

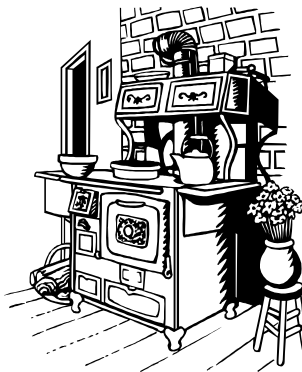


P.C.H.S

Volume 2003

Pennington County Historical Society

Number 2



The most evident printed records of the lives of women in the early history of this county are in their recipes. Most of the early settlers cooked with a wood stove, had little refrigeration for food, and wasted nothing. The Society has a book entitled *White House Cook Book* which was first copyrighted in 1897. It contains recipes to make yeast, butter, and vinegar. Ingredients in these recipes include oxtails, squirrel, calf's head, turtle, lard, rennet, loppered milk, and suet. Measurements include a gill and a rounded egg. The recipes were printed in paragraph form. Among the recipes for bread is one for Sally Lunn.

Some recipes for this newsletter were submitted by people, while others came from interviews of two women who are considered "good" cooks within their communities. (Each would be somewhat reluctant to be called a "gourmet" cook.) Lone Gonrowski is well-known in Thief River Falls because she cooks in the kitchen of St. Bernard's school and caters events in the area. Margaret Voth Thompson is a member of the Nazareth Lutheran Church of Holt, which is famous for its fall supper, and has prepared food with her friends for many different events. Both women cook primarily for their families and their churches.



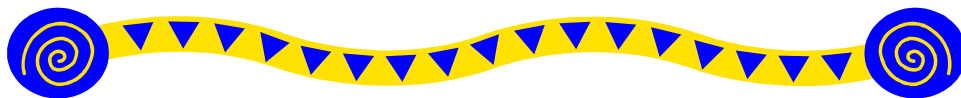
Personally Speaking

Caryl

In the April 2002 newsletter I explained the Society's five-year goal of establishing an archival area. At this time the Society has \$27,995 in the archival account. Recently the Society received a \$25,000 matching grant designated for use in accomplishing this objective. Since this grant was received, \$1,800 has been donated and doubled, bringing the account balance to \$31,595. It is obvious that there is a need for the archival area, and I am optimistic that it will happen soon.

During the past six years it has been very rewarding to see a significant increase in the use of the Village. More people are visiting, and such events as reunions and National Night Out are being scheduled in the wonderful facilities available. The Sons of Norway, the Zehlians, Challenger fifth graders, and other groups have made coming to the Village a tradition. In addition, the correspondence from people interested in using the Society's vast genealogical storehouse has required a staff person to visit the office almost daily throughout the year. It is my belief that the Village will eventually be able to open the Engelstad and Geving buildings to the public during the winter season. The Geving currently has heat. Although winter meetings have been held in the Engelstad, only short sessions are possible. Addition of heat and year-round availability of bathrooms will make this building more accessible. I believe that the growth in usage has been good for the Village, Society, City, and County.

Next year, for the first time, I will request an annual salary for the director. My goal is to build into the Village budget a salary that might fund a replacement for me. In 2004 I will request \$2400 for the year. In 2005 and 2006 I will double that amount each year to bring the salary of a possible replacement director to \$9600 annually. Then I will retire and resume my role as volunteer to assist in the transition. The Village and Society are now on a sounder footing than they were six years ago, and there is reason to believe that their current financial condition can be maintained. Personally speaking, my work over the past six years will mean nothing if the Village does not continue to move forward.



“Meat and Potatoes”

An interview with *Jane Gonzorowski*



I left home when I was pretty young, but prior to that I learned from my mother. When I was ten or eleven years old, I made my first cake on her wood stove. My mother was not in the house. When I made the cake, the batter had buttermilk and eggs in it so it curdled. I threw it out because I didn't know that the flour would make it right. It was a spice cake called "velvet lunch cake," which my mother used to make often. I can't remember if I frosted that one or not. At that time we didn't have everything in the house.

