

THE DIGEST

A Newsletter for
The Interdisciplinary Study of Food



Volume II Number 1

Spring, 1979

PIPPIN PYE AND OTHER OLDE RECIPES

"In number of dishes and changes of meat, the nobilitie of England (whose cookes are for the most part musically-headed Frenchmen and strangers) doo most exceed," exclaimed William Harrison in his "Description of England in Shakespeare's Youth" in 1577. Now, thanks to a series of facsimile reprints published by Walter J. Johnson Inc., the cookbooks consulted in kitchens of Shakespeare's contemporaries are available to any modern cook with the desire to taste "tartes of spinage" and the patience to read recipes in old English type.

Because they were daily subjected to the perils of spitting grease and wanton flames, few early printed cookbooks have survived. In fact, some of the volumes reprinted in this series were photographed from what appear to be unique copies. Such truly rare antiquarian books have hitherto been available only to scholars willing and able to visit libraries thousands of miles from hearth and home.

Consequently, it is welcome news that Walter J. Johnson has seen fit to include four attractively bound Elizabethan cookbooks (hard-cover) and a 16th-century treatise on carving (soft-cover) in his reprint series entitled "The English Experience."

The earliest cookbook of the group is "A Book of Cookrye" (\$8), published in 1501 by an author who identifies himself as A.W. Our appetites are whetted at the beginning of this dainty volume - early cookbooks were often pocket-size so that they could easily be slipped into the cook's apron - with a list of suggested menus.

For dinner, A.W. suggests a first course of "Potage or stewed broth, boiled or stewed meat, chickens and bacon, powdered [salted] beefe, goose and pigge pyes, roasted beefe and veale, and custard." These dishes are to be followed by a second course of "roasted lamb and capons, chickens, pehennes, and bakte venison tart."

In fair weather, after the two main courses of the midday meal, wealthy Elizabethans were in the habit of retiring to an outdoor gazebo where they could feast their eyes and palates on "banqueting conceits." For this grand finale to the meal, cooks often molded colored marzipan into diminutive landscapes or scenes depicting aspects of the honored guests' lives.

One of A.W.'s most dramatic "conceits" demonstrates the workings of an early whisk, and would make a perfect dessert to celebrate winter in New York City:

To Make a Dish of Snow

Take a pottle [two quarts] of sweet thick Cream, and the white of eight Eggs, and beate them altogether with a spoone, then put them into your Creme with a dish full of Rosewater, and a dish full of Sugar withall. Then take a stick and make it clean, and then cut it in the end four square, and therewith beat all the afore-said things together, and ever as it ariseth, take it off, and put it into a Cullender, this doon, take a platter and set an Apple in the midst of it, and stick a thick bush of Rosemary in the Apple. Then cast your Snow upon the Rosemary & fill your platter therewith, and if you have wafers, cast some withall, and so serve them forth.

These patriots who consider themselves as "American as apple pie" may be dismayed to discover the recipe "To Make a Pippin Pye" in J. Murrell's "A New Booke of Cookerie" (\$7) published in 1615: "Take their weight in Sugar, and sticke a whole Clove in every piece of them, and put in pieces or whole Sinamon, then put in all your Sugar, with a slice or two of whole Ginger: sprinkle Rosewater on them before you close your Pye: bake them and serve them in."

Aside from the rose water (whose ubiquitous presence in Elizabethan recipes may be explained as a passing culinary bow to the Tudor rose), the flavorings added to American apple pie

closely resemble those mentioned in Murrell's recipe. The similarity is not merely coincidental: Elizabethan cookbooks and culinary traditions were transmitted to the new world by the early colonists.

In fact, the recipes for open-hearth cookery done at the reconstructed Plimoth Plantation are all taken from the 1615 edition of Gervase Markham's "The English Hus-wife" (\$25), one of the most comprehensive manuals of the period. Like all of the early recipes, Markham's provide no precise measurements, assuming considerable expertise on the part of the cook. He says that "she must have a quicke eye, a curious nose, a perfect taste and a ready care (she must not be butter fingered, sweet-toothed, nor faint hearted)..."

