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Meaning and Cultural Expression: New England Election Day Cake

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In modern America there is one principal time of the year set aside when Americans reflect and revel in celebration of American patriotism—the Fourth of July. Significantly, in 1788, many American cities used Independence Day as the setting for celebrations surrounding the ratification of the Constitution. Parades, flags, band performances, and sculpted eagles reflected symbolic meanings of nationalism, industry, frugality, and civic democracy to participants who ranged from farmers to skilled artisans to lawyers, doctors, and clergymen (Norton and Katzman 1986:183-184). No one can deny that the nationalistic spirit of the 1788 Fourth of July celebration has shaped the nature of modern Independence Day festivities. However, during the New Nation period in American history (ca 1790-1840), the complexity of meanings offered through the Independence Day celebrations was also re-enacted on a smaller regionalized scale through the rituals of training, muster, and election day festivities. The specific days reserved to celebrate these holidays varied from state to state, particularly election day which was not set as a federal holiday until 1845 (Hatch 1978:99).

New Englanders, in particular, did much to make the training, muster, and election days as joyous as possible. Consequently, the preparation and consumption of a particular food item, Election Day Cake, or as it is sometimes called Hartford Election Day Cake, despite its name, is a solid New England tradition associated with all of the aforementioned civic-based holidays.

The popularity of Election Day Cake during the late colonial and early Republic eras in American history is easily gauged through the inclusion of recipes in many of the first truly American cookbooks. Amelia Simmons's *American Cookery* (Figure 1), Catherine Beecher's *Miss Beecher's Domestic Receipt Book* (Figure 2), and Lydia Child's *American Frugal Housewife* (Figure 3) represent popular

books of the nineteenth century written by women to guide their contemporaries in the function of the household and, particularly, the kitchen.

This pioneer study will begin to uncover the functions and meanings associated with the purpose Election Day Cake served primarily in the historic New England community and additionally in plural modern America. Therefore, the study is best built upon a foundation of three main levels of interpretation. First, a portrait of the cultural context in which the food item was created and a description of the major ingredients of the cake itself are analyzed. In doing so, a series of meanings and values reflective of American culture are made. Second, an interpretation of the human need to use food as a means to convey those often subconsciously based meanings are made. Lastly, because many of the recipes in the collection are taken from relatively modern cookbooks (Figures 4-11), an analysis designed to understand the modern need to preserve historical food traditions are presented.

Election Day Cake figured prominently in New England celebrations as a component designed to tighten community and family ties. For example, the 1889 autobiography of Lucy Larcom (1973), a New England poet, includes her memories of election (or 'lection) day as

a lost holiday now, [that] was a general training day, and it came at our most delightful season, the last of May. Lilacs and tulips were in bloom then. . . . My mother always made "'lection cake'" for us on that day. It was nothing but a kind of sweetened bread with a shine of egg-and-molasses on top, but we thought it delicious.

Larcom speaks of the training-day activities which included the fife and drum, military musters, and the chance for girls to catch furtive glances at young soldiers. However, she does not include any memories of an election on that day. Similarly, legend describes Election Day Cake as an important component in the festivities surrounding day-long town meetings where no general election was held (Roberson 1957:194).

Moreover, a depiction of Hartford's 1807 election day celebrations in the *Colonial History of Hartford* (Love 1974)

reveals that the day was actually a day of inauguration where election sermons, dinners, and balls predominated. Significantly, the entire week was deemed a holiday where by families and friends visited and exchanged pieces of Election Cake. Obviously, the results of the election rather than the election itself were the primary focus of this celebration.

Election Day Cake recipes are prime examples of the repetition and variety associated with traditional cultural artifacts. Figures 2-11 exemplify the nature of this variation. While all the recipes contain differences in terms of quantities of ingredients and method of preparation, there is little modification in the two main ingredients, yeast and fruit. Consequently, even though the recipes are termed cake, a more appropriate label would be sweet bread.

Community celebrations engendered a time where a baker, utilizing the devices of repetition and variation, could brandish her talents, and the enthusiasm associated with eating a rich and flavorful, freshly made bread was a welcomed requirement of the intermittent community events. The early nineteenth-century values associated with the production of bread-like foods in culinary terms are best stated by the Beecher sisters who declared that the "true housewife makes bread the sovereign of her kitchen" (Root and Rochemont 1976:225). The American woman's pride in being an able yeast-leavened bread baker usually eclipsed her desire to be a good cook in general.