I got married very young. After that my canning and cooking ability came from my mother-in-law. We went back and forth between our houses. I lived at one end of town and she lived at the other. Ninety percent of the time I was at her house because she didn't drive. She gave me ideas, and since she was in the meat market she had good meat to use in cooking. We each raised a garden, and we canned. One year I had a baby during canning season, and the day that I went in to have the baby my mother-in-law and my neighbor went to my house and canned fifty-seven quarts of tomatoes.

Between my children and myself, we have three gardens. My son makes two hundred quarts of pickles. The only way to do it is to can the cucumbers the same day they are picked. They are crisper. I just bring them to a hot boil, and then I turn them off or they get soft. I just make sure that they seal. The new lids don't seal like they used to.

I don't use a lot of recipes because most of the information is in my head. I doctor up the food so that it is good. I like to make real meals with mashed potatoes, meat, vegetables, and maybe a tossed salad or a vegetable or fruit tray. My whole family comes for some meals. There are twenty-one of them if they all come. I had six children, but one was killed.

The only disaster that I had in cooking was when I picked up a kettle which had its handle over the burner. It burned through the potholder, and I got third degree burns on my hand. It took about six weeks to heal, and I still have scars from the burn.

Continued on page 10

August 31, 2003

Paid Members

Individual Memberships

Elaine L. Austinson
 Dolores Berg
 Darlene (VeVea) Bibeau
 Shirley Booth
 Lynn Brandvold
 Janice M. Breiland
 Jacqueline W. Brezney
 Bradley Brouse
 Carl Bruzek
 Karen Buckstaff
 Deone Cerny
 Marsha Pickard Cline
 Elvera Cullen
 M

Diane Drake
 Pat Dunning
 Linnae Enge
 Arnold Engelstad
 Betty Engelstad
 Neal Fox
 Clarice Galliher
 Corrine M. Haugen
 Ray Hedlund
 Art Heinze
 Kenton C. Hicks
 Joan M. Hill
 Cheryl Hirschberger
 Dolores Hirst
 Eileen Horejsh
 Sister Virginia Houske
 Curt Howe
 Sylvia Jensen
 U Donald Johnsen
 r Leon M. Johnson
 i Dr. Kenton D. Kainz
 e Vic Kalinoski
 l Elwood C. Karwand
 Elaine Kayser
 (Sharon LaCoursiere
 C Mavis Langaas
 e Richard G. Lyttle
 Y Robert Martinson
 i James Matson
 n Hazel L. Maves
 g Judy McIntyre
) William Mehrkens, Jr.
 Mable Mosbeck
 D Leona Muzzy
 C Stuart Nelson
 g Hazel M. Olson
 C Stella Omdahl
 b Sue Parnham
 e Howard Person
 r Muriel R. Peterson
 g Arlene C. Pickard

Donna Poole
 Ernest Race
 Lillian R. Ranum
 Robert C. Reeve
 Clayton Restad
 John Rhude
 Edwin Sisler
 Ben Sjoberg
 Verne Spengler
 Dorothy Spriester
 Hilary Stoltman
 Linda Swanson
 Corella Thorbeck
 Bonnie J. Tunberg
 Ed Walseth
 Mildred Wick
 Jeanne Williams
 Wayne C. Williams, Jr.
 Alvin Wold
 Judith Wold

