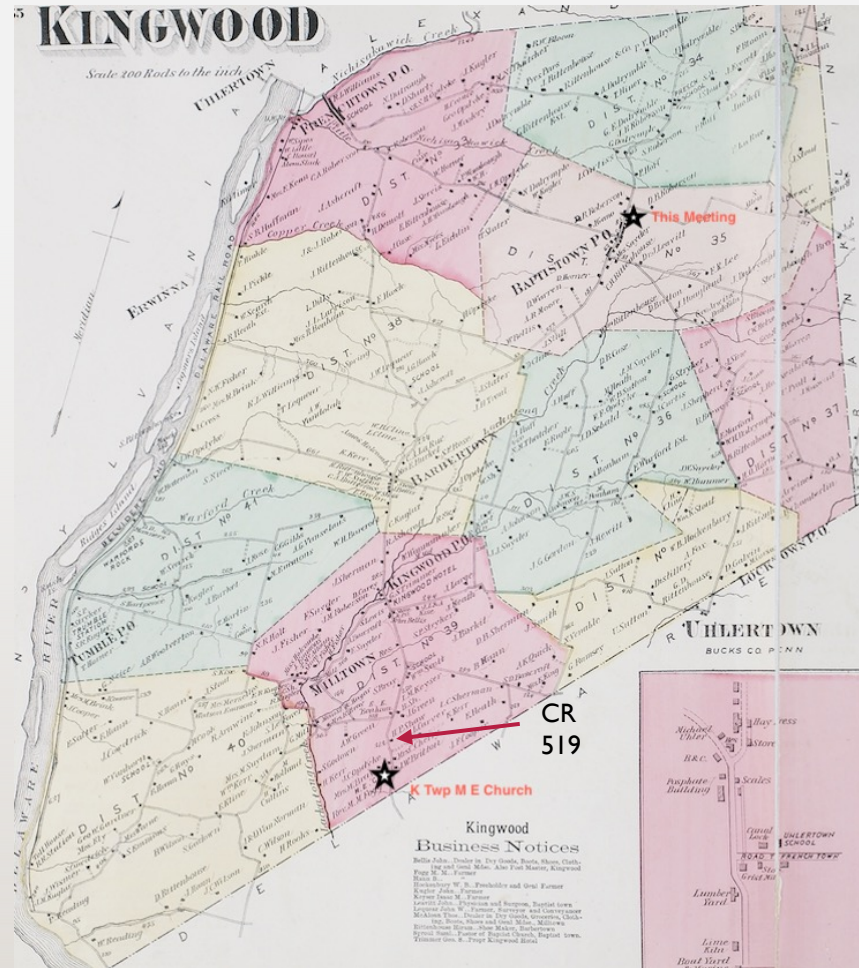


THE KINGWOOD
COOKBOOK
BY THE
METHODIST EPISCOPAL
CHURCH OF KINGWOOD

BETTY DESAPIO, PLCGS
24 APRIL 2023

KINGWOOD METHODIST EPISCOPAL CHURCH

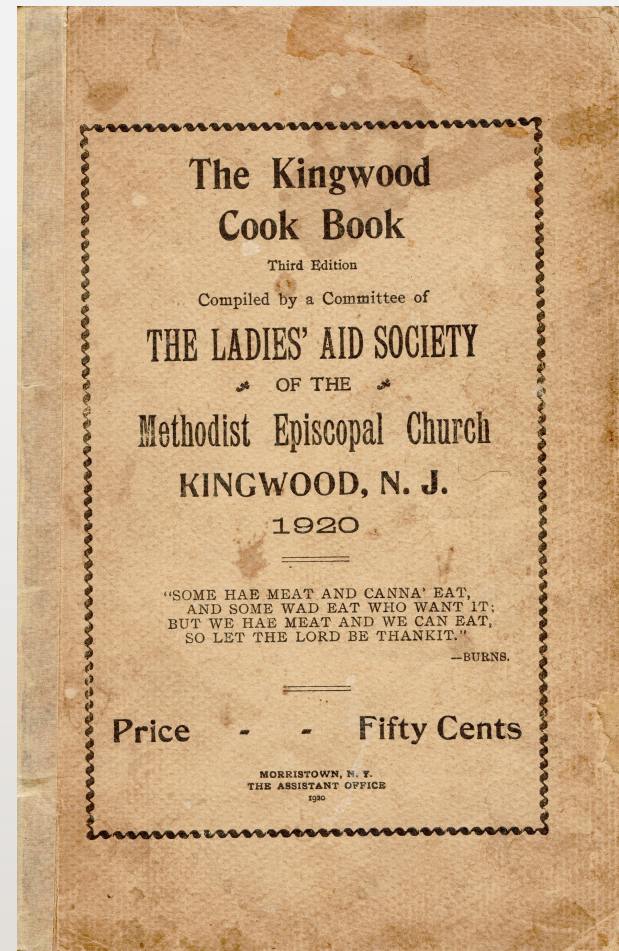
- ❖ County Road 519 just north of Delaware Twp line
- ❖ Congregants could be expected from Kingwood Twp Delaware Twp and Stockton; maybe others



