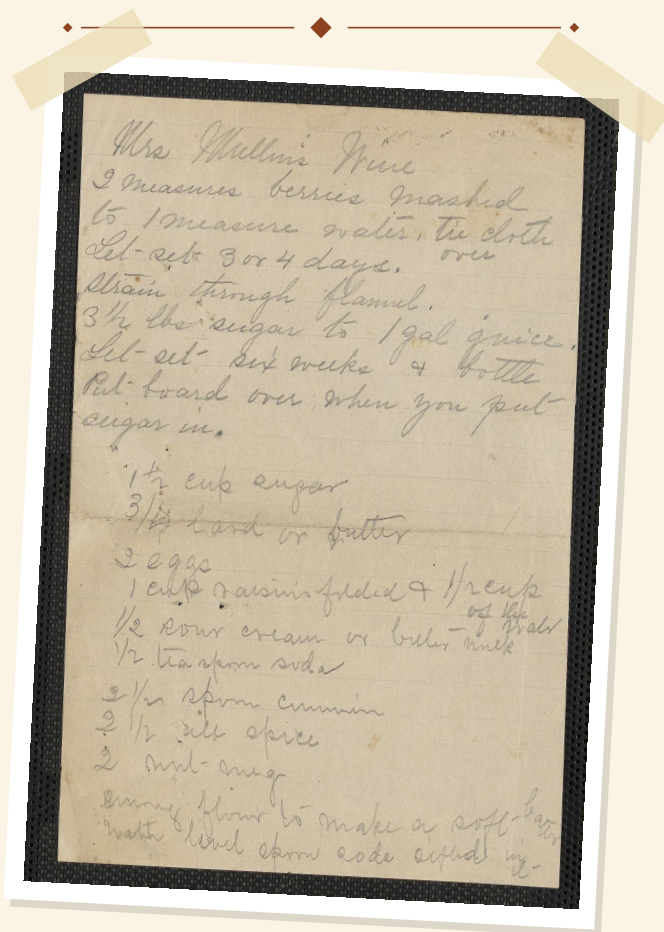


FAMILY RECIPES · HANDED DOWN

The Harper Family Cookbook

Recipes passed down by hand



the Harper Family

23 TREASURED RECIPES



*For Grandma, whose kitchen was always open – and for
everyone who ever asked for seconds.*

With love, Ellen

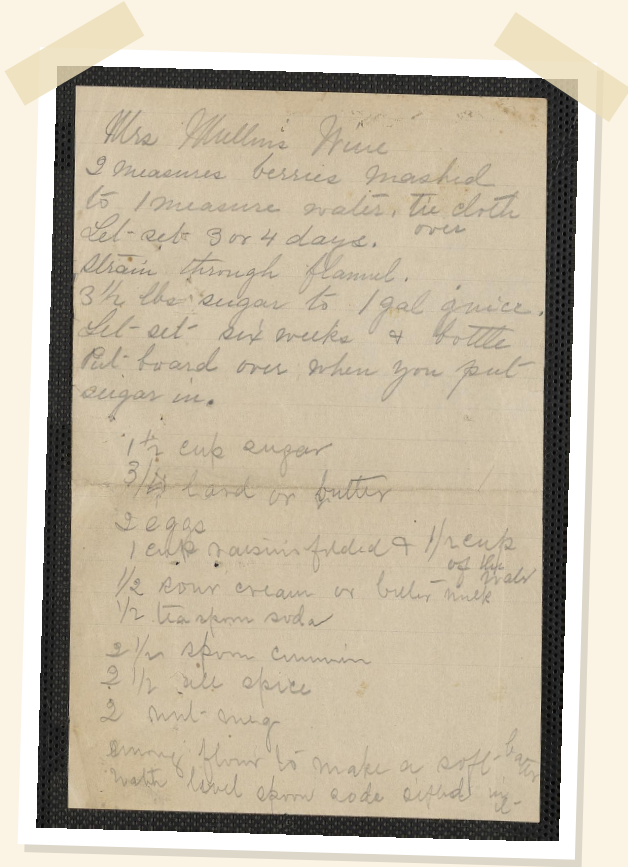
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Mrs. Mullins' Wine

from the kitchen of Mrs. Mullins



the original card

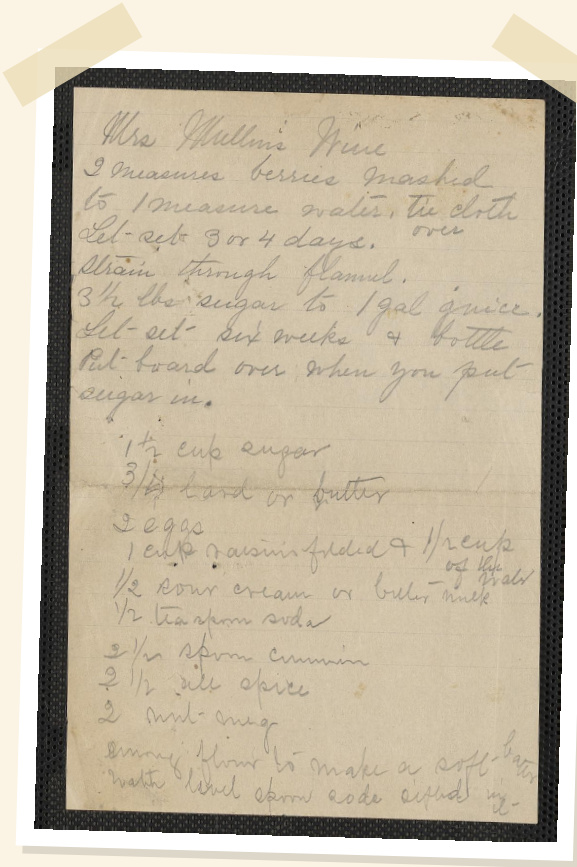
INGREDIENTS

- ♦ 2 measures berries, mashed
- ♦ 1 measure water
- ♦ 3½ lbs sugar to every 1 gal. juice

METHOD

- 1 Mash 2 measures berries to 1 measure water, tie cloth over.
- 2 Let set 3 or 4 days.
- 3 Strain through flannel.
- 4 3½ lbs sugar to 1 gal. juice. Put board over when you put sugar in.
- 5 Let set six weeks & bottle.