Furthermore, the strength to knead the dough to perfection (Root and Rochemont 1976:225) and the skill needed to monitor its rising time based on the temperature of the room were talents by which nineteenth-century and earlier bakers took pride. Similarly across generations, cooking for large groups has involved "work, sport, performance, . . . risk-taking and improvis[ation]" (Camp 1989:97). For example, when cooks, particularly bakers, are summoned to create an "unusually demanding piece of culinary work for a special occasion" (Camp 1989:95), the cook knows implicitly that if she succeeds, "the request is likely to be repeated" (Camp 1989:25). Thus, in cooking for a special event the baker took pride in successfully producing difficult and unusual victuals.

Moreover, because the leavening for nineteenth-century Election Day Cake is slow-rising yeast, rather than potash or saleratus, the extended amount of time for the preparation of the cake heightened its importance. Finally, because in New England baking day was traditionally Saturday, the day before the Sabbath when in the evening food was placed in the still hot brick oven to cook all night to be ready for Sunday supper, the Election Day Cake may have been prepared as a special, non-Saturday, yeast-leavened baked good.

The second main ingredient in the collection of recipes is fruit. Citron and raisins are the most popular types with currants often suggested as a substitution for the raisins. The heaviness and rich flavor offered through the inclusion of

these fruits contributed to the cake's heartiness and ability to satisfy the appetite.

While yeast and fruit are common to all of the recipes in the collection, the variety of spices, sugars, and liquids suggests that the symbolic meaning of the cake as a traditional form requisite to fulfilling the agenda of the holiday was "deeply embedded in the [New England] culture [whereby a] nearly infinite series of variations may [have occurred]" (Humphrey 1988:22). While not as diverse in its form as another ceremonial cake known to most Americans, the Birthday Cake, the ability of both traditional cultural artifacts to maintain their symbolic meanings despite manipulation is important. For example, Americans accept and understand the variety of forms birthday cakes can assume, from traditional baked cakes with sweet icing to parodies meant to reflect death and decreases in sexuality or virility for birthdays of those reaching middle age (Humphrey 1988:22). In ways similar to the ability of the modern birthday cake to preserve symbolic meaning despite being transfigured to convey supplemental meanings, Election Day Cakes, albeit evidently not as drastically altered, were firmly rooted symbols capable of guarding their meaning in the face of change.

Because there is no primary setting in which Election Day Cake was eaten, it is difficult to establish the precise cultural context surrounding the collection of recipes. In other words, because my research has been unable to uncover descriptions for days focused on the celebration of actual elections, and because there are no collections of Training or Muster Day Cakes, days on which Election Day Cake was often consumed, there needs to be a logical reason for its specific name.

The cultural context in which Election Day Cake was eaten is obviously beset by a series of differing, yet related, instances. According to folklorist Kay Cothran (Humphrey 1988:21), "we participate in tradition in a variety of ways—by continuing elements of it, by modifying elements of it, or by denying elements of it." The variety of new national holidays connected to the consumption of Election Day Cakes therefore reflects the devices the region used to celebrate repeatedly an innovative and highly valued American idea, democracy.

Because food "expresses, reflects, and enacts values which are both openly attested to and privately held" (Camp 1989:23), Election Day Cake can be viewed as a symbolic representation of the threads that connected New Englanders to one another and, because New Englanders's long history in America can be viewed as an important factor in setting national trends, to all Americans. The popularity of the cake emerged during the era of the new nation when patriotism informed other cultural forms coming especially out of New England, such as Greek revival architecture and wallpaper containing images of Greek columns or pediments. That is, Election Day Cake

was consumed not solely to satisfy physical pangs of hunger but also to quell pangs propagated by the need to ritually re-establish American cultural and social values founded upon democracy.

For example, the consumption of Election Day Cakes on civic holidays related to, yet separate from, election day itself is connected to the tendency widespread among many Americans in the era of the new Republic to focus on the secular over the religious calendar (Larken 1988:274). As a result, civic and public business such as military musters, elections, and circuit court sessions were accompanied by frivolous celebrations. Foot and pony races, wrestling, fighting, and general uproar also accompanied the day's events.

Because ideally all New Englanders could equally share the Election Day Cake, it is likely that it became a symbol of American political freedom. However, the cake symbolized an American belief, because not all Americans were free or equal to vote. It is clear that the cake was used to reflect symbolically the idea that Americans were created equal. The rights of all to voice an opinion even when only white, propertied men could actually vote was of paramount importance. Therefore, when consuming Election Day Cake, New Englanders may have been symbolically ingesting the American belief of equality.