1873 Beers Atlas

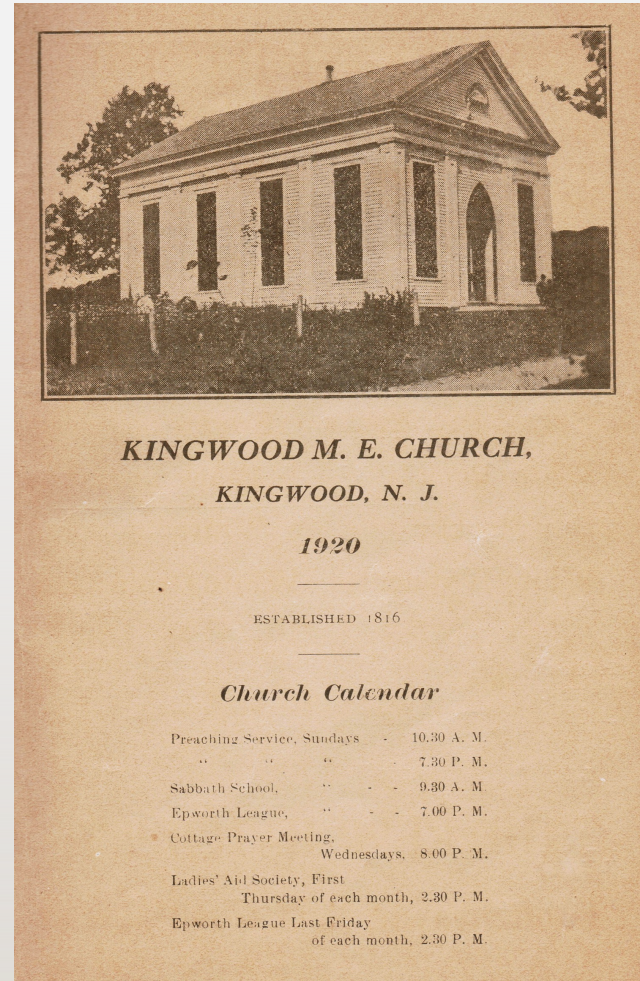
THE KINGWOOD COOKBOOK

- ❖ Published 1920 by the Kingwood Methodist Episcopal Church
- ❖ 3rd Edition
- ❖ Compiled by a Ladies' Aid Society committee
- ❖ Printed in Morristown
- ❖ 50 cents per copy; 53 cents if mailed



TITLE PAGE

- ❖ Established 1816
- ❖ Services: 10:30 AM and 7:30 PM
- ❖ Sabbath School: 9:30 AM
- ❖ Epworth League: 7:00 PM and last Friday at 2:30 PM – Young persons' org
- ❖ Cottage Prayer: Weds 8:00 PM (apparently, house-to-house prayer meeting)
- ❖ Ladies' Aid: 1st Thurs 2:30 PM



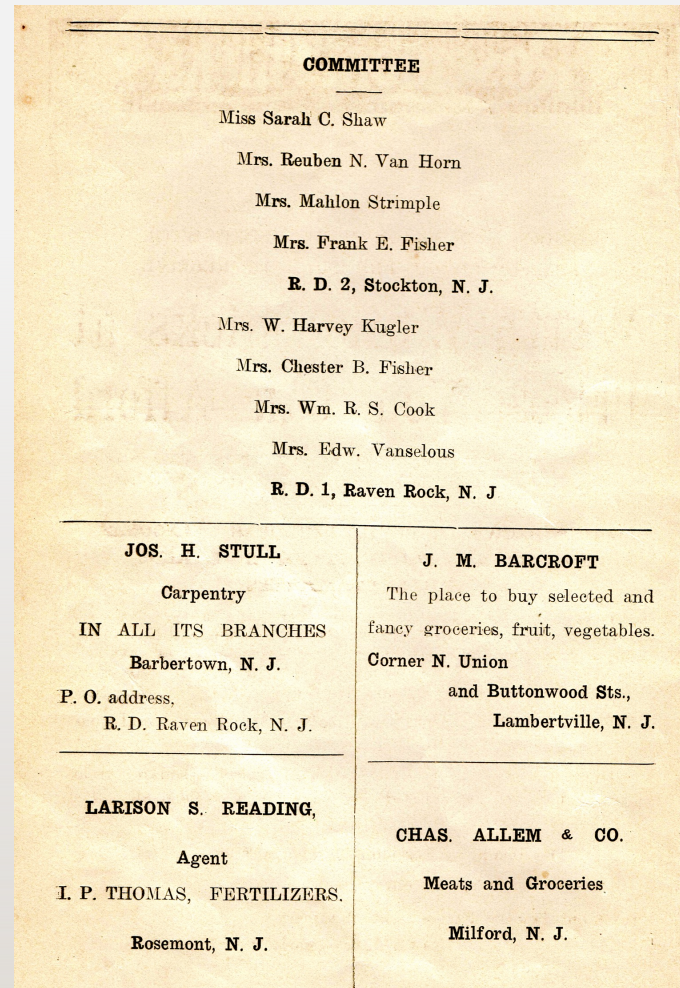
COMMITTEE

❖ RD 2 Stockton:

- ❖ Miss Sarah C. Shaw
- ❖ Mrs. Reuben N. Van Horn
- ❖ Mrs. Mahlon Strimple
- ❖ Mrs. Frank E Fisher