Raisin Spice Cake



the original card (2nd recipe on it)

INGREDIENTS

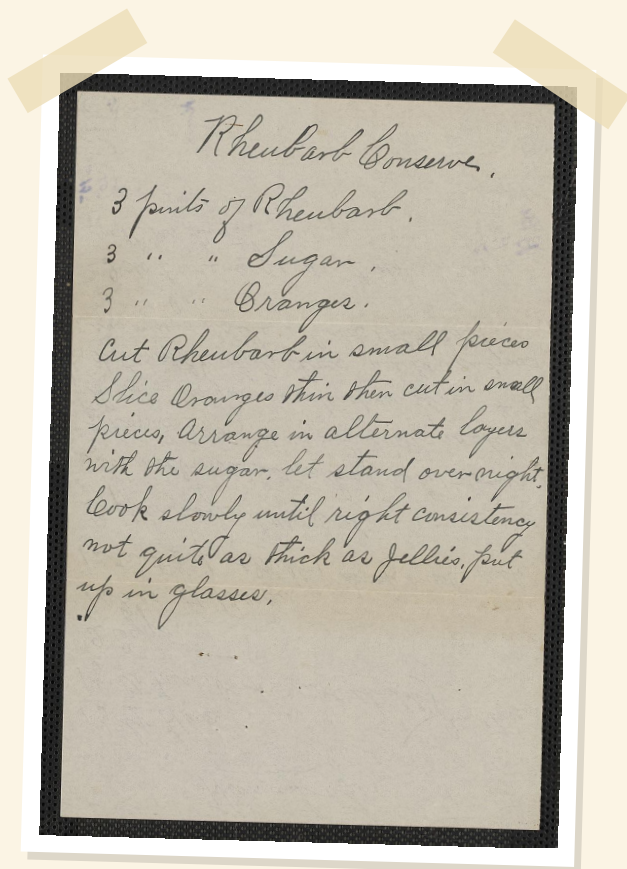
- ♦ 1½ cup sugar
- ♦ ¾ cup lard or butter
- ♦ 2 eggs
- ♦ 1 cup raisins, boiled, & ½ cup of the water
- ♦ ½ cup sour cream or butter milk
- ♦ ½ teaspoon soda
- ♦ 2½ spoon cinnamon
- ♦ 2½ spoon allspice
- ♦ 2 spoon nutmeg
- ♦ enough flour to make a soft batter

METHOD

- I Mix in order, with enough flour to make a soft batter. Level spoon of soda sifted in.

Written below the wine recipe on the same sheet – the same cake as the Frosted Cream Cake card.

Rhubarb Conserve



the original card

INGREDIENTS

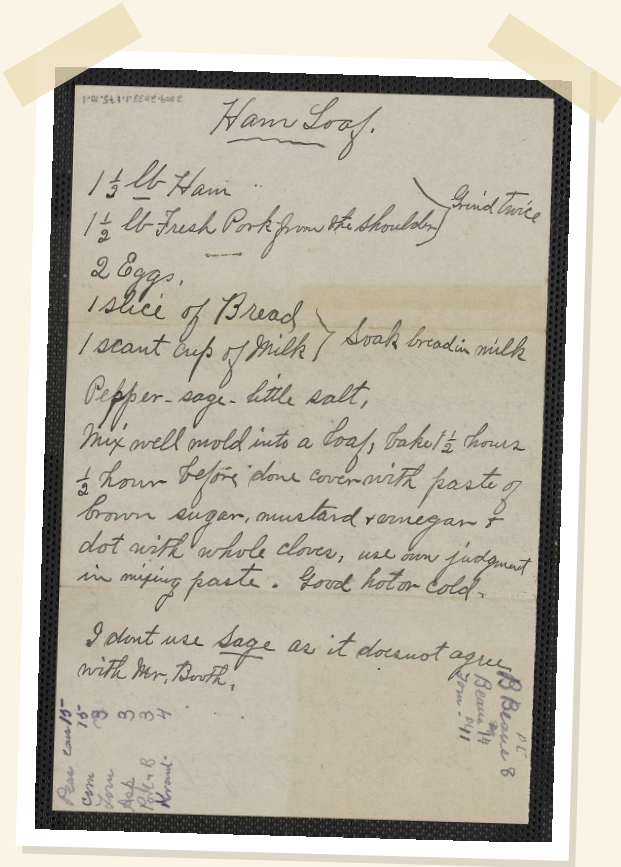
- 3 pints rhubarb
- 3 pints sugar
- 3 oranges

METHOD

- 1 Cut rhubarb in small pieces. Slice oranges thin, then cut in small pieces.
- 2 Arrange in alternate layers with the sugar; let stand over night.
- 3 Cook slowly until right consistency – not quite as thick as jellies. Put up in glasses.

She spelled it "Rheubarb".

Ham Loaf



the original card

INGREDIENTS

- 1½ lb ham
- 1½ lb fresh pork from the shoulder
- 2 eggs
- 1 slice bread
- 1 scant cup milk
- pepper, sage, a little salt
- brown sugar, mustard & vinegar for the paste
- whole cloves

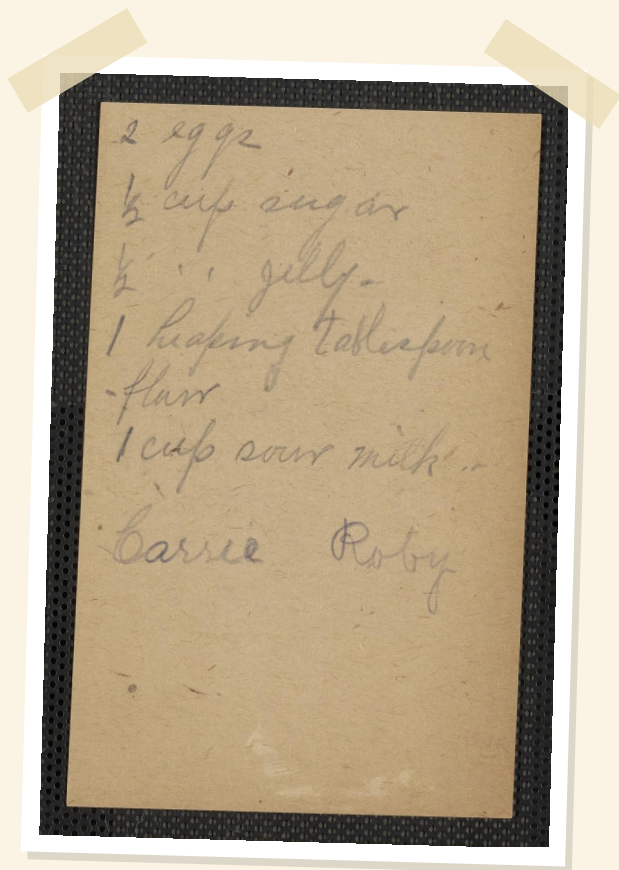
METHOD

- 1 Grind the ham and pork twice. Soak bread in milk.
- 2 Mix well, mold into a loaf, bake 1½ hours.
- 3 ½ hour before done cover with a paste of brown sugar, mustard & vinegar & dot with whole cloves. Use own judgment in mixing paste.
- 4 Good hot or cold.

