

"A recipe is a story that ends with a good meal." Pat Conroy

Volume 34 Issue 4
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Family Recipes - Memories That Taste Good By Kathie Vlahos

MESA COUNTY GENEALOGICAL SOCIETY

I have an old recipe box that belonged to my mother. It is not a pretty box; it is plastic, yellowed with age, probably from the 1950-60's era. This is where my mom kept all her recipes that were "keepers". It was not really organized, but I bet my mom knew exactly where the recipe she wanted was. It was stuffed to overflowing with 3-inch by 5-inch index cards, some I typed for her after I learned to use the typewriter, and some that she had written out by hand. There were newspaper clippings, recipes from friends and relatives; some were handwritten by these individuals. I still have that recipe box.

That recipe box is like a time machine to me, it holds many family memories. Whenever I use a recipe from it, I have remembrance of the people, places and events that have happened in my life. Then there are those smells, emotions and feeling of family all over again. It is like a thread that still connects me to the people in my family, alive and deceased.

I still try to keep my family connected in just such a way. Since all my adult children live in different states and it is difficult to connect for the Christmas holidays, I send off a Christmas tin to each every year filled with the cookies and treats that they enjoyed as kids. Sharing with family and friends, that is what recipes are all about.

From a genealogical point of view, recipes are like the photos, letters and mementos we have of our families, they give clues about the person and their lives.

You can also use the recipes to connect with relatives who can share with you information and stories about the person related to the recipes. You never know what you will learn about your family!

As an example, in my family, the recipe brought out the best and worst of my grandmothers.

The worst: My maternal grandmother guarded her recipes with a vengeance. She was very proud of her cooking skills and would not allow anyone in her kitchen. (Thus, my mother never learned to cook.) And when asked for a copy of one of her recipes, she would leave an ingredient out so that it would not taste as good as hers.

The best: My paternal grandmother was also a very good cook and was very generous in her kitchen welcoming everyone. She taught my mother how to cook and also shared her recipes with everyone, including all the ingredients.

The result of the two situations, I now have many recipes from my paternal grandmother, even some from her mother (my great-grandmother), but none from my maternal grandmother.

We all have stories, which involve recipes and our families. In this newsletter our members will be sharing their own family recipes, the stories and memories associated with them for us all to enjoy over the holidays.

As Julia Child would say: "Bon appetit!"

Donna Jackson submitted her grandmother's recipe for 1-2-3-4 Cake.

My family didn't have any particular holiday food traditions. My mother told me her parents didn't have a lot of money. Like other families, they made due with what they had, and their food was pretty simple fare. However, I do remember my grandmother's (Nettie Edith Redd Ashwill) 1-2-3-4 Cake, and this is the only family recipe I have. This cake was a tradition in my family, and was always included in every get-together we had. I don't know if it was a tradition in my grandmother's family when she was growing up, or if it was a recipe she acquired from someone else. Also, I don't know where the recipe originated, however, it is an old recipe. From a little research, I found out that it was originally called a cup cake; not because it was baked in small cups, but because it was one of the first recipes that measured the ingredients by the cup rather than by pounds or ounces, etc.



Nettie Edith Redd Ashwill, ca. 1904

My Grandmother's recipe for 1-2-3-4- Cake

1 cup shortening 1 cup milk

2 cups sugar 3 tsp. baking powder (probably less for high altitude)

3 cups flour ¼ tsp. salt 4 eggs 1 tsp. vanilla

Beat eggs until thick. Add sugar and shortening. Add alternately dry ingredients and milk. Add vanilla. Put in greased and floured pans and bake in 350 degree oven until cake springs back. Frost with divinity or fudge frosting.

Divinity Frosting

3 cups sugar, ¾ cup water, ½ cup white corn syrup and cook until hard ball stage. Beat until stiff 2 egg whites, 1 tsp. vanilla, and ½ tsp. salt. Pour syrup over egg whites and beat until ready to spread.

Donna Jackson researched the 1-2-3-4 Cake and found this interesting information.