❖ RD 1 Raven Rock:

- ❖ Mrs. W. Harvey Kugler
- ❖ Mrs. Charles B. Fisher
- ❖ Mrs. Em. R. S. Cook
- ❖ Mrs. Edw. Vanselous



MOST ORIGINAL RECIPE

The Ladies' Aid Scripture Cake

1 cup butter, Judges, 5-23

2 cups sugar, Jeremiah, 6-20

3½ cups flour, I Kings, 4-22

1 cup almonds, Genesis, 43-11

2 cups raisins, I Samuel, 30-12

2 cups figs, Nahum, 3:12

Etc, etc,

Slice almonds, citron and figs fine, mix with flour. In mixing follow Solomon's advice for making good boys – Proverbs 23-14

THE LADIES' AID SCRIPTURE CAKE

One cup butter, Judges, 5-25; 2 cups sugar, Jeremiah, 6-20; 3½ cups flour, I Kings, 4-22; 1 cup almonds, Genesis, 43-11; 2 cups raisins, I Samuel, 30-12; 2 cups figs, Nahum, 3-12; ½ cup citron, Numbers, 11-5; 1 cup water, Deuteronomy, 8-7; sweet spices to taste, Exodus, 37-29; a little salt, Leviticus, 2-13; a large iron spoonful honey; Proverbs, 24-13; 6 eggs, Isaiah, 10-14; 2 teaspoons baking powder, I Corinthians, 5-6; slice almonds, citron and figs fine, mix with flour, in mixing follow Solomon's advice for making good boys—Proverbs, 23-14.

Mrs. Della Vanselous.

Mrs. Laura S. Emmons.

RECIPES I WANT TO MAKE

Chow Chow

- Southern relish - variations
- Vinegar and sugar heated and poured over vegetables

Cabbage and Potato Salad

- Cabbage, boiled potatoes and celery – all chopped
- Cream dressing mixed in

CABBAGE AND POTATO SALAD

2 cups cabbage, 2 cups cold boiled potatoes, 1 cup celery. Chop all fine, season slightly with salt and pepper. Mix thoroughly and pour over it a cream dressing.

Mrs. M. Jane Hammar.

CHOW CHOW

One-half gallon of cider vinegar, $\frac{1}{2}$ pound yellow mustard, ground, $\frac{1}{2}$ pound white sugar, $\frac{1}{4}$ pound yellow mustard seed, $\frac{1}{2}$ dozen sweet peppers, 2 red peppers, cut fine, seeds and

all, 1 pint of small onions, 1 pint Lima beans, 1 pint string beans, 1 pint green corn. These vegetables all to be parboiled. Two dozen small cucumbers, 1 tablespoon small nasturtium, cauliflower or vegetables you wish. Place the vinegar, sugar and salt over the fire and let it boil. Moisten the ground mustard with vinegar, then add to the vinegar. Let it boil, then add to the vegetables. Let it boil again, then can up tight.

Mrs. David Cline.

CHOW CHOW

Two dozen green tomatoes, 2 dozen peppers, 3 large heads of cabbage, 1 cup salt, $\frac{1}{2}$ ounce celery seed, 1 ounce black pepper, 2 pounds sugar, $\frac{1}{2}$ gallon vinegar, $\frac{1}{4}$ pound yellow mustard seed. Heat vinegar and sugar together and pour on the mixture, then put in glass cans.

Mrs. Charles Opdyke.

WEST'S CHOW CHOW

One head cauliflower, 12 green tomatoes, $\frac{1}{4}$ peck onions, 5 stalks celery, 15 cucumbers, 5 peppers, $\frac{1}{4}$ pound white mustard seed, 1 ounce turmeric, 1 teaspoonful black pepper, 1 ounce celery seed, 3 quarts vinegar, 2 pounds brown sugar, $\frac{1}{2}$ cup flour, $\frac{1}{4}$ pound ground mustard. Cut vegetables in suitable sizes. Boil vinegar and sugar, and pour over vegetables three successive days. Then add mustard, flour, turmeric and remaining ingredients. Put away in bottles or jars.

H. W. West.
Trenton, N. J.

RECIPE I NEED TO THINK ABOUT

New Manhattan Salad

- Lemon Jell-O and vinegar
- Add in chopped tart apples, English walnuts, celery
- Pour Jell-O over and cool in individual molds
- Serve on lettuce with mayo or French dressing
- Garnish with pimentos or radishes

NEW MANHATTAN SALAD

Dissolve a package of Lemon Jell-O in a pint of boiling water and two tablespoonfuls vinegar. While it is cooling, chop one cup of tart apples, one cup of English walnuts, one cup of celery, and season with salt. Mix these ingredients and pour over them the Jell-O. Cool in individual moulds, and serve with mayonnaise or French dressing on crisp lettuce leaves, garnished with pimentos or radishes.

RECIPES I DON'T NEED TO THINK ABOUT

Scrapple

- Meat from boiled pig's head
- Mix with liver and boil
- Mix with buckwheat flour to make a mush
- Cook through and then serve in pans or deep dishes

Head Cheese

- Meat from boiled hog's head; boil again
- Put in shallow pan and cover with cheese cloth
- Put a weight on to make it solid
- When cold, slice thin to serve.