"I don't use sage as it does not agree with Mr. Booth."

Carrie Roby's Jelly Cake

from the kitchen of Carrie Roby



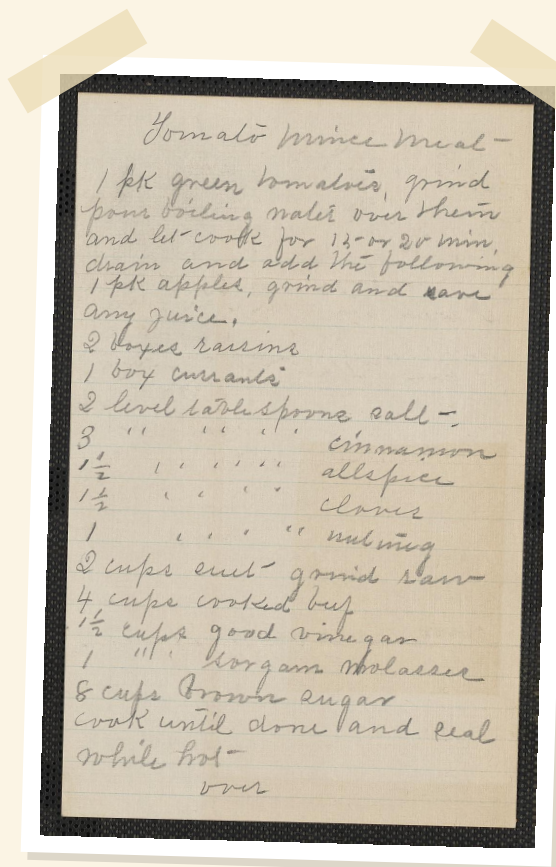
the original card

INGREDIENTS

- ♦ 2 eggs
- ♦ 1/2 cup sugar
- ♦ 1/2 cup jelly
- ♦ 1 heaping tablespoon flour
- ♦ 1 cup sour milk

Only the ingredients were written down – the method lived in Carrie's head. The title is ours.

Tomato Mince Meat



the original card

INGREDIENTS

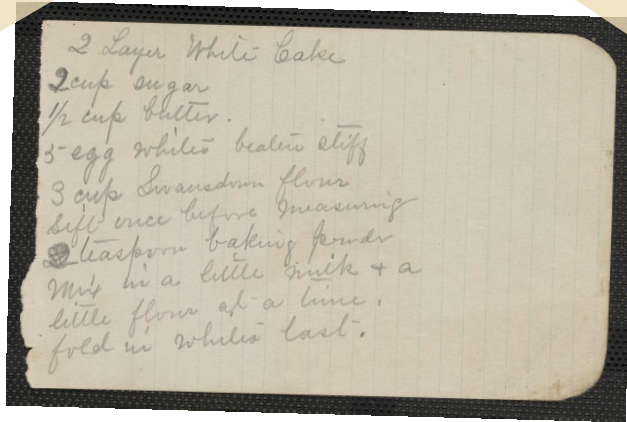
- ♦ 1 pk green tomatoes
- ♦ 1 pk apples
- ♦ 2 boxes raisins
- ♦ 1 box currants
- ♦ 2 level tablespoons salt
- ♦ 3 level tablespoons cinnamon
- ♦ 1½ level tablespoons allspice
- ♦ 1½ level tablespoons cloves
- ♦ 1 level tablespoon nutmeg
- ♦ 2 cups suet, ground raw
- ♦ 4 cups cooked beef
- ♦ 1½ cups good vinegar
- ♦ 1 cup sorghum molasses
- ♦ 8 cups brown sugar

METHOD

- 1 Grind the green tomatoes, pour boiling water over them and let cook for 15 or 20 min. Drain and add the following:
- 2 Grind the apples and save any juice.
- 3 Add the raisins, currants, spices, suet, beef, vinegar, molasses and brown sugar.
- 4 Cook until done and seal while hot.

2 Layer White Cake

MAKES 2 LAYERS



the original card

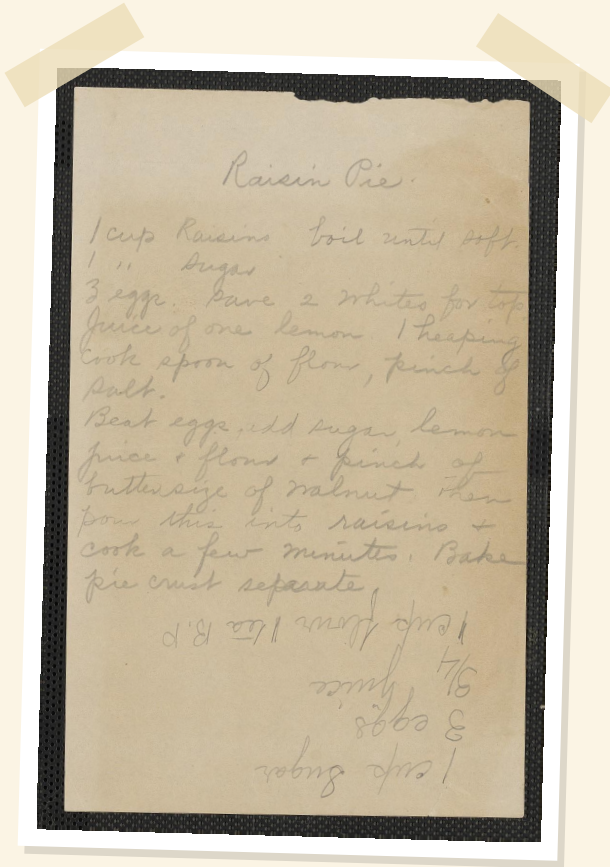
INGREDIENTS

- ♦ 2 cup sugar
- ♦ 1/2 cup butter
- ♦ 5 egg whites, beaten stiff
- ♦ 3 cup Swansdown flour (sift once before measuring)
- ♦ 2 teaspoon baking powder
- ♦ milk

METHOD

- 1 Mix in a little milk & a little flour at a time.
- 2 Fold in whites last.