In conclusion, the nourishment of the body, through the consumption of the cake by all in the community, symbolized the American values imparted through the belief of the democratization of the "common man." Evidently, the consumption of this cake at events such as militia musters, training days, town meetings, and inaugurations is easier to comprehend based on the theory that communal nourishment reflected American values praising the advantages and novelty of civic freedom through the elective franchise.

The festivities surrounding a civil celebration, such as a training or election day holiday, therefore create the perfect social conditions for community-shared eating. According to Theodore Humphrey (1988:20)

the important thing. . .for any festive event is to see these foods not as individual entities on a menu but rather as part of the celebratory, festive context, the purpose of which was to mark an important threshold in a manner heightened by ritual and festive elements.

In addition, it is important to consider that even though eating is a very individualized physical act, humans often require accompaniment through a social context (Jones 1988:235). Appropriately, Charles Camp (1989:58-59) observes

food events should be regarded as occasions which merge social and biological needs; whether one of these aspects is the instrument of the other is a judgment call best made in consideration of particular events.

Similarly, Michael Owen Jones (1988:238-239) contends that "communal eating is a cohesive act uniting participants as members of a group, differentiating the group from all others, and maintaining solidarity." In addition, the symbolism associated with community feasting is also important to analyze when detecting the expressive forms connected to Election Day Cake recipes. For instance, care, concern, and contentment are all symbolic expressions baked into the food item (Jones 1988:236).

In sum, food as an element of holidays and celebrations "communicates culture" (Camp 1989:23). This being the case, the Election Day Cake can be used as important evidence of ways that nineteenth-century New Englanders, and perhaps all Americans, used foods to create national unity. Because New Englanders no longer celebrate muster or training days, and election day has devolved as a day of community celebration and turned into a day where the political candidates receive primary attention, modern American values need to be analyzed to interpret the reason for the persistent appearance of Election Day Cake recipes in American cookbooks.

Modern versions of Election Day Cake recipes found in cookbooks, such as *The L. L. Bean Book of New England Cookery*, *The Fannie Farmer Cookbook*, *The American Heritage Cookbook*, and *Back to Basics: How to Enjoy Traditional American Skills*, reveal that New Englanders and Americans in general are no longer particularly interested in preparing an Election Day Cake to applaud symbolically the unique American "liberal" franchise; instead, the recipes and cookbooks themselves can be viewed as a response to the growing eclectic nature of American cookery. This particular type of cookery, while valid in a plural society, "rises above the regions" (Yoder 1972:329) and "shows deeply the effects of urbanization and food-processing technology, as well as an interest in selected foods from American ethnic cultures" (Yoder 1972:336). As a result, regionalized cookbooks, such as those focused on New England cookery, illustrate not the rejection of the national hybrid cuisine but the desire to regain and more fully understand historical regional cuisines. In this way, Americans can preserve remnants of the past to pay homage and appreciate the trials, toils, hardships, and wonders of founding a new and different nation.

Much can be gained about the nature of historical American values and ideas through a probe into a regionalized collection of American folk culture. Pride in successfully completing a difficult culinary task and glory in symbolically representing American ideals of democracy and freedom exemplify how an item such as a simple Election Day Cake is crucial to fully understanding and grasping American historical cultural traditions. In addition, the reason Americans have preserved and perpetuated the variation of the recipes offers another insight into American cultural values.

Appendix

Figure 1

Amelia Simmons's *American Cookery* (2nd edition, 1800) is credited as containing the first published recipe for Election Day Cake (McCully and Norderer 1980; Mack 1981). Unfortunately, the only copies of *American Cookery* available to me are the first editions, ca. 1796.

Figure 2

Old Hartford Election Day Cake (100 years old) (Beecher 1852:146).

Five pounds of dried and sifted flour
 Two pounds of butter
 Two pounds of sugar
 Three gills of distillery yeast, or twice the quantity
 of home brewed
 Four eggs
 A gill of wine and a gill of brandy
 Half an ounce of nutmegs, and two pounds of fruit
 A quart of milk

Rub the butter very fine into the flour, add half the sugar, then the yeast, then half the milk, hot in winter, and blood warm in summer, then the eggs well beaten, the wine, and the remainder of the milk. Beat it well, and let it stand to rise all night. Beat it well in the morning, adding the brandy, the sugar, and the spice. Let it rise three or four hours, till very light. When you put the wood into the oven, put the cake in buttered pans, and put in the fruit as directed previously. If you wish it richer, add a pound of citron.