It is not known who first named it 1-2-3-4 cake, but the earliest recipe title seems to be in The American Matron: or Practical and Scientific Cookery (1851), by a housekeeper in Salem, Massachusetts. Here is the recipe:

1-2-3-4- Cake

One cup butter; two cups sugar; three cups of flour; four eggs; cup of milk; scant tea-spoon of Saleratus*; one nutmeg; a little cinnamon. Work the butter and sugar together; beat the eggs separately to a froth, and work the dough as well as pound cake. Add soda and put the cake immediately to bake.

*Saleratus was an early name for sodium or potassium bicarbonate from Latin *sal aeratus* – aerating salt. It occurred naturally in the vicinity of Saleratus Lake in Wyoming and was first marketed in North America as a leavening agent in the 1840's.

Information from the "Food History Jottings", a blog by Ivan Day, professional chef and food historian.

Adela Covey submitted her family recipe for Kolaches.

Kolaches were made at Grandma and Grandpas' house. I loved them. He was Bohemian (Czech) and she was English, but she made these anyway.

They are filled with various fillings among them are cheese, poppy seed, prune, apricot, blueberry, pineapple, raisin nut or cherry. If anyone wants copies of the fillings, I have many books with them.

In the old country to the present day US Bohemian cooks, the recipe has many different versions.

I will just enter one version.

KOLACHE

3/4 c. milk, scalded
1/3 c. butter
1/3 c. sugar
1 tsp. salt
1/2 tsp. grated lemon rind
1/2 tsp. nutmeg
1 pkg. dry yeast plus 1 tsp. sugar
2 egg yolks
3 c. flour

Crumble yeast in warm water with 1 teaspoon sugar. Put scalded milk in bowl with the sugar and butter, salt, lemon rind and nutmeg. Add egg yolks.

Add 1 cup flour, beating until smooth. Add yeast mixture and gradually add flour, beating in with electric mixer for about 3 minutes. Set in refrigerator over night.

Take dough from refrigerator and put on lightly-floured board. Cut into balls the size of walnuts. Brush a little butter on each ball and form. Put on greased cookie sheet. Let rise until double.

Press down center and fill with any filling desired. Let rise again until double.

Bake in 375 degree oven for 10 to 12 minutes.

Laurie (Terrill) Buniger submitted this recipe for her grandmother's Raisin Filled Cookies.

My maternal grandmother, Elizabeth (Nimmo) Stankey, shared many recipes she received from her Scottish ancestors. Today, I share these recipes with my children and granddaughters, as I learned from my mother and she learned from her mother. We spend many hours baking and talking about those that made the same cookies with their grandmas. Christmas baking was always a large part of the holidays in our family as was sharing the treats with friends and family. There were several special treats that we always made at Christmas. The smell of warm cookies, rolled, cutouts, deep fried, ones with coconut, ground nuts, chocolate, and spices filled the kitchen each evening.

Grandma Stankey's Raisin Filled cookies

Cookies

1 ¼ cup sugar1 tsp. baking soda3 eggs1 tsp. salt1 cup shortening3 cups flour

2 tsp. cream of Tartar 2 tsp. vanilla

Cream shortening – add sugars & blend well. Add eggs and vanilla. Mix dry ingredients together. Add to mixture. Roll out, cut circle shape with big round cookie cutter or drinking glass. Fill with 2 tsps. Raisin filling, then top with other cookie. Seal edges, sprinkle top with sugar, prick with fork. Bake 375 degrees 10-15 minutes. Cool on a rack.

Filling

1 cup sugar ¼ tsp. nutmeg 2 egg yolks ¼ tsp. cloves 1 cup sour cream ½ tsp. cinnamon 1 ½ cup raisins 1/8 tsp. salt

Mix well. Cook in double boiler until thick. Cool. Fill cookies

Jan Wilson submitted her husband's family's recipe for Sourdough Pancakes

This recipe comes from Jan Wilson; it is an old recipe from her husband's family for sourdough pancakes. It is from his maternal grandmother, Agnetta (Staff) Ramberg. She made these pancakes for all twelve kids and whoever else showed up for breakfast on the ranch in Montana.

Over the years, the original "starter" has disappeared but the recipe has survived. My sister-in-law scanned it for me and as you can see it was typed on an older typewriter using onionskin paper that is very thin, has yellowed and has been scotch taped back together in a few places.

It became a favorite for our family; the kids loved them, as they are very thin pancakes.

Recipe on page 5

SOURDOUGH STARTER

and

PANCAKES.