Raisin Pie



the original card

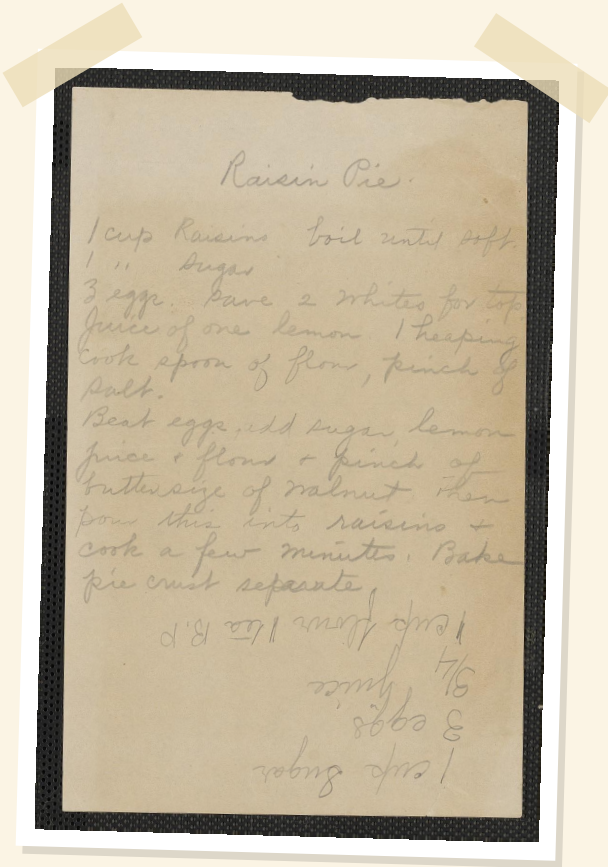
INGREDIENTS

- ♦ 1 cup raisins
- ♦ 1 cup sugar
- ♦ 3 eggs (save 2 whites for top)
- ♦ juice of one lemon
- ♦ 1 heaping cook spoon flour
- ♦ pinch of salt
- ♦ butter the size of a walnut

METHOD

- 1 Boil raisins until soft.
- 2 Beat eggs, add sugar, lemon juice & flour & pinch of salt, butter size of walnut.
- 3 Then pour this into raisins & cook a few minutes.
- 4 Bake pie crust separate.

A Little Lemon Cake



the original card (2nd recipe on it)

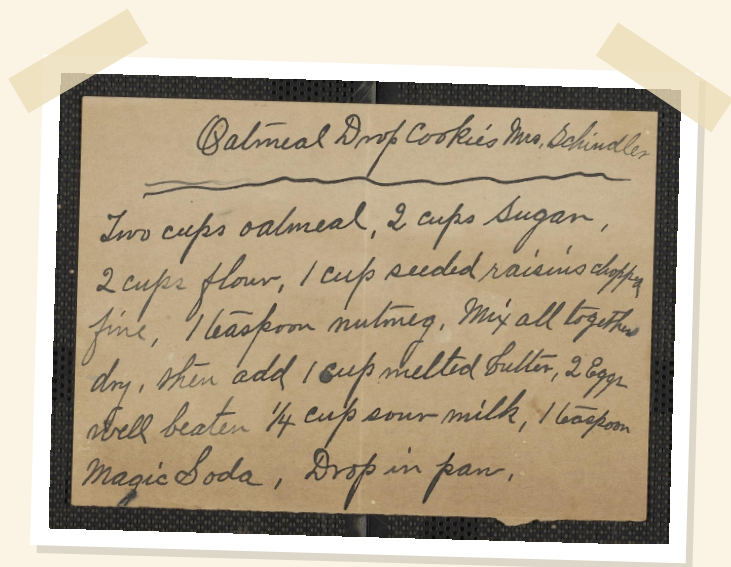
INGREDIENTS

- ♦ 1 cup sugar
- ♦ 3 eggs
- ♦ 3/4 juice
- ♦ 1 cup flour
- ♦ 1 tsp B.P. (baking powder)

Jotted upside down at the foot of the Raisin Pie page – no method, no name. The title is ours.

Oatmeal Drop Cookies

from the kitchen of Mrs. Schindler



the original card

INGREDIENTS

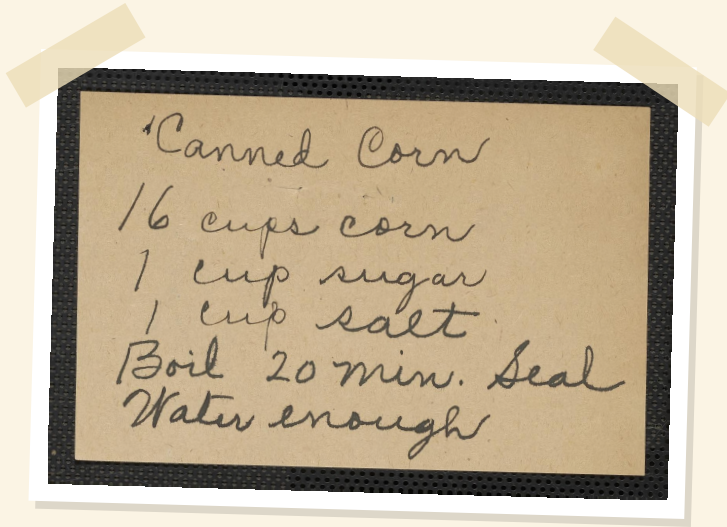
- ♦ 2 cups oatmeal
- ♦ 2 cups sugar
- ♦ 2 cups flour
- ♦ 1 cup seeded raisins, chopped fine
- ♦ 1 teaspoon nutmeg
- ♦ 1 cup melted butter
- ♦ 2 eggs, well beaten
- ♦ 1/4 cup sour milk
- ♦ 1 teaspoon Magic soda

METHOD

- 1 Mix all together dry.
- 2 Then add 1 cup melted butter, 2 eggs well beaten, 1/4 cup sour milk, 1 teaspoon Magic soda.
- 3 Drop in pan.

