

she helped finance.

They secretly visited Cu came out with some accurate tion which was fed to the late Kenneth Keating, and then pe to the White House. But a nuclear missile showdown suc were halted.

Two years later, the night dent Kennedy's assassination, she received a midnight teleph from one of the three Cubans, student lawyer, who said, "Mr

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Colonial Cooks Did Wonders With

By EUDORA SEYFER
Women's News Service

If you think your new slow-cooking pot is the latest miracle in modern carefree cookery, think again. Our founding mothers used the same method in 1776.

The colonial housewife called her slow-cooked dinner "hotchpotch." Whenever she decided she'd had all she could take and needed a day away from the heat of the hearth, she tossed her dinner into a big pot, hung it on a hook in the rear of her

fireplace, and let the hotchpotch tend itself.

FURTHERMORE, she often left it there cooking for days on end. When her children chanted "Peas porridge hot, peas porridge cold, peas porridge in the pot, nine days old," they were serious. The porridge was hanging there, ready to be ladeled out for short-order meals whenever the need arose.

Our founding mothers weren't exactly slouches when it came to stretching their food budgets, either. One of their tricks: fill the gaps in a skimpy meal with bread. They put bread in, under, and over food. Chunks of bread were brackled (dunked in milk or tea); sippets (strips of toasted bread) were tucked under food to make it appear more plentiful, and sops (pieces of left-over bread) were dropped into soups and stews like dumplings.

Turning leftovers into a palatable dish was a colonial art. A little corn and a few peas equaled a filling dish of miscikquatash (succotash). Barley, water and a few seasonings made a soup that the women, with tongue in cheek, named spoonmeat. Even bones were sawed into pieces, boiled, and served with skinny spoons to dig out the marrow.

WHEN IT CAME TO creative



Indianapolis Star

by DuBois, Women's Editor

FRIDAY, NOVEMBER 16, 1975

Leftovers, Pumpkins

cooking, the colonial housewife worked miracles with the pumpkin. She dried it, fried it, stewed it, boiled it, simmered it and smoked it. Her "pompionsauce" was a culinary masterpiece which she served as an accompaniment to meat.

As a treat for her children, she would often simply cut off the top of a pumpkin, removed the seeds and pulp, baked it, and let her children pour in a little milk and eat it warm from the shell with a spoon.

Then, in a clever display of recycling, she used the left-over shell as an extra serving dish.

Pippins (apples) were another faithful staple. Besides being used in "pippin pye," pippins were combined with meat and fowl to produce a number of interesting concoctions.

WISHBONES ALWAYS were saved for the children to break, although they were named "merry-thoughts" rather than wishbones.

Equally descriptive were the names which the Colonists gave to their alcoholic beverages. "Bounce" was half fruit juice and half rum and probably resulted in a few bouncing forefathers. And no doubt many Colonists became bombed on "bomo" (rum, molasses and water), groggy or "grog" (rum and water) and

flipped on "flip" (warm beer with brandy and spices). "Rambooze" was made from milk, wine, and sugar.

"Snapdragon" was a playful little drinking game which our forefathers played to liven up a dull party. After setting their brandy on fire, they tossed in a few raisins, then quickly grabbed them from the brandy and popped them flaming into their mouths.

OUR EXPRESSION "done to a turn" is the direct descendant of our foremother's vocabulary. Through bitter experience, she learned that the best way to prevent burning her roast to a cinder was to keep it turning. She hung it by a cord which she twisted. As the cord untwisted, the meat turned. Eventually, it was "done to a turn."

Another innovative idea used by some colonial housewives was the "shoo-fly chair." A foot treadle manipulated strips of cloth above it to keep the flies away, thus leaving the housewife's hands free to prepare food.

Judged by modern standards, the colonial housewife's kitchen was poorly equipped, but, armed with her ingenuity, her sense of humor, and her pot of hotchpotch, she muddled through.

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