

With next Thursday in mind, we were looking through the very fragile pages of a cookbook owned by Debbie Ryng entitled "The Metropolitan Life Cook Book" that was published in 1918. In the poultry section, it explained that to roast a turkey we must follow the directions for roasting a chicken. They are to place the chicken on a dripping pan or on thin slices of salt pork fat or chicken fat in a pan. Rub the entire surface with salt and chicken fat or other fat and three tablespoons of flour. When the flour is well browned, baste every 10 minutes.

To accompany the turkey there are recipes for chestnut or prune

and apple stuffings.

Up front, the book explains that to be well fed you must spend one third of your money on bread or cereal foods. "It pays to buy clean food from clean stores. It pays to go to market, buy for cash, and carry home the foods that are bought. Food in package form is more expensive than that of bulk. If milk is purchased in bottles, the bottle should be carefully washed and wiped before putting it in the refrigerator. The top of the milk should be used for breakfast cereal, beverages and puddings. Eggs should be washed before using. Egg shells may be used for clearing coffee or soups. The white of the egg clinging to the shell does



The Walrus Says

By Jim Munro

the work."

The book recommends that the outside coarser parts of salad green may be used in making soups and sauces. The inner finer parts should be used for salads.

The recipes were varied and simple. Some brought back wonderful memories like chicken fricasee that my mom cooked often and I loved, and apple John. Reflecting on the year the book was published, there was a cake called a War Cake.

And, in our current economic climate we might take to heart

some advice from this 90-year-old publication. "Food must be kept clean and sweet. A variety of food from day to day rather than a great variety at one meal, will not only keep the cost of food down, but also lessen labor, to say nothing of its good effect on the body."

Things were simpler in those days.

This week's poser is from B.J. Whitehouse:

In a tree by the brook

There's a songbird who sings,

Sometimes all of our thoughts are misgiven.

(See below for second clue.)

Welcome Pearl to the island. She is a 7-year-old white cat with one blue and one yellow eye, adopted by Karen Coffman from the Potter League for Animals. Pearl joins two other cats, Lucius and Miss Kitty and two canines, Arthur, 5, and Lola, 2, both sharpeis. Karen says Pearl seems very happy and perches herself on the windowsill checking out the bird feeder.

Kudos to islander Bill Burgin and his Burgin Lambert Architects recognized for design excellence for its work on the new Jamestown Town Hall. The award was presented by the 2008 New England region American Institute of Architects Design Awards program. It was the only one given to a Rhode Island project and the only Rhode Island company to receive an award from the regional organization.

An event the children will love this Thanksgiving season is a recreation of the first Thanksgiving hosted by The Friends of the Jamestown Library Sunday afternoon from 2:30 to 4:15. Children can come to the library in costume if they like (Pilgrim or Native American), enjoy a pot luck feast, make holiday decorations to bring home for their own Thanksgiving, hear some great stories and watch Charlie Brown and his friends' version of that day. Bring a simple item for the feast and a non-perishable food donation for the Jamestown food pantry to help others less fortunate. The program is free and open to all ages. Pre-register at the desk or call 423-7280.

GOBBLE, GOBBLE!

Only one response to last week's poser. David Reilly from the Pell Bridge wrote, "Lyrics containing 'Who knows what the fates have in store' are from 'Something's Gotta Give' with lyrics by Johnny Mercer." David also knows that the previous week's poser was Eric Burdon and the Animals' version of "The House of the Rising Sun."

"Who loves ya, baby?" was often voiced by Telly Savalas as Kojak says Marlene Murphy, Leslie B. vanBeuren and Betty Kinder. Betty noted that Kojak was a "handsome, bald-headed, lollipop-eating detective."

We've stopped listening to drive-time radio. Can't handle Christmas music in early November.

We are pleased to read that, with the economic recession, people have once more turned to Spam, opening up to countless millions the delight of our favorite delicacy. It's great fried, too.

What does U.N.C.L.E mean in "The Man From U.N.C.L.E.?"

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