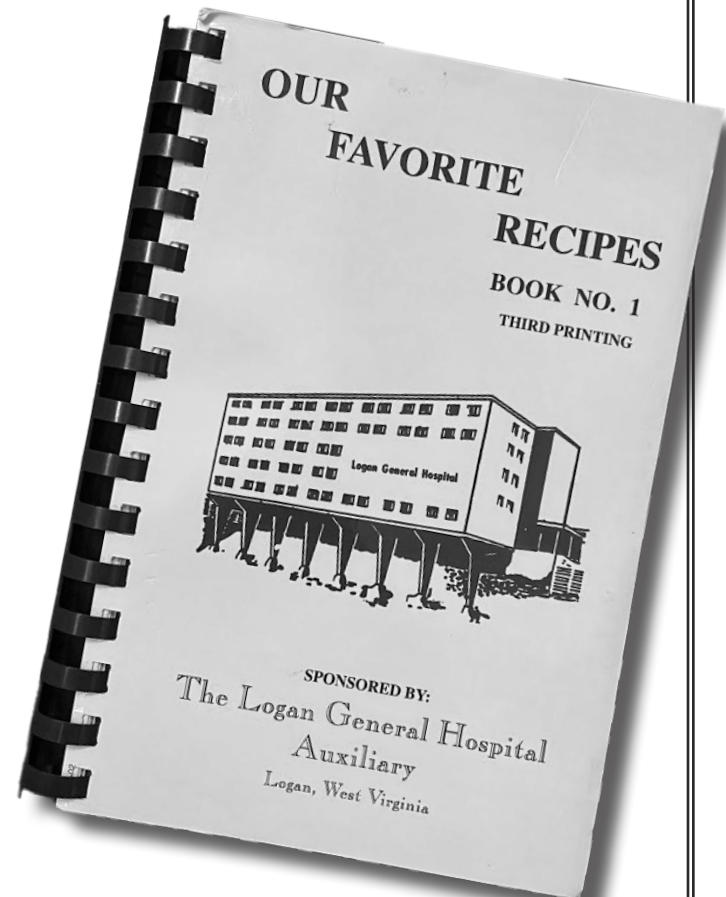
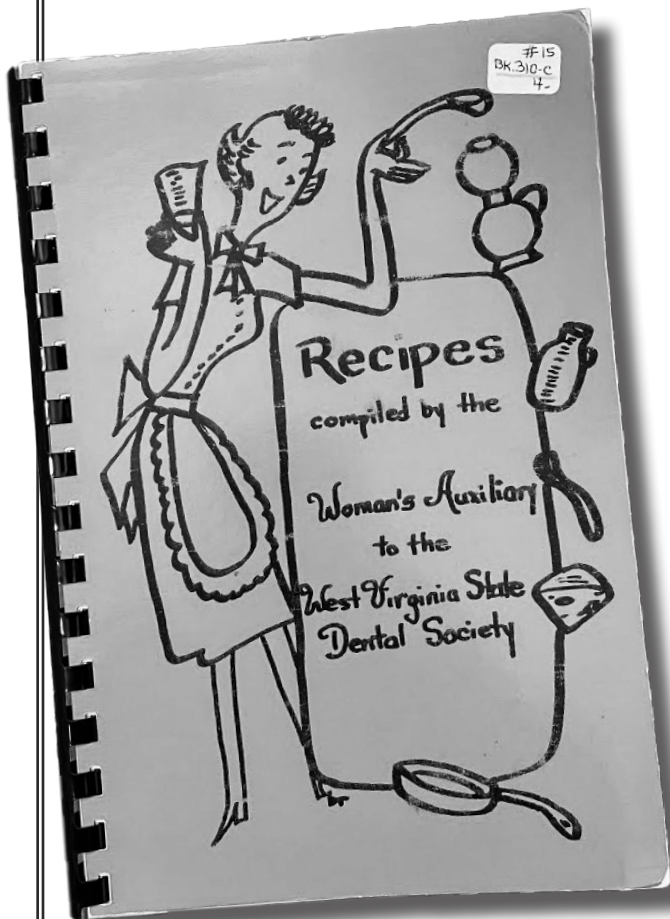