Mix dry ingredients in pot with 3/4 cup of flour and 1/2 cup of warm water. Put in jar with 1id on and leave in warmer spot in kitchen for 48 hours. Then it is ready for use. (Note, always once started, keep sourdough pot in refrigerator of fit is not use for sometime of a liquid comes to the top just stir in and continue to the Sour smell is part of the normal aging.)

SOURDOUGH

The evening before you want pancakes put I Cup of Sourdough PANCAKES. starter in a mixing bowl, not metal, Add 2 cups of lukewarm
Water and 2 1/2 cups of Flour. Mix thoroughly - mixture will
be thick and lumpy but will be thinner and lively the next morning. Cover bowl and set in a warm place pvernight (important tobe warm or it won't forment). In the morning put one (1) cup of starter back in the Sourdough Pot and keep refrigerated until next time used. To the Pancake Batter ADD:

1 egg

2 tablespoons cooking oil

1/4 cup instant or evaporated milk

Mixing into batter then blend dry in small bowl.

tesspoin selt

teaspoon soda

2 tablespoons of sugar:

or inkle over batter and fold in gently. This leaven and cause seaming action. Let rest five minutes then drop with a plespoon to make dollar size mancakes on a hot, lightly greased ddle. If batter is too thick to drop off spoon smoothly t means it wasnot warm enough during the night to ferment really, so add a small amount of liquid milk. Sourdoughs really a hotter d griddle than other pancakes to bake and brown properly. Above recipe will make 25 to 30 dollar size partiales serving 3 to 4 people.

And. maybe you will all get a bellyache, from eating too many, please remember that Dad's record is still 48 large size ',4") sourdoughs, which is about a double batch of the bove recipe and, I doubt o if you young folks can stand to this -- so the old man is still a good example.

This recipe is submitted by Kathie Vlahos for her mother's Butterscotch pie.

This pie was a favorite of my mother's, (Natalie (Hickory) Strauss). You knew it was fall time when my mom started making pot roast and butterscotch pie. It was and still is the most favorite time of year for me. Enjoy!

Nat's Butterscotch Pie

34 cup brown sugar
5 tbls. flour
12 tsp. salt
2 cups milk
2 egg yolks, slightly beaten
2 tbls.butter
1 tsp. vanilla
1 baked pastry pie shell
whipped cream or meringue



Natalie (Hickory) Strauss ca. 1943

Combine sugar, flour and salt, add milk and stir in slowly, cook over boiling water until thickened, stirring constantly. Cover and cook 10 minutes longer, stirring occasionally. Add mixture to egg yolks, stirring vigorously; cook 1 minute longer. Add butter and vanilla, cool. Place filling in pastry shell and cover with whipped cream or you can use meringue and brown in oven. Makes 1 - 8 inch pie

This recipe for Cincinnati Chili was submitted by Bob Cress.

Bob said his mother always made this chili; he did not have her recipe, but was able to find one on the internet which he tried and said that it is very similar to hers.

Cincinnati Chili

2 lbs. ground chuck

6 cups water

1 bay leaf

5 whole cloves, 5 whole allspice tied in cheesecloth

(Or substitute 1 whole bay leaf, ½ tsp. ground cloves

and ½ tsp. ground allspice and skip the cheesecloth)

½ tsp. red pepper flakes

½ tsp. ground cumin

1 tsp ground cinnamon

1 ½ to 2 tsp. (salt to taste)

½ ounce grated unsweetened chocolate or

1 Tbls. Unsweetened cocoa powder

4 cloves garlic, peeled and minced

2 onions grated or diced very small (about 1 ½ cups)

2 tsp. Worcestershire sauce

2 Tbls. Vinegar

16 ounce can tomato sauce

Brown the beef in a large pan and drain the fat. Stir the water into the beef, bring the mixture to a simmer and cook for 30 minutes. Add the cheesecloth bag with spices and all of the remaining ingredients (start with 1 ½ teaspoon salt). Simmer chili slowly, uncovered for 2 hours, until it is thick. Cover and continue cooking slowly for another hour. Adjust seasoning, adding a bit more salt, ground pepper or additional red pepper flakes for extra kick, if you like. Discard the cheesecloth bag with the spices before serving.

