

Research done by Abe.books found that Irma S. Rombauer's The Joy of Cooking to be the cookbook most frequently handed down through the family. The following is the list of the top 10 cookbooks handed down:

The Joy of Cooking by Irma S. Rombauer
Betty Crocker's Cookbook
Boston Cooking School Cookbook by Fannie Merritt Farmer
Better Homes and Gardens Cookbook
The Good Housekeeping Cookbook
The Settlement Cookbook by Mrs. Simon Kander
White House Cookbook by F.L. Gillette
Modern Encyclopedia of Cooking by Meta given
America's Cookbook by New York Herald Tribune
Five Roses Cookbook by Lake Woods Milling Company

Handout Sections:

[Cookbooks Compendium](#)

[Great Websites](#)

[Measurements and Old and Unusual Cooking Terms](#)

[History of Kitchen Collectibles](#)

[Food Quote & Trivia Resources](#)

[Food History References](#)

Compiled by:

Cheryl Miller
1640 Independence Rd.
Fort Collins CO 80526
Cheryl@croppingcooks.com

Cookbooks Compendium

Before the country's centennial year of 1876, more than 1,000 cookbooks and pamphlets would be printed in the United States. Finding a recipe would not be a problem, but there were problems to trying to discover recipes that actually worked. The following cookbooks were milestones (Barile, 216-219).

- 1747 The Art of Cookery Made Plain and Simple by Hannah Glasse, was first published in 1747 and it was a bestseller for 100 years. Prejudice against women was so fierce that critics claimed a man wrote it. Her name did not appear until after her death.
- 1796 *American Cookery* by Amelia Simmons. It is a "first" on three counts - the first American cookbook, the first American cookbook written by a woman and the first self-published American cookbook.
- 1824 *The Virginia House-Wife*, by Mrs. Mary Randolph, offers an early collection of southern specialties.
- 1827 Robert Robert's *The House Servant's Directory* - the first household book by an African American.
- 1828 Eliza Leslie's *Seventy-Five Receipts for Pastry, Cakes and Sweetmeats*. It was one of the earliest American cookbooks to list the ingredients separately from the cooking instructions.
- 1829 Lydia Maria Francis Child authors *The American Frugal Housewife* and becomes well-known for her emphasis on common sense and frugality in the home.
- 1841 Catharine Beecher, sister of Harriet Beecher Stowe, takes up the cause of domestic science in *A Treatise on Domestic Economy*.
- 1859 *Mrs. Beeton's Book of Household Management*, by Isabella Beeton of England, becomes one of the most famous and well-used cookbooks to be published. Editions are still appearing under her name.
- 1876 Juliet Carson wrote *Fifteen Cent Dinners for Workingmen's Families*, an early booklet aimed at cooks on limited budgets.

- 1883 *Mrs. Lincoln's Boston Cook Book*, by Mary Lincoln brought cooking school techniques and science to the home kitchen.
- 1896 Fannie Farmer's *The Boston Cooking School Book* makes its first appearance. The book, in revised editions, is still popular today.
- 1901 *The Settlement Cookbook - The Way to a Man's Heart* is used as a way to raise funds for the Settlement House in Milwaukee. The recipes were culled from those belonging to immigrants in a settlement house in Milwaukee. No other volume so clearly demonstrates the constant evolution of American cuisine.
- 1930 *The Better Homes and Gardens New Cook Book* began selling the first of its eventual 20 million books in print.
- 1931 *The Joy of Cooking* was formerly published and became a best seller with more than 10 million copies sold. From the start, the Joy of Cooking has always been a product of the food trends and fashions of its time. It's only liability is its annoying recipe format.
- 1949 The first Pillsbury baking contest occurs (the contest is eventually renamed the "Pillsbury Bake-Off"). The cookbooks that are issued after each contest are popular collector's items.
- 1961 *The I Hate to Cook Book*, by Peg Bracken became a best seller. Some people finally admitted to disliking spending time in the kitchen.