THE BROAD SIDE



A TASTE OF TIMES PAST: COLLECTING COOKBOOKS AROUND THE MOUNTAIN STATE

by Kyle Warmack, Program Officer

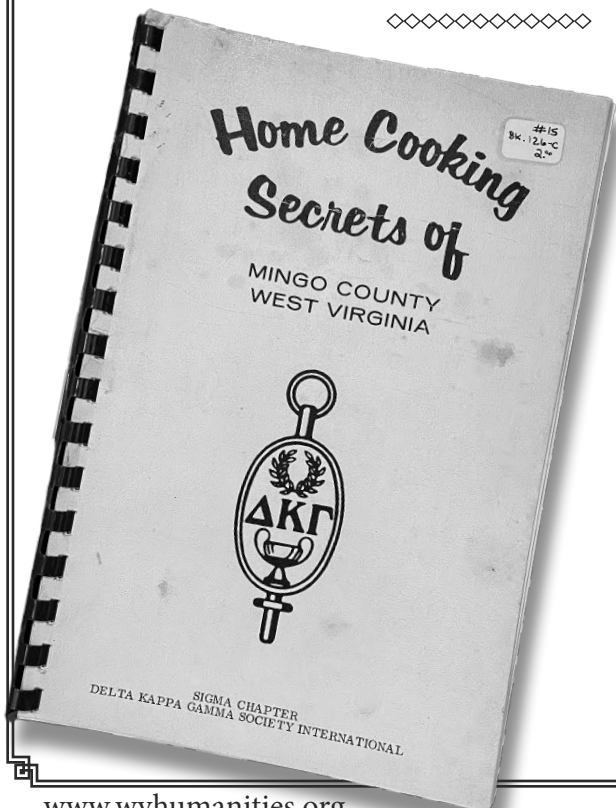
THE BROAD SIDE IS ON THE MOVE

YOU ARE CURRENTLY READING THE 25TH AND final standalone issue of *The Broad Side*. Oh, don't worry—*TBS* isn't going away, it's just on the move!

Council fans and supporters know that we celebrated our 50th anniversary last year, and as the staff began to look ahead to the next 50 years, we saw opportunities to expand the scope and character of various Council publications. Our longstanding primary newsrag, *People and Mountains (P&M)* will be celebrating its own fiftieth anniversary next year, and we decided to enter that new half-century in a more robust digital format.

P&M is growing from a meager eight pages to a whopping twenty-four this summer, and *The Broad Side's* new home will be made there. We'll be telling the same kinds of stories, but as a "featured column" within *P&M's* wider scope. Most importantly, this will allow *TBS* to enjoy much wider readership, since printing costs always limited distribution to a smaller subset of Council supporters.

As mentioned, *P&M* is moving to digital mailing as part of this expansion, but anyone who wishes can still request a print copy. You know how to reach us. In the meantime, please "savor" this tasty issue, which we hope you find reason to save on the side of your fridge with the help of a magnet or two.



THOUGH I'M NEITHER A CHEF NOR PROFESSIONAL RELIC HUNTER, at some point the quantity of community cookbooks I saw in West Virginia antique and thrift stores began to pique my interest. The more I thought about it, the more the realization dawned that the most prolific period of the printed "community cookbook" has come and gone, what with the advent of smartphones giving us access to recipes online anytime and anywhere.

I eventually began collecting these tomes when financially feasible. The cookbooks originate from churches, rotary clubs, schools, and other community organizations. Most fall within the span of 1980 to 2005, though there are a few outliers.

Besides the cost of acquisition, a few other factors influence whether I add a particular cookbook to the collection, including:

- Identifiable origins, such as the sponsoring organization or group.
- Identifiable contributors. Cookbooks that name the specific people who donated recipes are a shoo-in.
- Identifiable year, for data collection.
- Bonus points for a specific area or community, though statewide organizations do make the cut.

I try to collect as widely as possible across the state, but my own work/home location limits opportunities to obtain cookbooks from farther afield. Any geographical bias you see is merely the product of that logistical reality.

As of this writing, my collection consists of 36 such cookbooks. A selection of recipes and information is reproduced below—hopefully for your very real enjoyment. By necessity, shorter recipes have been chosen to include as wide a selection as possible. Some recipes have been lightly edited for clarity.

HELLO DOLLY COOKIES

BOOK: *Recipes Compiled by the Women's Auxiliary to the WV State Dental Society*, 1969
RECIPE CONTRIBUTOR: Mrs. James T. Farris
FUN FACT: This book contains a section contributed by "Men Only - The Dentist Cooks." The section is very short.

- 1 stick margarine (melted in pan)
- 1 cup graham cracker crumbs
- 1 cup semi-sweet chocolate bits
- 1 cup shredded coconut
- 1 cup chopped nuts
- 1 can Eagle Brand milk

[Ed: sweetened condensed milk]

Spread in pan in order given. Pour over other ingredients Eagle Brand milk and bake 30 minutes in a 325 degree oven. (If doubling recipe bake 40 minutes.)

HUNGARIAN CABBAGE ROLLS

BOOK: *Home Cooking Secrets of Mingo County*, by Sigma Chapter (Williamson), Delta Kappa Gamma Society International, ca. 1980
RECIPE CONTRIBUTOR: Margaret Van Zant
FUN FACT: There are four recipes for broccoli casserole in this cookbook.