Yet, although Markham advises that the good housewife's table should be "esteemed for the familiar acquaintance shee hath...with the provision of her owne yerd [rather than] for the strangenesse and raritie it bringeth from other Countries," his selection of recipes for such dishes as "fricases" and "quelchechoses" reveals the ever-present influence of French cooking on English cuisine.

Since a multitude of tasks fell within the housewife's domain, books like Markham's and Thomas Dawson's 1596 edition of "The Good Huswives Jewell" (\$14) contain sections on "household physicke," gardening, preserving, distilling, dairying and candy making. On the other hand, "The Book of Kervynge" (\$8), published in 1508, dictated that all carving was to be done by men.

All five reprints will shortly be in stock at Quinion Books, 541 Hudson Street, and at the Corner Book Shop, 102 Fourth Avenue. They may also be ordered by mail from Walter J. Johnson Inc., 355 Chestnut Street, Norwood, N.J. 17648. Prices include postage and handling.

Reprinted from The New York Times, Wednesday, February 14, 1979, with the permission of the author, Lorna J. Sass.

RECENT EVENTS

FOODWAYS GROUP LECTURE SERIES

Mary Douglas, distinguished anthropologist with the Russell Sage Foundation, addressed the Foodways Group of the University of Pennsylvania, January 31, 1979. She reviewed the work of some of the current researchers in food habits. She then discussed the concept of intricacy measure and the nature of logical entailment between elements. Her three measures of intricacy were as follows:

1. distributive and quantitative
2. aesthetic (refers to sensory qualities of food)
3. metaphysical (rules referring back to another cultural system, e.g., religion)

Some of her hypotheses for determining component structure were that intricacy varies according to social cues and that intricacy varies with the predictability of the attendance list. The talk was followed by the usual spirited exchange of views.

Why ought meat to be only half cooked?
Because what is done cannot be helped.

Is it safe to write a letter on an empty stomach?
It is safe enough, but it is better to write the letter on paper.

COURSES

PHILADELPHIA ART ALLIANCE, 251 South 18th Street, Philadelphia, PA. Elisabeth Rozin will teach "The Culinary Enterprise: The Nature and Meaning of Cuisine." Thursdays, 1:30-3:00, April 5, 12, 26 and May 3, 10, 17.

UNIVERSITY OF CALIFORNIA - RIVERSIDE. Department of Anthropology. E.N. Anderson is currently teaching "Nutritional Anthropology."

CALIFORNIA STATE DOMINGUEZ HILLS EXTENSION. Winter 1979.

UNIVERSITY OF CALIFORNIA - IRVINE. Spring Quarter 1979.

CALIFORNIA STATE - LOS ANGELES. Spring Quarter 1979.

Department of Social Science. Bertram Gordon will teach "Food History" at the preceding locations.

CURRENT RESEARCH

WYOMING RESEARCH PROJECT

Guy L. Peterson, Advertising Manager of the Council on Abandoned Military Posts - U.S.A., is presently involved in research into methods of food preservation utilized by early settlers on the Great Plains, especially in Wyoming. The project is linked to studies for the Wyoming Historical Society and the University of Wyoming, and the topic is especially pertinent in Wyoming because of the great distances involved in obtaining and transporting food and equipment. Peterson is looking for information which will answer the questions: How did people preserve their food one hundred years ago? What role did drying play? How much did they depend on ice? What

methods other than salting and drying were used? Anyone with information to contribute or questions may contact:

Guy L. Peterson
Advertising Manager
Council on Abandoned Military Posts - U.S.A.
1601 N. College, #136
Ft. Collins, Colorado 80524

SOUTHERN ORAL HISTORY PROGRAM

The Southern Oral History Program in the Department of History, The University of North Carolina at Chapel Hill, is currently working on an oral history project which will be developed in large part from life history interviews in the Carolina Piedmont. An important topic in the project is the changing nature of foodways and food events in the years from 1900 to 1940, and the reflection in the foodways of changes in the region's social history. Readers who are dealing with questions of a similar nature are invited to contact:

Allen Tullos
Southern Oral History Program
Department of History
The University of North Carolina
at Chapel Hill,
406 Hamilton Hall 070 A
Chapel Hill, NC 27514

CHILDREN AND MEALTIME

(Abstract of a study by Heather Harr-Mazer)

A group of children ages three and four were observed in a classroom setting at a Philadelphia daycare center in order to

explore how children structure the experience of having a meal.