Great Websites

<http://www.prbm.com/interest/i.htm?cookf-m.shtml~main>

Cooking and Gastronomy – Philadelphia Rare Books and Manuscripts Company – a glimpse at vintage cookbooks and their history

<http://www.oldcookbooks.com/category/z.sitemap.n/>

This is an amazing site that has the history, value, and illustration of a plethora of cookbooks

<http://www.foodtimeline.org/>

The history of food from 17,000 B.C. to current times (THE BEST)

<http://www.thejoykitchen.com/about.lasso>

The history of THE JOY OF COOKING

Measurements and Old and Unusual Cooking Terms

*How can any one tell how much a pinch is,
Aunt Jane?" asked Rose,
"Is it about as much as when you take
a pinch of anybody's arm?
- Six Little Cooks, 1877*

In many of the old cookbooks, recipes and ingredients called for weighted amounts like pounds, pints and quarts, but oftentimes, the recipes called for measurements like a wineglass, a gill, a spoonful, butter as big as a hen's egg and so on. Therefore, it's quite a challenge if you are attempting to prepare a turn-of-the-century food item. Perhaps the terms below will help (DeSablon, 186-195).

Addled	Rotten or spoiled
Bee Sweetin'	Honey
Boil to a height	Boiling to the point of candying or crystallizing
Butter the Size of an Egg	About 1/4 cup of butter (2 ounces)
Butter the Size of a Walnut	About two tablespoons of butter
Cauled forms	Heated to just below the boiling point, when scum forms
Clinkers	Biscuits, sometimes stale, for dunking
Coffee Spoons, Two	1 teaspoon
Coffeecupful	In measuring, about one cup of liquid or dry ingredients
Coffin	Pie crust or the dish or mold in which the pie was baked
Cornmeal, 3 cups scant	1 pound
Dessertspoon	In measuring, about 1 1/2 teaspoons
Dram	1/8 ounce or 3 scruples
Eggs	Use medium eggs in old recipes; extra large ones did not exist at the turn of the century.
Eggs, ten w/o shells	1 pound of eggs

Few grains	Less than 1/8 teaspoon
Five-cent jar	Usually an 8- to 12-ounce jar (e.g., jam, marmalade)
French Vinegar	In old cookbooks, usually tarragon vinegar
Frizzle	Cooking an item in butter or fat, such as dried beef, until it curls or crisps
Gem	Muffin or cupcake
Gill	1/2 cup
Glassful	As in shot glass, a full measure, about 1/4 cup
Handful	In measuring, about one ounce
Hot closet	Warming oven
Hot oven	400 to 450 degrees Fahrenheit
Indian meal	Cornmeal
Jar	3 ounces
Lump	In measuring, about two tablespoons (usually of butter)
Moderate oven	About 350 degrees Fahrenheit
Nun's toast	French toast
Pearl Ash	Grey-colored leavener made from wood ash that was used as rudimentary baking powder (with sour milk); potassium carbonate, commonly called <i>potash</i> .
Penny's worth	One unit, or one package (of yeast for example)
Pinch	1/16 teaspoon
Pint pail cover	Metal rimmed lid of a pint-sized pail, sometimes used as a cookie, biscuit or roll cutter.
Potage	Soup
Pound of eggs	About 12 small eggs

Saleratus	Bicarbonate of potash; rudimentary baking powder that replaced pearl ash.
Saltspoonful	About 1/4 teaspoon (from a small spoon used to ladle salt from a "cellar" - small dish - before shakers were introduced to the table.
Slow oven	300 to 325 degrees Fahrenheit
Swamp cabbage	Hearts of palm
Syllabub	Beaten dessert, usually made with sweetened milk or cream and fortified wine, such as sherry.
Tea-cupful	In measure, about 3/4 cup
Try, try out	Render fat
White loaf sugar	White sugar
Wineglassful	About 1/4 cup

HISTORY OF KITCHEN COLLECTIBLES

*A recipe that is old as time itself.
Yet always delightfully new.
They call it simply friendship,
Beloved, tried and true.*

*To each and every artist,
A synonym for cook,
Who gave her choicest recipe
And helped to make this book.*

(From The School of Housekeeping Cookbook, 1900)

- Alexander, Brian S. (2003) Spiffy Kitchen Collectibles, Krause Publications, WI
- Allen, Colonel Bob. (1990) A Guide to Collecting Cookbooks, Collector Books, KY,
- Barile, Mary (1994) Cookbooks Worth Collecting, Wallace-Homestead, NY, 1994.
- Barlow, Ronald S. (1992) Victorian Houseware, Windmill Publishing Co, CA.
- Bishop, Christina (1995) Collecting Kitchenware, Millers, Great Britain.
- Daniels, Frank (2005) Collector's Guide to Cookbooks – Identification and Values, Collectors Books, KY.
- Dickinson, Linda J. (1990) Price Guide to Cookbooks and Recipe Leaflets, Collector Books, KY.
- DuSablón, Mary Anna (1994) America's Collectible Cookbooks, Ohio University Press, OH.
- Elkort, Martin (1991) The Secret Life of Food. St. Martins Press, New York.
- Florence, Gene (1983) Kitchen Glassware of the Depression Years, 2nd Edition, Collector Books, KY.
- Franklin, Linda Campbell (1984) 300 years of Kitchen Collectibles, 2nd Edition, Books Americana, AL.