Family Memberships

Kenny & Phyllis Aarstad
 Ron and Virginia
 Anderson
 Glenn & Jeanette Arhart
 Jeff Baker
 Don & Gladys Barron
 Kenneth & Pat
 Beauchane
 Raymond & Janet Berg
 Timothy & Claudia
 Bergland
 David & Jodi Bergman
 Ned & Dorothy Blodgett
 Orville & Ardis Botner
 Jerome & Lois Bray
 Neil & Sharon Bugge
 Virgil & Bernie Burger
 Arthur & Virginia Burin-

	r	c Ken & Wanda Murphy
	u	h Jack Nelson & Jeanie Bach
	d	h William & Kendra Newman
Dave & Marion Bushie		e Charles Nielsen & Peggy
Dan Bylander		i Carlson
Gordon & Judith		s Lester & Dorothy Nordhagen
Campbell		e Amarin & Elody Olson
Robert & Vivian Carlson		r Herbert O. Olson
Robin & Brett Carlson	Earl & Loreen Gibson	r Myles & Jan Olson
Rollie & Donna Carlson	Roy & Ruth Gilbert	Eldor & Bonnie Ornquist
Mike & Lori Carpenter	Orin & Marge Green	Thomas & Pauline Parish
Jack & Denise	Orley & Elaine Gunder-	Edythe Pearson
Chrzanowski		Kenneth E. Pearson
James & Marilyn Counter		Bob & Pat Reed
		s Carl & Polly Reed
		o Wallace & Ivadell
		n Reiersen
James & Annabelle		Arlo Rude & Deb Ernst
Cuppett	Harlan & Dolly Hallstrom	
James & Phyllis Dalager	Orville & Marilyn Hanson	Dr. Charles & Idella
Fred & Loraine Dallmann	Daniel & Zoe-Ann Helle	Samuelson
Murray & Becky Dicken	Ted & Jean Hellie	Kevin & Heidi Senum
Jeff Dyrud	Jerald & Lavay Hickerson	Wilford & Phyllis Sletten
Don & Joan Engelstad	Rawlins & Marlene Houske	Martin & Louise Solseng
Ronald & Marie Engen	Robert & Mary Johnson	Richard & Linda Spyhalski
Dale & Arlene Folger	Shirley Johnson	Lorraine Steiger
Joe & Eleanore Forberg	Charles & Ethel Josephson	Cyril & Lois Stensrud
Winton & Claudette	Darlene Kelley	Harold & Durelle Storhaug
Forsberg	Tony & Sharon Kozojed	John & Barb Stromberg
Ken & Joyce	Ed & Pat Krystosek	Dave & Joan Strong
	Mark & Jean Larson	Norma Swanson
	F Harland & Myrtle Lee	Eldon & Margaret Thompson
	r Kent & Kathleen LeMoine	Marvin & Pat Wangsnes
	o Ron & Judy Lindberg	Fern Williams
	s Marvin & Jan Lundin	Allan & Helen Wilson

2003 Memberships

The list of current paid-up members is printed below. Since it was compiled at the end of August, it may not reflect payments sent since then. If an error has been made, please call 681-5767 to let us know so that our records can be corrected. We apologize for any errors. The Society and the Village appreciate the many members who support our efforts each year. Members benefit not only by enjoying free admission to the Village and receiving the semiannual newsletter, but also by having their heritage and that of the county preserved for future generations. In 2004 the support from the county will be reduced by \$3000 because of the budget cuts that have affected all branches of government. This amount constitutes 10% of our annual budget. If your name is not on the list below, it should be.

THANK YOU!

Pennington County Historical Society 2003 Business Memberships

Ace Hardware Company
Bredeson Office Supply
Jim Dagg Insurance

Hasnedl Farms
Home Lumber Company of TRF, Inc.

A Hugo's #7
g I.T.S. Auto Center
e Kaushagen Masonery &
n Concrete
c Kays, Benton, Safranski LLP,
y CPA's
, Les's Sanitation

Inc.
Thomas P. Dimich, D.D.S.,

Inez Mostue's Maurtua
Model Laundry

P.A.

Northern Motors

Genereux Realty

Northland Produce

Si & Marge Hanson (The

Northwest Beverage

Shed

Peterson Lumber Co.

)

Pizza Hut (Jan Fessler)

Please support
these businesses

They support the Society.