Field observations of this group of slightly developmentally delayed children and their adult caretakers elicited the patterns described below.

1) Seating patterns have been said to play an important role at meals as well as in other settings. It was found that these children exhibited more flexible seating patterns than the adults across sessions. In any given session, however, the children's seating patterns structured their social interactions, suggesting that proxemics play an important role in communication even at an early age.

2) For the children and the adults in this setting, mealtime was found to encompass a patterned set of activities. Mealtime activities fell into the following categories; passing out utensils, praying, eating, returning utensils, free play, and going to the bathroom. Among the children, mealtime activities other than eating were found to be quite important, perhaps overshadowing eating itself. It is suggested that further studies of the meal scrutinize all aspects of mealtime activities rather than restricting study to the eating phase of the meal.

3) "Helping" activities (i.e., passing out and returning utensils, cleaning) seemed to occupy an important position in the way these children structured the lunchtime experience.

4) Whereas the adults in this situation appeared to use clocktime to frame the meal, the children relied on physical stimuli and/or the pattern of activities to frame the beginning of mealtime. Interestingly, the appearance of food did not seem crucial to the child's understanding of the beginning of lunchtime.

5) The eating behavior of these children generally conformed to adult notions of proper eating habits. The children's behavior suggests that young children are capable of recognizing and responding to social and contextual cues concerning eating habits. The depiction of the child as a "primitive" eater may only be applicable to the very young.

6) "Dawdling" was found to be present during the eating phase of the meal. Dawdling behavior may be related to a tendency to organize the pace of eating mainly at an individual, rather than at a social, level. The daycare center children usually approached the pace of eating individually.

7) The children generally followed a course order imposed by the adults. However, one component of the edibles left undefined by adults was placed in a course order by the children in accordance with the overall principles governing the structure of courses.

8) It was found that social interaction between children became more intense when adult rules for the meal became subject to ambiguous interpretation. The child's tendency to test and to participate in playful speech may be stimulated by ambiguities that occur in the rules of ordered cultural systems such as the meal.

Heather Harr-Mazer
University of Pennsylvania

FUNDING

GRANTS AWARDED BY USDA

University of Colorado Medical Center, Denver:
\$65,000 for the study of trace elements in low-income preschool children.

University of Montana, Missoula:
\$60,000 to study the effect of television commercials on the eating habits of children.

University of Illinois:
\$125,000 for studies of preschool children's food preference development.

Iowa State University, Ames:
\$160,000 for a study of food selection patterns.

Cornell University, Ithaca, NY:
\$100,000 for studies of consumption patterns and nutritional intake of Puerto Rican families.

University of Florida, Gainesville:
\$190,000 to investigate the nutritional status and food intake patterns among adolescents and elderly from low-income households.

Texas A&M University, College Station:

\$55,000 for research on what influences food selection by the elderly.

Virginia Polytechnic Institute and State University, Blacksburg:

\$50,000 for studies of infant obesity.

Pennsylvania State University, University Park:

\$75,000 for research on the impact of nutrition knowledge on food choices.

Marketing Science Institute, Cambridge, Massachusetts, cooperative with Community Nutrition Institute, Washington, D.C.:

\$175,000 for investigation of factors influencing people's choice of foods.

Webb Associates, Inc., Yellow Springs, Ohio:

\$250,000 for studies of overweight development in Americans.