Franklin, Linda Campbell (1989) 300 years of Kitchen Collectibles, 3rd Edition, Books Americana, AL.

Franklin, Linda Campbell (1997) 300 years of Kitchen Collectibles, 4th Edition, Books Americana, AL.

Haber, Barbara (2002) From Hardtack to Homefries: An Uncommon History of American Cooks and Meals, The Free Press, NY.

Jones, Evan (1990) American Food: The Gastronomic Story, Overlook Press, NY.

Lantz, Louise K. (1970) Old American Kitchenware, 1725-1925, Thomas Nelson, Inc., New York.

Leslie, Eliza (By a Lady of Philadelphia). Seventy-five Receipts, for Pastry, Cakes and Sweetmeats, Munroe and Francis, Boston, 1828 (reproduction).

Marks, Susan (2005) Finding Betty Crocker: The Secret Life of America's First Lady of Food, Simon and Schuster, NY.

McFeely, Mary Drake (2000) Can She Bake? American Women in the Kitchen, University of Massachusetts Press.

McNerney, Kathryn (1991) Kitchen Antiques, 1790-1940, Values Updated 2000, Collector Books, KY.

Miller, Gary and K.M. Scotty Mitchell (1993) Price Guide to Collectible Kitchen Appliances, From Aerators to Waffle Irons, 1900-1950, Wallace Homestead, PA.

Norman, Sandra J. and Karrie K. Andes (1998) Vintage Cookbooks and Advertising Leaflets, A Schiffer Book for Collectors, PA.

Plante, Ellen (1991) Kitchen Collectables: An Illustrated Price Guide, Wallace-Homestead Book Co., PA.

Tannahill, Reay (1998) Food in History, Crown Trade Paperbacks, NY.

Theophano, Janet (2002) Eat my Words: Reading Women's Lives Through the Cookbook They Wrote, Palgrave Publishers, NY.

Todhunter, E. Neige, Ph.D. (1992) Seven Centuries of Cookbooks - Treasures and Pleasures. *Nutrition Today Newsletter*.

Food Quote & Trivia Resources Or Food for Thought...

*I adore seafood,
especially saltwater taffy.*
♥ Milton Berle

Appert, Sherry Conway. 1998. Wisdom From the Kitchen: From Mother to Daughter, St. Martin's Press, New York, NY, 122 pages.

Cader, Michael (with Debby Roth). 1991. Eat These Words: A Delicious Collection of Fat-Free Food for Thought, Harper Collins Publishers, New York, NY, 141 pages.

Cary, Elisabeth Luther and Annie M. Jones. 1997. Books and My Food: Literary Quotations and Original Recipes for Every Day in the Year, University of Iowa Press, Iowa City, IA, 235 pages.

Egerton, March. 1994. Since Eve Ate Apples: Quotations on Feasting, Fasting, and Food From the Beginning, Tsunami Press, Portland, OR, 366 pages.

Exley, Helen (ed.) 1994. Cook's Quotations: A Collection of Fine Paintings and the Best Cooks' Quotes, Exley Publications, London.

Gleason, Norma (ed.). 1994. A Fool in a Hurry Drinks Tea With a Fork: 1047 Proverbs From Around the World, Carol Publishing Group, New York, NY, 112 pages.

Herbst, Sharon Tyler. 1997. Never Eat More Than You Can Lift and Other Food Quotes and Quips, Broadway Books, New York, NY, 372 pages.

Jacobs, Jay. 1995. The Eaten Word: The Language of Food, The Food in our Language, A Birch Lane Press Book, Carol Publishing Group, New York, NY, 254 pages.

*I am not a glutton.
I am an explorer of food.*
♥ Erma Bombeck

Lang, George. 1980. Lang's Compendium or Culinary Nonsense and Trivia, Wings Books, Avenel, NJ, 192 pages.