Remembering



The Endowment Fund was established to secure the future of the Peder Engelstad Pioneer Village. Only the interest from this fund can be spent. The balance in this account is \$5,500. Please consider the Historical Society in your memorials, charitable giving, and estate planning. The Society is a non-profit institution, so all donations are tax-deductible. Since the inception of the endowment fund, donations have been made to the fund in memory of the following:

Russell Williams	James Wells	Ralph Engelstad
Hazel DuChamp	Russ Moldalrem	Inga Geving
Jan Haider	Gertie Joppru Johnson	Cora Alvina Olson
Glenn Carlson	Lenore Lieberman	Robert Looker
Katherine Strong	Lloyd Nereson	David Kringsberg
Kermit Finstad	Leona Peterson	James Engelstad
Marion Hoglo	Luella Holen	Clarence O. Swanson
Torjus and Sophie Larson	Erland Anderson	Earl Halvorson
Kevin Swanson	N. Erwin Muzzy	Marlene Johnson
Val Chommie	Curdis Nelson	Myrtle (Bugge) Nelson
Marian Williams	Bernard J. Wold	Peter Hess
Junes Race	Mike Frankenberg	Douglas Stewart
Lucille Spyhalski	Helen Nomeland	Celeste Gerardy
Dr. John Beebe	Madelyn Robarge	Jerry Fessler
Myrtle (Jensen) Johnson	Phyllis Caldis Gustafson	Avis Hoiium
Alice Lendobeja	Knute Larson	Joseph Armstrong
Randall Noper	Constance Hicks Rossman	Rolland Sande
Earl Engelstad	Rose Needham	Mary Thompson
Peter Stensgaard	Hannah Hornseth	Irene Ellingson
Perry Borgie	Millie (Pederson) Olson	Patricia Henning
Bill, Sadie, and Jerry	Gote Anderson	Mel Carlson
Bugge	Opal Bjerken	Sophie Marie Jensen
Carol Ann Huber	Jerry Fessler	Sevre and
Marge Swenson	Genevieve Ring	Donald I. Sevre
Dorothy (Jansen) Johnson	Orlene Reed	Bernard Myers
Celeste Gerardy	Lloyd VeVea	Roger P. Mickelson
Marie Larson Vevea	Edla Holmberg	
Petra Larson Nigl	Oscar Odegaard	

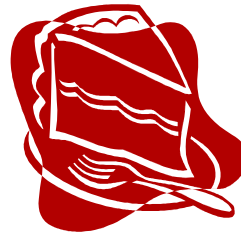
In addition, P.C.H.S. and the V.F.W Ladies Auxiliary have contributed to the endowment fund.

“Meat and Potatoes” continued from page 3

I do give my recipes to other people. If they ask, I tell them how I make it. If it doesn't turn out, I can't help it. I use butter in most of my baking. That does the trick. Butter is far better for you than margarine. I don't do a lot of desserts. Some of the things I used to bake are not made anymore. In my nationality (Slovakian) we made poppy seed and prune biscuits. My mother made excellent cinnamon rolls. We also made piogies. They are made with noodle dough which is cut it into squares. My mother made them with prunes, but most people now use cheese and mashed potatoes. You fold the dough over into triangles, cook them, and pour warm butter over them. We also made a soft flatbread which we ate on Fridays during Lent. It was made the same as lefse, with potatoes, butter, cream, and flour. Unfortunately, most of the really good cooks are gone now, and they took their recipes with them. My husband Hubert's aunt, Helen Bushaw, was an excellent cook. She and her husband had Johnny's Hamburger Shop.

Velvet Lunch Cake

1 ½ cup sugar
¾ cup butter or other shortening (bacon drippings are the best)
2 eggs
1 ½ cup buttermilk
½ c. molasses
3 cups flour
1 ½ tsp. Cinnamon
1 tsp. Cloves
1 tsp. Nutmeg
½ tsp. salt



Sift dry ingredients together. Mix in order above. Beat well with a hand beater for five minutes. ½ cup walnuts and/or ½ cup raisins may be added. Pour into 9" x 13" pan. Bake at 350° F. for 35 minutes or until it springs back. Very good cake. Keeps well.