SCRAPPLE

Take a pig's head after it has been soaked well. Cook in salted water to cover until the meat falls off the bones, put meat through food chopper. Skim most of the fat off the liquor the meat was boiled in; put meat back in liquor with one-fourth as much cooked liver (chopped fine) as you have meat; add

about half as much more water as you have in kettle; let come to a boil, then thicken with a little buckwheat flour and enough corn meal to make consistency of mush; season well with salt and pepper; cook through good, then dip out in pans or deep dishes.

HEAD CHEESE

After cleaning the hog's head well, boil, using plenty of water to cover the meat. Cook until the meat separates readily from the bone. Remove from the stove and pick out all the bones.

Draw off the liquid and save for future use. Chop up the meat quite fine. Return to the kettle and pour enough liquid on it to cover the meat. Boil gently for nearly a half hour. Season to taste with salt and pepper just before removing from the fire. Turn into a shallow pan or dish, cover with a piece of cheese cloth, then put on it a board with a weight to make it solid. When cold it should be sliced thinly to serve.

Mrs. W. W. Johnson,
Washington Crossing, N. J.



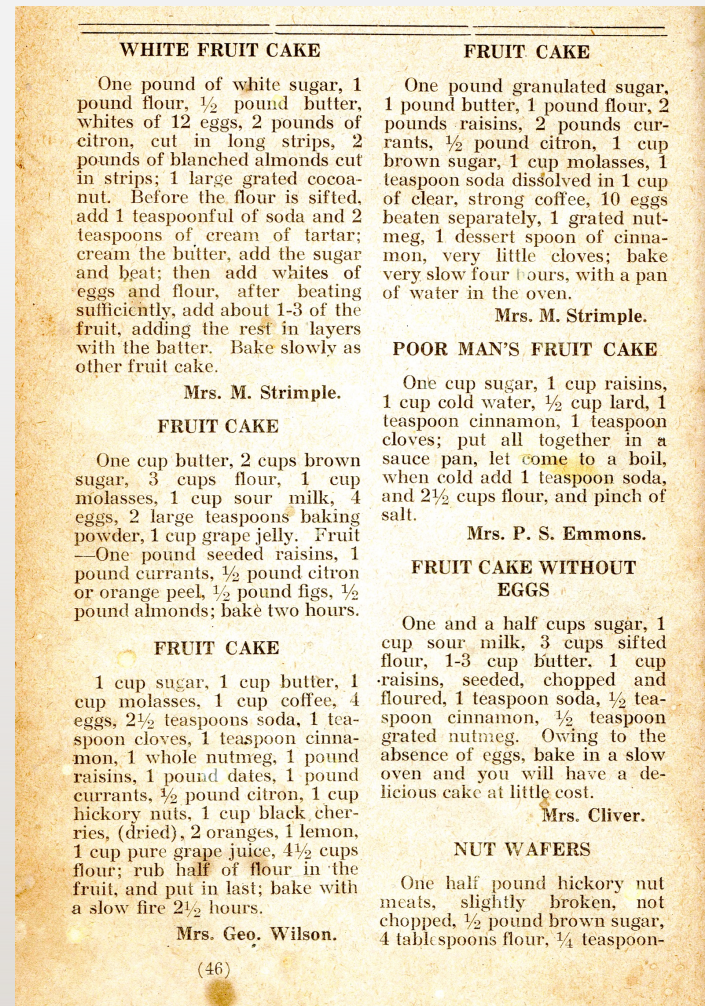
Scrapple and head cheese
images courtesy of Amazon



Betty DeSapio, PLCGS, 24 Apr 2023

FRUIT CAKES

- Large variety of recipes
- Save money using only raisins and omitting eggs
 - Poor Man's Fruit Cake
 - Fruit Cake without Eggs



OYSTERS

Apparently readily available (Delaware Bay, but in the Delaware River back then?)

OYSTERS

CREAMED OYSTERS

One pint of cream or milk, thicken slightly with flour. Heat one pint of oysters until edges curl, and add to cream. Season to taste.

Mrs. Frank E. Fisher.

OYSTER STEW

1½ pts. oysters, 1 qt. scalded milk, 1 pt. water (scant), ¼ cup butter, salt and pepper.

Pick over oysters and cook in strained oyster liquor and some water till they are plump and the edges commence to curl. Add hot milk, butter, salt and pepper and serve at once.

FRIED OYSTERS

Dip drained oysters into seasoned beaten egg, then into cracker dust into which there is a little baking powder. Dip again into the egg and cracker dust. Fry in deep fat.

OYSTER COCKTAILS

Take small oysters, drain, chill the oysters and salt slightly, add pepper, tomato catsup, horseradish and lemon juice. Select peppers of uniform size, with a sharp knife cut about an inch from the top, remove seeds and fill with the prepared oysters. Replace the top and serve

in deep dishes filled with chopped ice.

OYSTER FRITTERS

To make oyster fritters, beat two eggs very light and stir into them a cupful of milk, two cups of flour and salt to taste. When the mixture is perfectly smooth, add two dozen oysters and ½ teaspoon of baking powder, drop the batter by the tablespoon into hot butter and lard. Brown on either side. Serve very hot.