Makay, Ian. 1995. Food for Thought: Being a Compendium of Culinary Quips, Quotes, Anecdotes, Facts and Recipes by the Great and Not-So-Great, The Crossing Press, Freedom, CA, 282 pages.

Nash, Ogden. 1989. Food, Workman Publishing, New York, NY, 77 pages.

Ohrbach, Barbara Milo. 1996. Food for the Soul: Delicious Thoughts to Nourish Mind and Heart, Clarkson N. Potter, New York, NY, 62 pages.

Robbins, Maria Polushkin (ed.). 1991. A Cook's Alphabet of Quotations, Penguin Books, Auckland, NZ, 254 pages.

Robbins, Maria Polushkin (ed.). 1983. The Cook's Quotation Book: A Literary Feast, The Pushcart Press, Wainscott, NY, 86 pages.

Schott, Ben. 2003. Schott's Food & Drink Miscellany, Bloomsbury, New York, NY, 158 pages.

Yagley, Robert (ed.) 1995. Poems From the Table: The Fruits of the Earth in Verse, Barnes and Noble, Inc., 112 pages.

*In the childhood memories of every good cook,
There's a large kitchen, a warm stove, a simmering pot and a mom.*
♥ Barbara Costikyan

FOOD HISTORY REFERENCES

- American Heritage editors. 1964. The American Heritage Cookbook. American Heritage, NY, 245 pages.
- Anderson, Janet Alm. 1990. Bounty: A Harvest of Food Lore and Country Memories From Utah's Past. Pruett Pub. Co., Boulder, CO.
- Anderson, Jean. 1997. The American Century Cookbook: The Most Popular Recipes of the 20th Century. Clarkson Potter Pub., NY, 547 pages.
- Arkin, Frieda. 1968. Kitchen Wisdom: A Compendium of Food and Cooking Lore, Expanded and Revised From the Author's The Cook's Companion. Holt, Rinehart and Winston, New York, 260 pages.
- Arkin, Frieda. 1993. Kitchen Wisdom: An A to Z Treasury of Food & Cooking Lore, Helpful Hints and Practical Pointers. Galahad Books, 417 pages.
- Ayto, John. 1990. The Glutton's Glossary: A Dictionary of Food and Drink Terms. Routledge, London and New York, 323 pages.
- Beard, J., M. Glaser, and B. Wolf, et al. (eds.) 1975. The Cooks' Catalogue. Harper and Row Publishers, N.Y., 596 pages.
- Bechtel, John H. 1902. Proverbs: Maxims and Phrases. The Penn Publishing Co., Philadelphia, PA. p. 86-88.
- Behr, Edward. 1992. The Artful Eater: A Gourmet Investigates the Ingredients of Great Food. Atlantic Monthly Press, NY 272 pages.
- Benning, Lee Edwards. 1992. The Cooks Tales: Origins of Famous Foods and Recipes. The Globe Pequot Press, CT, 239 pages.
- Better Homes and Gardens. 1993. American Heritage Cookbook. Better Homes and Gardens Books, Des Moines, IA, 224 pages.
- Boardman, Barrington. 1988. Flappers, Bootleggers, "Typhoid Mary" and the Bomb: An Anecdotal History of the United States from 1923-1945. Harper and Row, Publishers, NY, 319 pages.
- Bryan, J., III. 1989. Hodge Podge Two. Atheneum-Macmillan Publishing Co., Canada, 294 pages.

Bryant, Traphes. 1975. Dog Days at the White House. MacMillan Publishing Co., NY, 343 pages.

Bunch, Bryan and Alexander Hellemans. 1993. The Timetables of Technology: A Chronology of the Most Important People and Events in the History of Technology, Touchstone Books, NY, 490 pages.

Byrne, Robert. 1988. 1,911 Best Things Anybody Ever Said. Fawcett Columbine, NY, 460 pages.

Cader, Michael. 1991. Eat These Words: A Delicious Collection of Fat-Free Food for Thought. Harper Collins, Publ., NY, 141 pages.

Chalmers, Irena. 1994. The Great Food Almanac: A Feast of Facts from A to Z. Collins Publishers, San Francisco, 368 pages.

Chalmers, Irena and Milton Glaser. 1986. Great American Food Almanac. Harper and Row, Pub., NY, 240 pages.