(Submitted by Ione Gonsorowski)

Preserving Eggs

When eggs are cheap, they may be preserved by packing in salt, being careful not to allow them to touch. They may be dipped in melted wax or rubbed in lard, then packed in oats or bran.

Peoples' Home Library (1910)

(Submitted by Inez Mostue)

What Margaret Voth Thompson



is cooking up

My mother was an absolutely awful cook, but my father knew how to cook and also how to can. I learned a lot from him. When I went to high school I had a very good home economics teacher, but I still didn't know much. After I got married, I decided that I was going to master home-made bread. My first try was a disaster. I don't know what I did, but it raised and then it fell. My loaves got only a couple of inches high. My brother-in-law came over and he asked, "You call this bread?" Even the dog wouldn't eat it. I really wanted to learn, and when my daughter got married I did make all the buns for the wedding. I also made the wedding cake, so I had to learn how to decorate it.

I had a wonderful mother-in-law who taught me how to can food. She could bring anything in from the garden and can it. She never wasted anything. If you made rhubarb juice, she would tell you that the pulp would make good marmalade. If you had too many green beans, she would tell you to pickle them. If you still had more beans, she would slice them and salt them.

When I was first married, I heard

about a pressure cooker. I got a used cooker right away and still use one. I just cleaned out my canning pantry and threw out all the jars of pickles that were dated since the 80's--about 35 jars. I just canned many jars of chokecherry syrup and jam. I have canned only about 25 jars this year. I make refrigerator pickles, but they are not like other people's because I improvise. When I think they are good, that is it. People ask for my recipes and then they tell me that theirs don't taste like the ones I make. When I tell others what I put in, many times they tell me that they omitted some things they didn't like. I wonder why they asked for the recipe in the first place. I like to make cobblers, rice pudding, and other older desserts. Some things took me many years of effort before I was really satisfied with them. Gravy was one of those. I use the potato water in the gravy.

I also like to cater for the Nazareth Lutheran Church in Holt. We do weddings, reunions, funerals, and other events. At funerals we always have a hamburger hotdish or ham and scalloped potatoes, a jello salad,

buns, pickles, and different cakes. Our church also has a fall dinner every year, which is what keeps our congregation going.

When we built our new church, we were able to do it with no debt. Everyone works. The men help by lifting the kettles and mashing the potatoes. It brings us together. Although we are teaching younger women to make the dinner, we may have to give it up because there just aren't enough people who can make lefse. This year my girlfriend, Jeanette Reiersen, and I will be making about 300 pieces of lefse. It will take us a couple of days. We boil the potatoes and get them ready one day and then roll and bake them the second day. We will be also be selling lefse and rømmegrøt at the Goose Festival. When I moved here in the

'50's, I didn't even know what those things were, but I learned to make them.

Lutherans can't have a meeting without eating. When I first came here and served the Ladies Aid, the men came because many of the women didn't drive. The school bus used to drop children off at the church. The whole family could eat a meal together for twenty-five cents each. The lunch was put on by about three women in one of the circles, and the money went to the church. Today the Ladies Aid is almost gone. We have trouble getting young women to take part. Although we have tried evening meetings, they don't work because people want to spend that time with their families. Next year our

Spud Doughnuts

1 pkg. Dry active yeast
1/4 cup warm water
1 cup scalded milk
1/4 cup shortening
1/4 cup sugar
3/4 cup mashed potatoes
2 eggs beaten
5 - 6 cups flour or less

Dissolve yeast in warm water. Add milk, shortening, and sugar. Cool to lukewarm. Stir in yeast, potatoes, and eggs. Add enough flour to make soft dough. Turn out on a floured surface and knead until satiny. Place in greased bowl in a warm place. When double in size, roll into 1/2-inch thickness and cut with a doughnut cutter. Let rise until double. Fry in hot fat at 375°. While hot, dip in glaze and drain on a rack to set.