Figure 3

Election Cake (Child 1833:71)

Old fashioned election cake is made of four pounds of flour; three quarters of a pound of butter; four eggs; one pound of sugar; one pound of currants; or raisins if you choose; half a pint of good yeast; wet it with milk as soft as it can be moulded on a board. Set to rise over night in winter; in warm weather, three hours is usually enough for it to rise. A loaf, the size of common flour bread, should bake three quarters of an hour.

Figure 4

Election Cake (Sloat 1984:176-177)

Lydia Child's 1833 recipe is quoted along with the following:

1 cup yeast or 2 pkg. yeast with 1 cup warm water and 1 tbl. sugar (see yeast recipe, page 202)	1 cup sugar 2 eggs 7-8 cups sifted flour 1/2 lb. currants or raisins 1 cup milk, or more
3/4 cup butter	

Modern Method:

1. If packaged yeast is used, mix water and sugar with yeast.
2. Cream butter and sugar. Add eggs, beating after each addition. Add yeast and blend well.
3. Stir in 4 cups flour and beat 1 minute.
4. Combine currants with 3 cups remaining flour and add to rest of batter. Batter will be stiff and flour may need to be worked in by hand. Add milk as required to make a soft, yet kneadable, dough.
5. Sprinkle remaining flour on board. Knead for 10 minutes.
6. Divide dough in half. Use 5"x9" loaf pans or two 8-inch pie plates. Let rise in greased pans in a warm place for 3-5 hours or overnight in the refrigerator.
7. Bake in preheated 350 degree oven for 50 minutes.

Hearth Method:

1. Follow steps 1-5 in the recipe above.
2. Divide dough in half. To bake in brick oven or Dutch oven, use cast-iron or ceramic pans, 5"x9" loaf pans or two 8-inch pie plates. Set in front of the fire or in any warm place to rise. The cake will rise in 2 hours in front of the fire while the oven preheats. Allow 3-5 hours to rise in a less warm place or overnight in a cool place or refrigerator.
3. Bake in hot preheated oven for 45 minutes.

Figure 5

Election Cake (Perkins 1965:477)

"An old-fashioned Connecticut specialty. The leavening is yeast, so allow plenty of time."

Put in a bowl

1 cup warm water (not hot)

Sprinkle over it

1 package yeast

Add

1 tablespoon sugar
 1 tablespoon salad oil
 2 1/2 cups flour

Beat thoroughly, cover, and let rise overnight or at least 6 hours. Butter 3 loaf tins.

Cream

1 cup butter

Cream in

2 cups dark brown sugar

Add

4 eggs, well beaten

Stir in

1 tablespoon grated lemon rind
 1 tablespoon lemon juice

Sift together and add to butter mixture:

1 1/2 cups flour	1/2 teaspoon mace
1 1/2 teaspoons baking soda	1/2 teaspoon nutmeg
1/2 teaspoon powdered cloves	1/2 teaspoon salt

Add

2 cups seeded raisins
1 cup whiskey

Stir into the yeast batter and beat to blend well. Divide the dough in the tins. Cover and let rise 1 hour. Bake about 1 hour at 350 degrees.

Figure 6

Election Day Cake (McBride 1957:416)

1 1/2 cups warm, not hot, water (lukewarm for compressed yeast)	2 eggs
2 teaspoons sugar	1 teaspoon salt
2 packages active dry yeast, or 2 cakes compressed yeast	1 1/2 teaspoons cinnamon
4 1/2 cups sifted all-purpose flour	1/4 teaspoon cloves
3/4 cup butter or margarine	1 teaspoon grated orange peel
1 cup sugar	1/2 cup candied orange peel
	1/2 teaspoon nutmeg
	1 1/2 cups raisins
	1/2 cup chopped pecans

Measure water into a mixing bowl (warm, not hot, for active dry yeast; lukewarm for compressed). Add and stir in 2 teaspoons sugar. Sprinkle or crumble in yeast; stir until dissolved. Add 1 1/2 cups of the flour and beat well. Cover with a cloth and let rise in a warm place, free from draft, until very bubbly, about 30 minutes. Cream butter or margarine with 1 cup sugar. Add and beat in eggs. Combine with bubbly yeast mixture. Sift together salt, spices and remaining 3 cups of flour, and add to yeast mixture. Beat until smooth. Add and stir in fruits and nuts. Turn into a greased, lightly floured 10" tube pan or into 2 well greased loaf pans (9"x5"x3") or 2 well greased 1 1/2 quart casseroles. Cover with a cloth. Let rise in a warm place, free from draft, until doubled in bulk, about 1 1/2 hours. Bake tube cake in a moderate oven (375 degrees F.) for 1 hour; bake loaves or casseroles in a moderate oven (350 degrees F.) 60-70 minutes. Cool cakes in pans 5 minutes. Turn out on cake rack. Cool.