Cockburn, Amy. 1993. Herbs and Spices. Grange Books, London, 46 pages.

Coe, Sophie. 1994. America's First Cuisines. University of Texas Press, TX, 276 pages.

Colorado Action for Healthy People, Exchange, Denver, CO, 4300 Cherry Creek Drive South, Denver, CO 80222-1530.

Concise Dictionary of Quotations. Tiger Books International, London, 447 p.

Condon, Anne and Tom. 1992. Legal Lunacy: Unbelievable But True Laws - Past and Present. Price Stern Loan, Los Angeles, 120 pages.

Country Home Magazine. October 1995, p. 188-190. *For the Love of Mustard*, Carrie E. Holcomb.

Country Living Magazine. November 1995. *Chocolate Temptations* by Lucy Wing, Rachel Newan, Editor-in-Chief, p. 144.

Cunningham, Scott. 1990. The Magic in Food: Legends, Lore, and Spellwork. Llewellyn Publications, MN, 348 pages.

Dallas, John and Charles McMaster. 1993. The Beer Drinker's Companion. Scotland, 128 pages.

de Roche, Max. 1990. The Foods of Love. Dorling Kindersley, Ltd., London, 95 pages.

Deutsch, Ronald M. 1977. The New Nuts Among the Berries: How Nutrition Sense Captured America. Bull Publishing, 359 pages.

Downey, Charles. 1992. Stabbed With a Wedge of Cheese and Other Cultural Oddities. Quill, William Morrow, NY, 208 pages.

Drury, Elizabeth. 1981. Victorian Household Hints. Adams and Charles Black Publishers, Ltd., Oxford, England, p. 81-136.

Dumas, Alexandre. 1958. Dictionary of Cuisine. Avons Books, N.Y., 316 pages.

DuSablón, Mary Anna. 1994. America's Collectible Cookbooks: The History, The Politics, The Recipes. Ohio University Press, Ohio, 214 pages.

Eigen, Lewis D. and Jonathan P. Siegel. 1993. McMillan Dictionary of Political Quotations. MacMillan Publishing, NY, 785 pages.

Elkört, Martin. 1991. The Secret Life of Food. St. Martins Press, NY, 212 pages.

Exley, Helen (ed.). 1994. Cooks Quotations: A Collection of Fine Paintings and the Best Cooking Quotes.

Fankhauser, Wesley L. 1977. Son-of-a-Gun to Pate de Foie Gras: Chow on Early Great Plains Ranches. Journal of the West, 22 p. 29.

Farb, Peter and George Armelagos. 1980. Consuming Passions: The Anthropology of Eating. Houghton Mifflin Co., Boston, 279 pages.

Feldman, David. 1987. Why Do Clocks Run Clockwise? and Other Imponderables. Harper & Row Publishers, NY, 251 pages.

Felton, Bruce and Mark Fowler. 1984. Famous Americans You Never Knew Existed. Stein and Day Publishers, NY, 293 pages.

Fitzhenry, Robert I. (editor). 1993. The Harper Book of Quotations, 3rd edition. Harper Perennial, NY, p. 132-162.

Fletcher Allen, Gayle and Robert. 1975. Three Worlds Cookbook. Keats Publishing Inc., CT, 239 pages.

Fowler, Sina Faye. 1937. Food for Fifty. The Haddon Craftsmen, Inc., NJ, 384 pages.

Franklin, Ben. Wit & Wisdom. Peter Pauper Press, White Plains, NY. 62 pages.

Fussell, Betty. 1988. Food in Good Season: A Month-by-Month Harvest of Country Recipes for Cooks Everywhere. Alfred A. Knopf, 291 pages.

Gleason, Norma. 1994. A Fool in a Hurry Drinks Tea With a Fork: 1047 Proverbs From Around the World. A Citadel Press Book, NY, 112 pages.

Goode, John. 1987. The Cultural Glutton. Headline Book Pub., London, 254 pages.

Graubard, Mark. 1943. Man's Food, Its Rhyme or Reason. The Macmillan Company, NY, p. 48.

Griggs, Barbara. "Strawberries Make You Bloom." Countryside Magazine, July 1992, p. 58.

Harris, Marjorie Harris and Peter Taylor. 1988. How to Make Love to a Lobster and Other Shellfish Delights. MacMillan of Canada, 166 pages.