Mrs. Grim.

PANNED OYSTERS

Ten large oysters, ½ cup cream, small piece of butter. Put the oysters with their liquor in pan, sprinkle with half teaspoon flour. Put in butter, pepper and salt, pour in cream, let come to a boil. Serve on toast piping hot.

Mrs. H. B. Buckman.

SCALLOPED OYSTERS

Cover bottom of pan with broken crackers, season with pepper, salt, and bits of butter. Then cover with a layer of oysters, pour over liquor of oysters that has been strained. Then add another layer of crackers and oysters, cover with rich milk

(5)

that has been heated to prevent curdling and bake in a moderate oven until a nice brown.

Mrs. A. M. Stout.

OYSTERS AND BACON

Procure thin broad slices of bacon and fold into each slice an oyster. Pin the bacon together with a toothpick. Fry over hot fire.

Sarah C. Shaw.

OYSTER PIE

Line a deep pie dish with crust (that has had a little soda added to it when mixed) fill dish with oysters, season good with salt and pepper and a large piece of butter; grate three or four crackers over top, put on crust and bake.

Mrs. D. E. Higgins.

SHREDDED WHEAT OYSTER

Meat or Vegetable Patties

Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters. Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan and bake in a moderate oven. Pour oyster liquor or cream sauce over it. Shell fish, vegetables, or meats may also be used.

OYSTER POTATO BALLS

To 6 mashed potatoes add 2

(6)

tablespoons of melted butter, 2 beaten egg yolks, salt and pepper. Mix well together, take a tablespoonful of the mixture, flatten it slightly, lay on two or three oysters, cover with another tablespoonful. Pinch the edges together, place on a buttered baking sheet and run into a brisk oven to cook.

Blanche White.

OYSTERS AND MACARONI

Butter a pudding dish. Place in the bottom three tablespoons of the juice of oysters and 2 tablespoons of milk. Put in a layer of boiled macaroni, sprinkle thoroughly with cheese. On top lay raw oysters put in pieces of butter and sprinkle with salt and pepper. Repeat until dish is full. Top with oysters. Thoroughly cover top of dish with melted butter and then sprinkle with bread crumbs. Bake in hot oven until nicely browned. Garnish with parsley and olives if desired.

Blanche White.

REMEDIES AND THINGS WORTH KNOWING

- ❖ Rusty Nail – Apply a thin slice of fat salt pork wet with turpentine
- ❖ Hair Tonic – Borax and gum camphor in boiling water; wash every two weeks
- ❖ Mosquito bites – alum, vinegar, water
- ❖ Soak Vaseline stains in alcohol or kerosene

Soak vaseline stains in alcohol or kerosene.

For a punctured wound caused by a rusty nail or anything of a similar nature, apply immediately a thin slice of fat salt pork wet with turpentine. This prevents blood poison.

GOOD HAIR TONICS

Thirty grains quinine, $\frac{1}{2}$ pint bay rum, rubbed on the scalp twice a week.

One tablespoon each of powdered borax and gum camphor dissolved in 1 quart boiling water, bottle and wash hair once in two weeks.

FOR MOSQUITO BITES

A mixture of alum, vinegar and water.

CHICKS FOR SALE; EGGS WANTED

- ❖ Rosemont Chick, Rosemont
- ❖ Kerr Hatchery, Frenchtown
- ❖ Hillpot Quality Chicks, Frenchtown
- ❖ The Stockton Hatchery, Stockton

At the Kerr hatchery 2,800,000 chicks are hatched annually with an incubator capacity of 750,000. More than 4,000 pullets are raised and 3500 layers, Rocks, Reds and Leghorns, were exhibited.

*The Bristol [PA] Daily Courier, 1935,
Courtesy of Newspapers.com*

WANTED!
EGGS FOR HATCHING

R. I. Reds Buff Leghorns
Barred Ply. Rocks Brown Leghorns
White Rocks Black Leghorns
Buff Rocks White Leghorns
White Wyandotts White Orpingtons

For Particulars as to Prices, Cartage or Expressage write

THE KERR HATCHERY,
Frenchtown, N. J. Box 145

The Stockton Hatchery
Chicks that Pay from Hens that Lay

Producers of Specially Strong,
Healthy Baby Chicks. Strictly
Pure Bred


One of the Largest and Best
Equipped Hatcheries in the
United States.

ALL LEADING BREEDS. MODERATE PRICES.

All Orders Given Prompt Attention.

Bell Phone

Emmert R. Wilson, Stockton, N. J.

**Rosemont Chicks**

"The Flower of the Season's Chicks"
WHEN YOU PLACE YOUR ORDER WITH
ROSEMONT YOU ARE SURE TO RECEIVE

Worth-While Chicks at
Prices You Can Afford

From pure-bred, free-range flocks of heavy layers—all headed by remarkable males, the sons of choice hens which have made big egg records. We offer

WHITE, BROWN and BUFF LEGHORNS, ANCONAS,
BARRED and WHITE ROCKS, R. I. REDS,
WHITE WYANDOTTES

Rosemont Chicks are noted for vigor and vitality. They will give you satisfaction and profit. This is the universal testimony of our customers who regularly order Rosemont Chicks year after year. Our great volume of repeat orders is the final evidence that Rosemont Chicks are right.