BOOK REVIEWS

CREOLE COOK BOOK. Second Edition. New Orleans: The New Orleans Picayune, 1901. Reprint by Dover Publications, New York, 1971.

This charming cookbook by the New Orleans Picayune newspaper was written in response to the changing social climate in the South immediately prior to the turn of the century. As the editors state, "The 'bandana and tignon' are fast disappearing from our kitchen [for] there is 'a new colored woman' as well as a new white." It was assumed by the editors that younger black women born after the emancipation were not interested in the ante-bellum patterns of service and cookery for their former mistresses. To enable the mistress of the house to continue serving the customary dishes, the Picayune collected these recipes from the remaining household cooks. While this reprinted edition undoubtedly is addressed to the contemporary cooking enthusiast, the foodways researcher also will find it a valuable source of historical and ethnographic information.

The layout of the book follows convention in that, after some laudatory introductory notes, the chapters generally follow the order of service. Each chapter's foods and processes are introduced. Depending on the importance of the foods in the diet, the introductions vary in elaboration. For example, the emphasis given to the discussion of Café Noir demonstrates the significance of this item to Creole cuisine. It begins with the selection of raw beans and instructs that they are not to be parched until just before the coffee is to be made, "because coffee that has been long parched and left standing loses its flavor and strength." This discussion continues for two complete pages, at the end of which we know not only how the coffee is made but also how it is used socially.

Recipe titles are given in English and French. As the editors point out, we hereby receive some interesting lexical items referring to indigenous animals and plants. The recipes themselves are in English and list the ingredients and measurements at the head of the text. The editors admonish us to follow them with the strictest attention and to read them through to insure comprehension. This reviewer was successful in his attempts to reproduce the dishes; some inventiveness may be required in following the recipes. On occasion, an ingredient not listed at the outset appears in the text. Also, the order of preparation for some of the recipes must be rearranged in order to allow the ingredients to be ready for mixing. Taking an example from "Domestic Wines, Cordials and Drinks," we anticipate that the reasonable action would be to start the milk, beat the whites, and then proceed with the recipe:

Egg-Nogg

10 Fine, Fresh Creole Eggs.
1 Quart of Milk.
1 Pound of White Granulated Sugar.
1 Gill of Fine French Cognac.
1 Grated Nutmeg.

Beat the yolks to a cream, add the sugar, and beat to a cream. Blend all thoroughly, beating till very, very light. Now pour over the boiling milk, stirring well. When thoroughly blended add the whites of the eggs, beaten to a stiff froth, and the liquor, and serve hot. This egg-nogg is also served cold by the Creoles at New Year's receptions. At the famous Christmas and New Year Reveillons it is served hot. The Liquor may or may not be added, according to taste.

For the ethnographer, the densest information will be found in the final chapters. Chapter 48 contains explanations of French culinary terms, table setting and service, detailed descriptions of the foods appropriate to the day's meals, leftovers, invalid cookery, and two full pages of kitchen hints. Chapter 49 classifies seasonal foods according to the month in which they are available in the New Orleans markets.

The index is alphabetically arranged under larger categories. It is sufficiently sensible for the cook's use; the gastronomic classifications will be of some interest to the foodways researcher: muffins are listed under breakfast cakes, puddings are differentiated from cream custards.

In the end, this cookbook presents a remarkably complete corpus of the artistic endeavors of the black cook. The editors recognize throughout that the ante-bellum lifestyle is ending with the disappearance of their cooks and street vendors. The recipes they present in their stead have been unfailingly scrumptious, but one senses their melancholy throughout.

George Boeck
University of Pennsylvania

NUTRITION AND ANTHROPOLOGY IN ACTION. Thomas K. Fitzgerald, ed. Assen, The Netherlands: VanGorcum and Company, 1976. 155 pp. (Studies in Developing Countries Series).