You can also add cooked spaghetti if desired.

Dennis Jenkins submitted this recipe for his mother's Apple Pie.

This is my Mom's apple pie recipe. She always had a few made up and frozen during the holidays. I learned an interesting fact this past summer. She said that she had never eaten her own apple pie in all the years that she made it. Also, my brother has a restaurant in my home town that includes "Mae's Apple Pie" on the menu, though I don't think the cook has figured out how to repeat it yet.

I alter the recipe a little by cutting the apples into a bowl and add a little lemon juice to stop them from browning. I increase the amount of cinnamon and flour a bit and add the sugar-cinnamon mixture to the apples in the bowl and mix a bit before putting them in the crust. Sometimes I use half granulated sugar and half brown sugar. I make sure to use at least three Granny Smith apples. I haven't ventured into making my own crust yet and usually use the roll out Pillsbury refrigerated pie crusts.

Mae's Apple Pie

Mae B. (Scharf) Jenkins

Sprinkle a little flour in bottom crust

In a bowl mix 1 cup sugar, 1 tsp cinnamon and about 1+ tsp of flour. Mix

Use 6-7 apples. I use any kind of apples I have on hand - not all delicious apples though.

Cut part of apples into crust and put part of sugar-cinnamon over them.

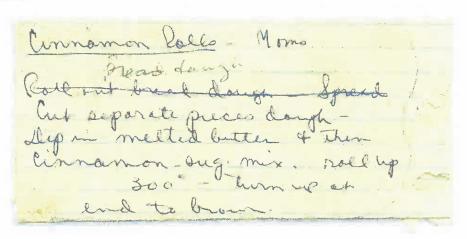
Put rest of apples in crust and put the remainder of sugar mixture over the apples

Dot with pieces of butter or margarine and then put top crust on.

Make little "~~~" designs over the top crust to let steam out.

Bake for 15 minutes at 425 degrees, then 45 minutes at 350 degrees.

Dennis Jenkins also has shared his grandmother's Carmel Cinnamon Roll Logs recipe with us. Here is the original recipe card that Dennis's mother, Mae Jenkins, had in her recipe collection for her mother's (Lena Scharf) cinnamon rolls.





Lena Juliana Marie (Langballe) Scharf

Born 31 August 1890 in Henning, Ottertail County, Minnesota Died 27 December 1969 in Staples, Todd County, Minnesota

Picture was taken in 1945

Grandma Scharf's Special Carmel Cinnamon Roll Logs

By Dennis Jenkins

When I was about 10 years old, my brother and I would often go to my grandmother's house to visit and if we were lucky she was in the process of making her special cinnamon rolls. These were different than a regular cinnamon roll since she rolled them out into 6 inch long by about 1.5 inches diameter and they didn't have a lot of rising in them. They were however caramelized from the bottom of the pan.

My Grandmother Lena Juliana Marie (Langballe) Scharf's parents came from Denmark in 1873 and I suspect that she may have inherited her mother's method of making cinnamon rolls.

In all my attempts to duplicate these cinnamon rolls I have failed to get them to be like Grandma Scharf made them. For one thing mine always rise too much and don't end up with all that caramel on the outside.

I was visiting with an older cousin in the summer of 2014 that grew up a block away from my grandmother and we started talking about grandma's special cinnamon rolls. She mentioned a time when her sister was visiting grandma and helping her make the cinnamon rolls. Something that she did before putting them in the pan was to dip them once more in the cinnamon/sugar mixture. My cousin also said that a few days earlier, while in a grocery store in Grand Rapids, Minnesota, she notice a cinnamon roll in their bakery that looked similar to Grandma Scharf's. A small sign next to it said Danish.

To add to my summer visits, I also visited two daughters of another cousin (also related through my Grandma Scharf) and they were baking some normal looking cinnamon rolls. After a little discussion about the one's made by Grandma Scharf, they said that I might try using less yeast or no yeast at all and let the egg in the dough take care of no yeast.

The only recipe that came from my Grandmother to my Mom did not specify how she made the dough. I could try less yeast or use baking soda, or even try adding more egg.

Looking at cinnamon roll dough recipes online, I found that using yeast or baking powder, baking soda or using the whole egg versus only the yolks or whites each result in different outcomes.