- Loose head of cabbage
- 1 can tomatoes
- 1 lb. pork
- 1 lb. ground beef
- 1 grated onion
- Salt and papper
- 1 tsp. oregano
- 1/2 cup uncooked rice, cook
- 1 egg
- 2 tbsp. brown sugar

Drop cabbage in boiling water for 5 minutes. Cut leaves off at stalk. Mix ingredients. Roll into fingers; roll up in cabbage leaves. First layer, sauerkraut, then cabbage rolls. Layer tomatoes and juice to cover rolls. Cook for 2 or more hours on medium low heat. Serves 8-10.

PORCUPINE MEATBALLS

BOOK: *Tasting Tea Recipe Book*, by Marlinton United Methodist Church (Pocahontas Co.), 1993
RECIPE CONTRIBUTOR: Viola Abdella
FUN FACT: Contributor Virginia Paquette kicks this book off with a "Recipe for a Happy Day."

- 1 1/2 lb. ground chuck
- 1/2 cup raw rice
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/4 cup diced onion
- 1 minced garlic clove
- 1 1/3 cups tomato soup
- 1 cup water

Combine meat, rice, seasonings, onion and garlic. Shape into meatballs. Pour water and soup over and bake at 350 until done.

HOOSHIER [sic] GOULASH

BOOK: *Cooking with Love*, by Eastwood Baptist Church (Pea Ridge, Cabell Co.), 1986
RECIPE CONTRIBUTOR: Cindy Henderson
FUN FACT: Proceeds from the cookbook's sale contributed to the building fund for a 16-classroom "Educational Building" at the church.

(Continued on back)

HOOSHIER [sic] GOULASH, CONTD.

- 1 lb. hamburger
1 small onion, chopped
1 cup macaroni, uncooked
1 can tomato soup
1 can mushroom soup
Dash of garlic
Dash of chili powder
4 slices of cheese

Cook macaroni for 8 minutes in boiling salted water. Brown hamburger and add onion. Stir until onion is done. Add both soups; mix well. Season to taste with garlic and chili powder. Add drained, cooked macaroni. Place cheese on top. Cover for 1-2 minutes or until cheese is melted.

DANG GOOD PIE

BOOK: Tasters' Tea Recipes, by the Women of St. Andrew United Methodist Church (St. Albans, Kanawha Co.), 1982
RECIPE CONTRIBUTOR: Ruth McBrayer
FUN FACT: A friend gifted me five years of this cookbook (1982, 1989, 1990, 1991 and 1994). Ruth McBrayer is still a contributor in 1994, this time with a recipe for Corned Beef Salad.

- 1 stick margarine
3 eggs
3 tbsp. flour
1 1/2 cups sugar
1 cup crushed pineapple, drained
1 cup coconut, flakes
9" unbaked pie shell

Melt margarine and mix with remaining ingredients. Pour filling into unbaked pie shell and bake until set and brown. Bake 350 - 1 hour.

CALICO COLESLAW

BOOK: Our Favorite Recipes, Book No. 1, Third Printing, by the Logan General Hospital Auxiliary (Logan Co.), 2002
RECIPE CONTRIBUTOR: Vivian J. Lassiter
FUN FACT: It was a close call between this and Mrs. J.K. Aude's "Ham Mousse," but the slaw felt more useful.

- 1 1/2 cup finely shredded red cabbage
1 1/2 cup finely shredded green cabbage

- 1/4 cup minced onion
1 tsp. salt
1 tsp. celery seed
1 tbsps. sugar
3 tbsps. vinegar
2/3 cup mayonnaise

Combine chilled vegetables. Blend remaining ingredients, stirring to dissolve sugar. Pour over vegetables and toss. Makes 4 to 6 servings.

GRANDMA SIPE'S STUFFING

BOOK: Cooks on Call! Celebrating 60 Years of the Ohio County Medical Society Alliance (Wheeling, Ohio Co.), 2002
RECIPE CONTRIBUTOR: Carolyn Ream
FUN FACT: This book includes some humorous recipes in the back, including "Diet Under Stress" and an "Elephant Stew" that serves 3,800 people.

- 1 loaf bread, cubed
1 stick butter
1 stalk sliced celery
1 small onion, diced
1 egg
1 cup milk
Salt and pepper to taste

Melt butter over medium heat. Add celery and onion. Sauté until tender. Add to the bread cubes and mix well. In a cup, beat the egg and milk together, season. Pour over the bread mixture. Mix well. You may stuff in a "bird" or cook in a shallow baking dish until browned on top, about 20 minutes at 350 degrees.