Harris, Marvin. 1985. Sacred Cow and the Abominable Pig: Riddles of Food and Culture. A Touchstone Book. NY, 289 pages.

Hendrickson, Robert. 1985. The Dictionary of Eponyms: Names That Became Words. Stein and Day, Inc., Scarborough House, Briarcliff Manor, NY, 342 pages.

Hill, M. and G. Barclay. "Sage Through the Ages." The Herb Companion, December 1993/January 1994. Vol. 6, No. 2, 201 E. 4th, Loveland, CO 80537, p. 28.

Hillman, Howard. 1981. Kitchen Science: A Compendium of Essential Information For Every Cook. Houghton Mifflin Co., Boston, 263 pages.

Jones, Evan. 1990. American Food: The Gastronomic Story. Overlook Press, NY, 516 pages.

Katz, Samantha. 1994. Fabulous Food. Globe Communications, Corp., FL, 97 pages.

Kelly, Patricia M. (ed). 1989. Luncheonette: Ice-Cream Beverage and Sandwich Recipes From the Golden Age of the Soda Fountain. Crown Publishers, Inc., NY, 97 pages.

Kilham, Christopher. Whole Food Bible. Addison-Wesley Publishers, Reading, MA.

Kinard, Malvina and Janet Crisler. 1975. Loaves and Fishes. Keats Publishing, Inc., CT, 219 pages.

Klein, Allen. 1991. Quotations to Cheer You Up When the World is Getting You Down. Wings Books, NJ, 193 pages.

Lang, George. 1994. Lang's Compendium of Culinary Nonsense and Trivia. Wings Books, NY, 192 pages.

Lang, Jenifer Harvey. 1986. Tasting: The Best From Ketchup to Caviar. Crown Publishers, Inc., NY, 332 pages.

Lebowitz, Fran. 1994. The Fran Lebowitz Reader. Vintage Books, NY, p. 110-117.

Leopold, Allison Kyle. 1992. Victorian Preserves, Pickles and Relishes. Authentic Treats, Recipes, and Customs From America's Bygone Era. Clarkson N. Potter, Inc., N.Y., p. 64.

Lousada, Sebastian. 1993. A Year of Fruits. Webb & Bower, London, 48 pages.

Lovegren, Sylvia. 1995. Fashionable Food: Seven Decades of Food Fads. Simon & Schuster, NY, 455 pages.

Lyle, Jane. 1993. Women's Wisdom. Running Press, Philadelphia, PA. 95 pages.

Lynn, Kristie, Dr. and Robert W. Pelton. 1987. The Early American Cookbook: Authentic Favorites for the Modern Kitchen. Liberty Publishing Co., MD, 168 pages.

MacClancy, Jeremy. 1992. Consuming Culture. Chapman's Pub., Great Britain, 246 pages.

Mariani, John F. The Dictionary of American Food and Drink. 1994. Hearst Books, NY, 379 pages.

Mason, Eileen. 1993. Great Book of Funny Quotes: Witty Words for Every Day of the Year. Sterling Publishing Co., Inc., NY, 256 pages.

McEwan, Barbara. 1992. White House Landscapes. Walker and Company, NY, p. 142.

McGee, Harold. 1984. On Food and Cooking: The Science and Lore of the Kitchen. Collier Books, NY, 684 pages.

McGee, Harold. 1990. The Curious Cook. Collier Books, MacMillan Pub. Co., NY, 339 pages.

Meldrum, Douglas. 1994. The Night 2000 Men Came to Dinner and Other Appetizing Anecdotes. Charles Scribner Books, NY, 214 pages.