Canned Corn

◆ ——— ◆ ——— ◆



the original card

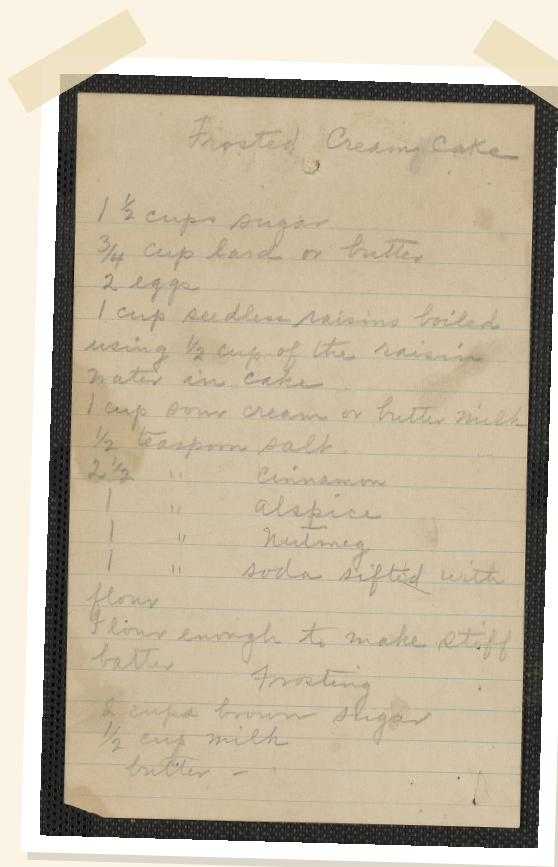
INGREDIENTS

- ◆ 16 cups corn
- ◆ 1 cup sugar
- ◆ 1 cup salt
- ◆ water enough

METHOD

- I Boil 20 min. Seal.

Frosted Cream Cake



the original card

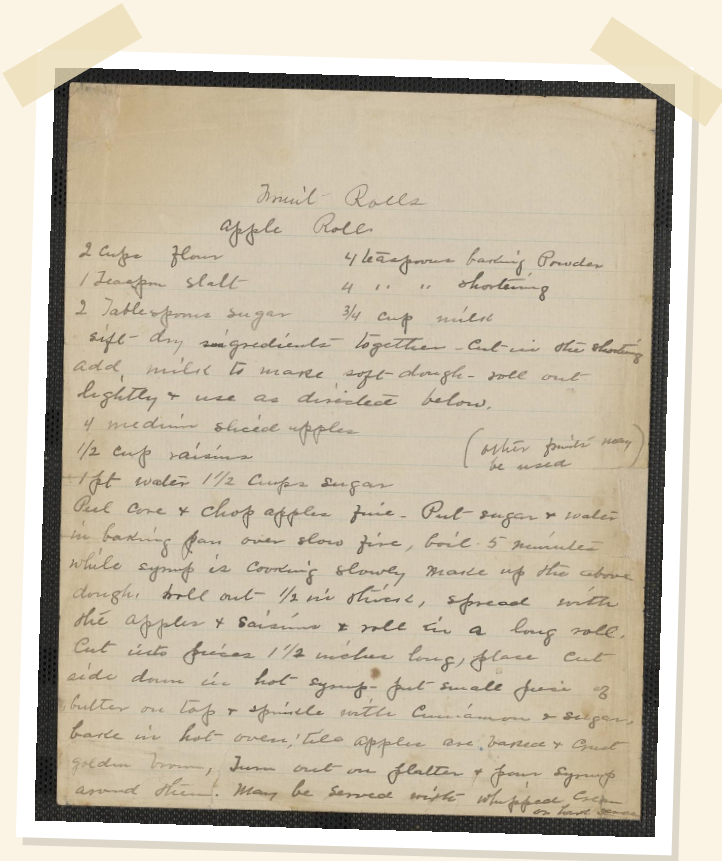
INGREDIENTS

- ♦ 1½ cups sugar
- ♦ ¾ cup lard or butter
- ♦ 2 eggs
- ♦ 1 cup seedless raisins, boiled
- ♦ 1 cup sour cream or butter milk
- ♦ ½ teaspoon salt
- ♦ 2½ teaspoons cinnamon
- ♦ 1 teaspoon allspice
- ♦ 1 teaspoon nutmeg
- ♦ 1 teaspoon soda, sifted with flour
- ♦ flour enough to make a stiff batter
- ♦ 2 cups brown sugar (frosting)
- ♦ ½ cup milk (frosting)
- ♦ butter (frosting)

METHOD

- 1 Boil the raisins, using ½ cup of the raisin water in the cake.
- 2 Sift the soda with the flour; add flour enough to make a stiff batter.
- 3 Frosting: 2 cups brown sugar, ½ cup milk, butter.

Fruit Rolls – Apple Roll



the original card

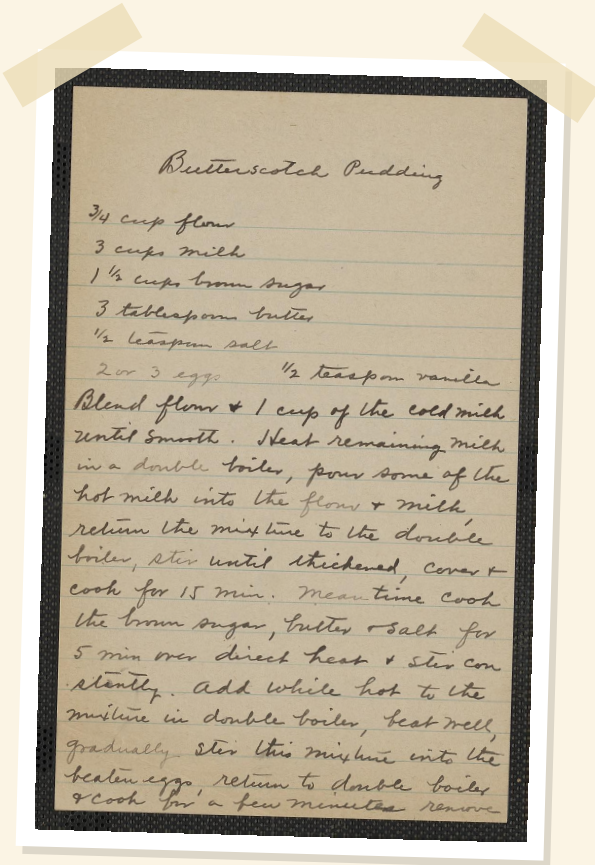
INGREDIENTS

- ♦ 2 cups flour
- ♦ 1 teaspoon salt
- ♦ 2 tablespoons sugar
- ♦ 4 teaspoons baking powder
- ♦ 4 teaspoons shortening
- ♦ 3/4 cup milk
- ♦ 4 medium sliced apples (other fruits may be used)
- ♦ 1/2 cup raisins
- ♦ 1 pt water
- ♦ 1½ cups sugar
- ♦ butter, cinnamon & sugar for the top