Figure 7

Hartford Election Cake (Mack 1981:257)

(Based on Simmons, *American Cookery*, 1800)

1 cup milk	1/4 tsp. mace
2 tbsp. sugar	1/4 tsp. nutmeg
2 pkgs active dry yeast	1 tsp. lemon rind
3 1/4 cups sifted all-purpose flour	1 cup seedless raisins
1/2 cup butter	Glaze:
1 cup sugar	1 cup confectioner's sugar
3 eggs	2 tbsp. lemon juice or orange juice
1 tsp. salt	
1 tsp cinnamon	

Scald the milk. Add the sugar and let cool to lukewarm. Mix the yeast with the milk. Let stand five minutes. Gradually add 1 1/2 cups of flour, beating well after each addition. Cover the bowl with a kitchen towel or plastic wrap and let rise until doubled in bulk, about 45 minutes.

Cream the butter, then cream the sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Beat in the yeast mixture. Stir the remaining flour with the salt, spices, and lemon rind; mix in the raisins. Beat this gradually into the creamed mixture.

Pour the batter into a buttered 9-in. tube pan. Cover with a towel or plastic wrap and let the dough rise 1 to 1 1/2 hours until it has doubled in bulk. Bake in a 350 degree F. oven 35 minutes. Cool on a wire rack 10 minutes, then invert on another wire rack to cool completely. Transfer the cake to a plate.

Mix the confectioner's sugar and lemon or orange juice until smooth. Spread over the top of the cake, letting some of the glaze dribble down the sides. This cake is even better the next day. Makes a 9-in. tube cake.

Figure 8

Hartford Election Cake (Jones 1987:587)

1/2 cup yellow raisins	3/4 cup sugar
1/2 cup dark raisins	1/2 pound butter
4 teaspoons dried coriander seeds	3/4 cup brown sugar
1/4 cup brandy	4 eggs
2 packages active dry yeast	1 teaspoon salt
2 1/2 cups warm water	1 teaspoon cinnamon
1/2 cup nonfat milk	1/2 teaspoon freshly grated nutmeg
7 cups all-purpose flour	1/2 cup sliced citron
	Molasses

Soak the raisins and coriander in the brandy for 3-4 hours.

In a large bowl, dissolve the yeast in 1/2 cup of the warm water and let stand a minute. Add the remaining water, the dry milk, 4 cups of the flour, and 1/4 cup of the sugar and beat well, about 100 strokes by hand or 3 minutes on the electric beater. Cover with plastic wrap and let this sponge rise for about 3 hours.

Cream the butter with the remaining sugar and the brown sugar, then beat in the eggs, salt, cinnamon, and nutmeg. Turn this mixture into the sponge, stir in the remaining flour, cup by cup, using enough to form a soft dough. Add the citron and the raisins and coriander, along with their juices, and a little more flour, if necessary to make a cohesive dough. Cover with plastic wrap, and let rise again until double in volume.

Beat down the dough, adding a little more flour again if it is too sticky. Divide in half and place in two greased 9-inch cake pans, cover lightly with a towel, and let rise again for 30 minutes. Bake in a pre-heated 350 degree oven for 55 minutes. Turn out of the pans onto a baking sheet. Drizzle molasses over the tops and slip the cakes under the broiler until the glaze bubbles. Let cool on racks. Makes two 9-inch cakes.