- Metcalf, Fred. 1986. The Penguin Dictionary of Modern Humorous Questions. Penguin Books, England, 319 pages.
- Miller, Randall M. and Linda Patterson Miller, ed. 1995. The Book of American Diaries. Avon Books, N.Y, 522 pages.
- Mitchell, Penny. 1993. Yanks, Rebels, Rats and Rations: Scratching for Food in Civil War Prison Camps. Sims-Mitchell Pub., VA, 37 pages.
- Mitchell, Penny. 1993. Four Centuries of American Herbs. Sims-Mitchell Pub., VA, 37 pages.
- Mitchell, Penny. 1992. Dining Cars and Depots. Sims-Mitchell Pub., VA, 37 pages.
- Mitchell, Penny. 1992. The Good Land. Sims-Mitchell Pub., VA, 37 pages.
- Mitchell, Peggy. 1994. Girth of the Nation: Pleasures of the Palate in Early America. Sims-Mitchell Pub., VA, 37 pages.
- Morris, Scott. 1991. The Emperor Who Ate the Bible and More Strange Facts and Useless Information. Doubleday, NY, 156 pages.
- Morrow, Ed. 1992. The Grim Reaper's Book of Days: A Cautionary Record of Famous, Infamous and Unconventional Exits. The Citadel Book Press, 315 pages.
- Muir, Frank, 1976. An Irreverent and Thoroughly Incomplete Social History of Almost Everything. Dorset Press, NY, p. 279-335.
- Nash, Ogden. 1989. Food. Stewart, Tabori and Chang, NY, p. 14-72.
- National Farm Journal Magazine. Arthur H. Jenkins, Editor. Wilmer Atkinson Co., Philadelphia, PA, May 1930.
- National Farm Journal Magazine. Arthur H. Jenkins, Editor. Wilmer Atkinson Co., Philadelphia, PA, September 1930.
- Niethammer, Carolyn. American Indian Food and Lore. p. 15 and 77.
- Niles, Bo. February 1995. Time for Tea, Country Living Magazine, p. 24.
- Norman, Jill. 1989. Teas and Tisanes. Bantam Books, NY, p. 28-32.
- Norman, Jill. 1990. Spices, Seeds, and Barks: Their Use in Flavoring Traditional and Exotic Dishes. Bantam Books, NY. 41 pages.

- Norman, Jill. 1992. Garlics and Onions. Dorling Kindersley, Ltd., London, 41 pages.
- Otis, Harry B. (compiled and edited by). 1987. The Best of the Cackle Bur: A Collection of Wit, Wisdom, Humor, and Beauty. The Bur Inc., NE, 241 pages.
- Owen, Hera Ware. 1973. Bat Soup and Other Recipes From the South Seas. Graphics Press, Seattle, WA, p. 48.
- Papazian, Charlie. 1984. The New Complete Joy of Home Brewing. Avon Books, NY, p. 336-337
- Parker, Tom. 1990. Never Trust a Calm Dog and Other Rules of Thumb. Harper Collins, Publishers, NY, 255 pages.
- Phillips, Bob. 1993. Great Thoughts and Funny Sayings. Tyndale House Publishers, Wheaton, IL, 343 pages.
- Poundstone, William. 1983. Big Secrets. Quill Publishing, NY, 228 pages.
- Rinzler, Carol Ann. 1987. The Complete Book of Food: A Nutritional, Medical and Culinary Guide. World Almanac, NY, 425 p.
- Riotte, Louise. 1987. Sleeping With a Sunflower: A Treasury of Old-Time Gardening Lore. Wings Books, NY, 220 pages.
- Robbins, Maria Polushkin (ed). 1983. The Cook's Quotation Book: A Literary Feast. Pushcart Press, NY, 86 pages.
- Rowes, Barbara. 1979. The Book of Quotes. E.P. Dutton, NY, 337 pages.
- Safire, William and Leonard Safir. 1989. Words of Wisdom: More Good Advice. A Fireside Publication, NY, 432 pages.
- Schremp, Gerry. 1991. Kitchen Culture: Fifty Years of Food Fads. Pharos Book, NY, 195 pages.
- Seuling, Barbara. 1978. The Last Cow on the White House Lawn. First Ballantine Books, NY, 86 pages.
- Shook, Michael D. and Robert L. Shook. 1991. The Book of Odds. A Plume Book, 222 pages.
- Sloane, Eric. 1987. Seasons of America Past. Promontory Press, NY, 150 pages.

Smith, Bernie. 1976. The Joy of Trivia. Bell Publishing Company, 344 pages.

Smith, Gregg. 1995. Beer: A History of Suds and Civilization From Mesopotamia to Microbreweries. Avon Books, NY, 254 pgs.

Sokolov, Raymond. 1991. Why We Eat What We Eat: How the Encounter Between the New World and the Old Changed the Way Everyone on the Planet Eats. Simon & Schuster, NY, 254 pages.

Staten, Vince. 1993. Can You Trust a Tomato in January. The Hidden Life of Groceries Revealed at Last: And Other Secrets of the Supermarket. A Touchstone Book, published by Simon and Schuster, NY, 239 pages.

