

A Book Got Its Start in 1892

It was back in 1892 that Mrs. Joseph Block, then Miss Angusta Hauck, started collecting recipes from the pioneer women of Boulder, Longmont and vicinity.

"I thought someday I would put together a cookbook," the grey-haired Lakewood woman said during an interview.

Mrs. Block never had the opportunity. But her daughter, Mrs. Norris Miles, spearheaded the Volunteers of the Colorado State Historical Society's cookbook idea and many of the recipes that Mrs. Block had cherished and used through the years now have seen the light of print.

"Mrs. J. S. Plumb was one of the women I knew," Mrs. Block remarked. "She was a neighbor of ours on the farm."

Mrs. Plumb's Sweet Pickle recipe has been included along with one for Manufactured Honey.

First in Colorado

"Mrs. Plumb was the first lady in Colorado to bring in honey bees," the Lakewood woman said. "She sent for them late one October I remember. You know you have to move bees late in a year."

"She would seal them with sealing wax run all around the lids," Mrs. Block recalled. "Later, of course, we used jars."

Another early-day woman from whom Mrs. Block collected recipes which have been included in the newly published cookbook was Mrs. George Zweck.

"She and her husband started the first hotel in Longmont," Mrs. Block said, "It was the Imperial and it is still standing. It was built around 1876."

Mrs. Elisha Duncan's recipe for cookies appears on page 46 of the cookbook. According to

Mrs. Block, Mary Duncan "was a better schoolteacher than homemaker."

She Was Teacher

"Her sister, Margaret, was the homemaker," she said. "Mary Duncan was a teacher in Boulder and Longmont. I went to school to her."

Mrs. Block also contributed some recipes from members of the so-called Chicago Colony, a group of Chicagoans who migrated to Longmont after the great Chicago Fire.

A couple of the Denver area woman's recipes came down to her from her aunt who was a much-in-demand cook in Omaha.

"We loved to have her visit

us because everything she cooked was so good," the woman remarked.

When asked if she had ever tasted beaver tails, the preparation of which also appears in the cookbook, Mrs. Block recalled.

"You can skip them," she said. "If you were starving they might be all right. My mother fixed them once after my father trapped a beaver in the yard. None of us particularly enjoyed them."

More Holiday
Pages 82, 84

'Cooking as You Like It'

"Cooking As You Like It" is the title of one of the newest of the year's cookbooks.

Published this month by Mac-Millan Co. at \$6.95, the book is a compilation of recipes from

SPINACH SOUFFLE LADY BIRD

- 4 tablespoons butter
- ¼ cup chopped onions
- 2 tablespoons flour
- 1 cup light cream
- ¼ teaspoon salt

Gradually add cream, stirring steadily to the boiling point. Season with salt and pepper then cook over low heat five minutes. Mix in the cheese until melted. Beat the egg yolks until

Mr. Plumb and Mrs. Block's father had come across the plains together in 1859 from Wisconsin and homesteaded together in Boulder County.

"After she had the bees Mrs. Plumb sold honey," she said. "She was also the woman to whom all the young married girls used to come for advice and for help in their cooking."

Mrs. Block's mother, Mrs. Hauck, in the early days had a tinier in Longmont fashion cans for her with set-in lids for her canning.

the country's celebrities gathered, tested and edited by Jane Weeks Martin.

The recipes are, for the most part party-fare, the type of dishes commonly served to guests.

The cookbook includes several specialties from famous eating spots around the United States.

Following is a recipe from the book contributed by First Lady, Mrs. Lyndon B. Johnson. It is for Spinach Souffle Lady Bird.

Melt two tablespoons butter

- ~~1/4~~ 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/2 cup grated Parmesan cheese
- 3 egg yolks
- 1 cup chopped cooked spinach
- 3 egg whites, beaten stiff

~~in a skillet. Saute onions ten minutes but do not let get brown. Melt remaining butter in a saucepan. Blend in flour.~~

in a skillet. Saute onions ten minutes but do not let get brown. Melt remaining butter in a saucepan. Blend in flour.

thick, gradually add the hot sauce, stirring steadily to prevent curdling.

Mix in the sauteed onions and spinach. Taste for seasoning. Cool 15 minutes and then fold in the egg whites carefully but thoroughly. Turn into a 1 1/2-qt. souffle dish. Set dish in a shallow pan of water.

Bake in preheated oven at 350 degrees for 50 minutes or until puffed, set and browned. Serve at once. Serves three to four.