If only I had the recipe for how my grandmother made her dough, I might be able to duplicate the cinnamon rolls. I'll keep on experimenting and who knows, maybe I will eventually figure it out.

Something to Consider

The Mesa County Genealogical Society was founded in 1980 by a group of people who were not only interested in genealogy, but also had the desire to help others in researching their family trees. Many of our members are "old pros" who have been doing it for many years. Some have even written books about their families. However, we also have many members who are just getting started, or who have not been working at it for very many years.

One of the objectives of our organization is to promote an interest in genealogy, to encourage and instruct members in the art and practice of genealogy research. That's pretty difficult to do when people don't attend the meetings. Many members say they want to support the Society, and diligently pay their dues year after year, but never attend the meetings. Is that really support? We realize that some members are not able to attend due to health or other reasons. However, that isn't the case with the majority of the members. Has our Society outlived its usefulness? With so much more information on the internet these days, is there any reason to try to keep our Society going?

Have you ever thought about what it takes for an organization to function? The answer is people; not only people paying membership dues to belong, but people who are willing to step up and take on the duties necessary to keep the organization alive. Unfortunately, every organization has some business that needs to be taken care of on a regular basis, and that can't be helped.

Someone needs to be the official spokesperson for the group, and take the responsibility to see that things get done. Someone needs to handle the membership money, and pay any bills the organization incurs. Certainly, there are decisions to be made at times about how to spend that money, as well as other things. Someone needs to be in charge of meetings to determine those things, and someone needs to record the actions taken at those meetings for future reference, if needed. How long would an organization exist without people taking care of those matters?

In recent years it has been extremely difficult to find people to serve as officers of our Society. There are members who have served for years, and some have finally thrown up their hands and said "no more". No one should have to serve as an officer for years and years to try to keep an organization alive, simply because no one else will do it. It's not good either for the person serving, or the organization. Are you so busy that you can't give a few hours a month to our Society? Do you think that you couldn't possibly speak in front of a group of people, or lead a meeting? It's not that difficult; our Society is a pretty laid back group. You certainly don't need to be an expert in genealogy research to serve as an officer; you just need to take care of the necessary business. Those of you who attend the business meetings know that our business is pretty minimal.

We need people to do things to help; to serve as officers and as chairpersons. We need people with fresh ideas for programs. We have a number of projects that we could be doing as a Society if we had enough people to help. Soon, the Nominating Committee will be in the process of trying to find a new slate of officers for next year. They would love it if you would step forward and volunteer to take an office before they ask, or if you would just say "yes" when asked. We need your help!

MESA DWELLERS

From the Editor

I hope you enjoy this December issue of Mesa Dwellers. It has some favorite family recipes that our members would like to share with everyone. Just in time for the holidays!

This will be my last edition of Mesa Dwellers. I would like to say that I have enjoyed being editor and I thank everyone for all of their help with the quarterly over the past 7 years. I also would like to thank Karen Grew-Ellison for her role as assistant editor in proof reading, correcting and mailing out the newsletters, she did a great job.

I now would like to introduce Laurie Buniger as the new editor of Mesa Dwellers. She is very enthusiastic and brings with her many talents and ideas for the newsletter. Let us all help her in whatever she needs for the newsletter. Enough said from me, I will let her say it in her own words.

Kathie Vlahos - Editor Karen Grew-Ellison – Assistant Editor

Hello, I would like to introduce myself, Laurie Buniger.

I have been a member of MCGS for a little over a year. I am a third generation Mesa County native and have had an interest in genealogy for many years. I am now able to devote more time to researching family history and the Grand Valley. I look forward to sharing information and gathering ideas from you.

I am very excited to have this opportunity to be the new editor of the MCGS newsletter "Mesa Dwellers" beginning with the March 2015 issue.

You can submit ideas, stories, and questions to

Thank you, Laurie Buniger The Mesa County Genealogical Society, established in 1980, is a 501(c) 3 non-profit organization.

Objectives:

- 1. To promote an interest in genealogy, to encourage and instruct members in the art and practice of genealogical research.
- 2. To maintain and elevate genealogical standards, to stress the importance of accuracy in research through careful documentation.
- 3. To locate, preserve and index public and private genealogical records and make such records available to members and the general public.
- 4. To assist and support any genealogical library in Colorado, which is open to the public.