METHOD

- I Sift dry ingredients together. Cut in the shortening, add milk to make soft dough. Roll out lightly & use as directed below.
- 2 Peel, core & chop apples fine.
- 3 Put sugar & water in baking pan over slow fire, boil 5 minutes. While syrup is cooking slowly make up the above dough, roll out ½ in. thick, spread with the apples & raisins & roll in a long roll.
- 4 Cut into pieces 1½ inches long, place cut side down in hot syrup. Put small piece of butter on top & sprinkle with cinnamon & sugar.
- 5 Bake in hot oven till apples are baked & crust golden brown. Turn out on platter & pour syrup around them.
- 6 May be served with whipped cream or hard sauce.

Butterscotch Pudding



the original card

INGREDIENTS

- ♦ 3/4 cup flour
- ♦ 3 cups milk
- ♦ 1½ cups brown sugar
- ♦ 3 tablespoons butter
- ♦ 1/2 teaspoon salt
- ♦ 2 or 3 eggs
- ♦ 1/2 teaspoon vanilla

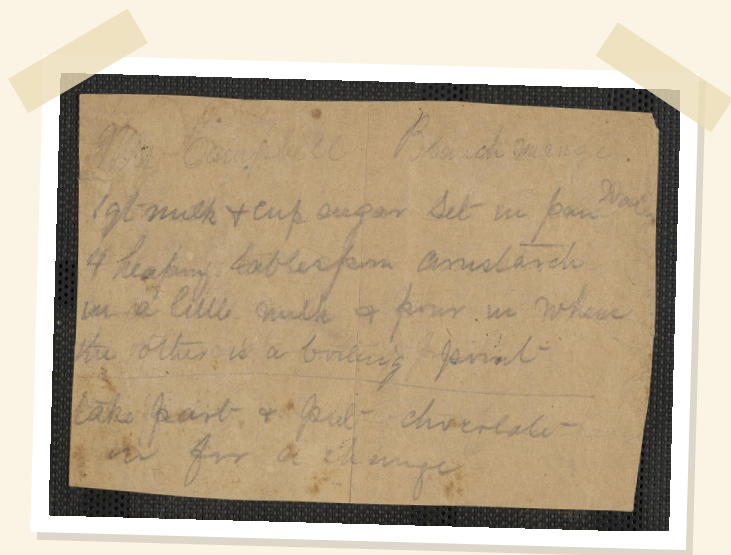
METHOD

- 1 Blend flour & 1 cup of the cold milk until smooth.
- 2 Heat remaining milk in a double boiler, pour some of the hot milk into the flour & milk, return the mixture to the double boiler, stir until thickened, cover & cook for 15 min.
- 3 Meantime cook the brown sugar, butter & salt for 5 min over direct heat & stir constantly.
- 4 Add while hot to the mixture in double boiler, beat well, gradually stir this mixture into the beaten eggs, return to double boiler & cook for a few minutes. Remove...

The card ends mid-sentence – the rest was on another page.

Mrs. Campbell's Blanc Mange

from the kitchen of Mrs. Campbell



the original card

INGREDIENTS

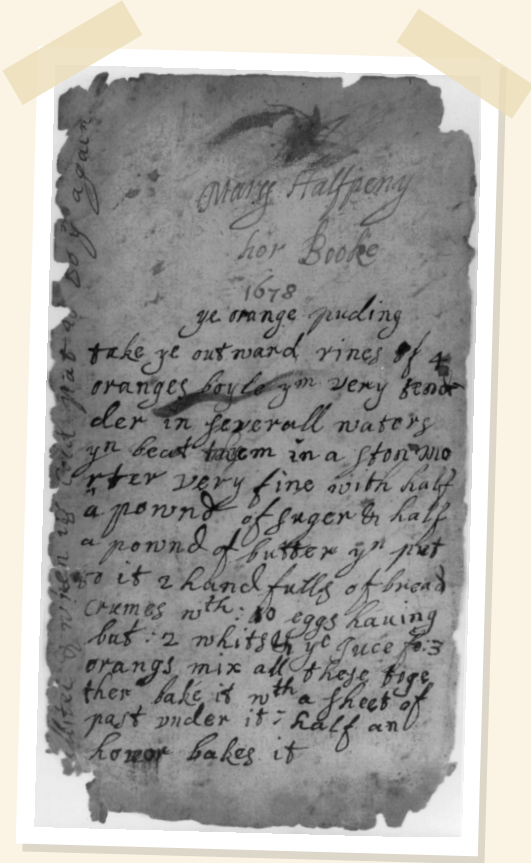
- ♦ 1 qt milk
- ♦ 1 cup sugar
- ♦ 4 heaping tablespoons cornstarch
- ♦ chocolate (optional)

METHOD

- 1 Set milk & sugar in a pan of water.
- 2 Mix the cornstarch in a little milk & pour in when the other is at boiling point.
- 3 Take part & put chocolate in for a change.