Nutritional Anthropology has gained recognition in recent years as a new subject and as a domain for interdisciplinary study. There has been substantial interest in examining people's food habits over the past several centuries, but it is only since the 1930's that academia has witnessed the development of "applied nutritional anthropology" defined as the study of "the interrelationship between diet and culture and their mutual influence upon one another." (Freedman, p. 1) Nutrition and Anthropology in Action is a collection of twelve essays that deal exclusively with the subject of applied nutritional anthropology. It includes sections on theory, method, and ethnographic application. The essays vary in quality and discuss a wide range of topics and issues including a history of the field's development (Freedman), potentials for interdisciplinary approaches (Cattle), fieldwork techniques (Wilson, Fitzgerald), fieldwork implications (Dewalt and G. Pelto), and five case studies of applied work.

The case studies show that anthropologists with an understanding of diverse economic and cultural systems are working with governmental agencies, social service agencies, and educational institutions to evaluate the nutritional status of people throughout the world.

Nutrition and Anthropology in Action advocates an interdisciplinary approach to food issues requiring expertise in diverse fields: medicine, cultural anthropology, history, folklore, agriculture, and economics. For example, Teitelbaum's "Human versus Animal Nutrition: A 'Development' Project Among Fulani Cattlekeepers of the Sahel of Senegal" examines changes from a subsistence to cash crop economy in Senegal. Teitelbaum is concerned with the effect changing cattle raising techniques will have on traditional beliefs about nutrition. But also, he evaluates the feasibility of changing the economic structure of the culture which would result from changes in agricultural methods, marketing, and distribution to new food consumers. In a broad sense, his goal is to educate the population to the realities and implications of these changes. These case studies, combined with the bibliographies following each essay, acknowledge the extensiveness of the field.

However, the material is presented as an inexhaustible subject area. There is very limited commentary about the issues common to each of the essays. The articles may be good in themselves but are seemingly unrelated in method, topic, problem, application and ethical considerations. In short, the book does not discuss the assumptions and implications that underlie the work in a larger context of applied nutritional anthropology. (Exceptions to this are the thoughtful discussions by Freedman, Teitelbaum, and Dewalt and Pelto. These three essays take as a primary issue the acceptance and understanding of their projects and recommendations by the cultures in which they work.) How does the nutritional anthropologist determine when applied work is beneficial to a peoples' welfare and/or milieu? How does the nutritional anthropologist choose the standards that evaluate "good" nutrition within each cultural setting? How does application affect the theories and methods that form the basis of nutritional anthropology? These questions are not easily answered, though they are of concern for anyone who works in applied study. This reviewer would like to have seen substantive attention paid to these frequently neglected questions. With case studies in hand, this would have been an excellent opportunity for the editor to consider discussing them. It is ironic that Dorothy Cattle

(p. 35) calls for an end to "nutritional particularism" in a book that exemplifies the problem - that nutritional studies have tended to be study-specific and of little value to the larger discipline.

When presenting a body of material of a relatively new subject, it is hoped that an editor develops a theme or style of presentation that demonstrates the parameters of the new work, an historical context, and a purview of the theories, methods, and problems that are its foundation, including critical analysis of the major issues foremost in the collected essays. Only with such thoroughness can we assess the importance of the work of nutritional anthropologists. Nutrition and Anthropology in Action is important in bringing together evidence of a subject. Unfortunately, it does not illuminate or synthesize the multiple ethical, theoretical, and ethnographic issues which accompany this emerging field.

Sarah Tenby Owens
University of Pennsylvania

Why is bread like the sun?
Because it rises in the yeast and sets in the vest.

PUBLICATIONS OF INTEREST

Good/News/Letter is a new flier published by Larchmont Communications, Inc., devoted to health and nutrition. Mail or deliver information to:

Larchmont Books
95 Madison Ave.,
New York, NY 10016

Nutrition Bulletin

(Ed) Elizabeth Morse
The British Nutrition Foundation
15 Belgrave Square, London SW1x8PS

CNI Weekly Report

Community Nutrition Institute
1146 19th Street NW
Washington, C.C. 20036

"The Changing American Diet"
Published by Nutrition Action
1755 South Street NW
Washington, D.C. 20009

JOURNAL

Pioneer America sometimes publishes notes and articles on foodways, such as Howard W. Marshall's "What Price Grits?"

