

Let's Talk Food

COOKBOOKS

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the forward, gained through advertising and sale of the books would be turned over to the fund for the purchase of uniforms for the Falls High School band.

A glance at some of the advertisements in the two editions makes it clear times have changed. An advertisement for Falls Bowling Center, in the 1940 edition notes, "The ladies, too, find fun and diversion in bowling. Every woman needs diversion from household chores. Bowling gives you just that, plus healthful vigorous exercise. Come over any afternoon, we'll be pleased to teach you bowling."

Fast forward and a community history conscious Pat Lagoo drops off at The Journal The Daily Journal 1980 and 1983 cook books.

The 1980 cook book features a photograph of recipe contest judges "Don Spiess, locally renowned chef, and Cindy Veeder, Koochiching County Extension agent."

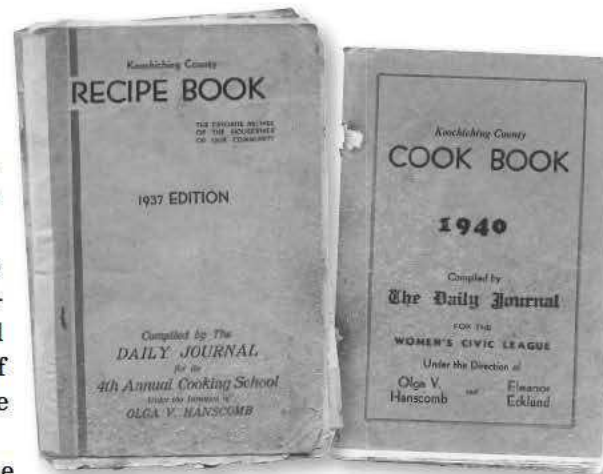
Also on that front cover was Marcia Turenne, who won the casserole category with her seafood delight, and was judged the best of all first-place winners in the nine categories.

Turenne said taking part in the contest was fun.

"I had always enjoyed cooking," she said. "I'm 77 now, and I don't like cooking; I like someone else to cook for me."

She adds she and her husband Paul had seven children, which forced her to come up with affordable, healthy, tasty meals.

The 1983 cook book features first-



time entry and first-prize winner Susan Gardiner, holding her spicy pork roast recipe, which was judged by Helen Schoonover and Norma Johnson, cooks at Alexander Baker Middle School.

Finding good recipes was a big deal, said Dave Ramnes, Journal general manager from 1975 to around 1999.

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Ramnes said the newspaper offered the cook books for many years because they helped to sell advertising and provided another valuable product to subscribers. He said his wife, Helen, still has a number of copies in a trunk someplace.

While Ramnes is quick to note the 1937 and 1940 editions were before his time, he recalls the 1980s editions and said judges were asked to prepare the recipes to make sure they were "cookable" before a winner was selected.

"Some recipes, an ingredient would be left out in the rush to get it to the paper," he said. "One time, one recipe — it was awful." He declined to give the contributors name.

From the 1937 Koochiching County Recipe Book

Pineapple Trifle

By Mrs. Ray Anderson. Ranier

- 1 pkg. orange jello
- 1 cup warm water
- 1 cup fruit juices and water
- 1 cup canned crushed pineapple, drained
- 1 orange diced and separated from membrane
- ½ cup cream whipped
- ½ cup sugar

Dissolve jell in warm water. Add fruit juices and water. Chill until cold and syrupy. Put in bowl of ice or ice water and whip with rotary egg beater until fluffy and thick like whipped cream. Fold in fruit and whipped cream, to which sugar has been added. Turn into molds. Chill until firm. Unmold and serve.

Swedish Meatballs

Mrs. Ruth Jackson, Papermakers Colony

- International Falls
- 1 lb. ground beef and pork
- 1 egg
- 1 tbsp. corn starch
- 1 onion, chopped
- ½ cup milk
- ¾ tsp. salt

Dash of ginger and pepper
Mix ingredients well. Dip hands in water and shape into balls size of a walnut. Brown in butter, add about ½ cup of water and cook slowly till balls are done.

From the 1940 Koochiching County Cook Book

Salted Peanut Cookies

By Mrs. E.W. Webb, Birchdale

- 2 cups brown sugar
- 1 cup shortening (lard or butter)
- 2 cups oatmeal
- 1 cup cornflakes
- 2 eggs
- 1 ½ tsp. soda
- 1 tsp. baking powder
- 1 ½ cups salted peanuts
- 2 cups flour
- 1 tsp. vanilla
- Put cornflakes in last.

Royal Scalloped Eggs

By Mrs. E.F. Olmschenk

- 6 hard boiled eggs (or part cooked macaroni and part eggs)
- 1 pt. white sauce
- 1 cup chopped boiled ham
- 1/4 cup melted butter
- 1 cup bread crumbs
- Cream Sauce

- 4 tbsp. butter
- 2 cups milk
- 4 tbsp. flour
- Moisten bread crumbs with melted butter. Chop eggs fine. Mix eggs and ham and macaroni with white sauce. Put in buttered dish and cover with buttered crumbs. Brown in moderate oven. Serves 8.