Ye Orange Puding

from the kitchen of Mary Halpenny, 1678



the original card

INGREDIENTS

- ♦ 4 oranges (the outward rinds)
- ♦ ½ pownd suger
- ♦ ½ pownd butter
- ♦ 2 handfulls bread cremes
- ♦ 10 eggs, having but 2 whites
- ♦ juice of 3 oranges
- ♦ 1 sheet of past (pastry)

METHOD

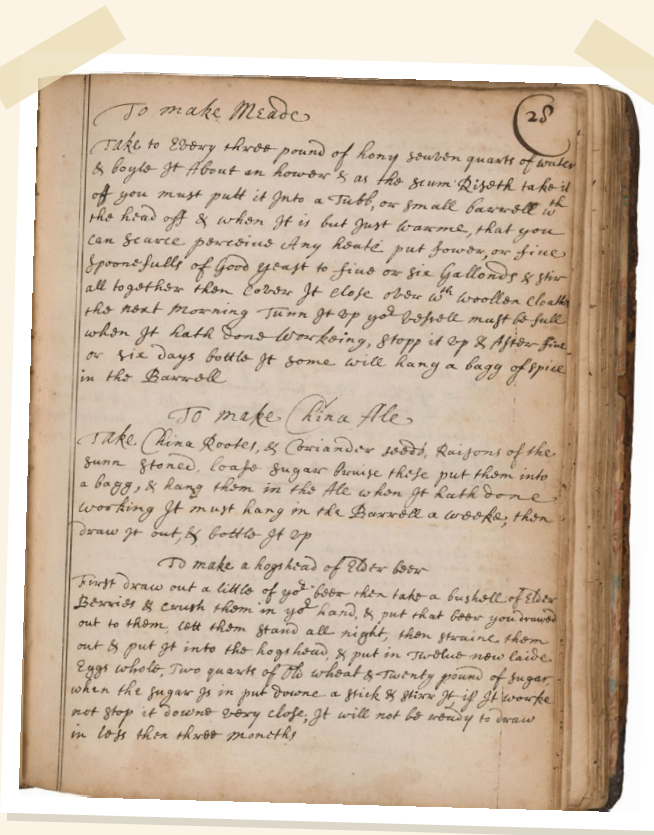
- 1 Take ye outward rines of 4 oranges, boyle ym very tender in severall waters.
- 2 Yn beat them in a ston mortar very fine with half a pownd of suger & half a pownd of butter.
- 3 Yn put to it 2 handfulls of bread cremes with 10 eggs having but 2 whites & ye juce of 3 oranges. Mix all these together.
- 4 Bake it with a sheet of past under it. Half an hower bakes it.

From "Mary Halpenny her Booke, 1678" – spellings as she wrote them.

To Make Meade

INGREDIENTS

- ♦ 3 pound hony to every 7 quarts of water
- ♦ 4 or 5 spoonefulls good yeast to every 5 or 6 gallons
- ♦ a bagg of spice (optional)



the original card

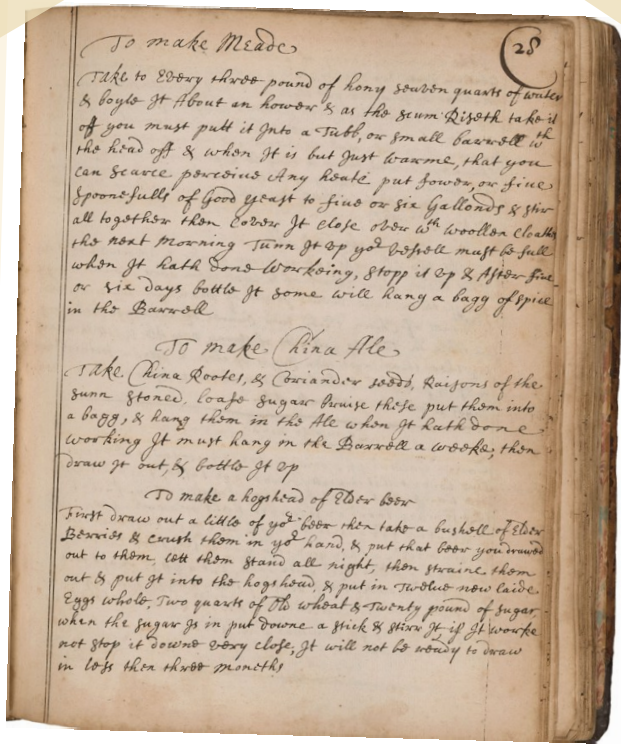
METHOD

- 1 Take to every three pound of hony seaven quarts of water & boyle it about an hower, & as the scum riseth take it off.
- 2 You must putt it into a tubb or small barrell with the head off, & when it is but just warme, that you can scarce perceive any heate, put fower or five spoonefulls of good yeast to five or six gallonds & stir all together. Then cover it close over with woollen cloathes.
- 3 The next morning tunn it up; ye vessell must be full. When it hath done working, stopp it up, & after five or six days bottle it.
- 4 Some will hang a bagg of spice in the barrell.

To Make China Ale

INGREDIENTS

- ♦ China rootes
- ♦ coriander seeds
- ♦ raisons of the sunn, stoned
- ♦ loafe sugar



the original card (2nd recipe on it)

METHOD

- I Bruise these, put them into a bagg, & hang them in the ale when it hath done working.
- 2 It must hang in the barrell a weeke, then draw it out, & bottle it up.

To Make a Hogshead of Elder Beer

MAKES 1 HOGSHEAD



the original card (3rd recipe on it)

INGREDIENTS

- ♦ 1 bushell elder berries
- ♦ 12 new laide eggs, whole
- ♦ 2 quarts old wheat
- ♦ 20 pound sugar

METHOD

- 1 First draw out a little of ye beer, then take a bushell of elder berries & crush them in yr hand, & put that beer you drew out to them. Lett them stand all night.
- 2 Then straine them out & put it into the hogshead, & put in twelve new laide eggs whole, two quarts of old wheat & twenty pound of sugar.
- 3 When the sugar is in, put downe a stick & stirre it. If it worke not, stop it downe very close.
- 4 It will not be ready to draw in less then three months.

Sace for a Shoulder of Mutton

from the kitchen of Frances Boothby, 1660



33 Sace for a shoulder of mutton
A few oysters, some sweet herbs an oynon, a
pint of white wine a little beaten nutmegg, and
large mace a lemmon pelle if you have no oysters
a few capers instead, and the gravy of the mutton

34 A white pote
Take a pint and halfe of creame a quarter of a
pound of sugar a little rosewater, a few dates
slit some reasons of the sun 6 or 7 eggs, large
mace a slice pizen or lemon, rishetts neck
in sack, put them in your dish so bake it

35. Sace for a pickerell
Take some claret wine thicken it with grated
bread a sprize of rosemary, a little beaten
cloves and synamon, some sugar, sett it on
the fire, lett it boile a little so serve it