BOOKS

From Linda Dégh: "I would like to call your attention to a very useful little book on foodways, the kitchen, and crockery, based on systematic questionnaire research elaborated by professional folklorists and answered by lay correspondents. Unfortunately, it is in Hungarian: Judit Morvay and Maria Kresz, Táplálkozás, konhha, kamra, cserépedények (Consumption, Kitchen, Pantry, Crockery), Neprajzi Kozlemeneek. Volume XX. Budapest, 1976. The first part (pp.9-24) describes the questionnaire; the second contains eleven detailed and illustrated descriptions (pp.25-238)."

What's Cookin'? The Humor of Food, Cooking, Cooks, Gourmets and "Eaters"

Bicentennial Press
1107 Montgomery Avenue
Fort Washington, PA 19034

BIBLIOGRAPHY OF THESES

The following Master's theses feature or include topics relevant to the study of foodways:

Biggar, Mary June

"The Journal of Richard Weston (1836): An Example of Foreign Travel Literature as Source Material in Folklife Studies."
(M.A. 1974 Cooperstown Graduate Program) 254p.

Bronner, Simon

"Application of Field Work Techniques to the Study of Bluesinger Eugene Powell of Greenville, Mississippi."
(M.A. 1977 Cooperstown Graduate Program) 627p.

Bullard, Albert C.

"A Survey of the Rural Diet of Otsego County in the Horse and Buggy Days."
(M.A. 1968 Cooperstown Graduate Program) 131p.

Forsht, Nichol J.

"Bread and Breadmaking in New York State, 1800-1880."
(M.A. 1972 Cooperstown Graduate Program) 137p.

Good, Sharon

"The Hop Culture."
(M.A. 1971 Cooperstown Graduate Program) 114p.

Henning, Darrell A.

"The Origins and History of the Maple Products Industry."
(M.A. 1966 Cooperstown Graduate Program) 107p.

Lynch, Edmund E.

"Fishing on Otsego Lake."
(M.A. 1966 Cooperstown Graduate Program) 126p.

Parsons, Gerald E.

"Toward a Biography of Floyd Salisbury."
(M.A. 1974 Cooperstown Graduate Program) 629p.

Rivard, Paul E.

"The Icehouse and Refrigeration in Rural America."
(M.A. 1968 Cooperstown Graduate Program) 146p.

*This list was kindly provided by Simon Bronner, Indiana University Folklore Institute, Bloomington.

FILMS

GUMBO: THE MYSTERIES OF CREOLE AND CAJUN COOKING

26:15 minutes; color

Producers: Stephen Duplantier and Marc Porter

Sound: Thomas Robbin and Benjamin Strout

Production Assistance: Justin Foster

Rental: \$45.00 for three days; return by seven days after receipt.

Gumbo: The Mysteries of Creole and Cajun Cooking features, in New Orleans: Paul Prudhomme, Executive Chef, Commander's Restaurant; Mary Louise Thomas, Mais Oui Restaurant; Eddie and Myrtle Bacquet, Eddie's Restaurant; Mrs. Armand J. DuPlantier; Joe and Maxine Kimbrell; in Kaplan: B.J. Bordelon, Eddie Hebert, Otto Trahan, Amanda Hanks, D.L. and Louella Menard.

The project is supported by a grant from the National Endowment for the Arts, and is copyrighted by The Center for Gulf South History and Culture, Inc. For further information, contact:

Steve Duplantier
1220 N. Gayoso St.,
New Orleans, LA 70119

UPCOMING SYMPOSIA

FRAUNCES TAVERN MUSEUM

As part of the Winter/Spring 1979 Exhibitions and Events Series, the Fraunces Tavern Museum, 54 Pearl Street, New York, NY 10004, will present on Wednesday, May 16 at 12:30 p.m. a lecture by Amy Hatrak on "Eighteenth Century Herbs: Their History, Lore and Use." There is no charge for admission.