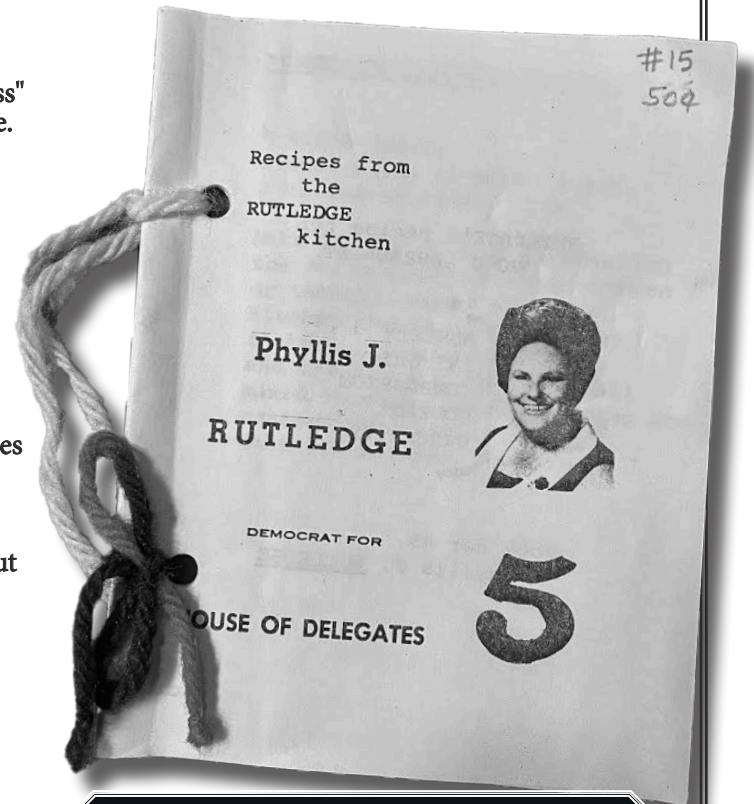
RITZ PIE

BOOK: Recipes from the Rutledge Kitchen, Phyllis J. Rutledge, Democrat for the House of Delegates, ca. 1970s
RECIPE CONTRIBUTOR: Phyllis Rutledge
FUN FACT: While not technically a "community" cookbook, this fun pamphlet was too good to pass by. It's a small reelection handout for Delegate Phyllis J. Rutledge of Charleston, who was successfully elected to the legislature in 1968,

1970, and 1972. She returned to the House of Delegates from 1988 to 1994, and passed away in 2015 at the age of 83. This clever (and useful!) quarter-sheet sized booklet is a souvenir from either her 1970 or 1972 reelection campaign.

- 3 egg whites
20 ritz [sic] crackers crushed
3/4 cup of pecans
1 tsp. vanilla
1 pinch salt
1 cup sugar minus 4 tsp.
1/2 pint whipped cream

Crush crackers—add sugar, vanilla, pecans. Fold in beaten egg whites. Bake at 350 in well greased pie pan 20-30 minutes. Put whipped cream on top. Sprinkle with coconut—optional. Put in refrigerator for 6 hours before serving.



Delegate Rutledge's reelection cookbook is bound with red, white, and blue yarn. In addition to her time in the legislature, Rutledge was also the first woman to serve as Kanawha County Circuit Clerk.

EVENTS

Visit the EVENTS tab at wvhumanities.org for the most up-to-date information!

As The Broad Side makes its migration into People and Mountains, you'll be able to find important Council events listed there. We'll also be sending out more frequent updates and reminders by email (don't worry, we won't spam you!) to bridge the gaps between issues.

For years, the most reliable, up-to-date source on Council events has been our online Events calendar, the button for which can be found in the top right corner of our website.

We hope to see you in Charleston at our April 27 Little Lecture, featuring Huntington-born novelist M. Glenn Taylor (The Ballad of Trenchmouth Taggart, The Marrowbone Marble Company, and more).

Please note that our May Little Lecture, featuring Greenbrier County-born novelist Mesha Maren (Shae, Sugar Run, Perpetual West) has moved to July 20.

JOIN US FOR THE 2025 LITTLE LECTURES IN CHARLESTON!
The lecture schedule is posted at wvhumanities.org! Please note the schedule change: May's lecture has been moved to July to accommodate our distinguished speaker.
Apr 27 - Jun 22 - Jul 20

The West Virginia Humanities Council, an independent nonpartisan nonprofit, is the state affiliate of the National Endowment for the Humanities. The Council is supported by the NEH, the State of West Virginia, and contributions from the private sector. The purposes of the West Virginia Humanities Council are educational, and its mission is to support a vigorous program in the humanities statewide in West Virginia.
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