36. A curd pudden
Take the curd of 4 gallons of milk, rub it through a sieve
6 eggs, synamon, sugar, 2 or 3 handfulls of grated bread
rosewater, almost a quarter of a pound of melted butter
mingle these together then butter your cloth, keep it
boiling for the sace, butter, nargis or sack and sugar

the original card

INGREDIENTS

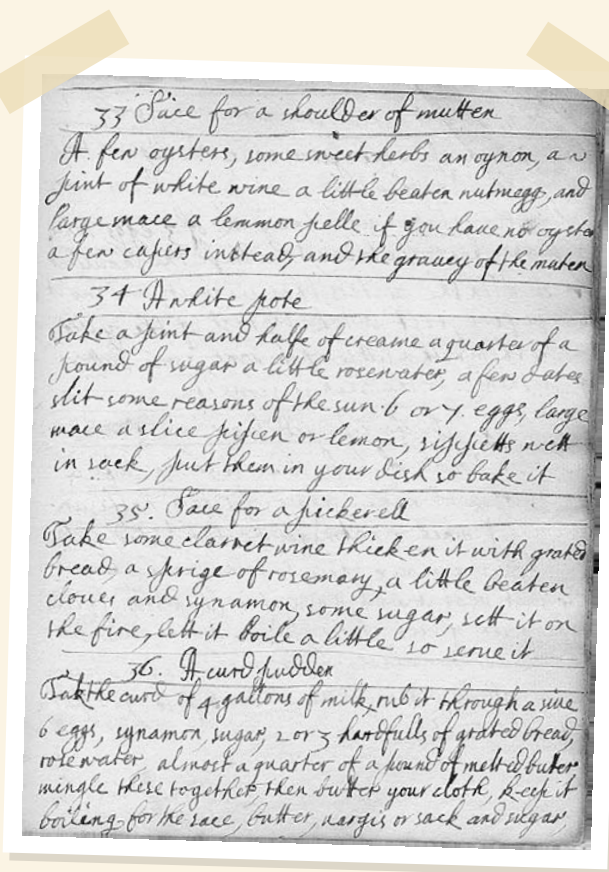
- ♦ a few oysters (or a few capers instead)
- ♦ some sweet herbs
- ♦ 1 oynon
- ♦ 1 pint white wine
- ♦ a little beaten nutmegg
- ♦ large mace
- ♦ a lemmon pelle
- ♦ the gravy of the mutton

METHOD

- I A few oysters, some sweet herbs, an oynon, a pint of white wine, a little beaten nutmegg, and large mace, a lemmon pelle. If you have no oysters, a few capers instead, and the gravy of the mutton.

A White Pote

from the kitchen of Frances Boothby, 1660



the original card (2nd recipe on it)

INGREDIENTS

- ♦ 1½ pints creame
- ♦ ¼ pound sugar
- ♦ a little rosewater
- ♦ a few dates, slit
- ♦ some reasons of the sun
- ♦ 6 or 7 eggs
- ♦ large mace
- ♦ a slice of pippen or lemon
- ♦ sippetts wett in sack

METHOD

- I Take a pint and halfe of creame, a quarter of a pound of sugar, a little rosewater, a few dates slit, some reasons of the sun, 6 or 7 eggs, large mace, a slice of pippen or lemon, sippetts wett in sack. Put them in your dish, so bake it.

Sace for a Pickerell

from the kitchen of Frances Boothby, 1660



33 Sace for a shoulder of mutton
A few oysters, some sweet herbs an cyron, a
pint of white wine a little beaten nutmeg, and
large mace a lemmon peller if you have no oysters
a few capers instead and the gravy of the mutton

34 A white pottage
Take a pint and halfe of creame a quarter of a
pound of sugar a little rosewater, a few dates
slit some reasons of the sun 6 or 7 eggs large
mace a slice pipen or lemon, rissieffs nett
in sack, put them in your dish so bake it

35 Sace for a pickerell
Take some clarret wine thicken it with grated
bread a sprige of rosemary, a little beaten
cloves and synamon, some sugar, sett it on
the fire, lett it boile a little so serve it

36 A curd pudden
Take the curd of 4 gallons of milk, rub it through a sieve
6 eggs, synamon, sugar, 2 or 3 handfulls of grated bread
rosewater, almost a quarter of a pound of melted butter
mingle these together then butter your cloth, keep it
boiling for the sace, butter, nargis or sack and sugar

INGREDIENTS

- ♦ some clarret wine
- ♦ grated bread
- ♦ 1 sprige rosemary
- ♦ a little beaten cloves and synamon
- ♦ some sugar

the original card (3rd recipe on it)

METHOD

- I Take some clarret wine, thicken it with grated bread, a sprige of rosemary, a little beaten cloves and synamon, some sugar. Sett it on the fire, lett it boile a little, so serve it.

A Curd Pudden

from the kitchen of Frances Boothby, 1660



33 Sace for a shoulder of mutton
A few oysters, some sweet herbs an cyron, a
pint of white wine a little beaten nutmeg, and
large mace a lemmon peller if you have no oysters
a few capers instead, and the gravy of the mutton

34 A white pottage
Take a pint and halfe of creame a quarter of a
pound of sugar a little rosewater, a few dates
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Take the curd of 4 gallons of milk, rub it through a sive
6 eggs, synamon, sugar, 2 or 3 handfulls of grated bread,
rosewater, almost a quarter of a pound of melted butter
mingle these together then butter your cloth, keep it
boiling for the sace, butter, nargis or sack and sugar

INGREDIENTS

- ♦ the curd of 4 gallons of milk
- ♦ 6 eggs
- ♦ synamon, sugar
- ♦ 2 or 3 handfulls grated bread
- ♦ rosewater
- ♦ almost $\frac{1}{4}$ pound melted butter

the original card (4th recipe on it)

METHOD

- 1 Take the curd of 4 gallons of milk, rub it through a sive. Add the eggs, synamon, sugar, grated bread, rosewater and melted butter, and mingle these together.
- 2 Then butter your cloth, keep it boiling.
- 3 For the sace: butter, sack and sugar.

◆ ——— ◆ ——— ◆

Sample book made with CardToCookbook. The Harper family is fictional. The handwritten cards are real: recipe notes from the Lou & Mary Slade collection, National Postal Museum, Smithsonian Institution (NPM 2009.2033, 1900s–1950s, CC0), and 17th-century manuscript pages from the Library of Congress, the Folger Shakespeare Library and the Frances Boothby manuscript via Wikimedia Commons (public domain). Transcriptions were made by AI and checked by hand against each photo; original spellings are kept.