Stewart, Roy L. 1995. Quotations With an Attitude: A Wickedly Funny Source Book. Sterling Pub. Co., NY, 160 pages.

Stibbs, Anne (ed.) 1992. Like a Fish Needs a Bicycle: Over 3,000 Quotations by and About Women. Bloomsbury, London, p. 111-112.

Stone, Sally and Martin. 1988. The Brilliant Bean: Sophisticated Recipes for the World's Healthiest Food. Bantam Books, NY, 276 pages.

Stone Soup. The Kitchen Almanac. Berkeley Pub. Corp., NY, 398 pages.

Sullivan, George. 1987. Facts and Fun About the Presidents. Scholastic, Inc., NY, p. 36-39.

Tannahill, Reay. 1988. Food in History. Crown Trade Paperbacks, NY, 424 pages.

Tarle, Denver P. 1981. A Treasury of Trivia. A Hart Book, NY, 320 pages.

Thomas, E.H. Gwynne. 1988. Presidential Quiz Book. Hippocrene Books, NY, 271 pages.

Tindall, Bruce and Mark Watson. 1991. Did Mohawks Wear Mohawks and Other Wonders, Plunders, and Blunders? Quill, William Morrow, NY, 228 pages.

Todhunter, E. Neige, Ph.D. 1992. Seven Centuries of Cookbooks - Treasures and Pleasures. Nutrition Today, p. 6-12.

Tuleja, Tad. 1987. Curious Customs. The Stories Behind 296 Popular American Rituals. Harmony Books, NY, 210 pages.

Tuleja, Tad. 1992. Quirky Quotations: More Than 500 Fascinating, Quotable Comments and the Stories Behind Them. A Stonesong Press Book, NY, 192 pages.

Trygg, Koren and Lucy Poshek. 1992. A Bouquet of Herbs. Antioch Publishing Co., OH, 47 pages.

Urdang, Laurence. 1988. The Whole Ball of Wax and Other Colloquial Phrases: What They Mean and How They Started. Perigree Books, NY, 157 pages.

Van Oudtschoorn, Nic. 1990. The Hangover Handbook and Boozer's Bible. Beercan Books, Australia, 95 pages.

Visser, Margaret. 1986. Much Depends on Dinner: The Extraordinary History and Mythology, Allure and Obsessions, Perils and Taboos of an Ordinary Meal. McClelland and Steward, Ltd., Canada, 351 pages.

Visser, Margaret. 1991. The Rituals of Dinner. Grove Weidenfeld, NY, 432 pages.

von Altendorf, Alan and Theresa. 1991. ISMS: A Compendium of Concepts, Doctrines, Traits and Beliefs. Mustang Publishing Company, TN, 335 pages.

Waters, Kate. 1991. The Story of the White House. Scholastic, Inc., NY, p. 34

Weaver, William Woys. 1983. Sauerkraut Yankees: Pennsylvania-German Foods and Foodways. University of Pennsylvania Press, Philadelphia, PA, 218 pages.

Weaver, William Woys. 1989. America Eats: Forms of Edible Folk Art. Harper & Row Publishers, NY, 195 pages.

Whitcomb, John and Claire. 1987. Oh Say Can You See: Unexpected Anecdotes About American History. Quill Press, NY, 347 pages.

Williams, Jacqueline. 1993. Wagon Wheel Kitchens: Food on the Oregon Trail. University Press of KS, 222 pages.

Winokur, Jon. 1990. Friendly Advice. Dutton, NY, 300 pages.

Winokur, Jon. 1992. Return of the Portable Curmudgeon. Plume, NY, 337 pages.

Winokur, Jon. 1992. True Confessions. Penguin Books, NY, p. 75

Wolf, Burt. 1989. What's Cooking? What's Cooking Productions, NY, 144 pages.

Wyman, Carolyn. 1993. I'm a Spam Fan: America's Best-Loved Foods. Longmeadow Press, CT, 144 pages.

Zabar, Abbie. 1990. Alphabet Soup. Workman Publishing, N.Y. No pagination.

Ziemann, Hugo and F.L. Gillette. 1996. White House Cookbook. Chronomed Pub.,
Minneapolis MN, 317 pages.

Cheryl Miller
1640 Independence Rd.
Fort Collins CO 80526
Cheryl@croppingcooks.com