts 1 cup = ___ tablespoons
1 gallon = ___ pints

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**MINUTE TAPIOCA DESSERT RECIPES**

**STRAWBERRY CUSTARD CAKE**

6 tablespoons Minute Tapioca
1/4 cup sugar
3/4 teaspoon salt
2 1/2 cups milk, scalded
1 egg yolk, slightly beaten
4 tablespoons butter
Plain layer cake

Add Minute Tapioca, sugar, and salt to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture slowly over egg yolk, stirring vigorously. Return to double boiler and cook until mixture is thickened. Remove from heat, add butter and vanilla. When lukewarm, stir in berries sweetened with 3/4 cup sugar. Fold in egg white. Chill and spread between layers and over top of cake. Serve at once. Serves 8.

Raspberries or blackberries may be used. The Minute Tapioca basis furnishes a pleasing substitute for the rich and expensive whipped cream.

**DEEP DISH APPLE TAPIOCA**

3/4 cup Minute Tapioca
1/2 teaspoon salt
3/4 cup sugar
3/4 teaspoon nutmeg
3/4 teaspoon cinnamon
2 tablespoons butter

Cook Minute Tapioca, salt, molasses, and water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Place apples in greased baking dish. Add raisins, sprinkle with sugar, nutmeg, and cinnamon, and dot with butter. Add tapioca mixture and bake in moderate oven (350° F.) 30 minutes, or until apples are soft. Serve hot or cold with lemon, maple, or hard sauce, or garnish with whipped cream. Serves 5.
Substitute materials. Glass utensils. New type glass measuring cups have easy-to-read markings. The quart measuring cup shown here makes simple the job of preparing baby formula or cooking recipes.

George Turner to George Washington, June 2, 1795, with Recipe for Serving Beaver’s Tail

“Hunting Deer.” A deer hunt near Deadwood in winter ‘87 and ’88. Two miners McMillan and Hubbard got their game.

Butter, also margarine, lard, shortenings, cooking and salad oils.

“Share The Meat” recipes. Braised stuffed heart. Brown the hearts on all sides in fat, then place in a covered baking dish or casserole. Add a half of cup of water, cover closely and cook until tender in a very moderate oven (about 300 degrees Fahrenheit). Calf hearts require about one and a half hours, beef hearts will require much longer—four to five hours to cook till tender.
The Library of Congress
Prints and Photographs
Women at war (Mrs. Smuda). Tastes good! After tapering fifty-millimeter cartridge shells for America's machine gun battalions, you'd think Mrs. Smuda would be ready for bed. But she's still full of pep and ready to fix dinner for the daughter, son-in-law and grandchild who live with her. This time it's stew, based on a recipe from her native Poland.

The Library of Congress
American Memory
Historic American Sheet Music:, 1850-1920
Frisco's Kitchen stove rag. 1918

The Library of Congress
American Memory
Working in Paterson
Benson placing biscuit on baking sheets

The Library of Congress
American Memory
America from the Great Depression to World War II: Black and White Photographs from the FSA-OWI, 1935-1945
"Share The Meat" recipes. Braised stuffed heart. Make gravy of the pan drippings and serve the hearts piping hot, garnished with crisp greens.

The Library of Congress
American Memory
America from the Great Depression to World War II: Black and White Photographs from the FSA-OWI, 1935-1945
Migrant worker cooking fatback over wood fire in camp near Prague, Oklahoma. Lincoln County.

The Library of Congress
American Memory
Emergence on Advertising,: 1850-1920
Excellent Recipes for Baking Raised Breads

The Library of Congress
American Memory
Buckaroos in Paradise: Ranching Culture in Northern Nevada, 1945-1982
Cooking Short Ribs for the Noon Meal
Recipes

The Library of Congress
American Memory
Photographs from the Chicago Daily News, 1902-1933
Chicago Daily News Cooking School audience sitting in an auditorium and girls wearing school uniforms holding trays of food samples.

The Library of Congress
American Memory
Photographs from the Chicago Daily News, 1902-1933
Marion Fairbank looking to her left, standing next to an oven range in a kitchen.

The Library of Congress
American Memory
American Women: A Gateway to Library of Congress Resources for the Study of Women’s History and Culture in the United States
Daily bills of fare for one week

The Library of Congress
Prints and Photographs
“She said she’d come early today, boo-hoo.” “Never mind, dear, I’ll do the cooking”

The Library of Congress
Prints and Photographs
Kitchen utensils hanging below a spice rack with mint, caraway, thyme, and sage jars

The Library of Congress
American Memory
Early Motion Pictures, 1897-1920
Theater commercial —Onward flour

The Library of Congress
American Memory
Emergence in Advertising: 1850-1920
From Soup to Dessert with Minute Tapioca

The Library of Congress
Prints and Photographs
Substitute materials. Glass utensils. Glass kitchenware is coming into greater use in American homes as military needs restrict production of metal utensils. Shown here is a one-dish meal, cooked in a glass saucepan that goes directly from range to table. The food is ready to be served on glass dishes, which are of delicate pastel shades

eiu.edu/~eikutps/newsletter
If you or your school is interested in learning more about the Library of Congress resources please contact us. Our program offers individualized professional development using the rich resources offered by the Library of Congress.