EMPRA

The Economic and Medicinal Plants Research Association has been established to promote research, development and the exchange of information on the economic and medicinal utilization of plant resources. An interdisciplinary group including representatives from biology, chemistry, ethnobotany, pharmacognosy, anthropology, horticulture, medicine and other specialties have taken the first steps to co-ordinate interest in a subject of growing academic and practical importance.

The Association has as its main objectives the establishment of a centre to house a comprehensive reference collection of living and preserved plant material; to make such material available to research, development, commercial and technical organisations; to develop and maintain a seed collection of species of relevance; to collect, collate and disseminate bibliographical and other data on the subject; to hold regular meetings and conferences, and to promote research and publication.

The Inaugural Seminar will be held April 3 and 4, 1979, at the University Botanic Garden, Cambridge. The topic is "Problems and potential of plant resource utilization" and papers to be presented there include:

J.G. Bruhn (Swedish Medical Research Council) - The scope and role of ethnopharmacology

J.J.W. Coppen (Tropical Products Institute) - Steroids: From plants to pills - the changing picture.

R.D. Coker (T.P.I.) - Aflatoxin: Past, present and future

J.G. Bruhn (S.M.R.C.) - Health hazards of herbal medication

S.M. Walters (Cambridge) - Conservation problems of wild plant use

C.G. Jarman (T.P.I.) - Are Jute and Sisal meeting the challenge from synthetic fibres?

M. Guiry (Portsmouth Polytechnic) - Seaweed polysaccharides of economic importance

E.A. Morris (BushBoake Allen) - Turpentine for synthetic fragrance: a commercial appraisal

C. Gorinsky (Medical College/St. Barts.) - Ethnobiology: the old synthesis

B.S. Henry (Overseal Foods Ltd.) - Potential of plant material as a source of food colour

P. Greenhalgh (T.P.I.) - Economic background to exploitation of plant resources with particular reference to spices and culinary herbs

For further information contact:

EMPRA / SECRETARIAT
8 Grange Gardens
Cambridge CB3 9AT
England

PENNSBURY MANOR

The fourteenth annual seminar sponsored by Pennsbury Manor and the Pennsylvania Historic and Museum Commission will take place Friday, May 18 and Saturday, May 19, 1979 at the Pennsbury Restoration at Bristol, Pennsylvania. The subject this year is Colonial Tastes: Early American Food and Kitchens. Some of the speakers will be: Jay Anderson, Lorna Sass, Terry Sharrer, Janet Theophano, William Weaver, Virginia Westbrook, and Don Yoder.

Three different traditional meals will be cooked in the site's three large colonial kitchens. These workshops in open-air cooking will be led by Dorothea Connelly, Winnie Brindel, and Westbrook and Anderson. There will be a series of documentary films on foodways in addition to the panel discussions. Enrollment space is limited so please send in your money soon.

For further information, please contact:
Mr. Robert Sieber, Pennsylvania Historic and Museum Commission, P.O. Box #1026, Harrisburg, PA 17120, (717)-787-7522 or Mrs. Nancy Kolb, Pennsbury Manor, Morrisville 9, PA 19067, (215)-946-0400.

SCHEDULE FOR THE FOODWAYS GROUP IN PHILADELPHIA

March 28: Dr. Sol Katz - "The Evolutionary Implications of Maize Processing"

April 11: Leslie Prosterman - "The Kosher Caterer as Cultural Mediator"

April 25: Anna Calabresi - "Food Habits on an Italian Farm"

What relation is a loaf of bread to a locomotive?
The mother. Bread is a necessity, a locomotive is an invention,
and "Necessity is the mother of invention."