Glaze

1 lb. Powdered sugar
1 Tbsp. Water
1 Tbsp. Vanilla

(Submitted by Margaret Voth Thompson)

Sally Lunn

Warm one-half cupful of butter in a pint of milk; add a teaspoonful of salt, a tablespoonful of sugar, and seven cupfuls of sifted flour, beat thoroughly and when mixture is blood warm, add four beaten eggs and last of all, half a cup of good lively yeast. Beat hard until the batter breaks in blisters. Set it to rise over night. In the morning, dissolve half a teaspoonful of soda, stir it into the batter and turn it into a well-buttered, shallow dish to rise again about fifteen or twenty minutes. Bake about fifteen to twenty minutes. The cake should be torn apart, not cut; cutting with a knife makes warm bread heavy. Bake a light brown.

White House Cook Book (1899)

(Submitted by Caryl Bugge)

Johnny Cake

1 cup corn meal
1 cup flour
1/4 cup sugar
1/2 tsp. salt
1/4 cup melted lard
1 cup buttermilk with 1 tsp. soda dissolved
in it
Mix well and bake in muffin tin. Eat hot.

(Submitted by Thordis Larson Hicks)

Soda Biscuits

2 cups flour, 1 teaspoon salt, 4 tablespoons
butter. Mix. Add 1/2 cup buttermilk and 1/2
cup sour cream mixed with 2 teaspoons
soda. Roll thick and bake.

(Submitted by Thordis Larson Hicks)

Canned Liver Sandwich Spread

Grind 3 pounds of raw liver, 1 1/2 pounds of
pork, 2 tablespoons salt, 1 teaspoon pepper,
1 teaspoon ground cloves, 1 onion
(ground), 3/4 cup bread crumbs, 3 eggs
(beaten).
Sterilize pink sealers and lids. Fill to 3/4
full and process for 3 hours. Makes 6
pints.

(Submitted by Thordis Larson Hicks)

Plain Cake

Take the butter left from breakfast, 2 or 3
eggs, a handful of sugar, as much milk as
you think you will need, and enough flour
to make a thick batter. If milk is sweet,
add 2 teaspoons baking powder to flour. If
milk is sour, add 1 teaspoon soda. Roll up
tissue paper in loose ball and put in oven.
When it browns in 10 minutes, the oven is
ready. Put in cake and bake till done.
From an 1850 cookbook

(Submitted by Fern Williams)

Buckwheat Cakes

Mix: 3 eggs
3 cups sour milk
1/2 cup sugar
1/4 teaspoon salt
1/2 tablespoon melted butter
1/2 cake of yeast softened in milk
1/2 cup buckwheat flour
2 cups white flour

Let rise until bubbly and lift by spoonfuls
onto a griddle. After rising, do not stir
bubbles down.

(Submitted by Thordis Larson Hicks)



P. C. H. S. Board of Directors

Charles Naplin - President
Pat Swanson - Vice President

Phil Hess
Penny Langland

Jim Dalager - Treasurer
Fern Williams – Secretary

Eugene Rondorf
Dave Strong
Dale Wennberg

P.C.H.S. STAFF

Volunteer Staff:

Caryl Bugge - Interim Director
Matt Langland - Youth Curator

Employed Staff:

David Race - Village Caretaker
Hannah Filer - Office Manager
Stephen Horn - Village Manager

Newsletter Staff:

Editor: Caryl Bugge
Formatting: Hannah Filer & Melissa Hams
Proofreading & Editing: Barb Hauger
Collating: Fern Williams
Reproduction: T.R.F. Park & Recreation

Telephone: 218-681-5767

Email: pchstrf@mncable.net

Web Site: www.pvillage.org