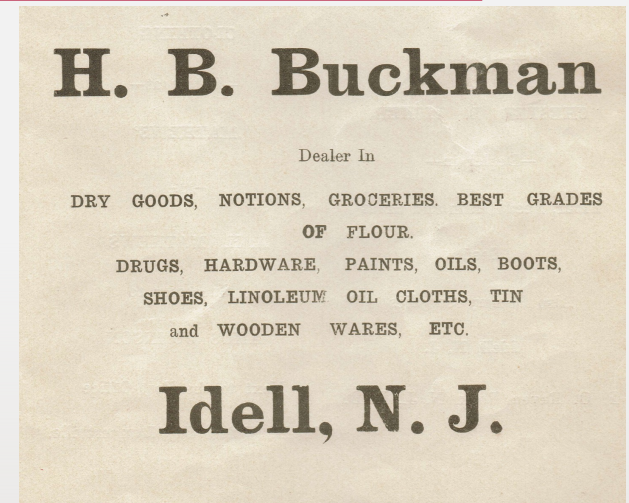
We are most careful in making shipments and guarantee safe delivery.

High quality—fair prices—personal service—square treatment. These you are entitled to. You will get them all when you deal with us.

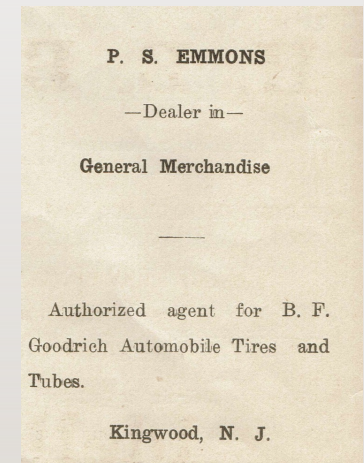
The Complete Rosemont Catalog is Free.
Write today for your copy
Rosemont Poultry Farms and Hatchery,
Drawer J., Rosemont, New Jersey

DEALERS

- ❖ H.B. Buckman – Idell - Dry goods, notions, groceries, flour, drugs, hardware, tin and wooden wares and much more
 - ❖ Probably the large building west of the bridge in Idell (Byram-Kingwood Road)
- ❖ P.S. Emmons – Kingwood Store - General merchandise, B.F. Goodrich Auto Tires and Tubes
 - ❖ 519 and Kingwood-Locktown

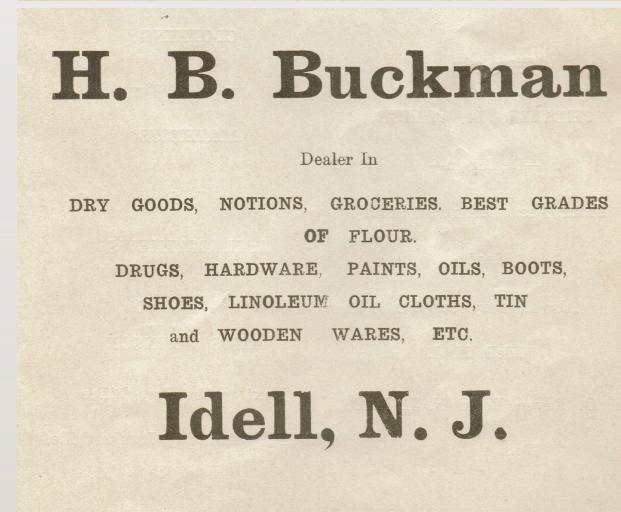
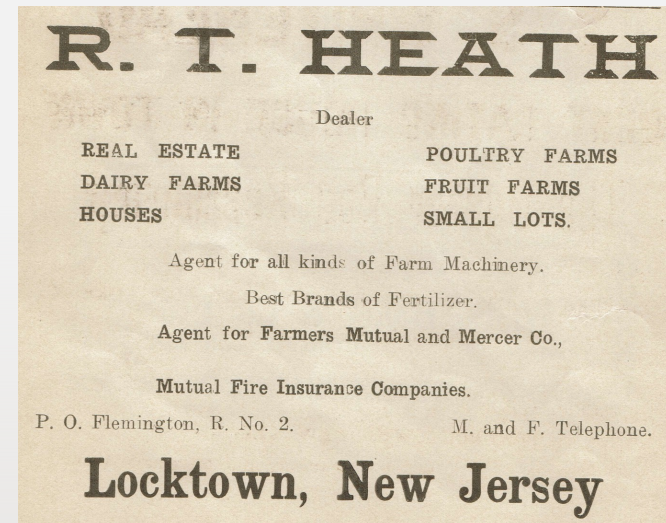