Society meetings are held the 2^{nd} Thursday of each month at the Commons of Hilltop Garden Room, located at 625 27 ½ Road at 7:00 pm. The monthly Sack Lunch meeting is held in the 2^{nd} floor Museum conference room of the C. D Smith Building at 5^{th} & Ute Streets at 12 noon on the 4^{th} Wednesday of each month. A Board of Directors meeting will often follow the Sack Lunch meeting from 1pm - 2pm.

Soc	ciety	Officers
~		

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Vice President	Stella Ledbetter		
Secretary	Donna Jackson		
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 3 year Term

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 2014-2015-2016

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Membership year: March 1 - February 28/29

Annual Dues: \$10 Single - \$12 Family (2 voting family members). Those with unpaid dues after April 30th of the membership year will not receive the newsletter.

To contribute to the newsletter send info to Contributions are encouraged and appreciated and should be neatly typed or written stories, queries, articles and/or other information applicable to genealogy research. Contribution (deadlines): March issue (Feb 15), June issue (May 15), September issue (August 15), December issue (November 15).

December 2014 ~ April 2015 ~ Upcoming Programs and Events

5 Dec. 2014	Friday Help Session: 1-3 p.m. at Palisade Library.	
11 Dec. 2014	Noon Annual Christmas Pot Luck at Donna Robert's home.	
2 Jan. 2015	Friday Help Session: 1-3 p.m. at Fruita Library.	
8 Jan. 2015	Thursday Evening Meeting 7 p.m. at the Commons: Possible share session.	
28 Jan. 2015	Wednesday Noon Sack Lunch at the Museum: Program/Topic to be determined.	
6 Feb. 2015	Friday Help Session: 1-3 p.m. at Main Central Library.	
12 Feb. 2015	Thursday Evening Meeting 7 p.m. at the Commons: Possible share session.	
12 – 14 Feb. 2015	Rootstech Conference in Salt Lake City. (Also FGS Conference at same time and place) To register go to: https://registration.rootstech.org.2015/portal/newreg.ww	
25 Feb. 2015	Wednesday Noon Sack Lunch at the Museum: Finding and Using Federal Land Records – An Update Dennis Jenkins. At the business meeting we will have Elections of Officers.	
6 March 2015	Friday Help Session: 1-3 p.m. at Palisade Library.	
21 March 2015	Saturday at Denver Public Library – Colorado Genealogical Society is sponsoring a Seminar Cyndi Ingle of Cyndislist.com will give 5 presentations – Cost \$35. To register go to: http://www.cogensoc.us/cgsseminar.html	

President's Message

I want to encourage you all to take advantage of the many opportunities available for your research both locally as well as in places like Denver and Salt Lake City.

Of course we have our first Friday of each month help sessions at the Mesa County Libraries. You can come to these and get one-on-one help for your research. Additionally those who feel they are able can volunteer to be a helper at these sessions - contact Caley Gredig. See the Program list for the locations and dates for January, February and March of 2015.

Special events coming up include Cyndi Ingle of Cyndislist.com who will be speaking at a Colorado Genealogical Society seminar in Denver from 9 am to 4 pm on Saturday March 21, 2015. See the Program List for the internet address to learn more about registration and the topics she will present.

The annual RootsTech Conference is being held in the Salt Lake City Salt Palace from February 11-14, 2015. The Federation of Genealogical Societies Conference will also be held at the same time and place. A combined registration fee will be available for those who want to attend parts of both conferences. Another plus for attending one or both of these conferences is to spend a couple additional days there and use the Family History Library.

The local Family History Center is planning a Family History Fair sometime in March or April of 2015. We will notify you when they decide the exact date.

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Mesa County Genealogical Society					
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Have a Merry Christmas and Happ Dennis Jenkins	y New Year.				
	<u> </u>				
A reminder that 2015 Mesa Co	ounty Genealogi	ical Society A	Annual Dues	are due by March	31, 2015.
Please make your check pa	yable to the Mesa	County Genea	logical Society	(or MCGS) and ma	il Dues to: MCGS,
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(\$10.00 Single, \$12.00 Fan	nily per year – cov	ering 3/1/2012	+ - 2/28/2015)	- Payable by March	31, 2015
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