

THANKSGIVING

"Some hae meat that canna eat,
Some hae na' meat, but want it;
But we hae meat, and we can eat,
And sae the Lord be thankit."
—Burns.



Food Thoughts for Thanksgiving

By VERDA E. WILLIAMS

Household Arts Department, Omaha Central High School

EDITOR'S NOTE—The Thanksgiving dinner is in the nature of a traditional feast, and this is as it should be. It is well that we should have one purely American festival when we gather in family reunion and, eating the dishes beloved by our forebears, recall the memories of their sacrifices and efforts.

THANKSGIVING day is very dear to the hearts of all Americans. This is a day when our minds are filled with childhood impressions and early training. When we think of Thanksgiving we really like to be old-fashioned for a day at least, and we somehow want our Thanksgiving dinner to be an old-time one.

Thanksgiving is a day to be celebrated with the true harvest home spirit, a day of real thanksgiving for a bountiful harvest.

Our Pilgrim fathers rested and feasted for one whole week. They exercised and enjoyed various recreations. They entertained the Indians for three days. The food was prepared in large quantities. The ocean gave them oysters, fish and clams. They feasted on wild turkey, geese, duck and venison.

Hardships With Compensations

They had cornbread, johnny cake and barley bread. Rye, oats, beans and peas were plentiful. The little farm plots had grown all sorts of roots and herbs, besides parsnips, carrots and turnips, for their winter's supply. Onions, melons, cucumbers, radishes, beets, skirets, coleworts and cabbages were all added to their winter's provisions. Many of these vegetables were used at this week-long festival.

Wild grapes were plucked in large quantities and were "very sweet and strong" at this time. Apples

sputtered in a row. The cider mug was in common use at this festal board. Wines were used in mince-meat, much pastry, such as pudding sauces, cakes and spiced fruit.

New England Thanksgiving Dinner

If one's ancestors were New Englanders, then a New England Thanksgiving feast is wanted in November. The housewife will probably plan oyster soup or escalloped oysters; if not oysters, then fish, clams, lobsters or scallops will find a place in the menu.

Roast turkey appeals to the Yankees and is often garnished with sausage cakes and Italian chestnuts. It is said that Priscilla Mullen had no chestnuts, that she used beechnuts in her turkey dressing.

Sweet potatoes baked or candied are usually a favorite New England dish. Spiced fruit may be peaches, pears, cherries or apples, but spiced fruit it must be in some form or other to give a relish to the meat course. Then come jellies and jams—gooseberry jelly has been a favorite one, but any spread may be used that happens to be in the fruit cabinet.

Cauliflower with Hollandaise sauce is in good taste and suggests the Pilgrim influence from Holland. Creamed onions, baked squash, diced turnips or turnip cups are all used for a second vegetable dish. Succotash sounds too familiar to be forgotten by a New England woman.

Cranberry sauce, jelly or conserve should be served with turkey or meat.

Favored Yankee Desserts

Ginger ice cream is a Yankee dish and is a happy dessert for the Thanksgiving feast. Hot apple pie with Neufchatel cheese or individual pumpkins pies are also a necessary part.

A Thanksgiving pudding of some sort, perhaps a Puritan pudding or some other delicious steamed fruit pudding, with fruit, nuts, cider cup or black coffee complete the New England Thanksgiving menu.

Thanksgiving in the South

The woman raised under southern influence will probably plan Virginia roast ham with cider sauce. She knows just what to add to bring out its delicious flavor—onions, carrots, parsley, bay leaf, cloves, pepper corns, paprika and cider are used in just the correct amounts.

It may be that her mind runs to a crown roast of pork instead of ham; if so, you have a treat coming in a browned roast topped with button onions and garnished with potato and baked apples.

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The Thanksgiving Dinner of Yesterday

IF ONE had lived in Priscilla Mullen's day, the Thanksgiving dinner would have been in process of preparation many days previous to Thanksgiving. In October, 1621, Gov. Bradford ordered a three days' feast and celebration. This celebration is said to commemorate the first Thanksgiving feast. Chief Massasoit and other Indian friends were invited to attend these holidays.

The Indian guests brought an offering of five deer, wild turkeys, geese, ducks, water fowl; various kinds of fish and vegetables. Cornbread and barley loaves formed a large part of the Thanksgiving menu.

The Colonial Thanksgiving usually ended with a state dinner that contained some of the following dishes:

MENU

- Clam Chowder Pickles Roast Turkey Brown Gravy
Spareribs (Pork) Spiced Peaches Baked Sweet Potatoes
Boiled Onions Mashed Turnips Cucumber Cups Boston Brown Bread
New England Thanksgiving Pudding
Mousseline Sauce Hot Mince and Apple Pie Assorted Nuts
Stuffed Dates Black Coffee