Former Kingwood Store
Image Courtesy of Google Maps



DEALERS

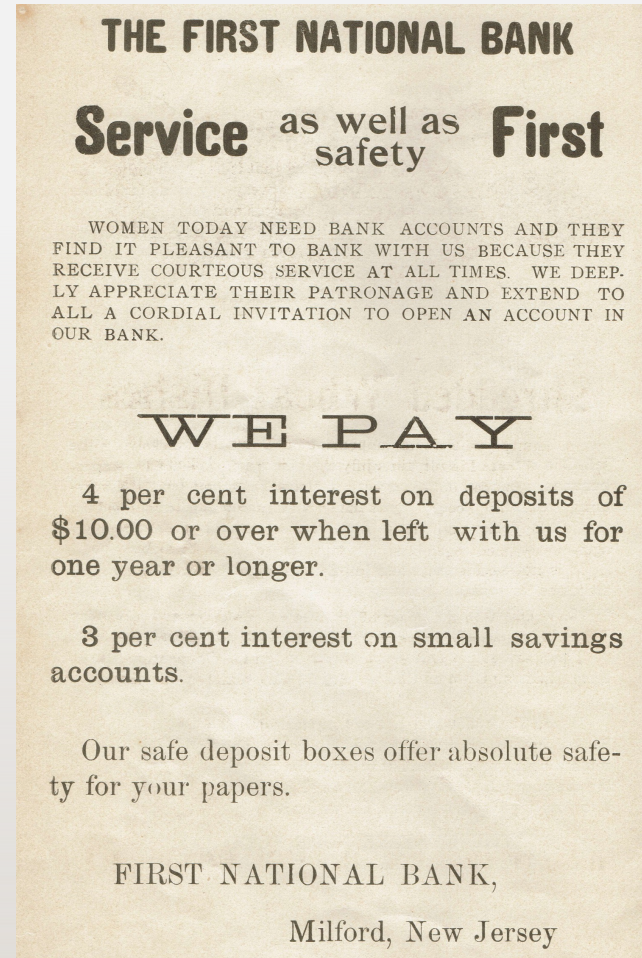
- ❖ R.T. Heath – Locktown -
Real estate, farms, lots,
insurance
 - ❖ Maybe across from
Locktown Stone Church?
- ❖ H.B. Buckman – Idell -
Dry goods, notions,
groceries, flour, drugs,
hardware, tin and wooden
wares and much more
 - ❖ Probably the large building
west of the bridge in Idell
(Byram-Kingwood Road)



BANKS

- ❖ First National Bank – Milford
 - ❖ Courted women
 - ❖ 4% on \$10 more than a year
 - ❖ 3% on small savings
 - ❖ Safety deposit boxes

“Women today need bank accounts and they find it pleasant to bank with us because they receive courteous service at all times.”



BANKS

❖ Amwell National – Lambertville

- ❖ They list key people and financial information

❖ Union National Bank -- Frenchtown

- ❖ 3% on savings
- ❖ Safety deposit boxes -
- \$2 per year

Amwell National Bank
LAMBERTVILLE, N. J.

Capital	\$72,000
Surplus	85,000

Officers

W. A. Greene,.....	President
A. D. Anderson,.....	Vice President
F. W. VanHart,.....	Cashier
L. P. Bodine.....	Ass't. Cashier

Directors

A. D. Anderson	F. W. Van Hart
J. P. Borden	John E. Barber
W. A. Greene	R. A. Montgomery
John W. Smith	Bryan H. Taylor
	Chas. M. Dilts

Accounts Invited

Interest will be paid or credited at the rate of 3% per annum on all sums which have been on deposit for one or more calendar months, money deposited the first, second or third business day of any month will draw interest from the first day of that month.

EDUCATION – RIDER COLLEGE

- ❖ Trenton – Carroll and East State Streets – building still stands
- ❖ Business and commercial education
- ❖ Emphasis on efficiency



Former Rider College
Image Courtesy of Google Maps

Preaching Efficiency

It is impossible for us to go from neighborhood to neighborhood preaching the gospel of efficiency for the individual and for business.

This is why we advertise in this COOK BOOK and issue illustrated literature—to tell the story of Rider College and the service it is prepared to render in the interest of young people who desire to get on in the world.

Consider this a personal invitation to call at the office or to write us—get in touch immediately and arrange to secure the benefits of thorough preparation for success.

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Commercial education lifts you out of the underpaid and overworked class. It places you in a position from which you can advance steadily and rapidly. We have trained many of your neighbors who are today reaping the rich rewards of this training. One of your cook book committee, Miss Sarah C. Shaw, was one of the faculty of Rider College for nearly a score of years, and we are sure she would be glad to bear witness to the efficiency of Rider College.

Every Monday is enrollment day. Begin your course at once.

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RESTAURANT – OYSTER BAY, FRENCHTOWN

❖ Prob Frenchtown Inn - Oysters, clams, confectionery, ice cream

FRENCHTOWN THIEF CHASED 12 MILES

**Burglar Enters Seven Houses
in One Night in Jersey
Town**

Special to the Times.

Frenchtown, Aug. 7.—When the residents of this borough awoke yesterday morning they discovered that seven houses had been entered and robbed.

The thief had apparently entered by windows and cellar doors and had ransacked the first floors only. In several houses he left lights burning and bureau drawers open, with their contents scattered over the floor. No clew was at first found, but after inquiries had been made by telephone through the country it was learned that a man carrying a satchel and umbrella had been seen by some farmers. As the thief had stolen a small satchel and umbrella from the residence of William F. Loper, persons were immediately sent in pursuit.

Special Officer Hewitt and S. S. Whitehead, after tracing the man through the mud and fields for over twelve miles, finally captured him and he was identified by cigars, candy and a watch stolen from Whitehead's Restaurant. The prisoner was hurried to Frenchtown Jail, where he was given a hearing and searched.