NOTES AND QUERIES

FIELDWORK RESOURCES

Simon Bronner has designed a questionnaire on edible wild plants for the Archive of New York State Folklife. Its aim is to facilitate documentation and identification of the gathering process of wild plants through interviews (using tapes and questionnaire) with tradition bearers. The six page questionnaire, which was used in Otsego County, provides a checklist of important points, such as identification, gathering methods, preparation methods, and uses of plants; as well as questions on the history of the tradition. It is available through the New York State Folklife Archive.

COMMITTEE ON NUTRITIONAL ANTHROPOLOGY

Sheila Cosminsky has been elected to the sub-committee on Liaison and Policy of the Committee on Nutritional Anthropology, a sub-group of the Society of Medical Anthropology.

STEARNS COUNTY HISTORICAL SOCIETY

The Stearns County Historical Society, St. Cloud, Minnesota, is a research-oriented organization which operates as a research facility. Their holdings include over 1300 taped interviews with county residents as well as many written interviews from the WPA days, general information on Stearns County and other communities, and photographs. The Society plans to publish a cookbook which will contain many of the "survival" recipes of county settlers. Anyone wishing information may contact:

JoAnn Woell
Education Coordinator
Stearns County Historical Society
Box 702
St. Cloud, Minnesota 56301

MATERIAL CULTURE

Cookie Cutter Collector's Club
5426 27th Street, NW
Washington, D.C. 20015

FOOD AND GOVERNMENT

The next issue of The Digest will focus on governmental resources in the field of food studies. We are requesting pertinent information on the local, state and federal levels about funding, libraries, courses, symposia, research and education programs. Please send information to:

The Digest
c/o The Department of Folklore and Folklife
Logan Hall 415 CN
University of Pennsylvania
Philadelphia, Pennsylvania 19104

The riddles in this issue of The Digest were taken from Darwin A. Hindman's 1800 Riddles, Enigmas, and Conundrums. New York: Dover Press, 1963.

SUBSCRIPTION POLICY

Due to the increased cost of publication and in order to simplify record keeping, we are revising our subscription rates and policy. Subscriptions will cover one publication year.

Thus: \$3.00 entitles you to Volume I (1977-1978), issues 1, 2, 3
\$5.00 entitles you to Volume II (1978-1979), issues 1, 2, 3
Foreign subscriptions will cost an additional \$3.00 for postage or \$2.00 at printed meter rates.

Please renew your subscription at this time. All subscriptions begin with the first issue of each year. Back issues are available. Concurrently we hope you will keep us informed about your own work. If you have not filled out a questionnaire, please do so. Each year we will update the Directory to include new and more complete information on subscribers.

Bibliographic Supplement: The size and cost of printing the bibliographic supplement unfortunately precludes our offering it as part of the regular issue. However, it will be available to subscribers at a reduced cost of \$2.50 and to non-subscribers at a cost of \$4.00.

The Editors: Janet Theophano; Leslie Prosterman; Rita Moonsammy.

Contributors: George Boeck; Simon Bronner; Linda Degh;
Heather Marr-Mazer; Sarah Tenby Owens; Lorna Sass.

With special thanks to Kenneth Goldstein for his unfailing patience whenever The Digest staff has taken over his office and typewriter.

All subscription requests, information, articles should be addressed to:

The Digest
c/o Department of Folklore and Folklife
Logan Hall 415 CN
University of Pennsylvania
Philadelphia, Pennsylvania 19104

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What most resembles the half of a cheese?
The other half.

Name _____
(Last) (First)

State _____ Zip Code _____ Telephone _____

State _____ Zip Code _____ Telephone _____

Areas of Current Research Related to Food:

Publications Related to the Study of Food:

Areas of Interest in Food:

Courses concerning food and food related behavior which you have taken or taught. Please indicate where, when, and by whom the course was taught. Please enclose course descriptions, syllabi and bibliographies.

Courses concerning food and food-related behavior expected to be taught in the future; please give specific dates and indicate where, when, and by whom the course will be taught. Please enclose course descriptions, syllabi and bibliographies, if possible.

Organizations related to or involved in the study of any aspect of food:

Please provide names and addresses of others who might be interested in receiving this newsletter.

1.

2.

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