Figure 9

Hartford Election Cake (Roberson 1957:194-5)

- | | |
|---------------------------------|---|
| 1 cup milk | 1 teaspoon nutmeg |
| 1 tablespoon sugar | 1/4 teaspoon mace |
| 1 package dehydrated yeast | 1 teaspoon salt |
| 1 cup all-purpose flour, sifted | 2 cups all-purpose flour, sifted |
| 1/2 cup butter or margarine | candied cherries or 1/2 cup currants or candied cranberries |
| 1 cup light brown sugar | chopped raisins |
| 1 egg | |
| 1/2 cup candied citron, diced | |

Scald milk, add sugar and let cool. When lukewarm, add yeast and stir until yeast is softened and well-blended. Add 1 cup flour and beat well. Let rise in warm place until double in bulk, about 1 hour. Cream butter and sugar together until light and fluffy. Add egg and beat well. Stir in currants, citron, spices, and salt. Combine yeast mixture. Add about 2 cups of flour and mix well. Enough flour should be added so that batter is thick enough to be stirred with a spoon. Place dough in a buttered, wax paper-lined 9- or 10-inch tube pan or a 9x5x3-inch loaf pan. Decorate with cherries or cranberries. Let rise in warm place until double in bulk. Bake in moderate oven (375 degrees F.) about 45 minutes. Let cake cool in the pan 5 minutes. Carefully loosen edges with a spatula and turn out on a cooling rack. Makes 12 servings.

Figure 10

Hartford Election Cake (McCully and Norderer 1980:177) (Based on Simmons, *American Cookery*, 1880)

- | | |
|--------------------------|---|
| 1 medium-sized potato | 1/2 package active dry yeast or 1 cake compressed |
| 1 cup milk | 1 egg well beaten |
| 1 teaspoon salt | 3 1/2-4 cups sifted all-purpose flour |
| 1 1/2 teaspoons sugar | |
| 2 tablespoons shortening | |

Cook potato in boiling water until tender. Drain, peel, and work through a sieve or ricer, then set aside. Scald milk. Pour into a large bowl and stir in salt, sugar, shortening, and potato. When lukewarm, stir in yeast until dissolved. Add egg, then flour, a little at a time, to make a manageable dough. Turn out on a floured board and knead until smooth and elastic. Place in a greased bowl, brush with a little melted butter, cover with a tea towel, and put in a warm spot to rise. Let rise until a little more than doubled in size.

Ingredients for second step:

- | | |
|---------------------------------|------------------------------|
| 3/4 cup softened butter | 1/4 teaspoon ground cloves |
| 1 egg | 1/3 teaspoon ground allspice |
| 1 1/4 cups light brown sugar | 1/4 teaspoon ground mace |
| 1/2 cup sherry | 1/4 teaspoon ground nutmeg |
| 1 cup seedless raisins, chopped | 1 teaspoon salt |
| 1 cup sifted all-purpose flour | Make frosting (p. 190) |
| 1 teaspoon ground cinnamon | |

When yeast dough has risen sufficiently, push down the dough with your fist and work in the butter thoroughly. Then, using your hands as the mixer, stir in the egg, sugar, sherry, raisins (toss them first in 2 tablespoons of the flour), and remaining flour with the spices and the salt. Pour into large greased Turk's Head or gugelhupf mold or a 10-inch tube pan, filling pan only two-thirds full. Cover with a tea towel and let rise about 1 to 1 1/2 hours in a warm place. Bake in a preheated 325 degree oven for 50-60 minutes. Cool about 10 minutes, then turn out of the pan, and cool completely before frosting.

Figure 11

Grandmother Gilette's Election Cake (Paddleford 1970:252) (Submitted by Mabel Mangano, Connecticut)

- | | |
|--|---------------------------------------|
| 2 packages of cake's yeast, active dry or compressed | 2 1/2 cups sifted flour |
| 1/4 cup warm, not hot, water (lukewarm for compressed) | 1/2 cup lard |
| 3/4 cup lukewarm milk | 1 cup sugar |
| 1 teaspoon salt | 2 eggs |
| | 3/4 teaspoon nutmeg |
| | 1/2 cup chopped citron |
| | 1/3 cup seedless raisins, cut in half |

Dissolve yeast in water. Stir in milk and salt. Add 1 1/2 cups of flour; beat thoroughly. Let rise until light, 45 minutes to 1 hour. Cream shortening and sugar. Add eggs, singly, beating well after each addition. Stir in yeast mixture. Combine remaining 1 cup flour and nutmeg. Add to yeast mixture; beat until smooth. Stir in citron and raisins. Turn into greased and floured 9-inch tube pan. Let rise in warm place until doubled in bulk, about 1 hour. Bake at 375 degree F. for 35-40 minutes. Frost with creamy vanilla frosting. Decorate with strips of citron, if desired. Yield: one 9-inch tube cake.

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