At first he said his name was Louis Roth, but afterward he declared it was John Weber. A commitment was made out against him and this morning he was taken to the County Jail by Sheriff Opdycke and Constable Sigafos.

Some of the places entered and robbed are: Whitehead's Oyster Bay Restaurant, the residences of Dr. A. B. Nash, William F. Loper, Miss Mame Hough, the Rev. Robert H. Austin, Mrs. McPherson, and William Wyker.

Trenton Times, 1907,
Courtesy of Genealogy Bank

S. S. WHITEHEAD
BEST EATING HOUSE IN TOWN
The Oyster Bay Restaurant
—Dealer in—
OYSTERS, CLAMS, CONFECTIONERY AND ICE CREAM.
Oysters Served in any Style.
Opposite P. R. R. Station
FRENCHTOWN, NEW JERSEY
Farmers and Merchants Phone

Betty DeSapio, PLCGS, 24 Apr 2023

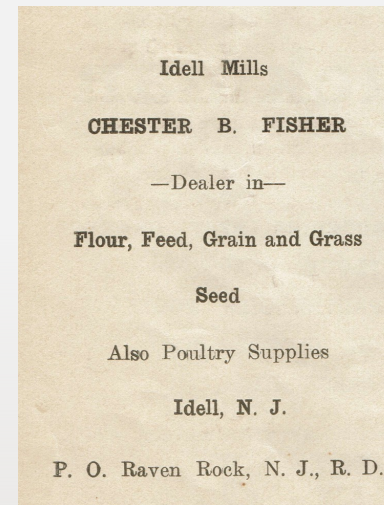
MILLS

❖ Idell Mills

- ❖ Chester B. Fisher
- ❖ Flour, seed, grain and grass seed
- ❖ Poultry supplies
- ❖ Idell

❖ Prallsville Mill (and lumber / fertilizer dealers)

- ❖ J.W. Smith & Sons
- ❖ Flour, feed, grain, grass seed
- ❖ Poultry supplies
- ❖ Doors, sash, porch columns
- ❖ Brick, wall plaster, sewer pipe
- ❖ Ladders, cement
- ❖ Stockton



IS THIS A SINGLE AD?

- ❖ Victrolas could/would be sold by a furniture dealer
- ❖ Furniture dealer could sell or make coffins
- ❖ Next step could be funerals

When in need of

Furniture

Call on

G. W. Hummer,
Frenchtown, N. J.

—•••—

Licensed Undertaker
and Embalmer

(72)

THE WORLD'S
best music is sung
or played for you by
the world's greatest
artists if you have a

Victrola

in your home. Come in
and hear your favorites.

ADS – OUT OF THE AREA



Meat, Potatoes and Pie.

You will remember that it has been only a few years since the regular every-day menu for dinner consisted of meat, potatoes and pie.

Now we all know that at any meal where meats and heavy foods are served we should "top-off" with something light for the dessert course, and so it has come about that

JELL-O

is generally served in some form for dessert.

Combinations of fruit and Jell-O are made without cooking or extra work by dissolving the Jell-O in a pint of boiling water and placing in it sliced oranges, bananas, peaches, strawberries, cherries or other fruit. Everything regarding these fascinating combinations is explained in the Jell-O Books and in the little books enclosed in Jell-O packages.

It is not necessary, when Jell-O is used, to go through any such processes as soaking, cooking and straining, and there is no sweetening, flavoring or coloring to add. Everything is in the powder—and the most delightful dishes are made almost as if by magic.

There are seven *pure fruit* flavors of Jell-O—Raspberry, Strawberry, Lemon, Orange, Cherry, Peach, Chocolate

If you have not had one of the latest Jell-O Books, full of beautiful pictures in colors and containing a great amount of information regarding the easy Jell-O way, we shall be glad to send it to you if you will write and ask us for it.

THE GENESEE PURE FOOD CO.,
Le Roy, N. Y.



Shredded Wheat Dishes

A dainty, wholesome, appetizing meal can be prepared with Shredded Wheat Biscuit "in a jiffy." It is ready cooked and ready-to-serve. You can do things with it that are not possible with any other "Breakfast Food." It is the only cereal food made in Biscuit form. Combined with fresh or preserved fruit or with creamed meats or creamed vegetables, or simply eaten as a breakfast food with milk or cream, it is delicious, nourishing and satisfying.

Shredded Wheat is made of the whole wheat, cleaned, cooked, drawn into fine porous shreds and twice baked. It is the cleanest, purest cereal food made in the world. Recipes for making many wholesome "Shredded Wheat Dishes" will be found in this book.

SHREDDED WHEAT is made in two forms: BISCUIT, for breakfast or any meal; TRISCUIT, the Shredded Wheat Wafer, eaten as a toast for luncheon or any other meal with butter, cheese or marmalades. Both the Biscuit and Triscuit should be heated in the oven to restore crispness before serving. Our new Cook Book is sent free for the asking.

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REFERENCES

Ladies' Aid Society of the Methodist Episcopal Church. *The Kingwood Cookbook*, 3rd ed. Morristown, NJ: The Assistant Office, 1920.

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